

**Florida Swimming mandates that all persons follow COVID guidelines as required by facility and local protocols including but not limited to mask and social distancing policies. Please follow host meet letter guidelines.**

**Florida Swimming will not be responsible for enforcing facility protocols however participation in the meet must adhere to facility guidelines.**



## ISCA SUMMER ELITE SHOWCASE

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St. Petersburg, FL | August 4th – August 7th, 2021

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[North Shore Aquatic Complex](#)

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

<b><u>SANCTION:</u></b>	Held under Observation of USA Swimming/Florida Swimming Observation #FL-A-5681. "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."
<b><u>CONDITION OF SANCTION:</u></b>	<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>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>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 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 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 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 DISEASE. 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 SPREADING COVID-19.</p> <p>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, FLORIDA SWIMMING, ISCA, NORTH SHORE AQUATIC COMPLEX AND THE CITY OF ST. PETERSBURG AND EACH OF THEIR OFFICIERS, DIRECTORS, AGENTS EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>
<b><u>CAMERA ZONE:</u></b>	Per Florida Swimming Rule 223.13, 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 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.
<b><u>TYPE OF MEET:</u></b>	<p>Long Course Meters, Prelims-Finals on Wednesday, Thursday, Friday, Saturday. A ten Lane course may be used for prelims and finals.</p> <p>There will be a 25 yard/25 meter pool for constant warm up.</p>
<b><u>LOCATION:</u></b>	<p><a href="#"><u>North Shore Aquatic Complex</u></a>  901 North Shore Drive NE  St. Petersburg, FL 33701  Facility Phone: (727) 893-7727</p>

<p><b><u>SCHEDULE:</u></b></p>	<p><b><i>Preliminaries (Wed, Thurs, Fri, Sat)</i></b>  General Warm Up .....6:30-7:20AM  Specific Warm Up .....7:20-7:50AM  Meet Start.....8:00AM</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 .....2:30-3:20PM  Specific Warm Up .....3:20-3:50PM  Meet Start ..... 4:00PM</p> <p><b><i>** Please note that Saturday – Finals will begin one hour earlier.</i></b></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 2021 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.</p>
<p><b><u>SEEDING:</u></b></p>	<p>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 yard times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. <b>All meter times, even if they are bonus event times, will be seeded for prelims fastest to slowest within the two age group order.</b> (Example: All 10 &amp; Under meter times will be seeded fastest to slowest no matter if it's a bonus event or not. If it is entered in yards, it will be seeded at the end).</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>All preliminary events, including relays, will be swum combined slowest to fastest in the 10 &amp; 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 &amp; Under, 11-12, and 13- 14 age groups swum in finals. <b>(However, they will still be awarded in single age group divisions.)</b></p> <p><b>There will be no positive check-in. Please submit scratches by 6:00pm the evening before the race.</b></p> <p><b>400/500 Free &amp; 400 IM:</b> Events 15 &amp; 16, 43, 44, 45 &amp; 46, 87, 88, 89 &amp; 90 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><b><u>A/B Flight format:</u></b> 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><b>800/1000 &amp; 1500/1650 Free:</b> Events 1 &amp; 2 and 53 &amp; 54 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><b>Relays: Top 10 teams will swim at finals. On Saturday, teams may choose AM or PM.</b> 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</p>

	<p>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 <b>MUST</b> 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 (<b>August 4, 2021</b>) will determine the swimmer's age group for competition.</p> <p><b>Qualifying times must have been achieved between January 1, 2019 – July 14, 2021</b></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>
<b><u>AWARDS</u></b>	<p><b>Individual</b> Custom Medals . . . . . 1<sup>st</sup> through 10<sup>th</sup></p> <p><b>Relays</b> Custom Medals . . . . . 1<sup>st</sup> through 3<sup>rd</sup></p>
<b><u>INDIVIDUAL HIGH POINT:</u></b>	<p>Individual High Point Presented to the Top Boy and Top Girl In Each Age Group:</p> <ul style="list-style-type: none"> <li>• 9 &amp; Under</li> <li>• 10</li> <li>• 11</li> <li>• 12</li> <li>• 13</li> <li>• 14</li> </ul>
<b><u>TEAM AWARDS:</u></b>	<ul style="list-style-type: none"> <li>• TOP COMBINED TEAM</li> <li>• TOP MEN'S TEAM</li> <li>• TOP WOMEN'S TEAM</li> </ul>
<b><u>SCORING:</u></b>	<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>
<b><u>WARM-UP:</u></b>	<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>
<b><u>SCRATCHES:</u></b>	<p><b>Prelims/timed finals:</b> Scratches for events are due at <b>5:00pm</b> 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>
<b><u>FINALS:</u></b>	<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. <b>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.</b></p>
<b><u>ENTRY LIMIT:</u></b>	<p>Swimmers will be limited to <b>three events per day</b> and a total of <b>10</b> 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.</p>

