



23. International Sindelfingen Swimming Championships

ISSC

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18th and 19th March 2017

Program, Regulations and Information

BONUSES
in the amount of over
2400 €

- Official FINA competition (approval pending)
- New: Change in time standards
- **New: Backstroke ledges**
- 100 € bonus for every new competition record
- ISSC Cut-Off with a bonus of up to 250 € for the winner
- ISSC Pursuit Race: One heat with the fastest swimmers of the age groups D, C, B and A of 200m individual medley
- ISSC Pursuit Race: One heat with the fastest swimmers of all 200m distances with a 100 € bonus for the winner
- ISSC-Sprint-Trilogy Cups for the three best swimmers of youth B, C and D
- 50m finals (butterfly, backstroke and breaststroke) with prize money for the three best swimmers
- 100m finals (all strokes) with prize money for the three best swimmers
- Bonuses for the three best swimmers of 800m and 1500m freestyle
- Omega OSB-12 platform
- Deadline for entries: 8th March 2017

location: Badezentrum Sindelfingen (indoor-pool), Hohenzollernstraße 23, D-71067 Sindelfingen

organizer: VfL Sindelfingen – swimming



Program

Session 1 – Saturday, 18.03. 2017				warm-up 7:45 am – 8:45 am begin 9:00 am	time standards (age groups)					ISSC records
					D	C	B	A	Jun+	
1	200m	butterfly	women	decisions (youth A, as well as juniors and older)	-	-	-	2:53,0	2:43,0	2:13,45
2	200m	butterfly	men		-	-	-	2:43,0	2:38,0	1:59,61
3	50m	freestyle	women	decisions (youth D, C, B and A) and preliminaries (open)	0:37,0	0:35,0	0:33,0	0:31,5	0:31,5	0:25,82
4	50m	freestyle	men		0:37,0	0:33,0	0:31,0	0:30,0	0:29,5	0:22,83
5	200m	backstroke	women	decisions (youth A, as well as juniors and older)	-	-	-	2:50,0	2:48,0	2:17,15
6	200m	backstroke	men		-	-	-	2:42,0	2:38,0	2:03,21
7	50m	breaststroke	women	decisions (youth D, C, B and A) and preliminaries (open)	0:47,0	0:43,0	0:41,0	0:40,0	0:39,0	0:31,42
8	50m	breaststroke	men		0:47,0	0:42,0	0:40,0	0:37,0	0:36,0	0:28,90
9	200m	freestyle	women	decisions (youth A, as well as juniors and older)	-	-	-	2:28,0	2:25,0	2:01,52
10	200m	freestyle	men		-	-	-	2:19,0	2:16,0	1:51,96
11	50m	butterfly	women	decisions (youth D, C, B and A) and preliminaries (open)	0:45,0	0:40,0	0:37,0	0:35,0	0:34,0	0:27,17
12	50m	butterfly	men		0:45,0	0:40,0	0:35,0	0:32,0	0:31,0	0:24,40
13	200m	breaststroke	women	decisions (youth A, as well as juniors and older)	-	-	-	3:08,0	3:03,0	2:33,17
14	200m	breaststroke	men		-	-	-	2:54,0	2:48,0	2:17,57
15	50m	backstroke	women	decisions (youth D, C, B and A) and preliminaries (open)	0:42,0	0:40,0	0:38,0	0:37,0	0:36,0	0:29,20
16	50m	backstroke	men		0:44,0	0:39,0	0:36,0	0:34,0	0:33,0	0:26,58
Session 2 – Saturday, 18.03. 2017				begin 45 minutes after the end of session 1						
17	200m	freestyle	women	decisions (youth D, C and B)	3:03,0	2:45,0	2:34,0	-	-	2:01,52
18	200m	freestyle	men		3:03,0	2:38,0	2:28,0	-	-	1:51,96
19	200m	breaststroke	women	decisions (youth D, C and B)	3:43,0	3:28,0	3:21,0	-	-	2:33,17
20	200m	breaststroke	men		3:43,0	3:23,0	3:11,0	-	-	2:17,57
21	200m	backstroke	women	decisions (youth D, C and B)	3:33,0	3:13,0	2:58,0	-	-	2:18,10
22	200m	backstroke	men		3:33,0	3:08,0	2:53,0	-	-	2:03,21
