



2024 Los Angeles Invitational

Trojan Swim Club & La Mirada Armada



SANCTIONED BY: USA Swimming & Southern California Swimming **SANCTION** #S24-086

SPONSORED BY: Southern California Swimming, USC Swimming and Diving,
and La Mirada Armada

DATE OF MEET: July 5-8, 2024

ENTRIES RECEIVED by: Wednesday, June 26, 2024

Friday Timed Final,

Saturday, Sunday and Monday HEATS & FINALS (C,B,A)

START TIMES: Friday timed final: 5:00 pm
Saturday, Sunday, Monday

PRELIMS: A Flight 8:30a m , B Flight one
hour after end of A Flight

FINALS: 5:00 pm

WARM-UP: POOL WILL OPEN FOR WARM-UP AT 3:00 PM on Friday, 7:00 AM on SAT, SUN and MON

FACILITY: LA MIRADA SPLASH REGIONAL AQUATIC CENTER, 13806 La Mirada Blvd, La Mirada. From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, aquatic center is on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, aquatic center is on right.

COURSE: Competition pool is an outdoor, 50-meter pool, 2 meters to 14' deep. **Prelims: two 25 yard, eight lane competition courses (west to east). Finals: one 50-meter course (north to south). Bulkhead will separate courses in the prelims.** A 25-yard warm-up pool will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Daktronic pads and timing system, starting blocks (w/wedge) and Finis back stroke ledges.

ENTRY INTO THE MEET

ENTRY CAP: There will be a cap of 800 athletes for the meet. Entries will be accepted on a first received, first entered basis. Enter through USA Swimming OME system. No limit to out of district swimmers will be applied.

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2024 USA Swimming or AQUA membership.

For USA Swimming athletes, online registration in SWIMS 3.0 must be completed prior to the meet deadline.

No late or on deck registration will be accepted. All USA Swimming athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete. Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

QUALIFYING TIMES: SUBMIT LONG COURSE METER TIMES. If qualifying in yards, submit best yard time.

- Swimmers must have achieved the Long Course or Short Course Time Standard after Sept. 1, 2022. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. Seeding order: conforming Long Course, conforming Short Course, non-conforming Long Course, non-conforming Short Course

- Swimmers with National or Jr Nat'l qualifying times in yards may enter at the meter National or Jr standard.

- Swimmers may enter as many events as qualified but may only compete in three (3) individual events per day, including time trials. **Label bonus events "B"**

- B Flight Only Option:** When electronic team entry file is submitted, a list of swimmers choosing to swim only in the B flight may be included as a **separate file (doc, docx, pdf, txt)**. No flight changes will be made after the **entry dead-line**.

PROOF OF TIME: This is a PROOF OF TIME MEET. **Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions.** Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a AQUA approved competition. **Times in the database are not meet entry only proof of entered time.** Submit ACTUAL times achieved for each event. **Special entry procedure:** A swimmer qualified in one or two individual events may enter the event/s and up to three **total** events (except 800 and 1500); over three must prove **all** events entered. **800/1500 swimmers must meet entry standard. Label bonus events "B"**

AWARDS: 1st – 3rd individual event medals.

ENTRY FEES: \$14.50 per Individual event must accompany entry. \$25.00 surcharge per swimmer must accompany entry. All entries will be processed through OME.

Electronic team entry thru the USA Swimming OME system will be used.

Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY 5:00 PM PST, Wednesday June 26, 2024.

DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

RULES AND PROCEDURES

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to LeAnn Colvin or Omar DeArmas our meet Referees, leannecolvin51@gmail.com or omarswimref@gmail.com

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2024 SCS Swim Guide); The National Finals' scratch rule will be used. Prelim Scratch deadline for Friday events will be 4:00 PM Friday, for Saturday events 5:30PM Friday, for Sunday events 5:30PM Saturday and for Monday events 5:30PM Sunday.

There will be three heats (C, B, A) for all events on Saturday, Sunday and Monday except the 800 and 1500. All events on Friday are timed final events. The men's 800 and women's 1500 freestyle on Monday will have a championship final. All prelims will swim fast to slow unless Saturday, Sunday and Monday are flighted. The meet director may opt to split the Saturday and Sunday session into A and B flights depending on the size of the meet. If flighted the A flight will swim slow to fast and the B flight fast to slow. 400 free and 400 IM will alternate women and men.

B Flight Only Option: When electronic team entry file is submitted, a list of swimmers choosing to swim only in the B flight may be included as a **separate file (*.doc, *.docx, *.pdf, *.txt)**. No flight changes will be made after the **entry dead-line**.

COACHES AND OFFICIALS: To receive a meet deck pass Coaches and Officials must be current USA Swimming members including California required concussion training (CDC or NFHS). Coaches and Officials must have completed the CANRA training. International guests are exempt. Meet deck pass should be visible at all times.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence though out the meet.** 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 acknowledge - ment and consent to this fact.

