



# ISCA INTERNATIONAL JUNIOR CUP

*PRESENTED BY ACTIVE NETWORK*

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St. Petersburg, FL | March 24-28, 2020

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[North Shore Aquatic Complex](#)

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

<b><u>SANCTION:</u></b>	Approval by Florida Swimming of USA Swimming: #A-5021 “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.”
<b><u>CONDITION OF SANCTION:</u></b>	The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. 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.
<b><u>CAMERA ZONE:</u></b>	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.
<b><u>IMAGE AUTHORIZATION:</u></b>	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.
<b><u>TYPE OF MEET:</u></b>	All Finals sessions will be run in LONG COURSE METERS format. All preliminary sessions will be run in SHORT COURSE YARDS format. Two eight-lane SCY courses may be used for prelims and one ten-lane course will be set up for evening finals.

	<p>There will be six finals heats. There will be a Bonus, Consolation Final, and a Championship Final for both 16 &amp; Under and Senior categories for all events 200 and below. 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><b><u>SCHEDULE:</u></b></p>	<p><b><i>Tuesday (Timed Finals Sessions)</i></b>  Meet Warm Up .....2:30-3:50PM  Meet Start .....4:00PM</p> <p><b><i>Preliminaries (Wed, Thurs, Fri, Sat)</i></b>  General Warm Up .....6:00-7:50AM  Specific Warm Up .....7:50-8:20AM  Meet Start.....8:30AM</p> <p><b><i>Finals – Wed, Thurs, Fri</i></b>  General Warm Up .....3:30-4:20PM  Specific Warm Up .....4:20-4:50PM  Meet Start ..... 5:00PM</p> <p><b><i>Finals – Saturday</i></b>  General Warm Up .....2:30-3:30PM  Specific Warm Up.....3:30-3:50PM  Meet Start..... 4:00PM</p>
<p><b><u>LOCATION:</u></b></p>	<p><b><u><a href="#">North Shore Aquatic Complex</a></u></b>  901 North Shore Drive NE  St. Petersburg, FL 33701</p> <p><i>Facility Phone: (727) 893-7727</i></p>
<p><b><u>POOL &amp; FACILITY SPECS:</u></b></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><b><u>TIMING SYSTEM:</u></b></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><b><u>ELIGIBILITY:</u></b></p>	<p>Must be a 2020 USA Swimming, YMCA, AAU, and/or a FINA 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, and not older than 21 years of age on the first day of the meet. <b><i>Any student who represents, or has at any time represented a collegiate swim program in any level of competitive swimming, shall be ineligible to participate.</i></b></p>
<p><b><u>SEEDING:</u></b></p>	<p><b>ALL ENTRIES ARE TO BE SUBMITTED IN SCY FORMAT</b></p> <p>Submit entry times according to the time swum – <b>DO NOT SUBMIT CONVERTED TIMES.</b> 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 &amp; Under and Senior. Finals qualifiers will be seeded according to the event entered in the category of “16 &amp; Under” or “Senior.” For</p>