23	200m	butterfly	women	decisions (youth C and B)	-	3:18,0	3:08,0	-	-	2:13,45
24	200m	butterfly	men		-	3:18,0	3:03,0	-	-	1:59,61
30 minutes break / 25 minutes warm-up										
25a	800m	freestyle	women	decisions (youth C and older, fast heat TOP8 swimmers)	-	11:00,0	10:30,0	10:20,0	10:20,0	8:48,68
26a	1500m	freestyle	men		-	21:00,0	20:30,0	19:30,0	19:30,0	15:54,19
<ul style="list-style-type: none"> • Finals (open) of events 7, 8, 11, 12, 15 and 16 (50m breaststroke, butterfly, backstroke) • ISSC-Cut-Offs (open) of events 3 and 4 (50m freestyle) • ISSC-Pursuit-Race (200m freestyle, breaststroke, backstroke and butterfly) 										
25b	800m	freestyle	women	decisions (youth C and older)	-	11:00,0	10:30,0	10:20,0	10:20,0	8:48,68
26b	1500m	freestyle	men		-	21:00,0	20:30,0	19:30,0	19:30,0	15:54,19
Session 3 – Sunday, 19.03. 2017				warm-up 7.45 am - 8.50am begin 9.00 am						
27	50m	butterfly kicks	women	decisions (youth D, C)	0:53,5	0:53,5	-	-	-	--
28	50m	butterfly kicks	men		0:53,5	0:53,5	-	-	-	--
29	50m	backstroke kicks	women	decisions (youth D, C)	0:53,5	0:53,5	-	-	-	--
30	50m	backstroke kicks	men		0:53,5	0:53,5	-	-	-	--
31	50m	breaststroke kicks	women	decisions (youth D, C)	0:53,5	0:53,5	-	-	-	--
32	50m	breaststroke kicks	men		0:53,5	0:53,5	-	-	-	--
33	50m	freestyle kicks	women	decisions (youth D, C)	0:53,5	0:53,5	-	-	-	--
34	50m	freestyle kicks	men		0:53,5	0:53,5	-	-	-	--
35	200m	ind. medley	women	decisions (youth D, C, B, A, as well as juniors and older)	3:25,0	3:03,0	2:55,0	2:50,0	2:44,0	2:15,76
36	200m	ind. medley	men		3:25,0	3:03,0	2:48,0	2:43,0	2:33,0	2:05,38
37	100m	butterfly	women	decisions (youth D, C, B, A, as well as juniors and older)	1:40,0	1:35,0	1:27,0	1:20,0	1:16,0	1:00,60
38	100m	butterfly	men		1:43,0	1:30,0	1:22,0	1:15,0	1:11,0	0:55,12
39	100m	backstroke	women	decisions (youth D, C, B, A, as well as juniors and older)	1:39,0	1:30,0	1:25,0	1:22,0	1:19,0	1:03,43
40	100m	backstroke	men		1:39,0	1:28,0	1:20,0	1:17,0	1:14,0	0:57,14
41	100m	breaststroke	women	decisions (youth D, C, B, A, as well as juniors and older)	1:50,0	1:42,0	1:36,0	1:32,0	1:30,0	1:10,54
42	100m	breaststroke	men		1:50,0	1:40,0	1:29,0	1:24,0	1:21,0	1:01,98
43	100m	freestyle	women	decisions (youth D, C, B, A, as well as juniors and older)	1:27,0	1:16,0	1:12,0	1:11,0	1:09,0	0:56,80
44	100m	freestyle	men		1:27,0	1:15,0	1:08,0	1:05,0	1:02,0	0:50,46
Session 4 – Sunday, 19.03. 2017				begin 45 minutes after the end of session 3						
<ul style="list-style-type: none"> • ISSC-Pursuit-Race of the winners of the age groups D, C, B and A of the events 35 and 36 (200m individual medley) • Finals (open) of events 37-44 (100m butterfly, 100m backstroke, 100m breaststroke and 100m freestyle) 										
45	400m	freestyle	women	decisions (open)	-	5:25,0	5:15,0	5:05,0	5:00,0	4:15,72
46	400m	freestyle	men		-	5:25,0	5:05,0	4:55,0	4:50,0	3:54,02
47	400m	ind. medley	women	decisions (open)	-	6:40,0	6:25,0	6:20,0	6:10,0	4:51,33
48	400m	ind. medley	men		-	6:40,0	6:25,0	6:20,0	6:10,0	4:23,81



General Regulations

The general rules and regulations for competition, the legal system and the anti-doping terms of the German swimming federation (DSV) are in force.

