

2021 ISCA SUMMER SENIOR BLAST

St. Petersburg, FL July 27th – July 31, 2021

SANCTION:

Approved Sanctioned by Florida Swimming of USA Swimming <u>#FL-A-5656</u> "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."

CONDITION OF SANCTION:The competition course has been certified in accordance with 104.2.2C (4). The copy
of such certification is on file with USA Swimming.

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.

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.

Any swimmer entered in the meet must be certified by a USA Swimming membercoach 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.

Use of audio, visual or cell phone recording devices is permitted only in designated areas.

Changing into or out of swimsuits, except in locker rooms, is strictly prohibited. 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. 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.

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.

AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMEY CONTAGIOUS DESEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SENIOR CITZENS 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 DESEASE. 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 SPEADING COVID-19

CAMERA ZONE:

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.* Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2. **IMAGE AUTHORIZATION:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of ISCA under the conditions authorized by ISCA, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in ISCA competitions to promote such competitions.

TYPE OFLong Course Meters Timed Finals Tuesday, Prelims-Finals on Wednesday, Thursday,MEET:Friday and Saturday. One ten-lane course will be used for prelims and finals. Depending
on number of entries received, chase starts may be used. There are Bonus, Consolation
and Final heats for all Senior Events and for all 16 & Under events (except for timed final
events). Only the Championship Final heats for the 16 & Under events and Senior events
will score. 16 & Under swimmers may choose to compete in Senior events when entering
the meet. In all events over 200 meters there will only be a Consolation and Final heat
swum. We will be running this as a "scratch meet". That means that all prelim heats will
be seeded based on the psych sheet. If you know of a person that will not be swimming a
prelim event simply fill out the scratch form in the admin office and drop it in the scratch
box on the admin table by 5:00pm the evening before. (Tuesday's events can be
scratched after the coaches meeting Tuesday midday. Wednesday's events must be
scratched by 5:00 p.m.)

No equipment will be allowed during warm-up times. This includes fins, paddles, and snorkels.

SCHEDULE: Preliminaries:

Tuesday Time Finals

<u>Wednesday – Saturday</u>

General Warm Up6:30-7:15AM Specific Warm Up7:50-7:50AM Meet Start8:00AM

Finals:

Wednesday – Saturday

General Warm Up3:30-4:30PM Specific Warm Up4:30-4:50PM Meet Start5:00PM

LOCATION: North Shore Aquatic Complex 901 North Shore Drive NE St. Petersburg, FL 33701 Facility: (727) 893-7727

POOL & FACILITY SPECS: The North Shore 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.

TIMING SYSTEM:A Colorado Timing System with scoreboard will be used.

ELIGIBILITY: Must be a 2021 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. "According to Florida Swimming rule 221.3 B,

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ALL ENTRIES ARE TO BE SUBMITTED WITH TIME, NT IS NOT ALLOWED

Page 4 of 13	2021 ISC	A Summer Senior Bla	st St. Petersburg, FL			
SPECTATOR PASS:		bass (including heat shee ng heat sheet and final sh	-			
SCORING:		-	e swimmers and then scored to the top 1-9-8-7-6-5-4-3-2-1, double points for			
TEAM AWARDS:	TOP COMBINED TEAM TOP WOMEN'S TEAM TOP MEN'S TEAM		PERFORMANCE AWARD E PERFORMANCE AWARD			
	Senior Men's & Wome	n's				
INDIVIDUAL HIGH POIL	NT: 16 & Under Men's & V	Vomen's				
	RELAYS	Custom Medals	1 st through 3rd			
AWARDS:	INDIVIDUAL	Custom Medals	1 st through 10 th			
	The practice of Deck (change into and out o	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.				
	("MAAPP"), will gover effect during all warm allowed on the pool of assisting with team fun MUST go directly to assignment. Age as o	n this meet. (Safety rule -up and warm-down tim leck unless they have 2 nctions. If any swimmer the meet Referee to p of the first day of the m mpetition. Times must b	Minor Athlete Abuse Prevention Policy as as outlined by USA Swimming will be in the frames and areas.) No parents will be 2021 USA Swimming Credentials and are needs to have coaching assistance, they receive a deck pass and/or a coaching meet (July 27, 2021) will determine the have been achieved between January 1,			
RULES:	Finals with all 16 & U r prelims session. The to	elays, and Senior Relays op 20 seeded Senior rela red on the entry sheet to	iday and Saturday will be swum Timed seeded 21st and slower, competing in the ays will compete in the finals session. All b be eligible to compete on a relay team.			
SEEDING	(Example: If the time Non-conforming yards AAU/USA Swimming Ru if they are bonus even	was swum in long cours times and short course ules and Regulations 207 t times, will be seeded for	m – DO NOT SUBMIT CONVERTED TIMES. se meters, submit the long course time.) meters will be seeded last according to 7.12.7B. All long course meter times, even or prelims slowest to fastest with the last ents will be swum combined 16 & under			

