



# ISCA December Senior Classic

December 3-6, 2020

Approval No: VS-21-55A

*We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Onishi-Davenport Aquatics Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure of COVID-19.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the approval of USA Swimming/Virginia Swimming, Inc., Approval No.: VS-21-55A</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., ISCA, Inc., and the Onishi-Davenport Aquatics Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</li> <li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., ISCA, Inc. and the Onishi-Davenport Aquatics Center cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, VIRGINIA SWIMMING, ISCA, HARGRAVE MILITARY ACADEMY AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.</li> </ul>						
<b>LOCATION:</b>	Onishi-Davenport Aquatics Center, 200 Military Dr., Chatham, VA 24531, (434) 432-2481						
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 25 yard by 50 meter indoor pool, 22 short course lanes and 8 long course lanes, Short course depth is 16 feet and Long Course is 16 feet at the start and 5 at the turn. Equipped with Non-turbulent lane lines. Colorado Timing System.</li> <li>• The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).</li> <li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li> </ul>						
<b>MEET DIRECTOR:</b>	<table border="0"> <tr> <td>Name: Doug Fonder</td> <td>Eva Gronke (Admin Official)</td> </tr> <tr> <td>Email: dougfonder@gmail.com</td> <td>eva@fastswimresults.com</td> </tr> <tr> <td>Phone: (540) 397-0505</td> <td>(727) 644-5925</td> </tr> </table>	Name: Doug Fonder	Eva Gronke (Admin Official)	Email: dougfonder@gmail.com	eva@fastswimresults.com	Phone: (540) 397-0505	(727) 644-5925
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<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Must be a 2020 USA Swimming, YMCA, AAU, and/or a FINA Registered Athlete. The only FINA athletes who will be allowed are those who are also registered with USA-S.</li> <li>• The Senior category will be open to only 13 and over athletes since we will be competing in more than one session per day.</li> <li>• Age as of December 3, 2020 will determine age for the entire meet.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>TYPE OF MEET:</b>	<p>LCM Timed Finals Thursday and Friday. Timed Finals SCY in AM and PM Session Saturday and AM Session on Sunday. We will be running this as a “pre-seeded meet”.</p> <ul style="list-style-type: none"> <li>• No equipment will be allowed during warm-up times. This includes fins, paddles, and snorkels.</li> </ul> <p><b>Special Information: We will have no more than 400 SWIMMERS. For AM and PM Sessions we will be divided into groups of 100 athletes on deck, during any one period, and we will swim up to four separate groups consisting of no more than 100 swimmers. The second group will not be allowed to enter the facility until the first group has exited the facility. The facility will then be disinfected prior to the next group.</b></p>
<b>WARM-UP:</b>	<p>Thursday Distance Session: General Warm Up 11am to 12pm, Competition to begin at 12:15pm. Only distance swimmers will be allowed to warm up at this time. We will run a maximum of four heats in the Mixed Senior 800 Freestyle and four heats in the Mixed Senior 1500 Freestyle. The fastest 32 swimmers, 16 men and 16 women, will be seeded in the 800 and 1500 Freestyle, for a total of not more than 64 swimmers. If we have less than 16 men or women entered in either event, we will add extras of either men or women, not to exceed 32 total in each event.</p> <p>Thursday Sprint Session: General Warm Up Group 1, 3pm to 3:30pm, Competition to begin at 3:40pm. General Warm Up Group 2, 4:30pm to 5pm, Competition to begin at 5:10pm. General Warm Up Group 3, 6pm to 6:30pm, Competition to begin at 6:40pm. Athletes swimming in the distance session may also swim in the sprint session.</p> <p>Each group will have no more than 100 swimmers competing at the same time. Before the next group enters the building, the previous group must totally exit from the facility and may not return until the next session in which they will be competing. Group 1 and 3 will be women, group 2 and 4 will be men, and if we do not have enough to make four groups, the 3<sup>rd</sup> group will be a combination of women and men that are left, again, not to exceed 100 swimmers total for the group.</p> <ul style="list-style-type: none"> <li>• Fri AM Session: <ul style="list-style-type: none"> <li>Group 1, General Warm-Up 7 a.m.-7:30 a.m., Competition to begin at 7:40 a.m.</li> <li>Group 2, General Warm-Up 8:50 a.m. to 9:20 a.m. Competition to begin at 9:30 a.m.</li> <li>Group 3, General Warm-Up 10:40 a.m. to 11:10 a.m. Competition to begin at 11:20am.</li> <li>Group 4, General Warm-Up 12:30 p.m. to 1 p.m., Competition to begin at 1:10 p.m.</li> </ul> </li> <li>• Fri PM Session: <ul style="list-style-type: none"> <li>Group 1, General Warm-Up, 3 p.m.-3:30 p.m., Competition to begin at 3:40 p.m.</li> <li>Group 2, General Warm Up, 5:30 p.m.-6 p.m. Competition to begin at 6:10 p.m.</li> <li>Group 3, General Warm Up, 8pm-8:30 p.m. Competition to begin at 8:40 p.m.</li> </ul> </li> <li>• Sat AM Session: <ul style="list-style-type: none"> <li>Group 1, General Warm-Up, 7am-7:30am, Competition to begin at 7:40am.</li> <li>Group 2, General Warm-Up, 9am-9:30am, Competition to begin at 9:40am.</li> <li>Group 3, General Warm-Up, 11am-11:30am, Competition to begin at 11:40am.</li> <li>Group 4, General Warm-Up, 1pm-1:30pm, Competition to begin at 1:40pm.</li> </ul> </li> <li>• Sat PM Session:</li> </ul>