1. Conditions for Participation

The swimmers of all clubs affiliated with the DSV or any foreign club whose national swimming federation is affiliated with the FINA are authorized to take part in this competition. The nominating club guarantees that the health of its swimmers meets the requirements for competitive sports.

2. Pool

50 meter pool, eight lanes, wave-breaking lane-dividers, water temperature: 26°C, water-depth: 1.8 meter. Electronic time-keeping (time display for eight lanes).

3. Liability

The organizer takes no liability for any lost or damaged goods. Glass bottles or any other breakable items are not allowed in the pool area. Instructions of the facility personnel have to be followed.

4. Entries

Entries need to include name, given name, year of birth, gender, event number, distance, stroke and entry times. An Excel template can be downloaded at www.schwimmen.vfl-sindelfingen.de. You can also use standard formats such as lenex, topswim, dsv, etc. (templates for dsv and lenex formats are also available at www.schwimmen.vfl-sindelfingen.de). Please send your entries via Email. Please make sure to always specify an email address.

5. Address for Entries

VfL Sindelfingen Schwimmabteilung,
Klosterstr. 12, 71063 Sindelfingen
phone: +49 179 / 3587638
E-Mail: meldung@schwimmen.vfl-sindelfingen.de

6. Deadline, Limitation of Entries

The entries must have reached the address specified above not later than Wednesday, 8th March 2017 at 6.00 pm.

The organizer reserves the right to reject entries when the total number of entries exceeds an acceptable limit. Entries will be accepted in the order of their arrival at the address specified above.

The number of swimmers in events 25 and 26 as well as 27 through 34 is limited to 16 (2 heats each). Only the 16 female and 16 male swimmers with the fastest entry times are considered. If there are less than 16 entries for event 25 or 26, the slower heats of event 25 or 26 will be backfilled with swimmers of event 26 or 25 according to the entry times. If there are swimmers with the same entry time, the entry that has reached us first is taken into account.

In case of a large number of entries for the events 25, 26, 45, 46 (800m Freestyle, 1500m Freestyle, 400m Freestyle) the organizer reserves the right to have two swimmers share one lane. In that case there will be no electronic but manual time-keeping.

7. Entry Fees

A 15.00 € entry fee is stated for each entry for a 50, 100, 200 or 400 meter distance. If the respective time standard (see table on page 2) is achieved in the competition, the following amounts are refunded: 9.00 € for all 50 meter distances, 8.50 € for all 100 meter distances and 8.00 € for all 200 meter distances as well as for the 400 meter freestyle and 400m Individual Medley. A 30.00 € entry fee is stated for each entry for a 800 or 1500 meter distance. 20,00 € are refunded if the individual reference time is achieved. The individual reference time for each swimmer is calculated by adding 20 seconds to the entry time of the respective swimmer.

Swimmers can only take part in competitions with a time standard for the corresponding age group.

According to the legal system of the German swimming federation, swimmers at the age of 10 (youth 2007) are allowed to participate in no more than 6 events per day.

Information for competitions 25 and 26 (800m and 1500m freestyle): The organizer reserves the right to check and modify the entry times of the TOP 8 swimmers according to the national ranking. In case of a modification the club will be informed.

If a swimmer takes part in all four 50 meter events one of the entry fees is waived (see ISSC-Sprint-Trilogy). Refunds will only be made for three (maximum) of these events.

All participating clubs will receive a listing of the entry fees (with refunds being accounted for) to be paid until 2 weeks after the meeting.

The amount of entry fees will be determined during the course of the competition. It is therefore not necessary to pay entry fees up front!

