

# 2016 Los Angeles Invitational

## Trojan Swim Club & Southern California Swimming

SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: S16-141

SPONSORED BY: Trojan Swim Club/SCS

HEATS & FINALS

DATE OF MEET: July 14-17, 2016

ENTRIES RECEIVED by: Wed, July 6, 2016

START TIME: THURS: 4 pm; PRELIMS: 8:30 am; FINALS: 5 pm

**Warm-up:** POOL WILL OPEN FOR WARM-UP AT 7:00 AM FRI, SAT & SUN (2 pm Thurs)

**POOL:** Uytengsu Aquatics Center on the USC Campus. Pool is located on NW corner of the campus bounded by Vermont and Jefferson. Entrance to parking structure is on Jefferson.  
**COURSE:** Uytengsu Aquatics Center, the 1984 Los Angeles Games pool, is an outdoor, international depth, eight lane, 50 meter course with an adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2(C), filed with USA Swimming. Pool depth start end 4 meters; turn end 2M.  
**TICKETS:** \$3 Prelims/\$8 Finals/Day Pass \$10 - **There is a parking fee.**

### ENTRY INTO THE MEET

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold a current 2016 USA Swimming or FINA membership. Registration application must be at SCS Office by July 6, 2016. There are substantial penalties for swimmer and club (2016 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee.

**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, 2014. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. When entries are closed, non-conforming times will be converted by meet administration for seeding purposes only.  
• Swimmers with National or Jr National 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"**

**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 FINA 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 400/800/1500 and 400 IM); over three must prove **all** events entered. **400 IM & Free and 800/1500 swimmers must meet entry standard** (swimmers qualified only in a 400 may use "make one, swim three"). **Label bonus events "B"**

**AWARDS:** Individual 1st-3rd, Relay 1st.

**ENTRY FEES:** \$12.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry. **Relays:** \$22.00 per relay team entered must be paid with entry or upon deck entry.

Electronic team entry is encouraged. Team entry, which must include single team payment and all proofs of times, is encouraged. 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 as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team 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 hard copy (this includes e-mail) **ONLY. DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

**MAKE CHECKS PAYABLE TO:  
and MAIL ENTRY TO:**

**SOUTHERN CALIFORNIA SWIMMING**  
Alina de Armas e-mail: [alina@dearmas.co](mailto:alina@dearmas.co)  
PO Box 63  
Simi Valley, CA 93062-0063

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY 5:00 PM, Wednesday, July 6, 2016.

**For Information Call Southern California Swimming 805-682-0135**

## **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 that person.

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2016 SCS Swim Guide); The National finals' scratch rule will be used. Scratch deadline for Friday events will be 7:30 AM Friday, for Saturday events 5:30 PM Friday and for Sunday events 5:30 PM Saturday. There will be three finals' heats (B, A and Championship). **IF** there are more than 500 entrants, an 18 & Under Final (18 & Under athletes NOT in the top 24) will be added before the B final (order of finals: C 18 & Under, B, A, Championship). The 800 and 1500 freestyle will have only a championship final. **IF** meet is "flighted" for Friday and Saturday, the "A" flight will swim slow to fast; the "B" will swim fast to slow. If not "flighted," all prelims will swim fast to slow.

**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 acknowledgement and consent to this fact.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**DISTANCE FREESTYLE:** Prelims of Women's 800 and Men's 1500 will be Thursday, July 14. Women's 800 final will be Friday; Men's 1500 final will be Saturday. Sunday: W1500 & M800 will be swum fastest to slowest, alternating women and men's heats. Fastest heat of women's 1500 will be third event of Sunday finals; fastest heat of men's 800 will be sixth event. All other heats will be swum in the preliminaries. **THREE HEATS** each (women and men) will be swum as part of prelims; any other heats will swim during the break. **Note: W1500/M800 check-in to be seeded will close at 5:00 pm Saturday** (check-in to swim will close at 10:00 am Sunday).

