



# ISCA/Swim Dreams

## 2026

### National Diversity Swim Championship

Hampton Virginia Aquaplex, VA May 22<sup>nd</sup>-24<sup>th</sup>, 2026

[Hampton Virginia Aquaplex](#)

1908 Coliseum Drive, Hampton, Virginia 23666

<b><u>SANCTION:</u></b>	Held under Observation of USA Swimming/Virginia Swimming Observation # _____ “In granting this approval it is understood and agreed that USA Swimming/Virginia 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 APPROVAL:</u></b>	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. 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

	<p>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 Hampton Virginia Aquaplex agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming LSC, the State of Virginia, and Hampton, VA.</p>
<p><b><u>CAMERA ZONE:</u></b></p>	<p>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 racecourse(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.</p>
<p><b><u>IMAGE AUTHORIZATION:</u></b></p>	<p>All participants agree to be filmed and photographed by the official photographer (s) and networks (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.</p>
<p><b><u>TYPE OF MEET:</u></b></p>	<p>Short Course Yards, Prelim/ Finals on Friday &amp; Saturday, Sunday will be Time Finals. One or two eight Lane course pools may be used for prelims and one eight lane pool for finals will be used. There will be a 25-yard pool for constant warm up.</p>

<p><b><u>SCHEDULE:</u></b></p>	<p><b>Preliminaries (Fri, Sat)</b>  General Warm Up .....6:30-7:00 AM  Specific Warm Up .....7:00-7:45 AM  Starts .....7:45-7:55 AM  Meet Start.....8:00 AM</p> <p><b>Finals (Fri, Sat)</b>  General Warm Up.....3:30-4:20 PM  Specific Warm Up.....4:20- 4:50 PM  Meet Start.....5:00 PM</p> <p><b>Timed Finals (Sun)</b>  General Warm Up.....6:30-7:00 AM  Specific Warm Up.....7:00 – 7:45 AM  Starts.....7:45-7:55 AM  Meet Start.....8:00 AM</p>
<p><b><u>LOCATION:</u></b></p>	<p><b>Hampton Virginia Aquaplex  1908 Coliseum Drive  Hampton, VA 23666</b></p>
<p><b><u>POOL &amp; FACILITY SPECS:</u></b></p>	<p>The Hampton Virginia Aquaplex is host to two certified 25-yard pools with a maximum of 8 racing lanes per course. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional 8 lane 25-yard programming pool.</p>
<p><b><u>ELIGIBILITY:</u></b></p>	<p>Must be a 2026 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.</p> <p>This meet will follow the 2025 United States Olympic and Paralympic Committee (USOPC) policy on transgender athletes.</p>
<p><b><u>FORMAT:</u></b></p>	<p>Please submit entry times in Short Course Yards – <b>DO NOT SUBMIT CONVERTED TIMES.</b> (Example: If the time was swum in short course yards, submit the short course time.) Non-conforming times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. <b>All yard times will be seeded for prelims slowest to fastest within the two-age group order.</b></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><b>Relays:</b></p> <ol style="list-style-type: none"> <li>1. All mixed relays can be swum with any combination of 4 swimmers, but only the relays that have (2 Boys/2 Girls) will be scored. <b>Relays will be swum as timed final events</b></li> <li>2. Each Team May Enter An “A” and “B” and “C” Relay for Each Event.</li> <li>3. Top 16 Relays will be swum in the Finals Session. Remaining Relays will swim in the prelims session.</li> </ol> <p style="text-align: center;"><b><u>Individual Events:</u></b></p> <p><b><u>10 &amp; Under, 11-12 &amp; 13-14 &amp; OPEN</u></b> <b><u>50's, 100's and 200's</u></b></p> <ol style="list-style-type: none"> <li>1. The Top 16, from prelims in all 50's and 100's event will return for finals.</li> <li>2. The Top 8, from prelims in all 200's and above will return for finals.</li> </ol>									
<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 allowed on the pool deck unless they have 2026 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. Age as of the first day of the meet (<b>May 22nd, 2026</b>) will determine the swimmer’s age group for competition. <b>Qualifying times must have been achieved between January 1, 2024 – May 12, 2026.</b></p> <p>The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swimsuits. Swimmers participating in the practice of deck changing can be subject to removal from further competition.</p>									
<p><b><u>AWARDS:</u></b></p>	<table border="0"> <tr> <td><b>Individual</b></td> <td>Custom Awards</td> <td>1st through 3rd</td> </tr> <tr> <td></td> <td>Medallions.</td> <td>4th-8th</td> </tr> <tr> <td><b>Relays</b></td> <td>Custom Awards.....</td> <td>1st through 3<sup>rd</sup></td> </tr> </table>	<b>Individual</b>	Custom Awards	1st through 3rd		Medallions.	4th-8th	<b>Relays</b>	Custom Awards.....	1st through 3 <sup>rd</sup>
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	Medallions.	4th-8th								
<b>Relays</b>	Custom Awards.....	1st through 3 <sup>rd</sup>								
<p><b><u>SCORING:</u></b></p>	<p>Scored to 8th place in each age group For Individual Events.</p> <p>Individual Event Points: 20-17-16-15-14-13-12-11</p> <p>Relays Scored Double to 8 Places</p> <p>Relay Points: 40-34-32-30-28-26-24-22</p>									