This amount has to be transferred within 7 work days upon reception of the listing to the following account:

Account Holder	VfL Sindelfingen e.V.
IBAN	DE29 6039 0000 0202 1660 07
BIC	GENODES1BBV
Name of Bank	Vereinigte Volksbank
Note to payee	ISSC 2017 <name of club>

8. Deregistrations

No entry fee has to be paid for deregistrations that reach the address specified above before Wednesday, 8th March 2017 6.00 pm. For deregistrations being turned in before the individual deregistration deadline of the corresponding session, the same amount will be refunded as if the swimmer had achieved the time standard.

Deregistrations for session 1 are possible until Friday, 17th March 2017 at 8:00 pm. via Email (address for entries).

Deregistrations for sessions 2, 3 and 4 have to be turned in at the speakers' desk using the available forms for deregistrations. Deregistrations for session 2 are possible until the beginning of event 9. Deregistrations for session 3 are possible until the beginning of event 25a. Deregistrations for session 4 are possible until the beginning of event 39.

9. Entry-lists, heat- and lane-assignment

After the deadline for entries, entry-lists for all events are generated and published on www.schwimmen.vfl-sindelfingen.de.

The heat- and lane assignment of session 1 is available at the info desk on Saturday, 18th March 2017 at 8:00 am. The heat- and lane



assignment of sessions 2, 3 and 4 are available at the speakers desk one hour before the beginning of the respective session.

Information for competitions 25 and 26 (800m and 1500m freestyle): The heats of the TOP8 will be held before the finals in session 2. The organizer reserves the right that two swimmers share one lane in case of a large number of entries.

10. Judges

A portion of the entry-fee goes toward the fee for the judges. The judges are provided mostly by the organizer in cooperation with the Bezirk Mittlerer Neckar of the SVW. Participating clubs with more than 30 entries per session are asked to contribute one judge for the respective session. The lane counters for the events 25 and 26 (800m and 1500m Freestyle) have to be operated by the respective clubs.

11. ISSC-Cut-Off

The finals of the events 3 and 4 are carried out as ISSC-Cut-Offs. 3 heats will be held. The two slowest swimmers of each heat are eliminated (cut off). After three heats only two swimmers are left. These two swimmers are the ISSC-Cut-Off finalists.

12. ISSC-Pursuit-Race

At the ISSC-Pursuit-Race each of the qualified swimmers starts with a certain delay. Relevant for the starting order and the delay are the qualifying times¹ of all qualified swimmers. Thus every swimmer gets its individual start signal by an optical device (one for each lane).

Example

If the swimmers (four male, four female) have qualified for the ISSC-Pursuit-Race with following times...

swimmer A (female)	2:23,94	swimmer A (male)	2:06,74
swimmer B (female)	2:27,50	swimmer B (male)	2:09,69
swimmer C (female)	2:39,42	swimmer C (male)	2:28,39
swimmer D (female)	2:06,64	swimmer D (male)	1:53,65

...they start in the following order with the given delays:

1. swimmer C (female)
2. swimmer C (male) (11,03 seconds after the previous swimmer)
3. swimmer B (female) (0,89 seconds after the previous swimmer)
4. swimmer A (female) (3,56 seconds after the previous swimmer)
5. swimmer B (male) (14,25 seconds after the previous swimmer)
6. swimmer A (male) (2,95 seconds after the previous swimmer)
7. swimmer D (female) (0,10 seconds after the previous swimmer)
8. swimmer D (male) (12,99 seconds after the previous swimmer)

Two different ISSC-Pursuit-Races are performed (#1 und #2):

The fastest swimmers of the events 1 (23), 2 (24), 5 (21), 6 (22), 9 (17), 10 (18), 13 (19) and 14 (20) (200m freestyle, breaststroke, backstroke and butterfly) qualify For the **ISSC-Pursuit-Race #1** (if there are identical times the finalist is chosen by lot). If a swimmer is the winner of more than one of the specified events, he or she qualifies within that discipline where he or she gets more LEN points for the qualifying time. In a discipline where a swimmer does not qualify for this reason, the second fastest swimmer qualifies.

The fastest swimmers of the age groups D, C, B, and A of the events 27 and 28 (200m individual medley) qualify for the **ISSC-Pursuit-Race #2** (if there are identical times the finalist is chosen by lot).