**RELAY EVENTS:** Relays Friday-Sunday will be the last event of Finals each day, seeded in national format. On Sunday, July 17, teams may elect to swim relays at the end of the preliminary session. Thursday relays will be in event order.

**WARM UP:** All warm ups 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.

**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 event.**

**USC Housing Form Attached – email: wesfoltz919@gmail.com**

# 2016 Los Angeles Invitational

DATE OF MEET: July 14-17, 2016

RECEIVED BY Entry Deadline: Wednesday, July 6, 2016

HEATS AND FINALS MEET

CHAMPIONSHIP SEEDING – “C” 18 & Under (if added), “B” CONSOL, “A” CONSOL, CHAMPIONSHIP FINAL

OPEN TO: 2016 USA SWIMMING AND 2016 FINA ATHLETE MEMBERS

| WOMEN                          |                   |          | EVENT                         | MEN               |          |     |
|--------------------------------|-------------------|----------|-------------------------------|-------------------|----------|-----|
|                                | YARDS             | METERS   | THURSDAY, JULY 14, 2016       | METERS            | YARDS    |     |
| 1                              | Pre or Deck Entry |          | 200 Meter Freestyle Relay     | Pre or Deck Entry |          | 2   |
| 3**                            | 10:49.19          | 9:40.79  | 800 W Free/1500 M Free Prelim | 17:38.99          | 17:09.89 | **4 |
| 5                              | Pre or Deck Entry |          | 200 Meter Medley Relay        | Pre or Deck Entry |          | 6   |
| <b>FRIDAY, JULY 15, 2016</b>   |                   |          |                               |                   |          |     |
| 3**                            |                   |          | 800 Meter Freestyle FINAL     |                   |          |     |
| 7                              | 54.49             | 1:02.39  | 100 Meter Freestyle           | 57.39             | 49.39    | 8   |
| 9                              | 2:13.79           | 2:29.49  | 200 Meter Butterfly           | 2:18.51           | 2:01.89  | 10  |
| 11                             | 2:12.99           | 2:32.39  | 200 Meter Backstroke          | 2:20.89           | 2:02.79  | 12  |
| 13                             | 4:45.97           | 5:22.00  | W 400 IM – M 400 M Free       | 4:24.09           | 4:50.99  | 14  |
| 15                             | Pre or Deck Entry |          | 400 Meter Freestyle Relay     | Pre or Deck Entry |          | 16  |
| <b>SATURDAY, JULY 16, 2016</b> |                   |          |                               |                   |          |     |
|                                |                   |          | 1500 Meter Freestyle FINAL    |                   |          | **4 |
| 17                             | 2:13.96           | 2:33.49  | 200 Meter Individual Medley   |                   |          |     |
|                                |                   |          | 200 Meter Freestyle           | 2:04.09           | 1:47.79  | 18  |
| 19                             | 2:30.91           | 2:51.99  | 200 Meter Breaststroke        | 2:37.89           | 2:18.99  | 20  |
| 21                             | 25.49             | 29.09    | 50 Meter Freestyle            | 26.69             | 22.89    | 22  |
| 23                             | 5:15.99           | 4:44.39  | W 400 M Free – M 400 IM       | 4:58.49           | 4:20.99  | 24  |
| 25                             | Pre or Deck Entry |          | 800 Meter Freestyle Relay     | Pre or Deck Entry |          | 26  |
| <b>SUNDAY, JULY 17, 2016</b>   |                   |          |                               |                   |          |     |
| 27                             | 1:00.49           | 1:08.29  | 100 Meter Butterfly           | 1:01.79           | 54.59    | 28  |
| 29                             | 18:07.39          | 18:29.99 | *1500 Meter Freestyle         |                   |          |     |
| 30                             | 1:01.79           | 1:11.49  | 100 Meter Backstroke          | 1:04.99           | 56.59    | 31  |
|                                |                   |          | *800 Meter Freestyle          | 9:13.79           | 10:16.99 | 32  |
| 33                             | 1:10.89           | 1:19.99  | 100 Meter Breaststroke        | 1:12.59           | 1:04.09  | 34  |
| 35                             | 1:57.49           | 2:13.69  | 200 Freestyle                 |                   |          |     |
|                                |                   |          | 200 Individual Medley         | 2:21.49           | 2:00.79  | 36  |
| 37                             | Pre or Deck Entry |          | 400 Meter Medley Relay        | Pre or Deck Entry |          | 38  |

\*800/1500 free Sunday heats may be double-ended if necessary to meet Finals' start time.

