

	2026 ISCA Fall Classic Championship Single Age Group & Senior October 30th - November 1, 2026 APPROVAL # VS-27-036A	Hosted by 
SANCTION:	- Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-27-036A - USA Swimming, Inc., Virginia Swimming, Inc., and Hampton Virginia shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
LOCATION:	Hampton Virginia Aquaplex , 1908 Coliseum Drive, Hampton, VA 23666 (757)-369-2876	
FACILITY:	- 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. - The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. - Hampton Virginia Aquaplex will have the following medical supervisions: (e.g., lifeguards, EMT, AED device, etc) available at the facility. - In order to provide parents/guardians who are outside of the facility with the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.	
MEET DIRECTOR:	Name: Doug Fonder Email: dougfonder@gmail.com Phone: 540-397-0505	
ELIGIBILITY:	- Must be a 2026 USA Swimming, YMCA, AAU, and/or a FINA registered athlete. - No on deck USA Swimming athlete registration will be permitted. - All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date. - This meet will follow the 2025 United States Olympic and Paralympic Committee (USOPC) policy on transgender athletes. 2024-2028 NAG time standards are in effect. (as appropriate) - Age on October 30, 2026 (first day of the meet) will determine age for the entire meet. - Based on the number of entries received, the Meet Director reserves the right to configure the pool in two-25 yard course. Teams will be notified by October 28th, 2026 if two courses will be used.	
ATHLETES WITH A DISABILITY:	- Athletes with a disability are welcome and shall provide advance notice of desired accommodations/modifications to the Meet Director. - The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the Disability Accommodation Form.	
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	- The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. - This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. - The swimmer/coach shall provide a Personal Assistant(s) as needed.	

FORMAT:	<u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u> The meet will be swum combined age-groups in preliminary sessions and split out 10-UNDER, 11-year-olds, 12-year-olds, 13 years old, 14 years old & SENIOR for finals. On Sunday there will be swum as Time Finals but awarded individual age group and Senior. Relays: 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. Relays will be swum as timed final events. 2. Each team may enter an “A” and “B” and “C” relay for each event. 3. Top 8 relays will swim in the finals session. Remaining relays will swim in the prelims session. Individual Events: <u>SENIOR & 13-14</u> 1650 Free (Timed Final Event): 1. 1650 will be swum alternating women/ men fastest to slowest at the end of Sunday's timed final session. We will only accept total 24 female and 24 male swimmers. Coaches will be notified at least 24 hours before about the swimmers who will be swimming these events, those who are not able to get in will be allowed to add an additional event of their choosing. <u>SENIOR & 13-14</u> 400IM and 500 Free (Timed Final Event): 1. Top 8 seeded swimmers will swim in the final session. The remaining swimmers will swim in the prelims session. We will only accept 24 swimmers for both 400 IM and 500 Free. Coaches will be notified at least 24 hours before about the swimmers who will be swimming these events, those who are not able to get in will be allowed to add an additional event of their choosing. <u>11-12</u> 500 Free (Timed Final Event): 1. Top 8 seeded swimmers will swim in the final session. The remaining swimmers will swim in the prelims session. The 11–12-year-olds will be awarded individually but swum combined. <u>SENIOR</u> 50's, 100's and 200'S: 1. The top 16, from prelims, in each event will return for finals. <u>All 10- UNDERS & 11-12 & 13-14</u> 50's, 100's and 200's: • The top 8 seeded, from prelims, in each individual age group 10-UNDER, 11-12-13-14 will return for finals.
ENTRIES:	• All entries must be received by 11:59 p.m., Tuesday, October 20, 2026. Late entry must be submitted by deadline the evening prior to event (s) contested. • Email entries to: Justin Alsobrooks at justina@justintiming.com. • Entries Must be submitted in short course yards (SCY) times using Commlink-2 software. Teams Submit entries via email. Conforming and non-conforming times can be used for entry. SCY, LCM, and SCM. SCY will be seated ahead of non conforming times. • A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. • 2024-2028 NAG time standards are in effect. • In place of No Times (NT) entries, Coaches Times (CT) will be allowed but must be slower than an “A” time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 9 individual event(s), with a maximum of 3 per day, not including relays.

	Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia Guidelines.
FEES:	Regular Fees: Facility and Video Surcharge per swimmer \$25.00 Fee per Relay Event \$20.00 Swimmer Fees: - 1 – 10 swimmers from team \$140 per swimmer - 11 – 25 swimmers from team \$135 per swimmer - 26 – 50 swimmers from team \$130 per swimmer - 50 – Above swimmers from team \$125 per swimmer Checks should be made payable to ISCA (International Swim Coaches Association) Please Bring Payment to MEET Failure to pay entry fees by this deadline could result in teams being barred from the meet.
SEEDING:	- Swimmers in the afternoon sessions should report directly to the blocks for their events. - All events will be pre-seeded with non-confirming times seeded last. (SCY then LCM then SCM). - Prelims/timed finals: Scratches for events are due at 5:00pm the evening before the race. Check in must be done with the Administrative Official in the pool office, prior to the listed check-in time (1:00 PM) 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.
WARM-UP:	Preliminaries (Fri, Sat) General Warm Up 6:30-7:20 AM Specific Warm Up 7:20-7:50 AM Meet Start 8:00 AM Finals (Fri, Sat) General Warm Up 3:30-4:20 PM Specific Warm Up 4:20-4:50 PM Meet Star 5:00 PM Timed Finals (Sun) General Warm Up 6:30-7:20 AM Specific Warm Up ... 7:20 – 7:50 AM Meet Start 8:00 AM Lane assignment and warm-up times for individual clubs will also be emailed to the contact person of the participating clubs.
AWARDS:	Individual Custom Awards 1st through 3rd Medallions Custom Awards 4th through 8th Relays Custom Awards 1st through 3rd TOP 3 COMBINED TEAMS
RULES:	Any swimmer initially announced as qualifying for an event in finals who fails to scratch from the event and fails to compete in the event at finals will be barred from competing in any additional events in that session. Additionally, the athlete will be barred from competing in his/her next individual event in a subsequent session. Alternates will be announced along with final qualifiers but shall not be penalized if unavailable to compete in the finals. Rule 207.11.6.E 1-3, Exceptions for Failure to Compete, will be followed. - The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet.

	• All 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 MAAPP is a condition of participation in the conduct of this competition. 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. • 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. • Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. • 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 without written USA Swimming approval. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. • Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. • In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. • An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. • In accordance with Virginia Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	Head Referee Steve Woolfolk (woolfolks@aol.com) Admin Referee / Official Meet Director Doug Fonder (dougfonder@gmail.com) Calling all officials sign up at https://swimisca.org/officials/
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will also be emailed to the contact person of each of the individual clubs NLT Monday, October 26th, 2026 • Athletes are responsible for providing their own timer and counter for distance events. • As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain access.
GENERAL:	**Events/heats may be combined at the discretion of the meet referee.
SPECTATOR FEES:	\$60.00 for all Session Pass or \$25.00 per day CASH/CHECK ONLY
FACILITY RULES:	• No glass containers of any kind are permitted in the facility. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquaplex, rules posted at the pool and in this meet announcement, may be disqualified from the meet and escorted from the facility. • Deck Access: Access to the competition and instructional pools deck will be strictly controlled. Only swimmers, coaches, officials, event staff and volunteers working that session will be permitted on the deck during warm-ups and the competition.

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| | <ul style="list-style-type: none">• NO SMOKING |
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**ISCA Fall Classic
ORDER OF EVENTS**

FRIDAY, October 30th

Morning Session Warm-up: 6:30 AM; Start: 8:00 AM					Afternoon Session Warm-up: 3:30 PM; Start: 5:00 PM (Times are approximate)					
<u>Girls</u>	<u>Age Group</u>	<u>Events</u>	<u>Age Group</u>	<u>Boys</u>		<u>Girls</u>	<u>Age Group</u>	<u>Events</u>	<u>Age Group</u>	<u>Boys</u>
1	10&Under	200 Mixed Medley Relay	10&Under	1		1	10&Under	200 Mixed Medley Relay	10&Under	1
2	11-12	200 Mixed Medley Relay	11-12	2		2	11-12	200 Mixed Medley Relay	11-12	2
3	13-14	200 Mixed Medley Relay	13-14	3		3	13-14	200 Mixed Medley Relay	13-14	3
4	SENIOR	200 Mixed Medley Relay	SENIOR	4		4	SENIOR	200 Mixed Medley Relay	SENIOR	4
5	10&Under	25 Free	10&Under	6		5	10&Under	25 Free	10&Under	6
7	11-12	25 Free	11-12	8		7	11-12	25 Free	11-12	8
9	10&Under	50 Fly	10&Under	10		9	10&Under	50 Fly	10&Under	10
11	11-12	100 Fly	11-12	12		11	11-12	100 Fly	11-12	12
13	13-14	100 Fly	13-14	14		13	13-14	100 Fly	13-14	14
15	SENIOR	100 Fly	SENIOR	16		15	SENIOR	100 Fly	SENIOR	16
17	10&Under	50 Back	10&Under	18		17	10&Under	50 Back	10&Under	18
19	11-12	50 Back	11-12	20		19	11-12	50 Back	11-12	20
21	13-14	50 Back	13-14	22		21	13-14	50 Back	13-14	22
23	SENIOR	50 Back	SENIOR	24		23	SENIOR	50 Back	SENIOR	24
25	10&Under	100 Free	10&Under	26		25	10&Under	100 Free	10&Under	26
27	11-12	200 Free	11-12	28		27	11-12	200 Free	11-12	28
29	13-14	200 Free	13-14	30		29	13-14	200 Free	13-14	30
31	SENIOR	200 Free	SENIOR	32		31	SENIOR	200 Free	SENIOR	32
33	10&Under	50 Breast	10&Under	34		33	10&Under	50 Breast	10&Under	34
35	11-12	100 Breast	11-12	36		35	11-12	100 Breast	11-12	36
37	13-14	100 Breast	13-14	38		37	13-14	100 Breast	13-14	38
39	SENIOR	100 Breast	SENIOR	40		39	SENIOR	100 Breast	SENIOR	40
41	11-12	100 IM	11-12	42		41	11-12	100 IM	11-12	42
43	13-14	400 IM	13-14	44		43	13-14	400 IM	13-14	44
45	SENIOR	400 IM	SENIOR	46		45	SENIOR	400 IM	SENIOR	46

