

# ISSC

28.  
International  
Sindelfingen  
Swimming  
Championships

powered by



02<sup>nd</sup> and 03<sup>rd</sup> March 2024  
**Program / Regulations**

- Seperate morning sessions for youth (age groups 2011 - 2016) with finals
- 200m Medley Pursuit Race female/male for the age groups 2011 - 2014
- New Competition programm with finals for youth and open finals
- Finales Meldeergebnis vor dem Wettkampf
- Final heat and lane distribution available before start of meet

Venue:

Badezentrum Sindelfingen (indoor pool),  
Hohenzollernstraße 23, 71067 Sindelfingen, Germany

Organizer:

VfL Sindelfingen 1862 e.V., Schwimmabteilung  
Landesstützpunkt Baden-Württemberg



## Competition program:

For age groups 2011 - 2016					For age groups 2010 and older				
Session 1: Saturday, 02nd March 2024 Warm-Up: 07:30 – 08:20 Start: 08:30 Uhr					Session 2: Saturday, 02nd March 2024 Warm-Up: about 12:00 – 12:50 Start: about 13:00				
WK 1	200m	Ind. Medley	women	Preliminaries	WK 26	200m	Ind. Medley	women	Preliminaries
WK 2	200m	Ind. Medley	men	Preliminaries	WK 27	200m	Ind. Medley	men	Preliminaries
WK 3	50m	Butterfly	women	Preliminaries	WK 28	50m	Butterfly	women	Preliminaries
WK 4	50m	Butterfly	men	Preliminaries	WK 29	50m	Butterfly	men	Preliminaries
WK 5	50m	Backstroke	women	Preliminaries	WK 30	50m	Backstroke	women	Preliminaries
WK 6	50m	Backstroke	men	Preliminaries	WK 31	50m	Backstroke	men	Preliminaries
WK 7	400m	Freestyle	women	Decision	WK 32	100 m	Breaststroke	women	Preliminaries
WK 8	400m	Freestyle	men	Decision	WK 33	100 m	Breaststroke	men	Preliminaries
WK 9	100m	Breaststroke	women	Preliminaries	WK 34	200m	Butterfly	women	Decision
WK 10	100m	Breaststroke	men	Preliminaries	WK 35	200m	Butterfly	men	Decision
WK 11	200m	Butterfly	women	Decision	WK 36	200m	Backstroke	women	Decision
WK 12	200m	Butterfly	men	Decision	WK 37	200m	Backstroke	men	Decision
WK 13	200m	Backstroke	women	Decision	WK 38	100m	Freestyle	women	Preliminaries
WK 14	200m	Backstroke	men	Decision	WK 39	100m	Freestyle	men	Preliminaries
WK 15	100m	Freestyle	women	Preliminaries	15 Minuten Pause mit Einschwimmen				
WK 16	100m	Freestyle	men	Preliminaries	WK 40	50m	Butterfly	women	Final 2010 & older
15 Minuten Pause mit Einschwimmen					WK 41	50m	Butterfly	men	Final 2010 & older
WK 17	200m	ISSC Ind. Medley Pursuit Race	weiblich/ männlich	Final 2011-2014	WK 42	50m	Backstroke	women	Final 2010 & older
WK 18	50m	Butterfly	women	Final 2013-2015	WK 43	50m	Backstroke	men	Final 2010 & older
WK 19	50m	Butterfly	men	Final 2013-2015	WK 44	100m	Breaststroke	women	Final 2007 - 2010
WK 20	50m	Backstroke	women	Final 2013 - 2016	WK 45	100m	Breaststroke	men	Final 2007 - 2010
WK 21	50m	Backstroke	men	Final 2013 - 2016	WK 46	100m	Breaststroke	women	Final 2006 & older
WK 22	100m	Breaststroke	women	Final 2011 - 2012	WK 47	100m	Breaststroke	men	Final 2006 & older
WK 23	100m	Breaststroke	men	Final 2011 - 2012	WK 48	100m	Freestyle	women	Final 2007 - 2010
WK 24	100m	Freestyle	women	Final 2011 - 2012	WK 49	100m	Freestyle	men	Final 2007 - 2010
WK 25	100m	Freestyle	men	Final 2011 - 2012	WK 50	100m	Freestyle	women	Final 2006 & older
					WK 51	100m	Freestyle	men	Final 2006 & older
					WK 52	200m	Mystery- Medley	women	Final 2010 & older
					WK 53	200m	Mystery- Medley	men	Final 2010 & older
					WK 54	400m	Freestyle	women	Decision
					WK 55	400m	Freestyle	men	Decision