	<p>Group 1, General Warm-Up, 4-4:30 p.m. Competition to begin at 4:40 p.m.  Group 2, General Warm-Up, 5:40 p.m.-6:10 p.m. Competition to begin at 6:20 p.m.  Group 3, General Warm-Up, 7:20 p.m.-7:50 p.m. Competition to begin at 8 p.m.</p> <ul style="list-style-type: none"> <li>• Sun AM Session:  Group 1, General Warm-Up, 7a.m.-7:30a.m. Competition to begin at 7:40 a.m.  Group 2, General Warm Up, 9:10-9:40 a.m. Competition to begin at 9:50 a.m.  Group 3, General Warm-Up, 11:20 a.m.-11:50 a.m. Competition to begin at 12 noon.  Group 4, General Warm-Up, 1:30 p.m.-2 p.m. Competition to begin at 2:10 p.m.</li> <li>• Sunday PM Session:  Group 1, General Warm-Up, 4 p.m.-4:30 p.m. Competition to begin at 4:40 p.m.  Group 2, General Warm-Up, 5:40-6:10 p.m. Competition to begin at 6:20 p.m.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Thursday, November 19, 2020</b></p> <ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of <b>10 events for the whole meet.</b></li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding 400 swimmer cap, or the limits as mandated by current Commonwealth of Virginia guidelines.</li> <li>• <b>DECK ENTRIES WILL BE ACCEPTED for athletes already entered in the meet to the extent that empty lanes are available. Extra heats will not be added.</b></li> </ul> <p><b>Coaches will be notified what groups their athletes will be competing in by Friday, November 27<sup>th</sup>. Our goal is to keep swimmers in the same group throughout the meet.</b></p>
<b>FEES:</b>	<p><u>Entry Fees</u>  Fee per individual event- <b>\$10.00</b>  Facility Surcharge - <b>\$25.00</b>  Coach Deck Pass (per coach) - <b>\$15.00</b></p> <p><u>Late/Deck Entry Fees</u>  Late fee per individual event - <b>\$20.00</b></p>
<b>SEEDING:</b>	All events will be pre-seeded
<b>AWARDS:</b>	<b>Special Award: All Swimmers Achieving NEW Olympic Trial Qualifying Times will receive a Customized Recognition Award</b>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>○ Entries using fraudulent or non-verifiable times.</li> <li>○ Athlete competed in the incorrect age group.</li> </ul> </li> <li>• If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must arrive in their suits. Locker rooms will not be available.</b></li> <li>• <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>• <b>Coaches, officials, and spectators must wear masks.</b></li> <li>• The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Protection Policy, will govern this meet.</li> <li>• 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 MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>• 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,</li> </ul>