	<p>example, a 16 &amp; 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 &amp; #5 (Women’s 1500 Freestyle), as well as Events #4 &amp; #6 (Men’s 800 Freestyle) will be swum on Tuesday as a Timed Finals event, alternating heats of women and men, fastest to slowest.</p> <p><b><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></b></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 Senior 200 Medley/Freestyle relays will take place Tuesday <i>Evening</i>. ALL 16 &amp; U relays will be swum at the end of the prelim sessions each day. Senior relays seeded 21<sup>st</sup> and older will be swum in prelims, and the top 20 will swim in finals. 16 &amp; Under swimmers may compete in Senior relays in addition to the 16 &amp; Under relays. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. <b>TWO RELAYS PER CLUB MAXIMUM.</b></p>
<p><b><u>RULES:</u></b></p>	<p><b>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</b> (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 2019 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they <b>MUST</b> 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 24, 2020) will determine the swimmer’s age for competition. Times must have been achieved between January 1, 2018 – March 10, 2020.</p> <p>The practice of Deck Changing is prohibited. Swimmers must use the locker rooms to change into and out of their swimsuits. Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p>
<p><b><u>ISCA ATHLETE FEE:</u></b></p>	<p>ISCA Athlete Fee is \$45.00/per swimmer including relay only swimmers.</p>
<p><b><u>AWARDS</u></b></p>	<p><b>INDIVIDUAL:</b> Custom Medals            1<sup>st</sup> through 10<sup>th</sup>  <b>RELAYS:</b>            Custom Medals            1<sup>st</sup> through 3<sup>rd</sup></p>
<p><b><u>INDIVIDUAL HIGH POINT:</u></b></p>	<ul style="list-style-type: none"> <li>• 16 &amp; Under Men’s &amp; Women’s</li> <li>• Senior Men’s &amp; Women’s</li> </ul>
<p><b><u>TEAM AWARDS:</u></b></p>	<ul style="list-style-type: none"> <li>• TOP COMBINED TEAM</li> <li>• TOP MEN’S TEAM</li> <li>• TOP WOMEN’S TEAM</li> <li>• TOP FEMALE PERFORMANCE AWARD</li> <li>• TOP MALE PERFORMANCE AWARD</li> </ul>
<p><b><u>SCORING:</u></b></p>	<p>Scores points include the Top 10 Places for 16 &amp; 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><b><u>WARM-UP:</u></b></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><b><u>SCRATCHES:</u></b></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. <b>Scratch deadlines for Tuesday's events is 3:30pm, Wednesday's events must be by Tuesday evening at 6:00pm.</b> For Thursday's events, you must scratch by Wednesday at 6:00pm. Friday's events you must scratch by Thursday at 6:00pm. Saturday's events must be scratched by Friday at 6:00pm.</p> <p><b>Finals:</b> 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 <b><u>barred from competition in their next individual event in the meet.</u></b> 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><b><u>ENTRY LIMIT:</u></b></p>	<p><b>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 (8) – eight for the entire meet. If events are not scratched by the deadline, they will automatically be dropped at the point of over entry.</b></p> <p style="text-align: center;"><u>*BONUS EVENTS*</u></p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding-right: 20px;">For 1 or 2 "A" Qualifying Times</td> <td>You Earn 3 Bonus Events</td> </tr> <tr> <td>For 3 or More "A" Qualifying Times</td> <td>You Earn 2 Bonus Events</td> </tr> <tr> <td>For 1 or 2 "B" Qualifying Times</td> <td>You Earn 2 Bonus Events</td> </tr> </table> <p>Bonus events must be entered with a time as NT will not be accepted. <b><u>Bonus entries in the 500/400 FR, 400IM, 800 and 1500 FR must have a qualifying time in one of those events.</u></b></p>	For 1 or 2 "A" Qualifying Times	You Earn 3 Bonus Events	For 3 or More "A" Qualifying Times	You Earn 2 Bonus Events	For 1 or 2 "B" Qualifying Times	You Earn 2 Bonus Events				
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<p><b><u>TIME TRIALS:</u></b></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 \$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><b><u>ENTRY FEES:</u></b></p>	<p><b><i>REGULAR FEES</i></b></p> <table style="width: 100%;"> <tr> <td>Fee per individual event .....</td> <td style="text-align: right;">\$6.10</td> </tr> <tr> <td>Fee per Relay Event .....</td> <td style="text-align: right;">\$8.00</td> </tr> </table> <p><b><i>LATE ENTRY FEES</i></b></p> <table style="width: 100%;"> <tr> <td>Late Fee per Individual Event .....</td> <td style="text-align: right;">\$15.00</td> </tr> <tr> <td>Late Fee per Relay Event .....</td> <td style="text-align: right;">\$20.00</td> </tr> <tr> <td>Facility Surcharge per swimmer .....</td> <td style="text-align: right;">\$15.00</td> </tr> </table>	Fee per individual event .....	\$6.10	Fee per Relay Event .....	\$8.00	Late Fee per Individual Event .....	\$15.00	Late Fee per Relay Event .....	\$20.00	Facility Surcharge per swimmer .....	\$15.00
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<p><b><u>ENTRY DEADLINE:</u></b></p>	<p><b>All entries must be received by midnight, Tuesday, March 10, 2020.</b> Late entry/deck entry must be submitted by deadline the evening prior to event (s) contested.</p>										