13. ISSC-Sprint-Trilogy

All swimmers in the categories youth D, youth C and youth B, who swim at least three of the four 50 meter distances automatically take part at the ISSC-Sprint-Trilogy.

The points for the ISSC-Sprint-Trilogy are calculated from the sum of the three (best) 50 meter performances of a swimmer (based on the DSV-table). Finals are not relevant for this calculation.

14. Best club

The best club is determined from all results of all 50, 100 and 200 meter distances:

1. place: 25	2. place: 18	3. place: 15	4. place: 12	5. place: 10
6. place: 8	7. place: 6	8. place: 4	9. place: 2	10. place: 1

Only the fastest swimmer of a club of an event receives the specified points. The host is not participating in this best club category.

15. Categories

The categories for all 50 and 100 meter distances are: youth D (06/07), youth C (04/05), youth B (02/03), youth A (00/01) and open.

The categories for all 200 meter distances are: youth D (06/07), youth C (04/05), youth B (02/03), youth A (00/01) and juniors & older.

All other distances (400, 800 and 1500 meter) are open.

16. Prices

The three fastest swimmers of each category receive **medals**. The eight fastest swimmers of each category will receive certificates.

Information for competitions 25 and 26 (800m and 1500m Freestyle): Only the three fastest swimmers of the TOP 8 will receive medals.

The three best swimmers (points) of each category within the ISSC-Sprint-Trilogy win the **ISSC-Sprint-Trilogy-Cups** and a price from arena.

The three fastest swimmers of the ISSC-Pursuit-Race #2 win the **ISSC-Pursuit-Race-Cups** and a voucher from SwimBaSE.

The club gathering the most points during the competition (see best club) wins the **ISSC-Cup**.

17. Prize Money

The victory ceremonies are part of the events. Prize money and awards of swimmers who do not appear at the respective victory ceremony fall back to the organizer.

- ISSC-Cut-Offs (50m freestyle Finals): total **325 €**
The 3rd swimmer in the second last heat gains **25 €**. In the final (last heat) **300 €** are distributed: 200 € are splitted, whereas the winner gets one euro more for each hundredth he or she has a lead over the second swimmer. Additionally the winner as well as the runner-up receive a bonus of 50 €. The winner thus can win up to 250 €.
Example: If the winner has a lead of 35 hundredth over the second swimmer, the winner gains 50 € + 117,50 € = 167,50 € and the second swimmer 50 € + 82,50 € = 132,50 €
- ISSC-Pursuit-Race #1 (200m):
1. place: **100 €** 2. place: **60 €** 3. place: **40 €**
- 50m butterfly, backstroke and breaststroke finals:
1. place: **50 €** 2. place: **35 €** 3. place: **20 €**
- 100m butterfly, backstroke, breaststroke und freestyle finals:
1. place: **50 €** 2. place: **35 €** 3. place: **20 €**
- 800m und 1500m freestyle:
1. place: **50 €** 2. place: **35 €** 3. place: **20 €**

¹ Qualifying time is the time achieved in the preliminary heats, except in the case that this time is more than 2 seconds slower than the entry time. In this case the qualifying time will be the entry time plus 2 seconds
www.schwimmen.vfl-sindelfingen.de



- ISSC-record: **100 €**
- Events 27 through 34 (50m kicks) do not qualify for championship records. These events will therefore be exempted from the prize money rules.

18. Special Regulations for events 27 through 34

For the events 27 through 34 (50m kicks) the following rules have to be adhered to:

- Starting position is in the water
- One hand has to reside on the grips of the starting block used for the backstroke starts. The other hand resides on the kick board, holding the board around the front edge from the top
- Both feet have to be placed on the wall
- After the start signal both hands must be placed on the board immediately, holding it around the front edge from the top
- During the whole race both hands must hold the board around the front edge from the top. To finish the race the board has to touch the wall.
- Backstroke kicks will be carried out without kick board using alternating kicks and a regular backstroke start, including up to 15m of simultaneous kicks ("butterfly kicks on the back"). Arms are straightened out in front of the head. To finish the race the swimmer has to touch the wall with an upper part of the body.
- Freestyle kicks will be carried out on front using alternating kicks. Breaststroke kicks or butterfly kicks are not allowed

Information

1. Info-desk

The info-desk in the foyer of the Badezentrum is opened from Friday, 26th February 2016 (5:00 pm.) until the end of the competition to assist you in case of questions.

