

La Mirada Armada 2019 Metro Committee Long Course Championships

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored by: La Mirada Armada
Date of Meet: July 12-14, 2019

Sanction No. # S19-250
Received by deadline: 5:00 pm, July 3, 2019
Warm-up: Friday Friday/Saturday/Sunday 7:00 AM
Start of Meet: Friday, Saturday and Sunday 9:00 AM

POOL: Splash Aquatic Center, 13806 La Mirada Blvd. La Mirada CA

DIRECTIONS: Splash Aquatic Center, 13806 La Mirada Blvd., La Mirada, CA. From the Santa Ana Freeway (5) heading SOUTH: exit at Carmenita and proceed over the freeway. Turn RIGHT at Rosecrans. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center. Heading NORTH: exit at Beach Blvd. Proceed NORTH. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center

COURSE: Outdoor 50-meter x 25-yard with 8 competition lanes and warm up pool. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 6.5 ft. turn end 13 ft.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 - 8:15 am. There will be two warm-up sessions. Teams will be assigned and notified prior to the meet. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide-in entries into the pool during warm up, no jumping or diving

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Referee. Judy Shin@Wcox.net

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 45 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on July 15, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 800, 400 and 1500 are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 individual and 1 relay event(s) per day.** All coaches on deck must complete the CDC or NFHS Concussion course.

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 throughout 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.

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 EINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. "TECH" SUITS ARE NOT PERMITTED AT THIS MEET.

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet 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. 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.

ELIGIBILITY: Open to Metro Committee athletes who hold 2019 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition** Out of ISC entries will be accepted space available; please submit a copy of registration with entry. **Current USA Swimming Rules, including the Minor Abuse Prevention Policy ("MAPP"), will govern this meet.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). For seeding purposes only, after entries close Meet Administration will convert nonconforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. **NO NT's** (no times) will be accepted. Discrepancies in submitted times could lead to disciplinary action.

SCORING: This is a team scored meet. Three Divisions: Large, Medium, Small (based on # of splashes per team).

TEAM TROPHIES: Will be awarded to 1st through 3rd highest scoring teams in division.

AWARDS: MEDALS - 1st to 3rd Blue, Red, RIBBONS - 4th to 8th Blue, Red

RELAYS: MEDALS- 1st-3rd

AGE-GROUPS: 5-6, 7-8, 9-10, 11-12, 13-14,15-up. All age-groups will be awarded.

Unattached swimmers will not score team points and may not swim in the relays. Teams will be placed in a division based on the number of splashes for the meet

ENTRY FEES: \$4.00 for each individual event along with a \$10.50 surcharge per swimmer *must accompany each individual entry card*. RELAYS are \$10.00 per relay. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry, zip file) will be accepted ONLY when received with an attached .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. 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 CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, July 3, 2019. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062-0063

Hand Delivered to: 2724 Loraine Place, Simi Valley, CA 93065

Team electronic entries to: armadaswimming@gmail.com

SCS Office (800) 824-6206

Teams that are entering the meet electronically are requested (not required) to submit relays in advance to expedite processing at the meet. You can still change or scratch relays at the meet - fees refunded for scratches.

For further information, contact: Don Garman (949) 254-4483

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.



Metro Committee Long Course Championships

Hosted by the La Mirada Armada Swim Team

July 12-14, 2019

Entries due: Wednesday July 3, 2019

You may enter a total of 6 individual events and 2 relays for the meet

Maximum of 3 individual and 1 relay per day.



Girls	Minimum		Friday AM		Minimum		Boys
	LC	SC			LC	SC	
1	3:19.30	2:56.80	9-10	200 Freestyle	3:19.00	2:56.50	2
	2:57.10	2:37.20	11-12	200 Freestyle	2:58.40	2:37.80	
3	55.70	48.70	9-10	50 Back	55.60	48.60	4
	49.90	43.60	11-12	50 Back	50.40	44.00	
5	2:14.60	2:00.00	9-10	100 Brst	2:15.40	2:00.80	6
	2:00.00	1:46.70	11-12	100 Brst	2:00.10	1:46.80	
7	2:00.70	1:47.10	9-10	100 Fly	2:00.80	1:47.40	8
	1:44.80	1:31.30	11-12	100 Fly	1:45.70	1:33.80	

