



ISCA INTERNATIONAL SENIOR CUP

St. Petersburg, FL | March 21st – March 25th, 2023

[North Shore Aquatic Complex](#)

901 North Shore Drive NE | St. Petersburg, FL 33701

<p><u>SANCTION:</u></p>	<p>Approval by Florida Swimming of USA Swimming: #_____.</p> <p>“In granting this sanction, it is understood and agreed that Florida Swimming/USA Swimming shall be free and held harmless from any liabilities or claims from damages by reason of injuries to anyone during the conduct of this event.”</p>
<p><u>CONDITION OF SANCTION:</u></p>	<p>The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.</p> <p>In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.</p> <p>Any swimmer entered in the meet, unaccompanied by a member coach, must be certified by a member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with the requirement.</p> <p>Use of audio, visual, or cell phone recording devices is permitted only in designated areas.</p> <p>Changing into or out of swimsuits, except in locker rooms, is strictly prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the</p>

	<p>MAAPP policy is a condition of participation in the conduct of this competition. In applying for this sanction, International Swim Coaches Association and St. Petersburg Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming LSC, the State of Florida, and Pinellas County.</p> <p>AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMEY CONTAGIOUS DESEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SENIOR CITZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE. BY VISITING THE NORTH SHORE AQUATIC COMPLEX, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19. USA SWIMMING INC. CANNOT PREVENT YOU (OR YOUR CHILD(REN)) FROM BECOMING EXPOSED TO, CONTRACTING, OR SPREADING COVID-19 WHILE PARTICIPATING IN USA SWIMMING SANCTIONED EVENTS. IT IS NOT POSSIBLE TO PREVENT AGAINST THE PRESENCE OF THE DESEASE. THEREFORE, IF YOU CHOOSE TO PARTICIPATE IN A USA SWIMMING SANCTIONED EVENT; YOU MAY BE EXPOSING YOURSELF TO AND/OR INCREASING YOUR RISK OF CONTRACTING OR SPEADING COVID-19.</p>
<p><u>CAMERA ZONE:</u></p>	<p>Meet management shall designate and inform the public of “Camera Zones” at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a “start end.” Meet management shall also designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.</p>
<p><u>IMAGE AUTHORIZATION:</u></p>	<p>All participants agree to be filmed and photographed by the official photographer (s) and networks (s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses , and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.</p>
<p><u>TYPE OF MEET:</u></p>	<p>All Preliminary sessions will be swum in SHORT COURSE YARDS format. Two eight-lane SCY courses will be used for prelims. All Finals sessions will be held LONG COURSE METERS “50 Meters” and one ten-lane deep water course will be set up for evening finals.</p> <p>There will be six finals heats for all events, 200 & below. There will be a Bonus, Consolation Final, and a Championship Final for all Senior and 16 & Under events. For events 400 and above, we will only have a Consolation and Championship Final.</p> <p>There will be a 25 yard/25 meter pool for constant warm up.</p>

<p><u>SCHEDULE:</u></p>	<p><i>Tuesday (Timed Finals Sessions)</i> Meet Warm Up12:00-12:50PM Meet Start1:00PM</p> <p><i>Preliminaries (Wed, Thurs, Fri, Sat)</i> General Warm Up6:00-6:50AM 2nd General Warm Up 6:50-7:40AM Specific Warm Up7:40-7:55AM <i>“There will be designated start lanes and pace lanes”</i> Meet Start.....8:00AM</p> <p><i>Finals – Wed, Thurs, Fri, Sat</i> General Warm Up3:30-4:20PM Specific Warm Up4:20-4:50PM Meet Start 5:00PM</p>
<p><u>LOCATION:</u></p>	<p><u>North Shore Aquatic Complex</u> 901 North Shore Drive NE St. Petersburg, FL 33701</p> <p><i>Facility Phone: (727) 893-7727</i></p>
<p><u>POOL & FACILITY SPECS:</u></p>	<p>The North Short Aquatic Complex is host to a certified 50 meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional outdoor 25 meter pool.</p>
<p><u>TIMING SYSTEM:</u></p>	<p>A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.</p>
<p><u>ELIGIBILITY:</u></p>	<p>Must be a 2023 USA Swimming, YMCA, and/or AAU registered athlete. The Senior category will be open to all swimmers of any age who have the qualifying time standards to compete. An Athlete must be at least 12 years of age as of the first day of the meet to compete.</p>