DRONES: 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

DISTANCE FREESTYLE: **Men's 1500 and Women's 800** will be timed final events on Friday, July 5. All heats will be swum fastest to slowest, alternating women and men's heats. **Note: W1500/M800 check-in to be seeded will close at 5:30 pm on Sunday. Men's 1500 and Women's 800** will swim on Monday, July 8. Fastest checked in heat of women's 800 will be the third event of Monday finals; fastest heat of men's 1500 will be the fifth event. All other heats will swim during the break, according to the national distance rule, with the second fastest heat being seeded to end at 4:00 pm and then all other heats working backward, fast to slow, alternating women / men, until all heats have been swum. **Note: W1500/M800 check-in to be seeded will close at 5:30 pm Sunday** (check-in to swim will close at 10:00 am Monday).

RELAY EVENTS: There are no relay events.

WARM UP: 3-point entry required. All warmups must be supervised by a USA Swimming member coach. 7:00-7:45 am: the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING**. 7:45-8:20 am: Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts only in the sprint lanes.** No equipment will be allowed in the competition pool. The *diving pool* will be available for warm-up/cool down at all times - No diving at any time. **Based on entries, warm up may be divided into 2 sessions starting at 7:00 am.**

Credentials: Credentials will be issued and must be presented to access the competition deck.

Parking: 212 Free parking slots are available adjacent to the pool on a first come first serve basis. For team vans you may reserve a slot in advance by emailing Traci Kanemitsu at traci.kanemitsu@twc.com. Parking is also available at Biola University in the H Lot. Shuttle service from Biola is available for \$5.00 per trip or you may walk across the street (600 yds).

Concussion Protocol: All coaches on deck must have completed the CDC or NFHS Concussion course.

CANRA: All coaches and officials on deck must have completed the CANRA Mandatory Reporting course (out of state coaches and officials are exempt).

MAAPP 2.0: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) govern this meet.

APT/Concussion Protocol/Mandatory Reporting: All coaches on deck must have completed the CDC or NFHS Concussion course. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet. Per current MAAPP 2.0 guidelines there will be separate, athlete only locker rooms and separate adult, non-athlete bathrooms open for use. ***All athletes 18 years and older must complete the online Athlete Protection Training prior to the entry deadline to compete.***

LIABILITY: IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Concussion Informed Consent

Acknowledgement: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. **Individual, COVID Specific Waiver (see below):** The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event. **MAAPP 2.0 Statement:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet. **COVID 19 Acknowledgement:** We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet.

USA SWIMMING DISCLAIMER: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.

2024 Los Angeles Invitational

DATE OF MEET: July 5 - 8, 2024

RECEIVED BY Entry Deadline: Wednesday, June 26, 2024

HEATS AND C, B, A FINALS MEET CHAMPIONSHIP SEEDING

OPEN TO: 2024 USA SWIMMING and 2024 AQUA ATHLETE MEMBERS

WOMEN			EVENT	MEN		
YARDS		METERS	FRIDAY, JULY 5, 2024 Timed Final Session	METERS	YARDS	
1	11:11.19	10:00.99	800 Meter Freestyle W	-	-	-
-	-	-	1500 Meter Freestyle M	17:56.69	17:27.59	2
SATURDAY, JULY 6, 2024 Heats and Finals						
3	2:00.69	2:18.09	200 Meter Freestyle	2:07.29	1:50.09	4
5	2:30.79	2:55.39	200 Meter Breaststroke	2:38.49	2:16.19	6
7	1:00.39	1:10.79	100 Meter Backstroke	1:04.89	54.99	8
9	25.59	29.39	50 Meter Freestyle	26.29	22.79	10
11	4:48.29	5:31.09	400 Meter IM	5:03.29	4:24.59	12
SUNDAY, JULY 7, 2024 Heats and Finals						
13	2:11.89	2:32.79	200 Meter Backstroke	2:20.69	1:59.59	14
15	1:09.49	1:20.69	100 Meter Breaststroke	1:12.79	1:01.89	16
17	1:00.39	1:09.09	100 Meter Butterfly	1:02.59	54.49	18
19	5:24.09	4:50.49	400 Meter Freestyle	4:30.19	4:59.39	20
MONDAY, JULY 8, 2024 Heats and Finals						
21	2:14.99	2:35.59	200 Meter IM	2:23.09	2:02.69	22
23	55.59	1:03.99	100 Meter Freestyle	58.19	50.19	24
25	18:41.29	19:14.59	*1500 Meter Freestyle W	-	-	-
26	2:13.79	2:31.89	200 Meter Butterfly	2:19.49	2:02.29	27
-	-	-	*800 Meter Freestyle M	9:27.09	10:24.99	28

* **Women's 1500 and Men's 800** will swim on Monday, July 8. Fastest checked in heat of women's 1500 will be the third event of Monday finals; fastest heat of men's 800 will be the sixth event. All other heats will swim during the break, according to the national distance rule, with the second fastest heat being seeded to end at 4:00 pm and then all other heats working backward, fast to slow, alternating women / men, until all heats have been swum.