	<p style="text-align: center;"><b><u>BONUS EVENTS</u></b></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;"><b><u>Bonus events must be entered with a time. NT will not be accepted. EVENTS OVER 200 METERS MAY NOT BE USED AS BONUS EVENTS.</u></b></p>
<b><u>TIME TRIALS:</u></b>	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.
<b><u>ISCA ATHLETE FEE:</u></b>	ISCA Athlete Fee is \$45.00/per swimmer including relay only swimmers.
<b><u>ENTRY FEES:</u></b>	<p><b><u>REGULAR FEES</u></b></p> <p>Fee per individual event ..... \$ 6.10  Fee per Relay Event ..... \$ 8.00  Facility Surcharge per swimmer .....\$20.00  *Out of State Fee per swimmer .....\$ 2.00  Coaches Deck Pass .....\$15.00</p> <p>*Out of State Residence have a \$2.00 Florida Swimming, Inc. fee, which will be paid at registration.</p> <p><b><u>LATE ENTRY FEES</u></b></p> <p>Late Fee per Individual Event ..... \$20.00  Late Fee per Relay Event .....\$25.00</p>
<b><u>DECK ENTRIES</u></b>	<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 <b>45 minutes</b> prior to the start of each session. A swimmer may not drop an event to deck enter another event. <b>The entry limit of three (3) individual swims per day applies (including time trials).</b></p>
<b><u>ENTRY DEADLINE:</u></b>	<b>All entries must be received by 11:59 a.m., Monday, July 26, 2021.</b> Late entry/deck entry must be submitted by deadline the evening prior to event (s) contested.
<b><u>ENTRY PROCEDURE (OME) PROCEDURE:</u></b>  <b><u>(PLEASE READ CAREFULLY)</u></b>	<p><b><u>GUARANTEED REGISTRATION:</u></b> Teams that have made a pre-registration athlete deposit on <a href="http://swimisca.org">swimisca.org</a> are given guaranteed registration. <b><u>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).</u></b> For questions about pre-registration, please visit our <a href="http://2021.EventPage">2021 Event Page</a> or email <a href="mailto:info@swimisca.org">info@swimisca.org</a>.</p> <p><b>ENTRIES (Online Meet Entry -OME):</b> Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY.</p> <p>OME OPENS: 12:01 AM EST <u>Wednesday, June 16, 2021</u>  OME CLOSES: 11:59 AM EST <u>Monday, July 26, 2021</u></p> <p><b>FIRST TIME USERS:</b> First time users of OME should register for an (free) account to utilize the system. This can be completed on USA Swimming website at: <a href="http://www.usaswimming.org/ome">http://www.usaswimming.org/ome</a>. Log in and select "Enter Team. Follow the prompts to create an account.</p> <p><b>FOR OME HELP:</b> Eva Gronke (727-644-5925) <a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a></p>