**GUARANTEED REGISTRATION:** Teams that have made a pre-registration athlete deposit on [swimisca.org](http://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 (even if entries are submitted through OME).* For questions about pre-registration, please visit our [2020 Event Page](#) or email [info@swimisca.org](mailto:info@swimisca.org).

**ENTRIES (Online Meet Entry -OME):** Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY.

- **OME OPENS: 12:01AM EST MONDAY, February 10, 2020**
- **OME CLOSES: 11:59PM EST TUESDAY, March 10, 2020**

*FIRST TIME USERS:* First time users of OME should register for an (free) account to utilize the system. This can be completed on USA Swimming website at: <http://www.usaswimming.org/ome>. Log in and select "Enter Team. Follow the prompts to create an account.

*FOR OME HELP:* Eva Gronke (727-644-5925) [eva@fastswimresults.com](mailto:eva@fastswimresults.com)  
Jamie Lewis (719-866-3581) [jlewis@usaswimming.org](mailto:jlewis@usaswimming.org)

*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.

Please note that OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.

*OME 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.

*TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:* Teams may enter athletes with an unattached or unregistered status. When building the roster in OME, select the "Add Unattached/Unregistered Swimmer" link. Unregistered swimmers must provide proof of registration prior to the swimmers first event.

*INDIVIDUAL UNATTACHED ATHLETES:* Unattached athletes that are not awaiting attachment to any team must enter individually. Access to the OME system at the address <http://usaswimming.org/ome> - long in and select "Enter Individual." On deck registrations will not be accepted.

**PAYMENT:** Please plan to submit payment for all meet fees via check on-site at the Meet Registration Table on Tuesday, March 24<sup>th</sup>. **Payment MUST be collected before an athlete is allowed to swim.** Please make checks payable to "ISCA."

Payment by credit card is not available at this time. Please note that the OME automatic entry report will show comprehensive fees due, but it does not deduct the

