



ISCA ELITE SHOWCASE CLASSIC - EAST

St. Petersburg, FL | March 31- April 3, 2021

[North Shore Aquatic Complex](#)

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

<u>SANCTION:</u>	<p>Held under Observation of USA Swimming/Florida Swimming Observation #XXXX. "In granting this approval it is understood and agreed that USA Swimming/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>
<u>CONDITION OF SANCTION:</u>	<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. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S 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>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.</p> <p>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.</p> <p>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.</p> <p>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 Marion County.</p>

<u>CAMERA ZONE:</u>	Per Florida Swimming Rule 223.12, 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.
<u>IMAGE AUTHORIZATION:</u>	All participants agree to be filmed and photographed by the official photographer(s) and network(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.
<u>TYPE OF MEET:</u>	Short Course Yards, Prelims-Finals on Wednesday, Thursday, Friday, Saturday. Three eight-lane courses may be used for prelims and a ten-lane final course will be set up for evening finals. There will be a 25 yard/25 meter pool for constant warm up.
<u>LOCATION:</u>	<u>North Shore Aquatic Complex</u> 901 North Shore Drive NE St. Petersburg, FL 33701 Facility Phone: (727) 893-7727
<u>SCHEDULE:</u>	<p><i>Preliminaries (Wed, Thurs, Fri, Sat)</i> General Warm Up6:30-7:50AM Specific Warm Up7:50-8:20AM Meet Start.....8:30AM</p> <p><i>Finals – SATURDAY</i> General Warm Up2:30-3:20PM Specific Warm Up3:20-3:50PM Meet Start 4:00PM</p> <p><i>Finals – Wed, Thurs, Fri</i> General Warm Up3:30-4:20PM Specific Warm Up4:20-4:50PM Meet Start 5:00PM</p> <p><i>** Please note that Saturday – Finals will begin one hour earlier.</i></p>
<u>POOL & FACILITY SPECS:</u>	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.
<u>TIMING SYSTEM:</u>	A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.
<u>ELIGIBILITY:</u>	Must be a 2021 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.
<u>SEEDING:</u>	Please submit entry times according to the time swum – DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swum in long course meters, submit the long course time.) 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 fastest to slowest within the two age group order. (Example: All 10 & Unders yard times will be seeded fastest to slowest no matter if it's a bonus event or not. If it is entered in meters, it will be seeded at the end).

	<p><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></p> <p>All preliminary events, including relays, will be swum combined slowest to fastest in the 10 & Unders, 11 - 12's, and 13 - 14's, with the top 10 of each single age divided out to swim in each night's finals (excluding the 500, 1000, 1650 freestyle, and 400 individual medley). Please note the fastest 10 times across the respective 10 & Under, 11-12, and 13- 14 age groups swum in finals. <i>(However, they will still be awarded in single age group divisions.)</i></p> <p>There will be no positive check-in. Please submit scratches by 6:00pm the evening before the race.</p> <p>500 Free & 400 IM: Events 45 & 46, 47 & 48, 89 & 90 and 91 & 92 will be swum within the format of their respective preliminary sessions. They will be swum slowest to fastest with the fastest ten girls and the fastest ten boys swimming in the evening finals. These will be timed final events, so swimmers will only swim the events once.</p> <p><u>A/B Flight format:</u> Dependent on the number of entries, and at the discretion of the Meet Referee, the 400 IM and 500 free preliminaries may be conducted in an "A/B flight" format.</p> <p>1000 & 1650 Free: Events 1 & 2 and 55 & 56 will be swum at the conclusion of their respective preliminary sessions following a 10 minute break. They will be swum fastest to slowest, alternating girl/boy heats. In their respective evening finals sessions, the fastest ten girls and the fastest ten boys will swim as the first two events in the evening finals. These will be a timed final events, so swimmers will only swim the events once.</p> <p>Relays: Top 10 teams will swim at finals. On Saturday, teams may choose AM or PM. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. TWO RELAYS PER CLUB MAXIMUM.</p>
<u>RULES:</u>	<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 2020 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.</p> <p>Age as of the first day of the meet (March 31, 2021) will determine the swimmer's age group for competition.</p> <p>Qualifying times must have been achieved between January 1, 2019 – March 17, 2021</p> <p>The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swim suits. Swimmers participating in the practice of deck changing can be subject to removal from further competition.</p>
<u>AWARDS</u>	<p>Individual Custom Medals 1st through 10th</p> <p>Relays Custom Medals 1st through 3rd</p>
<u>INDIVIDUAL HIGH POINT:</u>	<p>Individual High Point Presented to the Top Boy and Top Girl In Each Age Group:</p> <ul style="list-style-type: none"> • 9 & Under • 10 • 11 • 12 • 13 • 14
<u>TEAM AWARDS:</u>	<ul style="list-style-type: none"> • TOP COMBINED TEAM • TOP MEN'S TEAM • TOP WOMEN'S TEAM