2. Catering

During the competition a variety of snacks, beverages, and warm food will be offered.

3. Hotels & accommodation

A list of hotels will be made available on www.schwimmen.vfl-sindelfingen.de by November 2015. The organizer can also help you with the hotel reservation.

4. Warm-up and cool-down

Lanes will be available in the competition pool for warm-up and cool-down during the competition (Saturday and Sunday) at the specified times. A warm-up pool will be open throughout the competition.

The competition pool will also be open for swimming on Friday, 26th February 2016 (5:00 pm. – 9:30 pm.).

5. Results

Results will be available on www.schwimmen.vfl-sindelfingen.de.



ISSC records men

Butterfly

50m	Steffen Deibler (1987) TG Biberach (GER)	2008	0:24,40
100m	Mostafa Attef Abdelfattah (1983) Al-Ahly Sporting Club (EGY)	2009	0:55,12
200m	Benjámín Grátz (1996) Százhalombattai VUK SE (HUN)	2014	1:59,61

Backstroke

50m	Timothy Schlatter (1998) SC Schaffhausen (SUI)	2016	0:26,58
100m	Benjámín Grátz (1996) Százhalombattai VUK SE (HUN)	2014	0:57,14
200m	Benjámín Grátz (1996) Százhalombattai VUK SE (HUN)	2014	2:03,21

Breaststroke

50m	Reiner Schneider (1982) VfL Sindelfingen (GER)	2004	0:28,90
100m	Reiner Schneider (1982) VfL Sindelfingen (GER)	2004	1:01,98
200m	Reiner Schneider (1982) VfL Sindelfingen (GER)	2004	2:17,57

Freestyle

50m	Odyssefs Meladinis (1990) Olympiakos SFP (GRE)	2012	0:22,83
100m	Odyssefs Meladinis (1990) Olympiakos SFP (GRE)	2012	0:50,46
200m	David Brandl (1987) 1.Perger SV UNIQA (AUT)	2011	1:51,96
400m	David Brandl (1987) 1.Perger SV UNIQA (AUT)	2011	3:54,02
1500m	David Brandl (1987) 1.Perger SV UNIQA (AUT)	2011	15:54,19

Individual Medley

200m	Benjámín Grátz (1996) Százhalombattai VUK SE (HUN)	2014	2:05,38
400m	Benjámín Grátz (1996) Százhalombattai VUK SE (HUN)	2014	4:23,81

ISSC records women

Butterfly

50m	Maaïke de Waard (1996) KNZB (NED)	2013	0:27,17
100m	Lisa Zaiser (1994) ASV Linz (AUT)	2015	1:00,60
200m	Martina Van Berkel (1989) Limmat Sharks Zürich (SUI)	2011	2:13,45

Backstroke

50m	Maaïke de Waard (1996) KNZB (NED)	2013	0:29,20
100m	Maaïke de Waard (1996) KNZB (NED)	2013	1:03,43
200m	Dörte Baumert (1993) SG Regio Freiburg (GER)	2015	2:17,15

Breaststroke

50m	Kerstin Vogel (1985) SV Rhenania Köln (GER)	2009	0:31,42
100m	Kerstin Vogel (1985) SV Rhenania Köln (GER)	2008	1:10,54
200m	Vanessa Grimberg (1993) SV Region Stuttgart (GER)	2016	2:28,65

Freestyle

50m	Ilse Kraaijeveld (1990) ZV Orca Leeuwarden (NED)	2013	0:25,82
100m	Meike Freitag (1979) SG Frankfurt (GER)	2006	0:56,80
200m	Annika Bruhn (1992) SV Bietigheim (GER)	2012	2:01,52
400m	Lisa Zaiser (1994) ASV Linz (AUT)	2015	4:15,72
800m	Julia Hassler (1993) Schwimmclub Uster Wallisellen (SUI)	2013	8:48,68

Individual Medley

200m	Lisa Zaiser (1994) ASV Linz (AUT)	2015	2:15,76
400m	Jördis Steinegger (1983) ASV Raiffeisen Linz (AUT)	2011	4:51,33