
'23
Summer
SENIOR
BLAST
ISCA
International Swim
Coaches Association
JULY 25TH – JULY 29TH, 2023

2023

ISCA SUMMER SENIOR BLAST

St. Petersburg, FL | July 25th-29th, 2023

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

SANCTION:	Approved Sanctioned by Florida Swimming of USA Swimming #_____. "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 member - coach as being proficient in performing a racing start o r 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 DI SEASE 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. THERE FORE, IF YOU CHOOSE TO PARTICIPATE IN A USA SWIMMING SANCTIONED EVENT, YOU MAY BE EXPOSING YOURSELF TO AND/OR INCREASING YOUR RISK OF CON TRACTING OR SPEADING COVID - 19
CAMERA ZONE:	Per Florida Swimming Rule 223.1 3 , 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 ph topographers 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 OF MEET:	Long Course Meters **Timed Finals Tuesday**, Prelims-Finals on Wednesday, Thursday, 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 by 12 Noon Tuesday, Wednesday's events must be scratched by 5:00 pm Tuesday, Thursday by 5:00 pm Wednesday, Friday 5:00pm Thursday, and Saturday by 5:00pm Friday)* No equipment will be allowed during warm-up times. This includes fins, paddles, and snorkels.
LOCATION:	**North Shore Aquatic Complex** 901 North Shore Drive NE St. Petersburg, FL 33701 *Facility Phone: (727) 893-7727*





SCHEDULE:	***Preliminaries*** ***(Tuesday Timed Finals)*** General Warm Up …12:00-12:50PM Meet Start ……. 1:00PM ***Finals*** ***(Wednesday- Saturday)*** General Warm Up …3:30-4:30PM Specific Warm Up……4:30-4:50PM Meet Start ……. 5:00PM ***Preliminaries*** ***(Wednesday Timed Finals)*** General Warm Up…….6:30-7:15AM Specific Warm Up……7:15-7:50AM Meet Start……..8:00AM
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 along with manual back up watches.
ELIGIBILITY:	Must be a 2023 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, **NT ENTRIES ARE NOT ALLOWED**



SEEDING:	Submit entry times according to the time swum – DO NOT SUBMITS CONVERTED TIMES. (Example: If the time was swum in long course meters, submit the long course time.) Non-conforming yards times and short course meters will be seeded last according to AAU/USA Swimming Rules and Regulations 207.12.7B. All long course meter times, even if they are bonus event times, will be seeded for prelims slowest to fastest with the last three heats circle seeded. All preliminary events will be swum combined 16 & under and Senior. **Relays on Tuesday, Wednesday, Thursday, Friday and Saturday will be swum Timed Finals with all 16 & U relays, and Senior Relays seeded 21st and slower, competing in the prelims session. The top 20 seeded Senior relays will compete in the finals session. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team.** ***TWO RELAYS PER CLUB MAXIMUM.*** **Relays**: **Top 20 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.**

RULES:	**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 2023 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 (July 25, 2023) will determine the swimmer's age for competition. Times must have been achieved between January 1, 2021 and July 17, 2023. 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.
AWARDS	**Individual** Custom Medals ..... 1st through 10th **Relays** Custom Medals..... 1st through 3rd
INDIVIDUAL HIGH POINT:	• 16 & Under Men's & Women's • Senior Men's & Women's
TEAM AWARDS:	• TOP COMBINED TEAM • TOP MEN'S TEAM • TOP WOMEN'S TEAM
SCORING:	Scored to the top 10 places for 16 & Under age swimmers and then scored to the top 10 places for Senior aged swimmers. Points 11-9-8-7-6-5-4-3-2-1, double points for relays.
WARM-UP:	Enclosed warm-up schedule will be used. Warm-up will be 50 minutes guaranteed prior to the start of each session.
SCRATCHES:	*Prelims/timed finals:* No penalty for scratching on the block. This meet is NOT pre-seeded. We request you scratch your athletes the evening before prelims. The scratch box closes at 5:00 p.m. every evening. *Finals:* 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.

SCRATCHES: ***(Cont.)***	***Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from further competition in 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.***
FINALS:	Any swimmer who competed in a preliminary heat and qualifies for finals must swim the eventduring 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 willbe assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.**



ENTRY LIMIT:	**Swimmers will be limited *to (3) - three individual events per day and a total of (10) - ten for the entire meet.*** Swimmers may enter as many events as they want during initial registration, but must scratch down to the entry limit by the entry change deadline. For every swimmer they can have a total of **4 BONUS EVENTS** the 50's are FREEBIES and for the 400's and above you must have at least a qualifying time in one of the 400 and above events to use another as one of your bonuses.
SPECTATOR FEE:	$75.00/ALL SESSIONS, OR $20.00 PER DAY THIS INCLUDES PRELIMINS AND FINALS.
ISCA ATHLETE FEE:	ISCA Athlete Fee is **$45.00/per swimmer** including relay only swimmers.
ISCA COACHES FEE:	$20.00 per coach with up to date certification
ENTRY FEES:	***REGULAR FEES*** Fee per individual event..... $15.00 Fee per Relay Event..... $20.00 Facility Surcharge per swimmer.....$20.00 Swimmer Surcharge..... $ 2.00 Coach Deck Pass (per coach)..... $20.00 ***LATE ENTRY FEES*** Late Fee per Individual Event.....$20.00 Late Fee per Relay Event..... $25.00 **ALL ENTRIES ARE DUE BY MIDNIGHT MONDAY JULY 17TH, 2023** **Payments must be made payable to:** ISCA (International Swim Coaches Association) ** ***ALL ENTRY CHECKS MUST BE BROUGHT AND TURNED IN AT THE SIGN IN TABLE. PLEASE DO NOT MAIL CHECKS***** **Please send to Entry Chairman:** Email to NEW entry box: Senior-Blast-Entries@SwimISCA.com Or send to 3534 Chessington Drive Land O' Lakes, FL 34638 **ENTRIES MUST BE DONE IN HY-TEK FORMAT**
DECK ENTRIES	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. 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 events per day applies.**