WARM-UP:	Enclosed warm-up schedule will be used. Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.				
SCRATCHES:	<i>Prelims/timed finals:</i> No penalty for scratching on the block. This meet is NOT preseeded. We request you scratch your athletes the evening before prelims. The scratch box closes at 6:00 p.m. every evening.				
	<i>Finals</i> : 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. <i>Any swimmer not reporting to a final event in which</i> <i>the results were posted for his/her swim</i> <u>will be barred from further competition in</u> <u>their next individual event in the meet</u> , PLUS a \$50.00 fee will be assessed to				
	the Meet Referee.	scratch rule UNLESS relieved for good cause by			
ENTRY LIMIT:	Swimmers will be limited to (3) - three individual events per day and a total of (8) - eight for the entire meet. Swimmers may enter as many events as they want during initial OME registration, but must scratch down to the entry limit by the entry change deadline. Time trial entries are separate from regular meet entries and do not count toward the entry limit of 3 per day/8 per meet.				
ISCA ATHLETE FEE:	ISCA summer athlete fee is \$45.00 per swimmer including relay only swimmers. This fee is billed separately and not paid with OME.				
BONUS EVENTS					
	For 1 or 2 Qualifying Times For 3 or More Qualifying Times	You Earn 4 Bonus Events You Earn 3 Bonus Events			
		time. NT will not be accepted <u>. Bonus entries in</u> ust have a qualifying time in one of those events event.			
TIME TRIALS:	prelim sessions, depending on numbe and/or weather conditions. Sessions w \$15.00. Cost per relay event - \$20.00.	proximately 15 minutes after the conclusion of the r of entries in the regular meet/length of sessions rill be held in LCM ONLY. Cost per individual event - . Open to all swimmers entered in the meet. Only time trials. Sign up will be at the admin table each			

ENTRY FEES	ENTRY FEES
	Fee per individual Event
	Fee per Relay Event
	*Out of State Fee per Swimmer \$ 2.00
	Facility Surcharge (per swimmer) \$20.00 Coach Deck Pass (per coach)
	LATE/DECK ENTRY FEES
	Late Fee per Individual Event \$20.00
	Late Fee per Relay Event \$25.00
	*Out of State Residence have a \$2.00 Florida Swimming, Inc. fee, which will be due c registration.
	**Deck entries are due by 5 p.m. the evening before the session the event is contested, no exceptions.
ENTRY DEADLINE:	All entries must be received by midnight Monday July 12, 2021.
	OME ENTRY PROCEDURES – READ CAREFULLY
	On-Line Meet Entry (OME) – Entries will be processed using the USA Swimming On-Line Meet Entry (OME) ONLY. Access this entry system from the USA Swimming website at the address <u>http://www.usaswimming.org/ome</u> . Coaches must register for an account
	(Free) to utilize the system. Log in and select "Enter Team".
	OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
	OME OPENS: 12:01 AM EST MONDAY June 21, 2021 OME CLOSES: 11:59 PM EST MONDAY July 12, 2021
	OME HELP: Eva Gronke 727-644-5925 – eva@fastswimresults.com
	OWE HELF. EVa OFORCe 727-044-5925 - Evalurasiswim esuits.com
	Individual Entries: Use a time in the national database for entry 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.
	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.

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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://www.usaswimming.org/ome - log in and select "Enter Individual." On deck registrations will not be accepted.