**If there are more than 600 entrants, Fri & Sat Preliminary Session may be divided into 'A' and 'B' flights with 7 heats (5 for the 400 meter events) in the 'A' flight. 'A' flight will swim slowest to fastest. 'B' session prelims will swim fastest to slowest with 400 Free & IM alternating women and men's heats. Prelim sessions that are not flighted will swim fastest to slowest; 400 Free & IM will alternate women and men's heats.**

IF there are more than 500 entrants, an 18 & Under Final (18 & Under athletes NOT in the top 24) will be added before the B final (order of finals: C 18 & Under, B, A, Championship)

IF STANDARD IS ACHIEVED IN YARDS, enter yard time (converted by meet administration)  
National Qualifiers may enter at appropriate National meter minimum.

ELECTRONIC ENTRY WITH SIGNED HARD COPY IS ENCOURAGED  
THIS IS A "PROOF OF TIME" MEET – ALL TIMES WILL BE VERIFIED THROUGH SWIMS DATABASE  
EVENT LIMIT: THREE INDIVIDUAL EVENTS PER DAY INCLUDING TIME TRIALS

TIME TRIALS: Time trials will be held during the break on July 15-16 and after finals on July 17. Time trials are separately sanctioned. The 800 and 1500 will be offered on Friday only. An athlete may swim an event only once as a time trial. Purchase (\$15) time trial cards at the Admin table. Sanction #S16-142.

**USC Housing Form Attached - email: wesfoltz919@gmail.com**

## 2016 LOS ANGELES INVITATIONAL HOUSING REGISTRATION FORM

- Please complete form completely and clearly, and then return by 6/1/2016
- Any changes to room occupancy or cancellations must be made by 7/1/2016
- Rooming List due by 6/1/2016
- Room Deposit: first nights stay due by 6/1/2016

**FAX:** (213-740-6177)

**EMAIL:** wesfoltz919@gmail.com (Wes Foltz)

**MAIL:** USC Swimming c/o Wes Foltz  
Uytengsu Aquatics Center  
1026 West 34<sup>th</sup> Street  
Los Angeles, CA 90089-2511

**PAYMENT:** Check made payable to TROJAN SWIM CLUB

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Club Team Name: \_\_\_\_\_  
 Coach: \_\_\_\_\_  
 Coach Phone Number: \_\_\_\_\_ Coach Email: \_\_\_\_\_

**Desired Check in date (no earlier than 7/14):** \_\_\_\_\_

**Desired Check out date (no later than 7/17):** \_\_\_\_\_

Please complete the Roster list below and indicate Single/Double accommodation. Complete additional form if necessary.

*Single - \$65 per night per person single occupancy      Double - \$50 per person double occupancy*

| Last | First | Gender | Age | Single or Double | Check in Date | Checkout Date | Room |
|------|-------|--------|-----|------------------|---------------|---------------|------|
|      |       |        |     |                  |               |               | 1    |
|      |       |        |     |                  |               |               | 2    |
|      |       |        |     |                  |               |               | 3    |
|      |       |        |     |                  |               |               | 4    |
|      |       |        |     |                  |               |               | 5    |
|      |       |        |     |                  |               |               | 6    |
|      |       |        |     |                  |               |               | 7    |
|      |       |        |     |                  |               |               | 8    |
|      |       |        |     |                  |               |               | 9    |
|      |       |        |     |                  |               |               | 10   |