For age groups 2011 - 2016					For age groups 2010 and older				
Session 3: Sunday, 03rd March 2024 Warm-Up: 07:30 – 08:20 Start: 08:30 Uhr					Session 4: Sunday, 03rd March 2024 Warm-Up: about 12:00 – 12:50 Start: about 13:00				
WK 56	200m	Freestyle	women	Decision	WK 76	200m	Freestyle	women	Decision
WK 57	200m	Freestyle	men	Decision	WK 77	200m	Freestyle	men	Decision
WK 58	50m	Breaststroke	women	Preliminaries	WK 78	50m	Breaststroke	women	Preliminaries
WK 59	50m	Breaststroke	men	Preliminaries	WK 79	50m	Breaststroke	men	Preliminaries
WK 60	50m	Freestyle	women	Preliminaries	WK 80	50m	Freestyle	women	Preliminaries
WK 61	50m	Freestyle	men	Preliminaries	WK 81	50m	Freestyle	men	Preliminaries
WK 62	100m	Backstroke	women	Preliminaries	WK 82	100m	Backstroke	women	Preliminaries
WK 63	100m	Backstroke	men	Preliminaries	WK 83	100m	Backstroke	men	Preliminaries
WK 64	200m	Breaststroke	women	Decision	WK 84	200m	Breaststroke	women	Decision
WK 65	200m	Breaststroke	men	Decision	WK 85	200m	Breaststroke	men	Decision
WK 66	100m	Butterfly	women	Preliminaries	WK 86	100m	Butterfly	women	Preliminaries
WK 67	100m	Butterfly	men	Preliminaries	WK 87	100m	Butterfly	men	Preliminaries
10 Minuten Pause mit Einschwimmen					15 Minuten Pause mit Einschwimmen				
WK 68	50m	Breaststroke	women	Final 2013 - 2016	WK 88	50m	Breaststroke	women	Final 2010 & older
WK 69	50m	Breaststroke	men	Final 2013 - 2016	WK 89	50m	Breaststroke	men	Final 2010 & older
WK 70	50m	Freestyle	women	Final 2013 - 2016	WK 90	100m	Backstroke	women	Final 2007 - 2010
WK 71	50m	Freestyle	men	Final 2013 - 2016	WK 91	100m	Backstroke	men	Final 2007 - 2010
WK 72	100m	Backstroke	women	Final 2011 - 2012	WK 92	100m	Backstroke	women	Final 2006 & older
WK 73	100m	Backstroke	men	Final 2011 - 2012	WK 93	100m	Backstroke	men	Final 2006 & older
WK 74	100m	Butterfly	women	Final 2011 - 2012	WK 94	100m	Butterfly	women	Final 2007 - 2010
WK 75	100m	Butterfly	men	Final 2011 - 2012	WK 95	100m	Butterfly	men	Final 2007 - 2010
					WK 96	100m	Butterfly	women	Final 2006 & older
					WK 97	100m	Butterfly	men	Final 2006 & older
					WK 98	50m	Freestyle	women	Cut-Off
					WK 99	50m	Freestyle	men	Cut-Off

## General Regulations



The general rules and regulations for competitions, the legal system and the anti-doping terms of the German swimming federation (DSV) are in force. The regulations of the Deutscher Behindertensportverband (DSB) are applicable for handicapped athletes with an appropriate proof of classification.

