

**Armada Spring Senior Invitational**  
**Hosted by SCS and the La Mirada Armada**  
**April 23 - 25, 2010**

**Open to USA Swimming Members**

**Entries Received by:** 5:00 PM Wednesday, April 14, 2010

**Start Times:** Friday 5:00 PM

Sat/Sun Prelims 9:00 AM

**Warm-ups:** Friday 3:30 PM

Sat/Sun Prelims 7:30 AM

**Sanction Number 10-082**

**Heats, A, B, C Finals**

Sat/Sun Finals 5:00 PM

Sat/Sun Finals 3:30 PM

**La Mirada Splash Regional Aquatic Center.** 13806 La Mirada Blvd. La Mirada California 90638. From the 5 freeway headed south, exit at Valley View and head north, turn right on Alondra and then left on La Mirada Blvd. From the 5 freeway going north, get off at Beach Blvd and go north to La Mirada Blvd and turn left. The SPLASH Aquatic Center is an outdoor, 50 METER pool with eight (8) all deep long course competition lanes, a separate 8-lane, 25 yard adjacent warm-up pool, and a 16 lane Colorado scoreboard. This competition course has been certified in accordance with 14.2.2 (C). The course measures 2 meters at start end to 4 meters at turn end in depth. There will be ample free parking throughout the meet.

**WARM-UP:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of a current 2010 USA Swimming member coach. There will be NO DIVING into the pool during these times except into the designated sprint lane(s) as directed by the meet referee. **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding conduct of the meet should be made directly to that person. **RULES:** USA Swimming Rules will govern. Current SCS Meet procedure for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. (See 2010 SCS Swim Guide): Check-in is required for all prelim events. **The National Championship Finals' Scratch rule will be used. Athletes qualifying 1st thru 24<sup>th</sup>. Swimmers must scratch or declare intent within 30 minutes of announcement of the preliminary results if they do not intend to swim finals. Failure to swim finals will result in disqualification from the rest of the meet or \$50.00 fine if no show occurs on athlete's final event. Fine must be paid to SCS before athlete will be allowed to compete in SCS.**

**800 & 1500 FREESTYLE:** Timed final events. Events #1-2 will be swum fastest to slowest alternating women and men. Event #16 (Men 800) and Event #28 (Women 1500): fastest heat in finals, next fastest heat to end at 3:30 PM, all remaining heats fastest to slowest "backed off" to end of prelims. If necessary, remaining heats swum after finals.

**SWIMWEAR:** Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). A single swimsuit is permitted.

**ELIGIBILITY & AFFILIATION:** Open to all athletes who hold 2010 USA Swimming Registration. Registration application must be received **by the Monday prior to the first day of the meet** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide Part One, III, B. Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.

**QUALIFYING TIMES:** Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If using a blue card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after September 1, 2008 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to 2010 SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet. Blue entry cards or team entries must indicate meet and dates for all submitted entry times. NOTE: All entry times will be verified in advance through the USA SWIMS database.

**ENTRY LIMIT:** A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer can swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for one or more events is eligible to enter ONE bonus event.

**ENTRY FORMAT:** Individual entry charge of **\$5.75 per entered event plus \$12.00 surcharge** must accompany each entry card. Club Electronic entry is encouraged. If submitting a Blue "proof-of-time" Southern California Consolidated Entry Card for swimmer, card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). Enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.

**Electronic Entry** - E-mail entry (entry zip file) will be accepted only when received with an attached Word or .pdf file including electronic signature of coach and will be dated official at that time (5PM postmark queue before 10PM electronic). Full payment (Single check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hardcopy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Entries (electronic, mailed or hand delivered to 2724 Lorraine Ave, Simi Valley) must be RECEIVED by 5:00 PM, Wednesday, April 14, 2010.

**To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received. Receipt of entry will not be verified by phone or email.**

**NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.** Team Hy-Tek entries will be accepted with a signed printed copy accompanied by a single entry team check.

**MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING**

**Mail Entries to:** Alina de Armas - Meet Processor  
P.O. Box 63  
Simi Valley, Ca 93062

**SEND ELECTRONIC ENTRIES TO: Alinadea@aol.com**

**Hand deliver to:** Alina de Armas  
2724 Lorraine  
Simi Valley, Ca 93062

**NOTICE:** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Southern California Swimming  
Armada Spring Senior Invitational  
April 23 to 25, 2010  
Hosted by the La Mirada Armada**

**Entries Due:** Wednesday, April 14, 2010

**Friday Start:** 5:00 PM

**Prelims and ABC Finals**

Open to USA Swimming Members

**Preliminaries Sat / Sun:** 9:00 AM

**Finals Sat / Sun:** 5:00 PM

**WOMEN**

**Friday, April 23, 2010**

**MEN**

Event #	Automatic Time		Bonus Time		Stroke and Distance	Automatic Time		Bonus Time		Event #
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	
1	10:52.89	9:44.69	10:59.29	9:50.39	<b>800 FREE</b>					**
**					<b>1500 FREE</b>	17:15.29	17:45.79	17:25.49	17:56.29	2

**WOMEN**

**Saturday, April 24, 2010**

**MEN**

3	1:10.99	1:21.29	1:12.69	1:23.19	<b>100 BREAST</b>	1:03.59	1:13.79	1:05.09	1:15.59	4
5	26.09	29.79	26.69	30.49	<b>50 FREE</b>	23.19	26.79	23.79	27.39	6
7	2:15.99	2:31.99	2:19.29	2:35.79	<b>200 FLY</b>	2:03.79	2:20.69	2:06.79	2:24.09	8
9	2:01.69	2:18.29	2:04.69	2:35.79	<b>200 FREE</b>	1:51.59	2:08.29	1:54.29	2:11.39	10
11	2:16.99	2:36.79	2:20.29	2:40.59	<b>200 IM</b>					**
**					<b>400 IM</b>	4:24.19	5:05.49	4:26.79	5:08.49	12
13	1:02.69	1:12.69	1:04.19	1:14.49	<b>100 BACK</b>	56.39	1:05.99	57.79	1:07.69	14
15	5:17.69	4:46.29	5:20.89	4:49.09	<b>400 FREE</b>					**
**					<b>800 FREE</b>	10:20.19	9:17.29	10:26.29	9:22.79	16

**WOMEN**

**Sunday, April 25, 2010**

**MEN**

17	1:02.69	1:09.89	1:03.59	1:11.59	<b>100 FLY</b>	55.59	1:03.19	56.89	1:04.69	18
19	2:33.19	2:55.09	2:36.89	2:59.39	<b>200 BREAST</b>	2:18.29	2:40.69	2:21.69	2:44.59	20
21	56.49	1:04.19	57.89	1:05.79	<b>100 FREE</b>	50.69	58.69	51.89	1:00.09	22
23	4:47.29	5:24.79	4:50.09	5:27.99	<b>400 IM</b>					**
**					<b>200 IM</b>	2:04.69	2:24.89	2:07.69	2:28.39	24
25	2:14.89	2:34.99	2:18.19	2:38.79	<b>200 BACK</b>	2:02.69	2:22.99	2:05.69	2:26.49	26
**					<b>400 FREE</b>	4:58.39	4:30.49	5:01.39	4:33.19	27
28	18:13.69	18:37.59	18:24.49	18:48.59	<b>1500 FREE</b>					**

**HOTEL INFORMATION**

**Holiday Inn Select** - 714-739-8500

14299 Firestone Blvd, La Mirada, CA 90638

\$82.00 to \$99.00

**Residence Inn by Marriott** - 714-523-2800

14419 Firestone Blvd, La Mirada, CA 90638

\$129.00 to \$179.00

**Extended Stay America** - 714-670-8579

14775 Firestone Blvd, La Mirada, CA 90638

\$89 - \$129

**Raddison** - (562) 945-8511, Whittier, CA 90602,

7320 Greenleaf Avenue **Reservations**-800-395-7046

\$119.00 - 139.00