*****All Relays will lead off Finals in the evening*****

SATURDAY, October 31st

Morning Session Warm-up: 6:30 AM; Start: 8:00 AM					Afternoon Session Warm-up: 3:30 PM; Start: 5:00 PM (Times are approximate)					
<u>Girls</u>	<u>Age Group</u>	<u>Events</u>	<u>Age Group</u>	<u>Boys</u>		<u>Girls</u>	<u>Age Group</u>	<u>Events</u>	<u>Age Group</u>	<u>Boys</u>
47	10&Under	200 Mixed Free Relay	10&Under	47		47	10&Under	200 Mixed Free Relay	10&Under	47
48	11-12	200 Mixed Free Relay	11-12	48		48	11-12	200 Mixed Free Relay	11-12	48
49	13-14	200 Mixed Free Relay	13-14	49		49	13-14	200 Mixed Free Relay	13-14	49
50	SENIOR	200 Mixed Free Relay	SENIOR	98		50	SENIOR	200 Mixed Free Relay	SENIOR	50
51	13-14	25 Free	13-14	52		51	13-14	25 Free	13-14	52
53	SENIOR	25 Free	SENIOR	54		53	SENIOR	25 Free	SENIOR	54
55	10&Under	100 IM	10&Under	56		55	10&Under	100 IM	10&Under	56
57	11-12	200 IM	11-12	58		57	11-12	200 IM	11-12	58
59	13-14	200 IM	13-14	60		59	13-14	200 IM	13-14	60
61	SENIOR	200 IM	SENIOR	62		61	SENIOR	200 IM	SENIOR	62
63	10&Under	50 Free	10&Under	64		63	10&Under	50 Free	10&Under	64
65	11-12	50 Free	11-12	66		65	11-12	50 Free	11-12	66
67	13-14	50 Free	13-14	68		67	13-14	50 Free	13-14	68
69	SENIOR	50 Free	SENIOR	70		69	SENIOR	50 Free	SENIOR	70
71	10&Under	100 Fly	10&Under	72		71	10&Under	100 Fly	10&Under	72
73	11-12	200 Fly	11-12	74		73	11-12	200 Fly	11-12	74
75	13-14	200 Fly	13-14	76		75	13-14	200 Fly	13-14	76
77	SENIOR	200 Fly	SENIOR	78		77	SENIOR	200 Fly	SENIOR	78
79	10&Under	100 Back	10&Under	80		79	10&Under	100 Back	10&Under	80
81	11-12	100 Back	11-12	82		81	11-12	100 Back	11-12	82
83	13-14	100 Back	13-14	84		83	13-14	100 Back	13-14	84
85	SENIOR	100 Back	SENIOR	86		85	SENIOR	100 Back	SENIOR	86
87	11-12	50 Breast	11-12	88		87	11-12	50 Breast	11-12	88
89	13-14	50 Breast	13-14	90		89	13-14	50 Breast	13-14	90
91	SENIOR	50 Breast	SENIOR	92		91	SENIOR	50 Breast	SENIOR	92
93	11-12	500 Free	11-12	94		93	11-12	500 Free	11-12	94
95	13-14	500 Free	13-14	96		95	13-14	500 Free	13-14	96
97	SENIOR	500 Free	SENIOR	98		97	SENIOR	500 Free	SENIOR	98

*****All Relays will lead off Finals in the evening*****

ORDER OF EVENTS

SUNDAY, NOVEMBER 1st

Morning Session

Warm-up: 6:30 AM; Start: 8:00 AM

<u>Girls</u>	<u>Age Group</u>	<u>Events</u>	<u>Age Group</u>	<u>Boys</u>
99	10&Under	400 Mixed Free Relay	10&Under	99
100	11-12	400 Mixed Free Relay	11-12	100
101	13-14	400 Mixed Free Relay	13-14	101
102	OPEN	400 Mixed Free Relay	OPEN	102
103	11-12	50 Fly	11-12	104
105	13-14	50 Fly	13-14	106
107	SENIOR	50 Fly	SENIOR	108
109	10&Under	100 Breast	10&Under	110
111	11-12	200 Breast	11-12	112
113	13-14	200 Breast	13-14	114
115	SENIOR	200 Breast	SENIOR	116
117	10&Under	200 Free	10&Under	118
119	11-12	100 Free	11-12	120
121	13-14	100 Free	13-14	122
123	SENIOR	100 Free	SENIOR	124
125	10&Under	200 IM	10&Under	126
127	11-12	200 Back	11-12	128
129	13-14	200 Back	13-14	130
131	SENIOR	200 Back	SENIOR	132
133	SENIOR	1650 Free	SENIOR	134

Sunday is a timed Final Day

All Relays will lead off the AM Session



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