<table>
<tr><td><u>ENTRY DEADLINE:</u></td><td>ALL ENTRIES ARE DUE BY MIDNIGHT MONDAY JULY 17TH, 2023. Late entry/deckentry must be submitted by deadline the evening prior to event (s) contested.</td></tr>
<tr><td><u>FOREIGN ATHLETES</u></td><td>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.</td></tr>
<tr><td><u>OFFICIALS:</u></td><td>Head Referee Steve Woolfolk woolfolks@aol.com
Admin Referee/Official Eva Gronke eva@fastswimresults.com
Meet Director Doug Fonder dougfonder@gmail.com

Calling all officials sign up at https://swimisca.org/officials/</td></tr>
<tr><td><u>COACH DECK PASSES:</u></td><td>Deck passes registered coaches are $20 each (and can be purchased at the sign-in table with verified credentials). Please indicate numberof 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.

<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></td></tr>
<tr><td><u>COACHES /OFFICIAS:</u></td><td>Coaches/officials must visibly display a valid membership card at all times while on deck. A 2023 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 25th at 11:00AM at North Shore Aquatic Complex.</td></tr>
<tr><td><u>MEET VOLUNTEERS:</u></td><td>As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deckaccess.</td></tr>
<tr><td><u>TEAM REPRESENTATIVE:</u></td><td>Prior to the start of the meet, the name of one person for each team other than the coach maybe given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.</td></tr>
</table>

INFORMATION:	**Meet Director** Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com **Meet Referee** Steve Wollfolk woolfolks@aol.com **Meet Admin Official** Eva Gronke 727-644-5925 3534 Chessington Drive Land O Lakes, FL 34638 eva@fastswimresults.com **REMEMBER ALL ENTRIES GO TO Senior-Blast-Entries@SwimISCA.com**
NOTE:	****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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PRESENTED BY KIEFER AQUATICS

WARM-UP SCHEDULE:

First 1/2 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.

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ISCA SUMMER SENIOR BLAST

July 25th- July 29th, 2023

WOMEN	TUESDAY JULY 25th	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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ISCA SUMMER SENIOR BLAST

July 25th- July 29th, 2023

WOMEN	WEDNESDAY JULY 26th	MEN
7	16 - U 200 Backstroke	8
9	Senior 200 Backstroke	10
11	16 - U 200 IM	12
13	Senior 200 IM	14
15	16 – U 50 Butterfly	16
17	Senior 50 Butterfly	18
19	16 – U 100 Breaststroke	20
21	Senior 100 Breaststroke	22
23	*16 – U 200 Medley Relay*	24
25	Senior 400 Medley Relay	26



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ISCA SUMMER SENIOR BLAST

July 25th- July 29th, 2023

WOMEN	THURSDAY JULY 27th	MEN
27	16 - U 400 Freestyle	28
29	Senior 400 Freestyle	30
31	16 - U 100 Butterfly	32
33	Senior 100 Butterfly	34
35	16 - U 200 Breaststroke	36
37	Senior 200 Breaststroke	38
39	16 - U 50 Backstroke	40
41	Senior 50 Backstroke	42
43	*16 - U 200 Freestyle Relay*	44
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 are combined timed final event. The events will score 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 either at the end of preliminary or final session.

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



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ISCA SUMMER SENIOR BLAST

July 25th- July 29th, 2023

WOMEN	FRIDAY JULY 28th	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 200 Medley Relay*	63
64	Senior 400 Mixed Medley	





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ISCA SUMMER SENIOR BLAST

July 25th- July 29th, 2023

WOMEN	SATURDAY JULY 29th	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



2023 ISCA SUMMER SENIOR BLAST
QUALIFYING TIME STANDARDS



Kiefer speedo



St. Petersburg, Florida
July 25th-29th

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.09	28.49	25.59	50 Freestyle	22.89	25.79	26.29
1:02.09	1:01.79	55.49	100 Freestyle	49.49	55.79	56.69
2:15.39	2:14.39	1:59.69	200 Freestyle	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	400/500 Freestyle	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	800/1000 Freestyle	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	1500/1650 Freestyle	17:13.99	17:19.99	17:40.09
35.09	34.09	29.09	50 Backstroke	26.59	30.59	31.59
1:11.49	1:09.89	1:02.39	100 Backstroke	56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	200 Backstroke	2:05.39	2:20.49	2:24.29
40.59	39.59	35.09	50 Breaststroke	30.09	36.09	37.09
1:22.69	1:21.09	1:12.69	100 Breaststroke	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	200 Breaststroke	2:22.79	2:40.99	2:44.49
33.09	32.09	28.59	50 Butterfly	25.99	28.29	29.09
1:08.19	1:06.89	1:00.59	100 Butterfly	53.59	59.79	1:01.09
2:33.29	2:32.29	2:15.49	200 Butterfly	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	200 Individual Medley	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	400 Individual Medley	4:18.29	4:46.99	4:58.59
2:00.50	1:55.71	1:45.05	200 Freestyle Relay	1:31.50	1:41.50	1:45.50
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			
2:17.15		2:05.15	200 Medley Relay	1:55.01		2:05.10
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			

Kiefer



speedo