**ENTRY  
PROCEDURE  
(OME)  
PROCEDURE:**

**(PLEASE READ  
CAREFULLY)**

	pre-reservation deposits. For confirmation on exact fees due prior to the meet, please email <a href="mailto:info@swimisca.org">info@swimisca.org</a> .																		
<b><u>FOREIGN ATHLETES</u></b>	Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or USA Swimming.  Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to <a href="mailto:info@swimisca.org">info@swimisca.org</a> .																		
<b><u>OFFICIALS:</u></b>	<b>Head Referee</b> Tony Uselis ( <a href="mailto:twuselis@gmail.com">twuselis@gmail.com</a> ) <b>Admin Referee/Official</b> Eva Gronke ( <a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a> ) <b>Meet Director</b> Doug Fonder( <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> )																		
<b><u>COACH DECK PASSES:</u></b>	Deck passes for USA Swimming registered coaches are \$15 each (and can be included in a team's OME). 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.  <table border="1" data-bbox="669 793 914 968"> <thead> <tr> <th># of Swimmers</th> <th># of Deck Passes</th> </tr> </thead> <tbody> <tr> <td>1-4</td> <td>1</td> </tr> <tr> <td>5-9</td> <td>2</td> </tr> <tr> <td>10-16</td> <td>4</td> </tr> <tr> <td>17-21</td> <td>5</td> </tr> <tr> <td>22-30</td> <td>6</td> </tr> <tr> <td>31-40</td> <td>7</td> </tr> <tr> <td>41-50</td> <td>8</td> </tr> <tr> <td>50+</td> <td>10</td> </tr> </tbody> </table>	# 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
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17-21	5																		
22-30	6																		
31-40	7																		
41-50	8																		
50+	10																		
<b><u>ADMISSIONS:</u></b>	\$60 All Sessions – meet program and heat sheets \$50 – 4 days – meet program and heat sheets \$35 – 3 days – heat sheet \$25 – 2 days – heat sheet \$15 – 1 day – heat sheet  <u>*Includes Prelims and Finals*</u>																		
<b><u>COACHES / OFFICIALS:</u></b>	Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2020 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. <b>There will be a coaches meeting Tuesday, March 24 at 12:00noon at North Shore Aquatic Complex.</b>																		
<b><u>MEET VOLUNTEERS:</u></b>	As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.																		
<b><u>TEAM REPRESENTATIVE:</u></b>	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.																		
<b><u>INFORMATION:</u></b>	<table border="0"> <tr> <td><b><u>Meet Director</u></b> Doug Fonder Cell: 540-397-0505 <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a></td> <td><b><u>Meet Referee</u></b> Tony Uselis Cell: 727-742-0523 <a href="mailto:twuselis@gmail.com">twuselis@gmail.com</a></td> <td><b><u>Meet Coordinator</u></b> Kelsey Ida 540-904-2666 <a href="mailto:kida@swimisca.org">kida@swimisca.org</a></td> </tr> </table>	<b><u>Meet Director</u></b> Doug Fonder Cell: 540-397-0505 <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>	<b><u>Meet Referee</u></b> Tony Uselis Cell: 727-742-0523 <a href="mailto:twuselis@gmail.com">twuselis@gmail.com</a>	<b><u>Meet Coordinator</u></b> Kelsey Ida 540-904-2666 <a href="mailto:kida@swimisca.org">kida@swimisca.org</a>															
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	<p><b><u>Admin Official</u></b> Eva Gronke</p>	<p><b><u>Head Starter</u></b> John Stanley</p>	<p><b><u>Stroke/Turn</u></b> Steve Woolfolk</p>
<p><b><u>NOTE:</u></b></p>	<p><b>**Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee. **</b></p>		



**ISCA**

# INTERNATIONAL JUNIOR CUP

*PRESENTED BY ACTIVE NETWORK*

## **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 JUNIOR CUP

*Presented by Active Network*

**MARCH 24-28, 2020**

WOMEN	Tuesday 3/24/20	MEN
1	Senior 200 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 200 Freestyle Relay	8

WOMEN	Wednesday 3/25/20	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 100 Breaststroke	18
19	Senior 100 Breaststroke	20
21	16&U 50 Butterfly	22
23	Senior 50 Butterfly	24
25	*16&200 Medley Relay*	26
27	*Senior 800 Freestyle Relay*	28

WOMEN	Thursday 3/26/20	MEN
29	16&U 50 Breaststroke	30
31	Senior 50 Breaststroke	32
33	16&U 200 Backstroke	34
35	Senior 200 Backstroke	36
37	16&U 50 Freestyle	38
39	Senior 50 Freestyle	40
41	16&U 500 Freestyle	42
43	Senior 500 Freestyle	44
45	*16&U 200 Freestyle Relay*	46
87	Senior 400 Mixed Medley	

WOMEN	Friday 3/27/20	MEN
47	16&U 400 IM	48
49	Senior 400 IM	50
51	16&U 100 Butterfly	52
53	Senior 100 Butterfly	54
55	16&U 50 Backstroke	56
57	Senior 50 Backstroke	58
59	16&U 200 Freestyle	60
61	Senior 200 Freestyle	62
63	*16&U 400 Medley Relay*	64
65	*Senior 400 Medley Relay*	66