<b><u>INDIVIDUAL HIGH POINT:</u></b>	Individual High Point Presented to the Top Boy and Top Girl in Each Age Group: 10 & Under, 11-12, 13-14, & OPEN
<b><u>TEAM AWARDS:</u></b>	- TOP 3 COMBINED TEAMS
<b><u>WARM-UP:</u></b>	Enclosed warm-up schedule will be used. Warm-up will be 60 minutes guaranteed prior to the start of each session.
<b><u>SCRATCHES:</u></b>	<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 during the Preliminary session. 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.
<b><u>FINALS:</u></b>	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 preliminary event 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 \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.</b>
<b><u>ENTRY LIMIT:</u></b>	Swimmers will be limited to three events per day and a total of 9 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.
<b><u>ENTRY FEES:</u></b>	<b>Regular Fees:</b> Facility and Video Surcharge per swimmer \$20.00 Fee per Relay Event \$20.00  <b>Swimmer Fees:</b> A. 1 – 10 swimmers from team \$125 per swimmer B. 11 – 25 swimmers from team \$120 per swimmer C. 26 – Over swimmers from team \$115 per swimmer  Checks Should be Made payable to <b>ISCA</b> (International Swim Coaches Association) <b>Please Bring Payment to MEET</b>
<b><u>ENTRY DEADLINE:</u></b>	<b>Entry Deadline will be 11:59PM on May 12th, 2026.</b>



<b><u>TEAM REPRESENTATIVE:</u></b>	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.												
<b><u>INFORMATION:</u></b>	<table border="0"> <tr> <td data-bbox="558 369 732 394"><b>Meet Director</b></td> <td data-bbox="829 369 992 394"><b>Meet Referee</b></td> <td data-bbox="1101 369 1263 394"><b>Stroke/ Turn</b></td> </tr> <tr> <td data-bbox="558 401 829 489">Doug Fonder <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> (540) 397.0505</td> <td></td> <td></td> </tr> <tr> <td data-bbox="558 522 857 611">Brendan McElroy <a href="mailto:coachmcelroy@gmail.com">coachmcelroy@gmail.com</a> (443) 253 3615</td> <td></td> <td></td> </tr> <tr> <td data-bbox="558 663 711 688"><b>Meet Admin</b></td> <td></td> <td data-bbox="1117 663 1273 688"><b>Head Starter</b></td> </tr> </table>	<b>Meet Director</b>	<b>Meet Referee</b>	<b>Stroke/ Turn</b>	Doug Fonder <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> (540) 397.0505			Brendan McElroy <a href="mailto:coachmcelroy@gmail.com">coachmcelroy@gmail.com</a> (443) 253 3615			<b>Meet Admin</b>		<b>Head Starter</b>
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<b><u>NOTE:</u></b>	<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>												

# WARM-UP SCHEDULE NATIONAL DIVERSITY SWIM CHAMPIONSHIPS

## WARM-UP SCHEDULE

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| Lane 1 pace 50 & 100 circle swimming  | Lane 1 pace 50 & 100 circle swimming  |
| Lane 2 push off 25s one way only      | Lane 2 racing starts 25s one length   |
| Lane 3 swim & pulling, push off       | Lane 3 swim & pulling, push off       |
| Lane 4 swim & pulling, push off       | Lane 4 swim & pulling push off        |
| Lane 5 swim & pulling, push off       | Lane 5 swim & pulling, push off       |
| Lane 6 swim & pulling, push off       | Lane 6 swim & pulling, push off       |
| Lane 7 swim & pulling, push off       | Lane 7 swim & pulling, push off       |
| Lane 8 swim & pulling, push off       | Lane 8 racing starts 25s one length   |
| Lane 9 push off 25s, one way only     | Lane 9 racing starts 25s one length   |
| Lane 10 pace 50 & 100 circle swimming | 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.**