<p><u>SEEDING:</u></p>	<p>ALL ENTRIES ARE TO BE SUBMITTED IN SCY FORMAT</p> <p>Submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES. Non-conforming meter times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. All yard times, even if they are bonus event times, will be seeded for prelims slowest to fastest.</p> <p>Prelims will be seeded combined 16 & Under and Senior. Finals qualifiers will be seeded according to the event entered in the category of “16 & Under” or “Senior.” For example, a 16 & Under aged swimmer who enters a Senior event and qualifies for Finals must compete in the Senior category for that event.</p> <p>Events #3 & #5 (Women’s 1500 Freestyle), as well as Events #4 & #6 (Men’s 800 Freestyle) will be swum on Tuesday as a Timed Finals event, alternating heats of women’s and men’s, slowest to fastest. On Saturday the (Women’s 800 Freestyle) Events #61 & #63, and the (Men’s 1500 Freestyle) Events #62 & #64 will be swum at a designated starting time leading into Finals Warm Up with the Final Heat of Women, and the Final Heat of Men being the FIRST TWO EVENTS IN FINALS Saturday night. We will swim the other heats slowest to fastest alternating Women-Men.</p> <p><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></p> <p>There is no positive check-in. Please submit ALL scratches by the daily deadline (see below).</p> <p>Relays will be swum Timed Finals. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. TWO RELAYS PER CLUB MAXIMUM. ALL SENIOR RELAYS NOT IN THE TOP 20 WILL SWIM AT THE END OF THE MORNING SESSION OF THAT RELAY DAY. The top two heats will swim in the Finals Sessions.</p>
<p><u>RULES:</u></p>	<p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2023 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they MUST go directly to the meet Referee to receive a deck pass and/or a coaching assignment. Age as of the first day of the meet (March 23, 2021) will determine the swimmer’s age for competition. Times must have been achieved between January 1, 2021 – March 13, 2023.</p> <p>The practice of Deck Changing is prohibited. Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p>
<p><u>ISCA ATHLETE FEE:</u></p>	<p>ISCA Athlete Fee is \$45.00/per swimmer including relay only swimmers.</p>
<p><u>AWARDS</u></p>	<p>INDIVIDUAL: Custom Medals 1st through 10th RELAYS: Custom Medals 1st through 3rd</p>

<p><u>INDIVIDUAL HIGH POINT:</u></p>	<ul style="list-style-type: none"> • 16 & Under Men's & Women's • Senior Men's & Women's
<p><u>TEAM AWARDS:</u></p>	<ul style="list-style-type: none"> • TOP COMBINED 3 TEAMS • TOP MEN'S TEAM • TOP WOMEN'S TEAM • TOP FEMALE PERFORMANCE AWARD • TOP MALE PERFORMANCE AWARD • SPECIAL AWARDS WILL BE GIVEN TO EVERY OLYMPIC TRIAL QUALIFIER
<p><u>SCORING:</u></p>	<p>Scores points include the Top 10 Places for 16 & Under swimmers, and Top 10 places for Senior aged swimmers.</p> <p>Points 11-9-8-7-6-5-4-3-2-1, with double points for relays.</p>
<p><u>WARM-UP:</u></p>	<p>Enclosed warm-up schedule will be used.</p> <p>Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.</p>
<p><u>SCRATCHES:</u></p>	<p>Scratches prior to seed of preliminary heats shall be made by properly filling out/depositing a scratch card in the scratch box located at the Clerk of Course/Admin Referee table. Scratch deadlines for Tuesday's events is 10:00am, Wednesday's events must be by Tuesday evening at 5:00pm. For Thursday's events, you must scratch by Wednesday at 5:00pm. Friday's events you must scratch by Thursday at 5:00pm. Saturday's events must be scratched by Friday at 5:00pm.</p> <p>Finals: Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announces his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. He/she has until 30 minutes after his or her final prelim of the day to finalize his/her scratch with the clerk of course. Any swimmer not reporting to a final event in which the results were posted for his/her swim will be <u>barred from competition in their next individual event in the meet.</u> PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.</p>
<p><u>ENTRY LIMIT:</u></p>	<p>Swimmers may enter ALL the events which they qualify for, however, they may only compete in a total of (3) – three individual events per day and a total of (10) – ten for the entire meet. If events are not scratched by the deadline, they will automatically be dropped at the point of over entry.</p> <p style="text-align: center;"><u>*BONUS EVENTS*</u></p> <p style="text-align: center;">For 1 or More Qualifying Times You Earn 4 Bonus Events</p> <p>Bonus events must be entered with a time as "NT" will not be accepted. <u>Bonus entries in the 500/400 FR, 400IM, 800 and 1500 FR must have a qualifying time in one of those events. To Swim an additional as a BONUS.</u></p>
<p><u>TIME TRIALS:</u></p>	<p>Time Trials may be offered Wednesday, Thursday and Friday upon conclusion of the prelim sessions. All Time Trial sessions will be held in SCY ONLY. Cost per event is</p>