## 1. Conditions for participation

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

## 2. Pool

50-meter pool, eight lanes, wave-breaking lane-dividers, water temperature 26°C, depth 1.8m. Electronic time keeping with a 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. If the ISSC 2024 is canceled due to the pandemic situation, or if a limit on the number of participants comes into force, the organizer assumes no liability for any costs potentially incurred by the registered participants (travel, hotel accommodation, etc.)

## 4. Entries

Entries need to include name, given name, year of birth, gender, event number, distance, stroke and entry times. An Excel template is available on request, definition files in DSV7 and Lenex formats are available for download on the event page [www.issc-online.de](http://www.issc-online.de). Please send your entries via eMail and make sure to always specify an eMail address as contact information. Please note that we have to charge a handling fee of 1,50€ per entry that is not submitted via eMail.

## 5. Address for Entries

VfL Sindelfingen 1862 e.V., Schwimmabteilung,  
Klosterstr. 12, 71063 Sindelfingen, Germany  
E-Mail: [meldung@schwimmen.vfl-sindelfingen.de](mailto:meldung@schwimmen.vfl-sindelfingen.de)

## 6. Deadline, Limitation of Entries

Only entries received by the registration deadline of Friday, 23rd of February 2024, at 06:00 pm will be considered.

The organizer reserves the right to reject entries if the total number of entries exceeds an acceptable limit. Depending on the pandemic situation and the official regulations applicable at the registration deadline, the authorities of the pool may limit the number of participants for the event. For this reason, the organizer also reserves the right to reject entries. Entries will be honored in the order of their arrival at the address specified above.

For the events WK 7 and WK 8 (age groups 2011-2014) and the events WK 54 and Wk 55 (age groups 2010 and older) the 32 fastest entry times will be considered.

## 7. Special provisions for protecting youths

According to the special provisions for protecting youths ("Besondere Jugendschutz-Regeln") of the German swimming association the following limitations apply with regard to the programme – the valuation date for determining the age is December 31st of the calendar year in which the athlete reaches the corresponding age:

Age	permitted events	Age	permitted events
8 years	50m, 100m Backstroke 50m, 100m Freestyle 50m Breaststroke	10 years	50m, 100m, 200m Backstroke 50m, 100m, 200m Freestyle 50m, 100m, 200m Breaststroke 50m, 100m Butterfly 200m Individual Medley
9 years	50m, 100m, 200m Backstroke 50m, 100m, 200m Freestyle 50m, 100m Breaststroke 50m Butterfly		

The organizer will perform according checks within his reach of possibilities, the responsibility for adhering to these rules, however, lies with the nominating clubs.



According to §9.2 WG-AT, the DSV has decided that swimmers aged 8 to 10 years (age group 2012 to 2010) are allowed to participate in no more than 6 events per day including finals.

## 8. Start of the sessions, warm up and cool down

During the event (Saturday and Sunday) it is possible to warm up and cool down in the competition pool at the specified times, otherwise in the non-swimmer pool.

The organizer reserves the right to adjust the times for swimming warm up and cool down based on the reports and to set warm up slots for the participating clubs. The final time of the start of a session will be shown in the entry list.

## 9. Entry Fees

A 8,00€ entry fee is stated for each entry of a 50, 100 or 200 meter distance.

A 12,00€ entry fee is stated for each entry of 400 meter distance.

## 10. Deregistrations

Deregistrations for all sessions/events are only possible until Friday, 23<sup>rd</sup> of February 2024, till 06:00 pm via eMail.

## 11. Heat and lane assignments

The heat and lane assignments for all sessions will be generated after the entry deadline and will be published on the event page [www.issc-online.de](http://www.issc-online.de) no later than Tuesday, 27<sup>th</sup> of February 2024 20:00.

## 12. Results

The results of the event will be published continuously on the event website [www.issc-online.de](http://www.issc-online.de)

## 13. Judges

We urgently ask the registered clubs to provide judges according to the following „Judge-key“ for the corresponding sections:

Judge-key	
Entries per session	Judges
1 – 15	1
16 – 30	2
31 – 45	3
>45	4

## 14. ISSC Cut-Off

The finals for events 98 and 99 will be held as ISSC Cut-Off: three runs are carried out with the two slowest swimmers being eliminated in each round. The two remaining swimmers will then compete in the ISSC Cut-Off final.