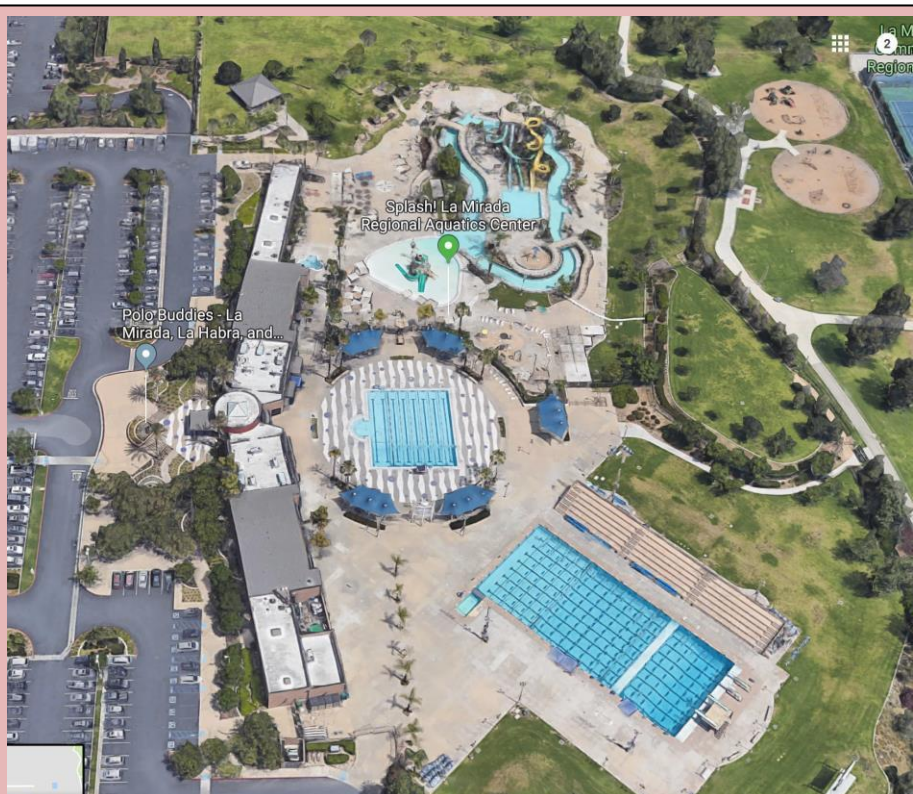
Note: W1500/M800 check-in to be seeded will close at 5:30 pm Sunday (check-in to swim will close at 10:00 am Monday).

MEET HOTEL INFORMATION FOR LOS ANGELES INVITATIONAL

Holiday Inn Select 14299 Firestone Blvd,	(714) 739-8500 La Mirada, CA 90638
Courtyard Marriott 7621 Beach Blvd	(714) 670-6600 Buena Park CA 90620
Extended Stay America 14775 Firestone Blvd,	(714) 670-8579 La Mirada, CA 90638
La Quinta Inn and Suites 3 Centerpointe Dr,	(714) 670-1400 La Palma, CA 90623
Fairfield Inn and Suites 828 Orangethorpe Ave	(714) 670-7200 Buena Park CA 90620
Holiday Inn Buena Park 7000 Beach Boulevard	(877) 859-5095 Buena Park, CA 90620
Double Tree Hilton 13111 Sycamore Drive	(855)-239-9478 Norwalk, CA, 90650
Residence Inn by Marriot 14419 Firestone Blvd, Hampton Inn & Suites Buena Park	(714) 523-2800 La Mirada, CA 90638
Hampton Inn and Suites by Marriot 7307 Artesia Blvd.	(855) 605-0317 Buena Park, CA 90621

SPECIAL FEATURES FOR 2024 LOS ANGELES INVITATIONAL

- Athlete hospitality throughout the meet.
- Coaches' Hospitality 3 meals a day will be offered.
- Prelim and Finals heat sheets.
- Conejo Swim Works booth available throughout the meet.
- Live Video feed at [La Mirada Armada - YouTube](#).
- Team dorms available across the street at Biola University



SPLASH AQUATIC CENTER

Off- Site Restaurants (Within Two Miles)

Subway
 IHOP
 In and Out
 Panera
 Cassidy's Café
 Carl's
 Baja Fresh
 Korean Barbeque
 Taco Bell
 Jersey Mikes
 Chipotle
 King Arthurs Pizza
 Dennys
 Wendy's
 Starbucks
 Pick Up Stix
 TGIF
 Red Robin
 Elephant Bar
 McDonalds
 Mr V's Steakhouse