WOMEN	Saturday 3/28/20	Men
67	16&U Women 800 Freestyle	
	16&U Men 1500 Freestyle	68
69	Senior Women 800 Freestyle	
	Senior Men 1500 Freestyle	70
71	16&U 100 Freestyle	72
73	Senior 100 Freestyle	74
75	16&U 200 Butterfly	76
77	Senior 200 Butterfly	78
79	16 &U 200 Breaststroke	80
81	Senior 200 Breaststroke	82
83	*16 &U 400 Freestyle Relay*	84
85	*Senior 400 Freestyle Relay*	86

*\* All 16 & Under Relays, as well as Senior Relay Seeded 21<sup>st</sup> & Above, will be swum as timed finals at the end of Prelims. (The Top 20 Senior Relays will be swum in Finals)\**

<b>ISCA</b>						
<b>INTERNATIONAL JUNIOR CUP</b>						
<b>MARCH 24 - 28, 2020</b>						
<b>"A" Time Standards</b>						
<b>WOMEN</b>				<b>MEN</b>		
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>	<b>EVENT</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
27.79	27.29	24.49	<b>50 Freestyle</b>	21.79	24.39	24.99
59.69	59.39	52.79	<b>100 Freestyle</b>	47.59	52.89	54.49
2:09.29	2:06.59	1:54.29	<b>200 Freestyle</b>	1:43.79	1:54.99	1:58.59
4:29.19	4:21.89	5:01.99	<b>500 Freestyle</b>	4:40.09	4:05.89	4:11.19
9:04.69	8:52.79	10:14.99	<b>1000 Freestyle</b>	9:39.69	8:21.29	8:38.49
17:31.79	17:02.69	17:15.99	<b>1650 Freestyle</b>	16:15.69	16:03.19	16:40.69
<b>100 Back Qualifying/Entry Times</b>			<b>50 Backstroke</b>	<b>100 Back Qualifying/Entry Times</b>		
1:07.09	1:05.09	58.59	<b>100 Backstroke</b>	53.19	59.09	1:02.19
2:24.39	2:20.59	2:06.59	<b>200 Backstroke</b>	1:54.99	2:07.79	2:12.29
<b>100 Breast Qualifying/Entry Times</b>			<b>50 Breaststroke</b>	<b>100 Breast Qualifying/Entry Times</b>		
1:16.09	1:14.49	1:06.99	<b>100 Breaststroke</b>	59.99	1:06.59	1:09.29
2:43.19	2:41.09	2:24.89	<b>200 Breaststroke</b>	2:09.99	2:24.29	2:29.79
<b>100 Fly Qualifying/Entry Times</b>			<b>50 Butterfly</b>	<b>100 Fly Qualifying/Entry Times</b>		
1:05.59	1:04.69	58.19	<b>100 Butterfly</b>	52.29	58.29	59.59
2:23.29	2:21.89	2:07.69	<b>200 Butterfly</b>	1:55.49	2:08.69	2:11.79
<b>Not Offered In 2020 Due to Olympic Year</b>			<b>100 Individual Medley</b>	<b>Not Offered In 2020 Due to Olympic Year</b>		
2:27.99	2:24.09	2:09.79	<b>200 Individual Medley</b>	1:57.39	2:10.39	2:15.39
5:09.29	5:00.69	4:30.89	<b>400 Individual Medley</b>	4:08.99	4:36.59	4:47.89
<b>400 FR Relay Qualifying/Entry Times</b>				<b>400 FR Relay Qualifying/Entry Times</b>		
4:01.99	3:57.79	3:33.89	<b>400 Freestyle Relay</b>	3:13.79	3:35.29	3:40.99
8:43.49	8:32.69	7:42.79	<b>800 Freestyle Relay</b>	7:06.79	7:52.89	8:07.79
<b>400 MED Relay Qualifying/Entry Times</b>				<b>400 MED Relay Qualifying/Entry Times</b>		
4:38.89	4:26.29	3:59.89	<b>400 Medley Relay</b>	3:37.29	4:01.39	4:11.19
		4:09.59	<b>*400 Mixed Relay</b>	4:09.59		
*Two Boys & two Girls, any order						
<b>QUALIFYING PERIOD: January 1, 2018 through March 10, 2020</b>						
<b>A BONUS EVENTS: MAKE 1-2 CUTS, 3 BONUS EVENTS, 3 CUTS OR MORE - 2 BONUS EVENTS</b>						
<b>2020 International Junior Cup</b>						