Payments must be made payable to: ISCA (International Swim Coaches Association)

** ALL ENTRY CHECKS MUST BE BROUGHT AND TURNED IN AT THE MEET. PLEASE DO NOT MAIL CHECKS **

Entry Chairman:	ISCA
	c/o Eva Gronke
	3534 Chessington Drive
	Land O Lakes, FL 34638
	eva@fastswimresults.com

- ENTRY FORMS: If you do not have access to OME, entries may be submitted on the enclosed entry forms (please print legibly). Please note that there is an additional \$50 fee for entries submitted on the entry forms. Any events with NT will not be accepted. Relay only swimmers must be listed. All entries must be sent to Entry Chairman. DO NOT send to the pool.
- FOREIGN ATHLETES:Foreign athletes are welcome to attend. They must be an ISCA member with FINA or
USA Swimming registration. Entries for foreign teams must be submitted through HY-
TEK MEET MANAGER, COMMLINK, or contact Doug Fonder at (540) 397-0505.

OFFICIALS:	Head Referee	John Stanley
	Starter	Steve Wolfolk
	Admin Referee/Official	Eva Gronke

Meet Manager Doug Fonder

- COACHES/OFFICIALS Coaches/officials must visibly display a valid membership card at all times while on deck. A 2021 coaching member must supervise each swimmer participating in a Florida Swimming observed/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. There will be a coaches meeting Tuesday, July 27th at 12:00PM at North Shore Aquatic Complex.
- **MEET VOLUNTEERS:** As per ISCA policy, all volunteers must present a valid photo ID or meet credentials to gain deck access.
- **TEAM REPRESENTATIVE:** 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.

CONTACT INFORMATION:

Meet Director/ISCA Contact

Doug Fonder 2721 Brambleton Ave. Roanoke, VA 24015 (540) 397-0505 - CELL (540) 904-2666 - OFFICE (540) 772-0578 - FAX dougfonder@gmail.com Meet Referee John Stanley Entry Chairman Eva Gronke 3534 Chessington Drive Land O Lakes, FL 34638 eva@fastswimresults.com

NOTE: <u>*Events/heats may be combined at the discretion of the meet referee.</u> Official start times may be <u>amended at the discretion of meet referee.</u>

WARM-UP SCHEDULE:

First ½ hour will be warm-up 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

Last hour of warm-ups will be as follows:

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.



July 27th – July 31st, 2021

WOMEN	TUESDAY JULY 27th	MEN
1	Senior 200 Medley Relay	2
3	Senior 800 Freestyle	
	Senior 1500 Freestyle	4
5	Senior 200 Freestyle Relay	6



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WOMEN	WEDNESDAY 07/28/21	MEN	WOMEN	THURSDAY 07/29/21	MEN
7	16 - U 200 Backstroke	8	27	16 - U 400 Freestyle	28
9	Senior 200 Backstroke	10	29	Senior 400 Freestyle	30
11	16 - U 200 IM	12	31	16 - U 100 Butterfly	32
13	Senior 200 IM	14	33	Senior 100 Butterfly	34
15	16 – U 50 Butterfly	16	35	16 - U 200 Breaststroke	36
17	Senior 50 Butterfly	18	37	Senior 200 Breaststroke	38
19	16 – U 100 Breaststroke	20	39	16 - U 50 Backstroke	40
21	Senior 100 Breaststroke	22	41	Senior 50 Backstroke	42
23	*16 – U 200 Medley Relay*	24	43	*16 - U 200 Freestyle Relay*	44
25	Senior 400 Medley Relay	26	45	Senior 400 Mixed Free Relay	

The Women's 800 Freestyle and Men's 1500 Freestyle will be swum fastest to slowest as a 16 & Under/Senior combined timed final event. The event will scored separately for 16 & Under and Senior categories.

All 16 & Under and Senior relays seeded 21st and slower on Wednesday, Thursday and Friday will swim as timed finals at the end of Prelims sessions.

The top 20 seeded Senior Relays on Wednesday, Thursday and Friday will swim as timed finals in the Finals sessions. All relays on Saturday will be timed finals and swum at the end of the preliminary session.

16 & Under Swimmers can swim on both 16 & Under Relays and Senior Relays if needed by Team



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WOMEN	FRIDAY 07/30/21	MEN
46	16 - U 400 IM	47
48	Senior 400 IM	49
50	16 –U 50 Freestyle	51
52	Senior 50 Freestyle	53
54	16 - U 200 Freestyle	55
56	Senior 200 Freestyle	57
58	16-U 100 Backstroke	59
60	Senior 100 Backstroke	61
62	*16 - U 400 Medley Relay*	63
64	Senior 400 Mix Medley	