	<p><b>INDIVIDUAL ENTRIES:</b> 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.</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><b>OME RELAY ENTRY PROCEDURES:</b> 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><b>TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES:</b> 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><b>INDIVIDUAL UNATTACHED ATHLETES:</b> Unattached athletes that are not awaiting attachment to any team must enter individually. Access to the OME system at the address <a href="http://usaswimming.org/ome">http://usaswimming.org/ome</a> - long in and select "Enter Individual." On deck registrations will not be accepted.</p> <p><b>PAYMENT:</b> Please plan to submit payment for all meet fees via check on-site at the Meet Registration Table on Monday, August 2<sup>nd</sup>, and Tuesday, August 3<sup>rd</sup>. <b><u>Payment MUST be collected before an athlete is allowed to swim.</u></b> 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 <a href="mailto:info@swimisca.org">info@swimisca.org</a>.</p>						
<b><u>FOREIGN ATHLETES</u></b>	<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 <a href="mailto:info@swimisca.org">info@swimisca.org</a>.</p>						
<b><u>OFFICIALS:</u></b>	<table> <tr> <td><b>Head Referee</b></td><td>Adrienne Cardwell (<a href="mailto:ardwell75@gmail.com">ardwell75@gmail.com</a>)</td></tr> <tr> <td><b>Admin Referee/Official</b></td><td>Eva Gronke (<a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a>)</td></tr> <tr> <td><b>Meet Director</b></td><td>Doug Fonder(<a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>)</td></tr> </table>	<b>Head Referee</b>	Adrienne Cardwell ( <a href="mailto:ardwell75@gmail.com">ardwell75@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> )
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<b><u>COACH DECK PASSES:</u></b>	<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><tr><th># of Swimmers</th><th># of Deck Passes</th></tr><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></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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1-4	1																		
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<b><u>COACHES / OFFICIALS:</u></b>	<p>Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2021 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, August 3rd, at 4:00pm at North Shore Aquatic Complex.</b></p>																		
<b><u>MEET VOLUNTEERS:</u></b>	<p>As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.</p>																		
<b><u>TEAM REPRESENTATIVE:</u></b>	<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>																		
<b><u>INFORMATION:</u></b>	<table><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> Adrienne Cardwell Cell: 727-466-7361 <a href="mailto:twuselis@gmail.com">twuselis@gmail.com</a></td><td><b><u>Meet Admin Official</u></b> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 <a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a></td></tr><tr><td colspan="2"><b><u>Head Starter</u></b> John Stanley</td><td><b><u>Stroke/Turn</u></b> Steve Woolfolk</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> Adrienne Cardwell Cell: 727-466-7361 <a href="mailto:twuselis@gmail.com">twuselis@gmail.com</a>	<b><u>Meet Admin Official</u></b> Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 <a href="mailto:eva@fastswimresults.com">eva@fastswimresults.com</a>	<b><u>Head Starter</u></b> John Stanley		<b><u>Stroke/Turn</u></b> Steve Woolfolk												
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<b><u>NOTE:</u></b>	<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 SUMMER ELITE SHOWCASE

## **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 August 4, 2021			Thursday August 5, 2021		
#	Age	Event	#	Age	Event
W1	11-12	800/1000 Free	W27	11-12	200 IM
M2	11-12	800/1000 Free	M28	11-12	200 IM
W3	10-Under	50 Back	W29	13-14	200 IM
M4	10-Under	50 Back	M30	13-14	200 IM
W5	11-12	200 Back	W31	10-Under	50 Fly
M6	11-12	200 Back	M32	10-Under	50 Fly
W7	13-14	200 Back	W33	11-12	200 Fly
M8	13-14	200 Back	M34	11-12	200 Fly
W9	10-Under	100 Breast	W35	13-14	200 Fly
M10	10-Under	100 Breast	M36	13-14	200 Fly
W11	11-12	50 Breast	W37	11-12	50 Back
M12	11-12	50 Breast	M38	11-12	50 Back
W13	13-14	50 Breast	W39	13-14	50 Back
M14	13-14	50 Breast	M40	13-14	50 Back
W15	10-Under	400/500 Free	W41	10-Under	200 Free
M16	10-Under	400/500 Free	M42	10-Under	200 Free
W17	11-12	50 Free	W43	11-12	400/500 Free
M18	11-12	50 Free	M44	11-12	400/500 Free
W19	13-14	50 Free	W45	13-14	400/500 Free
M20	13-14	50 Free	M46	13-14	400/500 Free
W21	10-Under	200 Medley Relay	W47	10-Under	400 Medley Relay
M22	10-Under	200 Medley Relay	M48	10-Under	400 Medley Relay
W23	11-12	200 Medley Relay	W49	11-12	400 Medley Relay
M24	11-12	200 Medley Relay	M50	11-12	400 Medley Relay
W25	13-14	200 Medley Relay	W51	13-14	400 Medley Relay
M26	13-14	200 Medley Relay	M52	13-14	400 Medley Relay