# EVENT SCHEDULE

## NATIONAL DIVERSITY MEET

FRIDAY, MAY 22<sup>ND</sup>

WOMEN	AGE GROUP	EVENT	AGE GROUP	MEN
1	10 & Under	50 Fly	10 & Under	2
3	11-12	100 Fly	11-12	4
5	13-14	100 Fly	13-14	6
7	OPEN	100 Fly	OPEN	8
9	10 & Under	50 Back	10 & Under	10
11	11-12	50 Back	11-12	12
13	13-14	50 Back	13-14	14
15	OPEN	50 Back	OPEN	16
17	10 & Under	100 Free	10 & Under	18
19	11-12	100 Free	11-12	20
21	13-14	100 Free	13-14	22
23	OPEN	100 Free	OPEN	24
25	10 & Under	50 Breast	10 & Under	26
27	11-12	100 Breast	11-12	28
29	13-14	100 Breast	13-14	30
31	OPEN	100 Breast	OPEN	32
33	10 & Under	25 Free	10 & Under	34
35	11-12	100 IM	11-12	36
37	13-14	100 IM	13-14	38
39	OPEN	100 IM	OPEN	40
41	10 & Under	200 Free Mixed Relay	10 & Under	41
42	11-12	200 Free Mixed Relay	11-12	42
43	13-14	200 Free Mixed Relay	13-14	43
44	OPEN	200 Free Mixed Relay	OPEN	44

**\*\*Top 8 Swimmers from Prelims in all Age Groups return for finals in all the events  
200 and above\*\***

**\*\*Top 16 Swimmers from Prelims in all Age Groups return for finals in all the events  
50's and 100's\*\***

# EVENT SCHEDULE

## NATIONAL DIVERSITY MEET

SATURDAY, MAY 23<sup>RD</sup>

WOMEN	AGE GROUP	EVENT	AGE GROUP	MEN
45	10 & Under	100 Fly	10 & Under	46
47	11-12	50 Fly	11-12	48
49	13-14	50 Fly	13-14	50
51	OPEN	50 Fly	OPEN	52
53	10 & Under	100 IM	10 & Under	54
55	11-12	200 IM	11-12	56
57	13-14	200 IM	13-14	58
59	OPEN	200 IM	OPEN	60
61	10 & Under	50 Free	10 & Under	62
63	11-12	50 Free	11-12	64
65	13-14	50 Free	13-14	66
67	OPEN	50 Free	OPEN	68
69	10 & Under	100 Back	10 & Under	70
71	11-12	100 Back	11-12	72
73	13-14	100 Back	13-14	74
75	OPEN	100 Back	OPEN	76
77	11-12	50 Breast	11-12	78
79	13-14	50 Breast	13-14	80
81	OPEN	50 Breast	OPEN	82
83	10 & Under	200 Mixed Medley Relay	10 & Under	83
84	11-12	200 Mixed Medley Relay	11-12	84
85	13-14	200 Mixed Medley Relay	13-14	85
86	OPEN	200 Mixed Medley Relay	OPEN	86

**\*\*Top 8 Swimmers from Prelims in all Age Groups return for finals in all the events  
200 and below\*\***

**\*\*Top 16 Swimmers from Prelims in all Age Groups return for finals in all the events  
50's and 100's\*\***

# EVENT SCHEDULE

## NATIONAL DIVERSITY MEET

SUNDAY, MAY 24<sup>TH</sup>

WOMEN	AGE GROUP	EVENT	AGE GROUP	MEN
87	11-12	200 Fly	11-12	88
89	13-14	200 Fly	13-14	90
91	OPEN	200 Fy	OPEN	92
93	10 & Under	100 Breast	10 & Under	94
95	11-12	200 Free	11-12	96
97	13-14	200 Free	13-14	98
99	OPEN	200 Free	OPEN	100
101	10 & Under	200 Free	10 & Under	102
103	11-12	200 Breast	11-12	104
105	13-14	200 Breast	13-14	106
107	OPEN	200 Breast	OPEN	108
109	10 & Under	200 IM	10 & Under	110
111	11-12	200 Back	11-12	112
113	13-14	200 Back	13-14	114
115	OPEN	200 Back	OPEN	116
117	10 & Under	400 Free Mixed Relay	10 & Under	117
118	11-12	400 Free Mixed Relay	11-12	118
119	13-14	400 Free Mixed Relay	13-14	119
120	OPEN	400 Free Mixed Relay	OPEN	120

**\*\*Sunday is a timed Final Day\*\***

**\*\*\*All Relays will lead off the AM Session\*\*\***



# deboer