	<p>\$15.00. Sign up will be at the administrative table each morning.</p> <p>Time trials must be registered by 10:30am. If the athlete is not already entered in the meet, surcharges apply.</p>
<p><u>ENTRY FEES:</u></p>	<p>REGULAR FEES</p> <p>Fee per individual event \$15.00</p> <p>Fee per Relay Event \$20.00</p> <p>Facility Surcharge per swimmer\$20.00</p> <p>On-Deck Coaches Fee\$20.00</p> <p>LATE ENTRY FEES</p> <p>Late Fee per Individual Event \$20.00</p> <p>Late Fee per Relay Event\$24.00</p>
<p><u>ENTRY DEADLINE:</u></p>	<p>All entries must be received by midnight, Friday, March 13, 2023. Late entry/deck entry must be submitted by deadline the evening prior to event (s) contested.</p>
<p><u>(PLEASE READ CAREFULLY)</u></p>	<p>GUARANTEED REGISTRATION: Teams that have made a pre-registration athlete deposit on swimisca.org are given guaranteed registration. Please note that in the absence of a preregistration deposit, teams are not guaranteed a place in the meet. For questions about pre-registration, please visit our 2023 Event Page or email Dougfonder@gmail.com.</p> <p>INDIVIDUAL ENTRIES: Entries should use a time in the national database that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an "Override Time" for times that are not in the national database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. 16 & Under aged swimmers may enter 16 & Under and Senior events, bearing in mind that they are bound to that age category if they qualify for Finals in that event.</p> <p>RELAY ENTRY PROCEDURES: ENSURE "RELAY ONLY" ATHLETES ARE INCLUDED IN THE TEAM ENTRY ROSTER. A team may enter no more than 2 RELAYS in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event.</p> <p>INDIVIDUAL UNATTACHED ATHLETES: Unattached athletes that are not awaiting attachment to any team must enter individually.</p> <p>PAYMENT: Please plan to submit payment for all meet fees via CHECK on-site at the Meet Registration Table on Tuesday, March 21st. Payment MUST be collected before an athlete is allowed to swim. Please make checks payable to "ISCA."</p>
<p><u>FOREIGN ATHLETES</u></p>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with USA Swimming.</p> <p>Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to info@swimisca.org.</p>

<u>OFFICIALS:</u>	<p>Head Referee John Stanley (jfstanley@cox.net) Administrative Referee Steve Woolfolk (woolfolks@aol.com) Meet Administrator Eva Gronke (eva@fastswimresults.com) Meet Director Doug Fonder(dougfonder@gmail.com)</p>

Deck passes for USA Swimming registered coaches are \$15 each (and can be included in a team's FEE). Please indicate number of coach passes requested and include with final entry payment. The full number of deck passes allowed for each team is dependent on the number of qualified athletes.

**COACH DECK
PASSES:**

# of Swimmers	# of Deck Passes
1-4	1
5-9	2
10-16	4
17-21	5
22-30	6
31-40	7
41-50	8
50+	10

**COACHES /
OFFICIALS:**

Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2023 coaching member of USA Swimming must supervise each swimmer participating in a Florida Swimming approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer (s) during warm-up and competition. **There will be a coaches meeting Tuesday, March 21 at 11:00am at North Shore Aquatic Complex.**

**MEET
VOLUNTEERS:**

As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.

**TEAM
REPRESENTATIVE:**

Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.

INFORMATION:

Meet Director

Doug Fonder
dougfonder@gmail.com
Cell: 540-397-0505

Meet Referee

John Stanley
jfstanley@cox.net

Admin Official

Eva Gronke

Administrative Referee

Steve Woolfolk
woolfolks@aol.com

Entry Chairman

Eva Gronke
3534 Chessington Drive
Land O Lakes, FL 34638
eva@fastswimresults.com

NOTE:

****Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee. ****



ISCA INTERNATIONAL SENIOR CUP

WARM-UP SCHEDULE:

First 1/2 hour will be warm-up as follows: Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off
Lane 9 push off 25s, one way only
Lane 10 pace 50 & 100 circle swimming

Lane 1 pace 50 & 100 circle swimming
Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 racing starts 25s one length
Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.



