



INTERNATIONAL SCHOOL SPORT FEDERATION

2nd ISF U15 Gymnasiade 2023

World School Sport Game

Rio De Janeiro, Brazil August 17-27, 2023

Join AAU - American team in Brazil!

Eligible athletes must be born between Jan. 1, 2008 - Dec. 31st, 2010!

One year before the 2024 Olympic and Paralympic Games in Paris, we invite you to join the world in Rio De Janeiro, Brazil for the largest youth multi-sports event. This event will take place from August 19th – 27th, 2023 and will bring together some of the absolute best student athletes from around the world - born in 2008, 2009 and 2010, from 70 countries, and in 19 different sports. This is WAY more than a swim meet! There are cultural events and a Nations night where all countries gather to represent their Country through food, games, dance, and video. Lifetime friends are made around the world!

To be considered for the team:

- You must fill out the attached **application** completely and have it emailed to maryruffin6@gmail.com on or before **April 15th, 2023**.
- Enclosed **Time Standards** must be met.
- Submitted times must be achieved between **March 1, 2022, and April 10th, 2023**. Proof of times must be submitted with your entry showing the meet name, date and location where times were achieved. *** USA and AAU times are allowed** ALL times achieved at this meet will be accepted in the USA swimming time database.
- **Passport:** You must submit a copy of a current passport with your entry, that is valid until **January 1st, 2024**.
- **VISA:** the ISF and AAU will work together with all athletes to acquire VISA's if necessary.
- **COVID Policy:** You must submit proof of full vaccination with initial entry. For travel we will follow all US and Brazilian travel guidelines that are required at the time of travel.

Selection to the team:

- The team will be selected based on the top 2-3 times entered per event, coming together to create the fastest team.
- *** Participants will be notified by 8pm CST on **Monday, April 24th, 2023** ***

Upon Selection (team is selected and notified by 8pm CST April 24th, 2023:

- An AB membership will be required upon selection to the team (\$16)
- NON-Refundable deposit of \$400(1/2 of total cost) must be made directly to AAU by **May 5th, 2023** (we will send details upon selection)
- Addition paperwork will be emailed to you. You will have until May 5th to return completed forms to maryruffin6@gmail.com

Cost to the athletes:

- \$800 plus airfare (your flights will need to go from you hometown to a major Hub where we will all connect and then on to Rio and return through the same hub) This \$800 will cover housing (2-3 per room – 1 per bed), meals, cultural events, apparel, and on-site transportation.

Initial Entry due via email by 4/15/23 to maryruffin6@gmail.com*



Final steps:

- Balance of \$400 is due to AAU by June 15th, 2023 – Same payment process we give you for deposit.
- Booking of flights – we will work together with a travel agent to set flights connecting at a major hub in the US - TBD. We will fly from there as a team representing AAU and the United States of America!! Our return trip will route home to the same hub we leave from.

General Information:

- <https://www.isfsports.org/sports/swimming> -- **NOTE** you apply through Mary Ruffin – the AAU manages the entry submission to the ISF for the USA athletes.

Event Limits:

- Each delegation may enter three athletes in individual events (only 2 will be allowed to compete in finals) and one team in each relay event. A mixed relay team consists of 2 female and 2 male athletes any order. Each swimmer is allowed a maximum of 4 individual events. Maximum of 12 female and 12 male athletes.

Parents:

- Parents are encouraged to travel to the event. They will need to make their own travel and housing accommodations. Covid policies must be met to attend the event.

Coaches:

- Coaches sending athletes may apply with summary of experience to maryruffin6@gmail.com – Coaches must be a USA swimming and/or AAU certified coach. Applications for coaching must be in by March 15th, 2023. Please contact Mary for additional requirements.

Dates to remember:

- April 15th, 2023 - entry deadline due via email to Mary Ruffin – it must be filled out with proof a time from a USA, YMCA, or AAU meet. Updated times will be allowed until 10pm CST May 10th, 2023)
- April 24th, 2023 – 8pm CST – Selected team members will be notified.
- May 5th - Nonrefundable deposit of \$400.00 into the AAU (we will be sending information on how to make your payment with your acceptance packet.
- May 5th - ALL New paperwork for the selected team that will come with your acceptance packet is due to Mary Ruffin by 6pm CST.
- June 15th – \$400.00 Balance is due to the AAU by 5pm EST.
- **Note** - All flights must be purchased via our travel agents' guidelines. This will be coordinated with the AAU – please reach out with questions.
- August 17th – Athletes and coaches meet at TBD airport in US.
- August 27th – Athletes return to USA to the same HUB we depart from and will disperse from there.



Events and time standards for consideration

Name: _____

METERS (primary)

Meet Record	Girls	Event	Boys	Meet Record
26.91L	29.5	50 Free	27.5	24.31L
59.39L	01:04.0	100 Free	59.5	52.92L
2:06.90L	02:18.0	200 Free	02:09.5	1:59.77L
4:34.21L	04:50.0	400 Free	04:35.0	4:12.68L
30.57L	01:11.0	50 Back(100cut)	01:06.0	27.54L
1:05.69L	01:11.0	100 Back	01:06.0	59.39L
2:22.47L	02:32.0	200 Back	02:23.5	2:09.89L
33.13L	01:21.0	50 BR. (100 cut)	01:15.5	30.06L
1:12.00L	01:21.0	100 Breast	01:15.5	1:05.69L
2:34.25L	02:53.5	200 Breast	02:42.0	2:24.66L
27.88L	01:09.5	50 Fly (100 Cut)	01:04.0	25.99L
1:02.55L	01:09.5	100 Fly	01:04.0	57.10L
2:24.83L	02:33.0	200 Fly	02:23.5	2:08.93L
2:21.24L	02:34.0	200 IM	02:26.0	2:21.67L
4:58.28L	05:28.0	400 IM	05:10.0	4:54.86L



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YARDS

Girls	Event	Boys
26.00	50y Free	23.50
55.50	100y Free	52.00
2:00.00	200y Free	1:52.50
5:21.50	500y Free	5:04.00
1:01.00	50y Back	56.50
1:01.00	100y Back	56.50
2:12.50	200y Back	2:03.50
1:10.00	50y Breast	1:04.00
1:10.00	100y Breast	1:04.00
2:30.50	200y Breast	2:19.00
1:00.50	50y Fly	56.00
1:00.50	100y Fly	56.00
2:13.00	200y Fly	2:05.00
2:13.50	200y IM	2:06.00
4:46.50	400y IM	4:30.00





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Application

Event	Time	Proof location	Proof Date
50 Free			
100 Free			
200 Free			
400 Free			
100 Back			
200 Back			
100 Breast			
200 Breast			
100 Fly			
200 Fly			
200 IM			
400 IM			

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Athlete information

First- _____ MI _____ Last _____

DOB _____

Gender _____

Athletes Email - _____

Athletes Cell - _____

Grade in school - _____

Height: _____ Weight: _____

Parents

Mom – First _____ Last _____

Cell _____ Email - _____

Dad - First _____ Last _____

Cell _____ Email - _____

Home address-(Street) _____,

(City) _____ (State) _____ (Zip) _____

Athlete apparel:

Racing suit size: _____ Practice suit size: _____

T-shirt size: _____

WU top Size: _____

WU bottom Size: _____



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