<u>SCORING:</u>	<p>Scored to 10 places in each age group.</p> <p>Points 11-9-8-7-6-5-4-3-2-1, with double points for relays.</p>
<u>WARM-UP:</u>	<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>
<u>SCRATCHES:</u>	<p>Prelims/timed finals: Scratches for events are due at 6:00pm the evening before the race. No penalty for scratching on the block with the exception of deck seeded events. Check in must be done with the clerk of course prior to the listed check in time to be seeded in that event. Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will not be seeded but will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served</p>
<u>FINALS:</u>	<p>Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announced 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 barred from their next individual event in the meet, PLUS a \$25.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.</p>
<u>ENTRY LIMIT:</u>	<p>Swimmers will be limited to three events per day and a total of 10 for the entire meet. If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry. Because of the COVID situation, the qualifying times for 2021 are as follows: 10-12-14 year olds must have minimum of A times and 9-11-13 year olds must have minimum of BB times. Please use the 2021 thru 2024 Motivational Times List.</p> <p style="text-align: center;"><u>BONUS EVENTS</u></p> <p>For 1 qualifying time..... You earn 4 bonus events For 2 or more qualifying times..... you earn 3 bonus events</p> <p style="text-align: center;"><u>Bonus events must be entered with a time. NT will not be accepted. EVENTS OVER 200 YARDS MAY NOT BE USED AS BONUS EVENTS.</u></p>
<u>TIME TRIALS:</u>	<p>Time trials will be offered Wednesday, Thursday, and Friday upon conclusion of the prelim sessions. Cost per event - \$15.00. Athletes should sign up at the admin table before 10:30am on the day they plan to swim. If the athlete is not already entered in the meet, surcharges apply.</p>
<u>ISCA ATHLETE FEE:</u>	<p>ISCA Athlete Fee is \$45.00/per swimmer including relay only swimmers.</p>
<u>ENTRY FEES:</u>	<p><u>REGULAR FEES</u></p> <p>Fee per individual event \$8.00 Fee per Relay Event \$12.00 Facility Surcharge per swimmer\$20.00</p> <p><u>LATE ENTRY FEES</u></p> <p>Late Fee per Individual Event \$15.00 Late Fee per Relay Event\$20.00</p>

<p><u>DECK ENTRIES</u></p>	<p>Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$15.00 per individual deck entry, plus the facility and athlete surcharges if not previously entered in meet, fees must be paid at time of entry.</p> <p>Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than 45 minutes prior to the start of each session. A swimmer may not drop an event to deck enter another event. The entry limit of three (3) individual swims per day applies (including time trials).</p>
<p><u>ENTRY DEADLINE:</u></p>	<p>All entries must be received by midnight, Wednesday, March 17, 2021. Late entry/deck entry must be submitted by deadline the evening prior to event (s) contested.</p>
<p><u>ENTRY PROCEDURE (OME) PROCEDURE:</u></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. <i>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).</i> For questions about pre-registration, please visit our 2021 Event Page or email info@swimisca.org.</p> <p>ENTRIES (Online Meet Entry -OME): Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY.</p> <p>OME OPENS: 12:01 AM EST <u>MONDAY February 17, 2021</u> OME CLOSES: 11:59 PM EST <u>Wednesday, March 17, 2021</u></p> <p><i>FIRST TIME USERS:</i> 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.</p> <p><i>FOR OME HELP:</i> Eva Gronke (727-644-5925) eva@fastswimresults.com</p> <p><i>INDIVIDUAL ENTRIES:</i> 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>Please note that OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.</p> <p><i>OME RELAY ENTRY PROCEDURES:</i> 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><i>TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:</i> 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.</p> <p><i>INDIVIDUAL UNATTACHED ATHLETES:</i> 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.</p>

	<p><u>PAYMENT:</u> Please plan to submit payment for all meet fees via check on-site at the Meet Registration Table on Tuesday, March 30th. <u>Payment MUST be collected before an athlete is allowed to swim.</u> Please make checks payable to "ISCA."</p> <p>Payment by credit card is not available at this time. Please note that the OME automatic entry report will show comprehensive fees due, but does not deduct the pre-reservation deposits. For confirmation on exact fees due prior to the meet, please email info@swimisca.org.</p>																		
<u>FOREIGN ATHLETES</u>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or 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 Tony Uselis (twuselis@gmail.com) Admin Referee/Official Eva Gronke (eva@fastswimresults.com) Meet Director Doug Fonder(dougfonder@gmail.com)</p>																		
<u>COACH DECK PASSES:</u>	<p>Deck passes for USA Swimming registered coaches are \$15 each (and can be included in a team's OME or purchased at the gate with verified credentials). Please indicate number of coach passes requested and include with final entry payment. The full number of deck passes allowed for each team in dependent on the number of qualified athletes.</p> <table border="1"> <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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<u>COACHES / OFFICIALS:</u>	<p>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. Expect Coaches meeting, Tuesday, March 30th, at 4:00pm at North Shore Aquatic Complex.</p>																		
<u>MEET VOLUNTEERS:</u>	<p>As per I SCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.</p>																		
<u>TEAM REPRESENTATIVE:</u>	<p>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.</p>																		