WOMEN	SATURDAY 07/31/21	MEN
65	Senior 1500 Freestyle	
	Senior 800 Freestyle	66
67	16 - U 200 Butterfly	68
69	Senior 200 Butterfly	70
71	16 - U 50 Breaststroke	72
73	Senior 50 Breaststroke	74
75	16 - U 100 Freestyle	76
77	Senior 100 Freestyle	78
79	*16 - U 400 Freestyle Relay*	80
81	Senior 400 Freestyle Relay	82

1. For Bonus Events swimmers can enter any time, but MUST enter a time. NT's are not allowed

2. For all 50's of stroke swimmers must enter with the corresponding 100 stroke time

3. For all 200 Relays teams must enter their 400 Relay Times for seeding

4. Relay Only Swimmers can swim time trials every day
**5. Each Team can bring as many coaches as they see fit.*

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2021 QUALIFYING TIMES

	WOMEN				MEN	
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.19	28.19	25.59	50 Freestyle	22.79	25.39	26.19
1:03.29	1:00.99	55.89	100 Freestyle	50.09	55.19	57.29
2:16.89	2:12.79	1:59.89	200 Freestyle	1:49.59	2:01.39	2:04.89
4:46.89	4:39.59	5:19.89	400 Freestyle	4:57.79	4:18.69	4:26.29
9:52.89	9:37.29	11:01.69	800 Freestyle	10:20.49	8:57.59	9:13.49
18:54.97	18:25.79	18:13.89	1500 Freestyle	17:20.29	17:12.99	17:42.39
Put	100	times	50 Backstroke	Put	100	times
1:13.69	1:11.99	1:04.69	100 Backstroke	58.19	1:04.49	1:06.39
2:37.89	2:34.29	2:18.39	200 Backstroke	2:07.29	2:22.59	2:26.59
Put	100	times	50 Breaststroke	Put	100	times
1:23.89	1:21.79	1:12.89	100 Breaststroke	1:06.19	1:13.89	1:15.79
3:01.29	2:57.49	2:38.79	200 Breaststroke	2:23.69	2:40.49	2:43.89
Put	100	times	50 Butterfly	Put	100	times
1:09.89	1:07.59	1:01.39	100 Butterfly	55.49	1:00.59	1:02.39
2:32.89	2:27.69	2:16.59	200 Butterfly	2:03.49	2:15.89	2:19.39
2:34.59	2:30.69	2:15.29	200 Individual Medley	2:02.89	2:17.29	2:21.39
5:25.69	5:17.79	4:47.39	400 Individual Medley	4:23.99	4:52.69	5:00.49
Put	400	Time	200 Freestyle Relay	Put	400	Time
4:24.89	4:16.89	3:54.69	400 Freestyle Relay	3:30.69	3:52.69	4:00.69
4:15.19		3:50.19	400 Mixed Free Relay			
Put	400	Time	200 Medley Relay	Put	400	Time
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49
4:35.00		4:00.00	400 Mixed Medley			
Important Note: For all 50's you must enter 100 times.						

Important Note: For all 50's you must enter 100 times,

for all 200 Relay's you must enter 400 times.

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Master Entry Form

	masier Entry Form	
Hosted by St. Petersburg Aquatics Team	At: Mail Entries	
North Shore Aquatics Complex	c/o: Eva Gro	
901 North Shore Drive NE	Entry Chairm	
St. Petersburg, FL 33701	3534 Chessin	-
727-893-7727	Land O Lake	
121-075-1121	by: Monday,	July 15,2019
Team Name	Call Letters	
Address		
Coach	LSC	
Home Phone	Office Phone	
FAX#	EMAIL	
this meet. I further certify that one or more	of the following coaches will be on deck supervising the activities of the up and competitive sessions at the meet. Name(s) of Coach(es)	ese individuals during warm
I certify that the individuals listed above	are currently registered USA Swimming Coach Members.	
Signature of Coach	Date	
Financial Recap		
Total Number of Coaches	@ \$15.00 Each = \$	
Total Number of Athlete ISCA	@ \$45.00 Each = \$	
Total Number of Facility Surcharge	@ \$20.00 Each = \$	
Total Individual Entry Fees	@ \$15.00 Each=\$	
Late Individual Entry Fees	@ \$15.00 Each = \$	
Total Relay Entry Fees	@ 20.00 Each=\$	
Late Relay Entry Fees	@ \$25.00 Each=\$	
NonOME Manual Entry Fees (per team)	@ \$50.00 Each=\$	
*Checks payable to: <u>ISCA</u>	Total Entry Fees Paid \$	