	<p>coaches, officials and/or spectators are present without written USA Swimming approval.</p> <ul style="list-style-type: none"> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>.</li> <li>● Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Scott Wilshire, <a href="mailto:scott.wilshire@comcast.net">scott.wilshire@comcast.net</a> (412)-352-9127</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for referee, starter and stroke and turn for this meet.</li> <li>● Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Scott Wilshire, no later than <b>November 23rd</b>.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>COVID-19 SYMPTOMS OR EXPOSURE:</b>	All participants in this event certify that they have no known exposure to COVID-19 within 14 days or are exhibiting symptoms of COVID-19, including but not limited to a fever, cough, shortness of breath, chills or loss of taste/smell. This is pursuant with current Virginia Swimming and Hargrave Military Academy practice policies. Parents will also be reminded of these policies via email in the week leading up to the event. Temperature checks will be required, and Covid-19 questions asked to each participant entering the facility.
<b>MASK POLICY:</b>	<ul style="list-style-type: none"> <li>● All parents, volunteers, coaches, and officials are required to wear a facemask at all times while inside the facility to comply with COVID-19 guidelines.</li> <li>● Swimmers will be required to wear a mask inside the facility at all times except when racing, staging behind blocks or after exiting the facility.</li> </ul>
<b>TIMING:</b>	<ul style="list-style-type: none"> <li>● Colorado touchpads will serve as the primary timing source, with a button and stopwatch serving as the two backup timing sources.</li> <li>● One timer per lane to comply with COVID-19 guidelines.</li> <li>● All timers will be required to wear a face covering.</li> <li>● We will allow one counter for each distance swimmer.</li> </ul>
<b>BULLPEN AND STAGING AREA:</b>	<ul style="list-style-type: none"> <li>● All swimmers entering the facility will enter on the lower level by the gym.</li> <li>● All swimmers exiting the facility will exit the side door near the front entrance.</li> <li>● All doors will be marked for ingress and egress, and a map provided to all swimmers and coaches.</li> <li>● There will only be the swimmers on the block and the next group waiting to get on the blocks, back by the wall at one time.</li> </ul>
<b>LOCKER ROOMS AND RESTROOMS:</b>	<ul style="list-style-type: none"> <li>● Locker room access will be restricted to restroom use only.</li> <li>● Swimmers must arrive to the facility in their suits.</li> <li>● One person per toilet will be allowed in locker room/rest rooms at a time.</li> <li>● Coach, official and volunteer restrooms will be separate from swimmer restrooms.</li> </ul>
<b>SPECTATORS AND LIVE STREAM:</b>	<ul style="list-style-type: none"> <li>● No spectators will be allowed in the pool area during the meet.</li> <li>● The meet will be live-streamed on FloSwimming. The stream will be projected on a screen in the gymnasium.</li> </ul>
<b>TEAM SEATING:</b>	<ul style="list-style-type: none"> <li>● When not competing, swimmers should remain in the gymnasium area.</li> <li>● Swimmers must practice social distancing at all times while in the team area.</li> </ul>



**December 3rd – December 6th, 2020**

WOMEN	Thursday 12/3/2020 (Long Course Meters) Warm-up 11:00 a.m.- Start 12:15 p.m.	MEN
1 Mixed	Senior 800 M Freestyle	
	Senior 1500 M Freestyle	2 Mixed
	Thursday 12/3/2020 (Long Course Meters) Group 1 Warm-Up 3 p.m. – Start 3:40 p.m. Group 2 Warm-Up 4:30 p.m. – Start 5:10 p.m. Group 3 Warm-Up 6:00 p.m.- Start 6:40 p.m.	
3	Senior 50 M Butterfly	4
5	Senior 50 M Backstroke	6
7	Senior 50 M Breaststroke	8
9	Senior 50 M Freestyle	10