## 15. Mystery-Medley

The 8 fastest women and men of the 2<sup>nd</sup> session (age group 2010 and older) of the events WK 26 and WK 27 individual medley will be automatically qualified for the mystery medley final.

The qualified swimmers will meet up in the pre-start area before the final. There will be a draw for each swimmer, in which medley order each individual swimmer has to swim their personal 200m mystery medley in this final. However, it's always starting with a racing dive from the block, i.e. with the following strokes: butterfly, breaststroke or freestyle.

Example: In the pre-start area, swimmer A draws a piece of paper which has a the following random (mystery) medley order: breaststroke, butterfly, freestyle, backstroke. This swimmer must complete his personal 200m mystery medley in this order. When turning into the different stroke after the turn, the competition regulations must be observed.

## 16. ISSC Medley Pursuit-Race

The respectively fastest boys and girls of the age groups 2011, 2012, 2013, 2014 of the competitions WK 1 and WK 2 individual medley will be automatically qualified for the ISSC Medley Pursuit-Race. In the event of a tie, the decision shall be made by lot.

In the ISSC Pursuit Race each of the qualified swimmers starts with a certain delay. The qualifying times of the participants determine the starting order and the delay. Every swimmer gets his/her individual starting signal by means of an optical device (one per lane).

Example:

Assuming that the swimmers (four women, four men) have qualified for the ISSC Pursuit Race with the following times...

Swimmer A (female)	3:18,94	Swimmer A (male)	3:14,38
Swimmer B (female)	3:01,16	Swimmer B (male)	2:59,69
Swimmer C (female)	2:47,94	Swimmer C (male)	2:41,39
Swimmer D (female)	2:40,64	Swimmer D (male)	2:34,65



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

1. Swimmer A (female)
2. Swimmer A (male) 04.56 seconds after #1
3. Swimmer B (female) 13.22 seconds after #2
4. Swimmer B (male) 1.47 seconds after #3
5. Swimmer C (female) 11.75 seconds after #4
6. Swimmer C (male) 06.55 seconds after #5
7. Swimmer D (female) 00.75 seconds after #6
8. Swimmer D (male) 05.99 seconds after #7

Deregistrations for the respective Pursuit Race are possible at the speakers desk up to 30 minutes after the announcement of the participants.

## 17. Classification

In the morning sessions the classification will be performed based on age groups 2011, 2012, 2013, 2014, 2015 and 2016 separately.

In the afternoon sessions the classification will be as follows:

- 50, 100 and 200 meter-distances: Youth B (age groups 2010/2009), Youth A (Age groups 2007/2008) and open.
- die 400 meter distances open.

The finals for the **morning sessions** will be performed as follows:

- The respectively fastest boys and girls of the age groups 2011, 2012, 2013, 2014 of the competitions WK 1 and WK 2 individual medley will be automatically qualified for the ISSC Medley Pursuit-Race
- The 50m - finals are reserved for athletes of the age groups 2013 and younger.
- The 100m finals are reserved for athletes of youth C (2011/2012).

The finals in the **afternoon sessions** will be performed as follows:

- The youth-finals are reserved for athletes of Youth B (age groups 2010/2009), Youth A (Age groups 2007/2008)
- The finals 2006 and older are reserved for athletes of the age groups 2006 and older.
- The finals open are reserved for athletes of the age groups 2010 and older.

## 18. Prices

- The three fastest swimmers of each category in the morning sessions receive medals (2011, 2012, 2013, 2014, 2015, 2016).
- The three first-placed youth A (with age groups (2007/2008)) youth B (with age groups (2009/2010)) receive medals
- The three first-placed open class from the afternoon sections receive a non-cash prize.