EVENT SCHEDULE

ISCA INTERNATIONAL SENIOR CUP

MARCH 21- MARCH 25, 2023

WOMEN	Tuesday 3/21/23	MEN
1	Senior 400 Medley Relay	2
3	16&U Women 1500 Freestyle	
	16&U Men 800 Freestyle	4
5	Senior Women 1500 Freestyle	
	Senior Men 800 Freestyle	6
7	Senior 400 Freestyle Relay	8

WOMEN	Wednesday 3/22/23	Men
9	16&U 200 IM	10
11	Senior 200 IM	12
13	16&U 100 Backstroke	14
15	Senior 100 Backstroke	16
17	16&U 200 Freestyle	18
19	Senior 200 Freestyle	20
21	16&U 50 Butterfly	22
23	Senior 50 Butterfly	24
25	Senior 200 Medley Relay	26

WOMEN	Thursday 3/31/22	MEN
27	16&U 50 Breaststroke	28
29	Senior 50 Breaststroke	30
31	16&U 200 Backstroke	32
33	Senior 200 Backstroke	34
35	16&U 50 Freestyle	36
37	Senior 50 Freestyle	38
39	16&U 500 Freestyle	40
41	Senior 500 Freestyle	42
43	*Senior 400 Mixed Medley Relay*	43

WOMEN	Friday 3/24/23	MEN
44	16&U 400 IM	45
46	Senior 400 IM	47
48	16&U 100 Butterfly	49
50	Senior 100 Butterfly	51
52	16&U 50 Backstroke	53
54	Senior 50 Backstroke	55
56	16&U 100 Breaststroke	57
58	Senior 100 Breaststroke	59
60	*Senior 400 Mixed Free Relay*	60

WOMEN	Saturday 3/25/23	Men
61	16&U Women 800 Freestyle	
	16&U Men 1500 Freestyle	62
63	Senior Women 800 Freestyle	
	Senior Men 1500 Freestyle	64
65	16 &U 200 Breaststroke	66
67	Senior 200 Breaststroke	68
69	16&U 200 Butterfly	70
71	Senior 200 Butterfly	72
73	16&U 100 Freestyle	74
75	Senior 100 Freestyle	76
77	Senior 200 Free Relay	78

** All the mixed relays will be 2 male and 2 female. The fastest two heats of relays will swim at finals. **



ISCA INTERNATIONAL SENIOR CUP

MARCH 21- MARCH 25, 2023

Qualifying Time Standards



WOMEN		EVENT		MEN	
LCM	SCY	SCY	LCM		
29.49	24.59	50 Freestyle	22.19 / 25.59		
1:00.69	53.09	100 Freestyle	48.49 / 55.69		
2:13.09	1:53.79	200 Freestyle	1:46.29 / 2:01.49		
4:37.69	5:05.09	400/500 Freestyle	4:42.79 / 4:15.79		
9:34.99	10:30.79	1000/800 Freestyle	9:50.49 / 8:49.99		
18:16.79	17:25.69	1500/1650 Freestyle	16:30.49 / 16:56.49		
33.00	29.00	50 Backstroke	26.00 / 30.00		
1:07.89	58.99	100 Backstroke	53.39 / 1:02.99		
2:26.99	2:07.19	200 Backstroke	1:54.89 / 2:14.79		
38.00	33.00	50 Breaststroke	30.00 / 34.00		
1:17.89	1:07.19	100 Breaststroke	1:00.49 / 1:10.59		
2:46.39	2:24.39	200 Breaststroke	2:09.69 / 2:33.59		
33.00	29.00	50 Butterfly	26.00 / 30.00		
1:06.49	58.19	100 Butterfly	53.09 / 1:00.29		
2:25.09	2:09.09	200 Butterfly	1:57.59 / 2:15.29		
2:28.69	2:09.29	200 Individual Medley	1:58.79 / 2:16.19		
5:20.49	4:33.39	400 Individual Medley	4:14.09 / 4:49.89		

QUALIFYING PERIOD: January 1, 2021 through March 13, 2023