<u>INFORMATION:</u>	<table><tr><td><u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com</td><td><u>Meet Referee</u> Tony Uselis Cell: 727-742-0523 twuselis@gmail.com</td><td><u>Meet Admin Official</u> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 eva@fastswimresults.com</td></tr></table>	<u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com	<u>Meet Referee</u> Tony Uselis Cell: 727-742-0523 twuselis@gmail.com	<u>Meet Admin Official</u> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 eva@fastswimresults.com
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<u>NOTE:</u>	**Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee. **			





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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.



Wednesday March 31, 2021			Thursday April 1 st , 2021		
#	Age	Event	#	Age	Event
W1	11-12	1000 Free	W27	10-Under	100 IM
M2	11-12	1000 Free	M28	10-Under	100 IM
W3	10-Under	50 Back	W29	11-12	200 IM
M4	10-Under	50 Back	M30	11-12	200 IM
W5	11-12	200 Back	W31	13-14	200 IM
M6	11-12	200 Back	M32	13-14	200 IM
W7	13-14	200 Back	W33	10-Under	50 Fly
M8	13-14	200 Back	M34	10-Under	50 Fly
W9	10-Under	100 Breast	W35	11-12	200 Fly
M10	10-Under	100 Breast	M36	11-12	200 Fly
W11	11-12	50 Breast	W37	13-14	200 Fly
M12	11-12	50 Breast	M38	13-14	200 Fly
W13	13-14	50 Breast	W39	11-12	50 Back
M14	13-14	50 Breast	M40	11-12	50 Back
W15	10-Under	500 Free	W41	13-14	50 Back
M16	10-Under	500 Free	M42	13-14	50 Back
W17	11-12	50 Free	W43	10-Under	200 Free
M18	11-12	50 Free	M44	10-Under	200 Free
W19	13-14	50 Free	W45	11-12	500 Free
M20	13-14	50 Free	M46	11-12	500 Free
W21	10-Under	200 Medley Relay	W47	13-14	500 Free
M22	10-Under	200 Medley Relay	M48	13-14	500 Free
W23	11-12	200 Medley Relay	W49	10-Under	400 Medley Relay
M24	11-12	200 Medley Relay	M50	10-Under	400 Medley Relay
W25	13-14	200 Medley Relay	W51	11-12	400 Medley Relay
M26	13-14	200 Medley Relay	M52	11-12	400 Medley Relay
			W53	13-14	400 Medley Relay
			M54	13-14	400 Medley Relay

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March 31st – April 3rd, 2021 · St. Petersburg, FL



Friday April 2nd, 2021			Saturday April 3rd, 2021		
#	Age	Event	#	Age	Event
W55	13-14	1650 Free	W87	10-Under	200 IM
M56	13-14	1650 Free	M88	10-Under	200 IM
W57	11-12	100 IM	W89	11-12	400 IM
M58	11-12	100 IM	M90	11-12	400 IM
W59	10-Under	100 Back	W91	13-14	400 IM
M60	10-Under	100 Back	M92	13-14	400 IM
W61	11-12	100 Back	W93	10-Under	100 Fly
M62	11-12	100 Back	M94	10-Under	100 Fly
W63	13-14	100 Back	W95	11-12	50 Fly
M64	13-14	100 Back	M96	11-12	50 Fly
W65	10-Under	50 Breast	W97	13-14	50 Fly
M66	10-Under	50 Breast	M98	13-14	50 Fly
W67	11-12	200 Breast	W99	11-12	100 Breast
M68	11-12	200 Breast	M100	11-12	100 Breast
W69	13-14	200 Breast	W101	13-14	100 Breast
M70	13-14	200 Breast	M102	13-14	100 Breast
W71	11-12	100 Fly	W103	10-Under	50 Free
M72	11-12	100 Fly	M104	10-Under	50 Free
W73	13-14	100 Fly	W105	11-12	200 Free
M74	13-14	100 Fly	M106	11-12	200 Free
W75	10-Under	100 Free	W107	13-14	200 Free
M76	10-Under	100 Free	M108	13-14	200 Free
W77	11-12	100 Free	W109	10-Under	400 Free Relay
M78	11-12	100 Free	M110	10-Under	400 Free Relay
W79	13-14	100 Free	W111	11-12	400 Free Relay
M80	13-14	100 Free	M112	11-12	400 Free Relay
W81	10-Under	200 Free Relay	W113	13-14	400 Free Relay
M82	10-Under	200 Free Relay	M114	13-14	400 Free Relay
W83	11-12	200 Free Relay			
M84	11-12	200 Free Relay			
W85	13-14	200 Free Relay			
M86	13-14	200 Free Relay			

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