ISCA Elite Showcase Classic – East  
August 4-7, 2021 · St. Petersburg, FL

Friday August 6, 2021			Saturday August 7, 2021		
#	Age	Event	#	Age	Event
W53	13-14	1500/1650 Free	W83	10-Under	200 IM
M54	13-14	1500/1650 Free	M84	10-Under	200 IM
W55	10-Under	100 Back	W85	11-12	400 IM
M56	10-Under	100 Back	M86	11-12	400 IM
W57	11-12	100 Back	W87	13-14	400 IM
M58	11-12	100 Back	M88	13-14	400 IM
W59	13-14	100 Back	W89	10-Under	100 Fly
M60	13-14	100 Back	M90	10-Under	100 Fly
W61	10-Under	50 Breast	W91	11-12	50 Fly
M62	10-Under	50 Breast	M92	11-12	50 Fly
W63	11-12	200 Breast	W93	13-14	50 Fly
M64	11-12	200 Breast	M94	13-14	50 Fly
W65	13-14	200 Breast	W95	11-12	100 Breast
M66	13-14	200 Breast	M96	11-12	100 Breast
W67	11-12	100 Fly	W97	13-14	100 Breast
M68	11-12	100 Fly	M98	13-14	100 Breast
W69	13-14	100 Fly	W99	10-Under	50 Free
M70	13-14	100 Fly	M100	10-Under	50 Free
W71	10-Under	100 Free	W101	11-12	200 Free
M72	10-Under	100 Free	M102	11-12	200 Free
W73	11-12	100 Free	W103	13-14	200 Free
M74	11-12	100 Free	M104	13-14	200 Free
W75	13-14	100 Free	W105	10-Under	400 Free Relay
M76	13-14	100 Free	M106	10-Under	400 Free Relay
W77	10-Under	200 Free Relay	W107	11-12	400 Free Relay
M78	10-Under	200 Free Relay	M108	11-12	400 Free Relay
W79	11-12	200 Free Relay	W109	13-14	400 Free Relay
M80	11-12	200 Free Relay	M110	13-14	400 Free Relay
W81	13-14	200 Free Relay			
M82	13-14	200 Free Relay			

# Qualifying Times

## Age Group: 9 YEAR OLDS & UNDER

### GIRLS

### BOYS

LCM	SCY	EVENT	LCM	SCY
48.89	36.69	50 Back	49.19	36.99
1:59.79	1:31.89	100 Breast	1:55.99	1:29.99
6:05.39	6:27.49	400/500 Free	5:59.49	6:20.79
47.09	36.19	50 Fly	45.99	35.39
2:56.29	2:35.39	200 Free	2:50.79	2:29.39
1:45.99	1:19.29	100 Back	1:43.09	1:18.79
53.99	41.69	50 Breast	53.29	40.99
1:31.19	1:10.49	100 Free	1:30.19	1:09.69
3:17.09	2:52.69	200 IM	3:15.39	2:50.99
1:52.99	1:24.09	100 Fly	1:50.79	1:22.79
39.89	31.39	50 Free	39.49	30.99

## Age Group: 10 YEAR OLDS

### GIRLS

### BOYS

LCM	SCY	EVENT	LCM	SCY
42.89	34.99	50 Back	42.99	33.59
1:44.89	1:27.49	100 Breast	1:42.69	1:22.39
5:50.19	6:20.49	400/500 Free	5:44.49	6:04.19
40.79	34.39	50 Fly	40.19	31.99
2:48.09	2:28.19	200 Free	2:43.69	2:16.89
1:32.89	1:15.59	100 Back	1:30.99	1:12.19
47.49	39.79	50 Breast	46.99	37.29
1:20.29	1:07.29	100 Free	1:19.79	1:03.69
3:08.29	2:45.09	200 IM	3:06.89	2:36.19
1:35.99	1:19.19	100 Fly	1:34.40	1:13.89
35.59	30.19	50 Free	35.49	28.59



## Age Group: 11 YEAR OLDS

### GIRLS

### BOYS

LCM	SCY	EVENT	LCM	SCY
11:00.59	12:41.19	800/1000 Free	10:59.39	12:09.49
32.99	28.99	50 Free	31.99	27.89
2:55.29	2:31.39	200 Back	2:50.99	2:27.39
41.99	36.89	50 Breast	39.39	36.09
2:56.59	2:34.49	200 IM	2:45.49	2:30.89
2:55.59	2:34.29	200 Fly	2:44.69	2:28.39
37.69	32.69	50 Back	35.99	32.09
5:15.39	6:07.59	400/500 Free	5:15.09	5:57.69
1:23.19	1:11.39	100 Back	1:20.49	1:09.19
3:19.39	2:52.19	200 Breast	3:12.59	2:46.39
1:20.09	1:10.89	100 Fly	1:18.59	1:09.29
1:12.09	1:03.09	100 Free	1:09.69	1:00.89
6:01.19	5:29.29	400 IM	6:00.49	5:19.79
35.39	31.29	50 Fly	35.19	31.19
1:32.19	1:20.19	100 Breast	1:30.29	1:17.49
2:36.19	2:17.49	200 Free	2:32.19	2:12.49