WOMEN	Friday AM 12/4/2020 (Long Course Meters) Group 1, Warm-Up 7 a.m. – Start 7:40 a.m. Group 2, Warm-Up 8:50 a.m. – Start 9:30 a.m. Group 3, Warm-Up 10:40 a.m. – Start 11:20 a.m. Group 4, Warm-Up 12:30 p.m. – Start 1:10 p.m.	MEN
11	Senior 100 M Butterfly	12
13	Senior 100 M Backstroke	14
15	Senior 100 M Breaststroke	16
17	Senior 100 M Freestyle	18
19	Senior 400 M IM	20

WOMEN	Friday PM 12/4/20 (Long Course Meters) Group 1, 3 p.m. – Start 3:40 p.m. Group 2, 5:30 a.m. – Start 6:10 p.m.	MEN
21	Senior 200 M Butterfly	22
23	Senior 200 M Backstroke	24
25	Senior 200 M Breaststroke	36
27	Senior 200 M Freestyle	28
29	Senior 200 M IM	30
31	Senior 400 M Freestyle	32

WOMEN	Saturday AM 12/5/20 (Short Course Yards) Group 1, Warm-Up 7 a.m. – Start 7:40 a.m. Group 2, Warm-Up 5:30 p.m. – Start 6:10 p.m. Group 3, Warm-Up 8 p.m. – Start 8:40 p.m.	MEN
33	Senior 100 Y Butterfly	34
35	Senior 200 Y Backstroke	36
37	Senior 100 Y Breaststroke	38
39	Senior Y 100 Freestyle	40

WOMEN	Saturday PM 12/5/20 (Short Course Yards) Group 1, Warm-Up 4 p.m. – Start 4:40 p.m. Group 2, Warm-Up 5:40 p.m. – Start 6:20 p.m. Group 3, Warm-Up 7:20 p.m. – Start 8:00 p.m.	MEN
41	Senior 200 Y Freestyle	42
43	Senior 200 Y IM	44

WOMEN	Sunday AM 12/6/20 (Short Course Yards) Group 1, Warm-Up 7 a.m. – Start 7:40 a.m. Group 2, Warm-Up – Start 9:10 a.m. – Start 9:50 a.m. Group 3, Warm-Up 11:20 a.m. – Start 12:00 p.m. Group 4, Warm-Up 1:30 p.m. – Start 2:10 p.m.	MEN
45	Senior 200 Y Butterfly	46
47	Senior 100 Y Backstroke	48
49	Senior 200 Y Breaststroke	50
51	Senior 50 Freestyle	52

WOMEN	Sunday PM 12/6/20 (Short Course Yards) Group 1, Warm-Up 4 p.m. – Start 4:40 p.m. Group 2, Warm-Up 5:40 p.m. – Start 6:20 p.m.	MEN
53	Senior 500 Y Freestyle	54
55	Senior Y 400 IM	56

# ISCA December Senior Classic

Chatham, VA  
December 3rd – December 6th, 2020

Hosted By Virginia Gators, Inc.:  
Onishi-Davenport Aquatic Center  
200 Military Dr.  
Chatham, VA 24531  
(434) 432- 2481

Mail Entries to ISCA  
c/o: Eva Gronke  
3534 Chessington Drive  
Land O Lakes, FL 34638

Team	Name	Call Letters
<hr/>		
Address <hr/>		
<hr/>		
Coach <hr/>	LSC <hr/>	
Home Phone <hr/>	Office Phone <hr/>	
FAX <hr/>	EMAIL <hr/>	

### Swimmer/Coach Registration

I certify that all individuals listed on attached entry forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following coaches will be on deck supervising the activities of these individuals during warm up and competitive sessions at the meet.

### Name of Coaches

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I certify that the individuals listed above are currently registered USA Swimming Coach Members.

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Signature of Coach	Date
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### Financial Recap

Total Number of Facility Surcharge	_____ @ \$25.00 Each = \$ _____
Total Individual Entry Fees	_____ @ \$10.00 Each = \$ _____
Coach Deck Pass	_____ @ \$15.00 Each = \$ _____
Non Hytek Manual Entry Fees (per team)	_____ @ \$50.00 Each = \$ _____

\*Checks payable to ISCA

Total Entry Fees Paid \$ \_\_\_\_\_