The eight fastest swimmers of each category of the morning sessions will receive certificates, for the afternoon sessions the certificates will be provided as a PDF file per club.

## 19. Prize Money

The award ceremonies are part of the events. The prizes of swimmers who are not present at the award ceremony will be refunded to the organizer.

- **ISSC Cut-Offs (50m Freestyle Finals): Total 325 €**

The 3rd swimmer in the penultimate heat receives 50,- €. In the final heat 300,- € will be distributed as follows: 200,00 € will be split between the winner and the runner-up, with the winner getting one € more than the runner-up for every hundredth of a lead. In addition, the winner and the runner-up will receive a bonus of 50,- €. The winner can thus win up to 250,- €.

Example: If the winner has a lead of 0,35 seconds over the runner-up, the winner will take  $50 € + 117,50 € = 167,50 €$  and the runner-up  $50 € + 82,50 € = 132,50 €$

- 50m and 100m Butterfly, Backstroke, Breaststroke, Freestyle and 200m ISSC Medley Pursuit-Race finals of the morning sessions:  
**1st place: non-cash prize      2nd place: non-cash prize      3rd place: non-cash prize**



- 50m and 100m Butterfly, Backstroke, Breaststroke, Freestyle finals open and age group 2006 and older of the afternoon sessions:  
1st place: 50 €      2nd place: 30 €      3rd place: 25 €
- 50m and 100m Butterfly, Backstroke, Breaststroke, Freestyle finals for the age groups 2007 -2010 of the afternoon sessions:  
1st place: non-cash prize      2nd place: non-cash prize      3rd place: non-cash prize
- Mystery-Medley of the afternoon session:  
1st place: 60 €      2nd place: 40 €      3rd place: 20 €
- Meet record: 50 €

## 20. Catering during the meet

During the meet a variety of snacks, beverages and hot meals will be offered.

## 21. Accommodation & Hotels

A list of accommodations and hotels (available quota with special conditions) can be requested from the organizer at the registration address ([melde@schwimmen.vfl-sindelfingen.de](mailto:melde@schwimmen.vfl-sindelfingen.de))

## 22. Public Relations

Photographs, film and/or sound recordings of the participants, coaches and accompanying persons can be made in the course of the meet. The organizer will use these media in his press and public relations work. By registering the club/participant/coach declares his/her agreement for all attendees related to the corresponding club.



## Event Records Women

### Butterfly

50m	Maaïke de Waard (1996) KNZB (NED)	2013	0:27,17
100m	Femke Spiering (2002) ZPC AMERSFOORT (NLD)	2023	1:00,06
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	Dörte Baumert (1993) SG Regio Freiburg (GER)	2018	1:02,98
200m	Dörte Baumert (1993) SG Regio Freiburg (GER)	2017	2:16,46

### Breaststroke

50m	Kerstin Vogel (1985) SV Rhenania Köln (GER)	2009	0:31,42
100m	Vanessa Grimberg (1993) SV Region Stuttgart (GER)	2017	1:08,80
200m	Vanessa Grimberg (1993) SV Region Stuttgart (GER)	2017	2:27,97

### Freestyle

50m	Ilse Kraaijeveld (1990) ZV Orca Leeuwarden (NED)	2013	0:25,82
100m	Laura Letrari (1989) Bolzano Nuoto (ITA)	2017	0:56,51
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

### Medley

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

## Event Records Men

### Butterfly

50m	Steffen Deibler (1987) TG Biberach (GER)	2008	0:24,40
100m	Ramon Klenz (1998) Sport-Union Neckarsulm (GER)	2023	0:54,04
200m	Benjámín Grátz (1996) Százhalombattai VUK SE (HUN)	2014	1:59,61

### Backstroke

50m	Marvin Dahler (2001) SSG Reutlingen/Tübingen (GER)	2018	0:26,10
100m	Marvin Dahler (2001) VfL Sindelfingen (GER)	2019	0:56,71
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	Odysefs Meladinis (1990) Olympiakos SFP (GRE)	2012	0:22,83
100m	Odysefs 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

### 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