## Age Group: 12 YEAR OLDS

### GIRLS

### BOYS

LCM	SCY	EVENT	LCM	SCY
11:00.59	11:37.79	800/1000 Free	10:50.39	11:25.59
31.89	27.79	50 Free	30.89	26.79
2:47.99	2:25.09	200 Back	2:43.79	2:21.29
40.19	35.39	50 Breast	39.39	34.39
2:49.29	2:27.99	200 IM	2:45.49	2:23.99
2:48.29	2:27.89	200 Fly	2:44.69	2:22.19
36.09	31.29	50 Back	35.39	30.69
5:15.39	5:36.89	400/500 Free	5:00.49	5:27.89
1:15.29	1:08.09	100 Back	1:16.69	1:05.99
3:11.09	2:45.09	200 Breast	3:04.59	2:39.39
1:16.99	1:07.49	100 Fly	1:14.69	1:05.89
1:09.09	1:00.49	100 Free	1:06.79	58.29
6:01.19	5:15.59	400 IM	5:53.09	5:06.49
33.89	29.99	50 Fly	33.59	29.69
1:28.79	1:16.69	100 Breast	1:26.19	1:13.99
2:29.69	2:11.79	200 Free	2:25.79	2:06.99



## Age Group: 13 YEAR OLDS

### GIRLS

### BOYS

LCM	SCY	EVENT	LCM	SCY
2:44.89	2:22.99	200 Back	2:36.09	2:13.99
1:17.09	1:15.39	50 Breast	1:21.29	1:09.69
31.79	27.89	50 Free	29.49	25.69
2:47.79	2:25.49	200 IM	2:38.29	2:17.09
2:45.49	2:24.89	200 Fly	2:35.09	2:15.59
1:17.09	1:05.69	50 Back	1:11.89	1:01.29
1:17.09	1:05.69	100 Back	1:11.89	1:01.29
3:08.29	2:43.69	200 Breast	2:56.09	2:31.39
1:14.29	1:05.49	100 Fly	1:09.69	1:00.99
1:08.99	1:00.49	100 Free	1:04.49	56.29
5:41.29	4:58.69	400 IM	5:36.59	4:52.69
2:29.39	2:10.39	200 Free	2:20.59	2:02.59
1:14.29	1:05.49	50 Fly	1:09.69	1:00.99
1:27.49	1:15.39	100 Breast	1:21.29	1:09.69
5:14.39	5:34.99	400/500 Free	4:55.19	5:25.39
19:48.09	19:12.89	1500/1650 Free	19:30.39	17:59.99

## Age Group: 14 YEAR OLDS

### GIRLS

### BOYS

LCM	SCY	EVENT	LCM	SCY
2:38.09	2:17.09	200 Back	2:29.59	2:08.39
1:23.89	1:12.29	50 Breast	1:17.89	1:06.79
30.49	26.79	50 Free	28.29	24.59
2:40.79	2:19.49	200 IM	2:31.69	2:11.39
2:38.59	2:18.79	200 Fly	2:28.59	2:09.99
1:13.89	1:02.99	50 Back	1:08.89	58.69
5:01.29	5:20.39	400/500 Free	4:40.69	5:10.59
1:13.89	1:00.59	100 Back	1:08.89	58.69
3:00.49	2:36.79	200 Breast	2:48.79	2:25.09
1:11.19	1:02.69	100 Fly	1:06.79	58.49
19:30.09	18:22.79	1500/1650 Free	18:45.89	17:59.39
1:06.19	57.99	100 Free	1:01.79	53.89
5:41.29	4:45.69	400 IM	5:22.59	4:40.49
2:23.19	2:00.39	200 Free	2:14.79	1:57.49
1:11.19	1:02.69	50 Fly	1:06.79	58.49
1:23.89	1:12.29	100 Breast	1:17.89	1:06.79



\*For the 50s in 13/14 Age Group, please enter your 100 time for seeding.