\*\*ENTRY TIMES FOR 50's FLY/BACK/BREAST MUST BE ENTERED USING A SWIMMER'S 100 STROKE TIME ( IF A SWIMMER HAS A 100 STROKE QUALIFYING TIME, THE 50 IS NOT CHARGED AS A BONUS EVENT. IF A SWIMMER DOES NOT HAVE A QUALIFYING TIME, THE 50 IS CHARGED AS A BONUS EVENT).

<b>ISCA</b>						
<b>INTERNATIONAL JUNIOR CUP</b>						
<b>MARCH 24- 28, 2020</b>						
<b>"B" Time Standards</b>						
	<b>WOMEN</b>				<b>MEN</b>	
<u>LCM</u>		<u>SCY</u>	<u>EVENT</u>	<u>SCY</u>		<u>LCM</u>
28.29		24.79	<b>50 Freestyle</b>	22.39		25.49
1.00.69		53.09	<b>100 Freestyle</b>	48.49		55.49
2.11.09		1.55.19	<b>200 Freestyle</b>	1.46.29		2.01.29
4.37.69		5.08.79	<b>500 Freestyle</b>	4.47.39		4.17.59
9.34.99		10.39.79	<b>1000 Freestyle</b>	10.02.49		9.06.39
18.16.79		17.54.39	<b>1650 Freestyle</b>	16.43.99		17.21.99
<b>100 Back Qualifying/Entry Times</b>			<b>50 Backstroke</b>	<b>100 Back Qualifying/Entry Times</b>		
1.07.89		59.29	<b>100 Backstroke</b>	54.49		1.03.19
2.26.99		2.09.09	<b>200 Backstroke</b>	1.58.59		2.14.79
<b>100 Breast Qualifying/Entry Times</b>			<b>50 Breaststroke</b>	<b>100 Breast Qualifying/Entry Times</b>		
1.17.89		1.08.19	<b>100 Breaststroke</b>	1.01.49		1.09.69
2.49.39		2.29.39	<b>200 Breaststroke</b>	2.14.99		2.32.59
<b>100 Fly Qualifying/Entry Times</b>			<b>50 Butterfly</b>	<b>100 Fly Qualifying/Entry Times</b>		
1.06.49		58.59	<b>100 Butterfly</b>	53.29		1.00.29
2.29.09		2.12.09	<b>200 Butterfly</b>	2.01.19		2.16.29
<b>200 I.M. Qualifying/Entry Times</b>			<b>100 Individual Medley</b>	<b>200 I.M. Qualifying/Entry Times</b>		
2.28.69		2.10.99	<b>200 Individual Medley</b>	1.59.39		2.16.19
5.20.49		4.38.39	<b>400 Individual Medley</b>	4.15.09		4.49.89
<b>QUALIFYING PERIOD: January 1, 2018 through March 10, 2020</b>						
<b>B BONUS EVENTS: MAKE 1-2 CUTS, 2 BONUS EVENTS</b>						
<b>2020</b>			<b><i>International Junior Cup</i></b>			

\*\*ENTRY TIMES FOR 50's FLY/BACK/BREAST MUST BE ENTERED USING A SWIMMER'S 100 STROKE TIME ( IF A SWIMMER HAS A 100 STROKE QUALIFYING TIME, THE 50 IS NOT CHARGED AS A BONUS EVENT. IF A SWIMMER DOES NOT HAVE A QUALIFYING TIME, THE 50 IS CHARGED AS A BONUS EVENT).