



# THE VIRTUAL SWIM RUN INTERNATIONAL CHAMPIONSHIP



## **RUN**

1. The run and swim do not have to be done the same day or even the same week.
2. The run must be done on a certified track or a measured 400m course.
3. An adult or coach must certify your time.
4. Once you complete the run and swim and send in your time, you will be ranked at the end of June, July, August, and September. We will post ranks on the ISCA website at [www.swimisca.org](http://www.swimisca.org)
5. Make sure your runs are done in small groups or individually to comply with social distancing.

## **SWIM**

1. The swim and run do not have to be done the same day or even the same week.
2. The swim must be done in either a 25y/25m or 50m pool.
3. An adult or coach must certify your time.
4. All times will be adjusted and converted to yard results.
5. Once you complete the run and the swim and send in your time, you will be ranked at the end of June, July, August, and September. We will post ranks on the ISCA website at [www.swimisca.org](http://www.swimisca.org)

## **GENERAL RULES**

1. You do not have to be a member of an organized team to participate.
2. All events need to be certified by a coach or parent.
3. Age brackets are determined with the age cut-off date of July 1, 2020. For example, if you're 11 years old and turn 12 on July 11, 2020, you will be ranked in the 11 year old bracket for the event.
4. If you're an individual or a small group of 5 or less, you can register and pay your \$25/per swimmer on the ISCA website at [www.swimisca.org](http://www.swimisca.org). All forms are on our website.
5. If you're a team, you can pay by check and complete a team registration form. Please submit to [info@swimisca.org](mailto:info@swimisca.org). The check can be mailed to the ISCA office at: 2721 Brambleton Ave SW, Roanoke, VA 24015. Any questions or concerns, please contact Doug Fonder at (540) 397-0505, or [dougfonder@gmail.com](mailto:dougfonder@gmail.com).
6. Proceeds of the event will benefit Feeding America and the International Swimming Hall of Fame after costs of the shirts, medallions, stickers, and administrative costs associated with the event are paid.
7. If after seeing your results, you want to try a 2nd or 3rd attempt, it will be a \$5 resubmission fee for each additional attempt.

ISCA office number is (540) 904-2666

## **BONUS**

*Make the world a better place! Any competitor who performs a "pay it forward" good deed will be rewarded. Complete your "pay it forward" good deed, submit a 1 page summary of your deed, and we will deduct 30 seconds off your total time. At the end of the event, we will select three hero awards, and your picture will be submitted and presented in Swimming World Magazine.*