Girls	Minimum		Friday PM		Minimum		Boys
	LC	SC			LC	SC	
9	2:48.10	2:28.40	13-14	200 Freestyle	2:42.00	2:22.80	10
	2:48.70	2:28.80	15-up	200 Freestyle	2:34.70	2:16.20	
11	1:42.20	1:29.10	13-14	100 Back	1:40.80	1:25.80	12
	1:41.40	1:29.70	15-up	100 Back	1:34.40	1:22.00	
13	3:43.00	3:18.20	13-14	200 Breast	3:33.00	3:06.40	14
	3:41.90	3:17.30	15-up	200 Breast	3:20.40	2:57.80	
15	3:32.70	3:08.00	13-14	200 IM	3:22.70	2:58.90	16
	3:31.20	3:09.30	15-up	200 IM	3:13.30	2:50.20	
17	12:31.70	13:45.80	13-14	800 Freestyle	12:01.30	13:30.70	18
	12:04.70	13:24.70	15-up	800 Freestyle	11:28.00	12:53.30	

Girls	Minimum		Saturday AM		Minimum		Boys
	LC	SC			LC	SC	
19	2:11.10	1:56.70	8-un	100 Freestyle	2:06.10	1:52.20	20
	1:41.20	1:29.70	9-10	100 Freestyle	1:40.80	1:29.10	
	1:30.60	1:20.00	11-12	100 Freestyle	1:30.20	1:19.40	
21	1:17.30	1:09.10	8-un	50 Breast	1:15.40	1:07.30	22
	1:01.60	54.80	9-10	50 Breast	1:01.60	54.80	
	55.20	49.00	11-12	50 Breast	54.80	49.30	
23	1:08.60	1:01.20	8-un	50 Butterfly	1:09.50	1:02.00	24
25	3:49.30	3:23.50	9-10	200 IM	3:50.40	3:24.50	26
	3:45.50	2:58.10	11-12	200 IM	3:45.80	3:02.60	
27	Coaches Enter Relays		8-un 9-10 11-12	200 Free Relay 200 Free Relay 200 Free Relay	Coaches Enter Relays		28

Girls	Minimum		Saturday PM		Minimum		Boys
	LC	SC			LC	SC	
29	1:26.40	1:16.00	13-14	100 Freestyle	1:21.40	1:11.50	30
	1:25.60	1:15.40	15-up	100 Freestyle	1:17.30	1:08.90	
31	1:52.80	1:40.10	13-14	100 Breast	1:47.00	1:34.90	32
	1:53.50	1:40.80	15-up	100 Breast	1:42.70	1:31.00	
33	3:17.40	2:55.10	13-14	200 Butterfly	3:08.90	2:47.30	34
	3:13.00	3:08.00	15-up	200 Butterfly	2:54.80	2:49.80	
35	Coaches Enter		13-14 15-up	400 Free Relay 400 Free Relay	Coaches Enter		36
37	5:52.80	6:23.30	13-14	400 Freestyle	5:44.30	6:20.30	38
	5:47.60	6:29.90	15-up	400 Freestyle	5:31.30	6:05.30	

Girls	Minimum		Sunday AM		Minimum		Boys
	LC	SC			LC	SC	
39	6:18.80	6:59.50	11-12	400 Freestyle	6:18.10	7:05.30	40
41	1:11.80	1:03.60	8-un	50 Backstroke	1:10.20	1:01.90	42
43	2:01.30	1:46.50	9-10	100 Backstroke	2:01.60	1:46.70	44
	1:47.30	1:33.70	11-12	100 Backstroke	1:48.90	1:36.80	
45	1:00.20	53.50	8-un	50 Freestyle	58.60	52.00	46
	46.10	40.70	9-10	50 Freestyle	45.70	40.90	
	41.80	36.90	11-12	50 Freestyle	41.40	37.00	
47	51.90	46.00	9-10	50 Butterfly	51.70	45.80	48
	46.10	41.10	11-12	50 Butterfly	47.00	41.50	
49	Coaches Enter Relays		8-un 9-10 11-12	200 Medley Relay 200 Medley Relay 200 Medley Relay	Coaches Enter Relays		50

Girls	Minimum		Sunday PM		Minimum		Boys
	LC	SC			LC	SC	
51	3:19.60	2:54.50	13-14	200 Backstroke	3:09.20	2:45.10	52
	3:12.70	2:48.10	15-up	200 Backstroke	3:00.70	2:37.30	
53	6:55.10	6:07.30	13-14	400 IM	6:33.00	5:47.30	54
	6:37.70	5:51.50	15-up	400 IM	6:12.80	5:28.80	
55	40.00	35.10	13-14	50 Freestyle	36.30	33.00	56
	39.40	35.10	15-up	50 Freestyle	35.80	31.80	
57	1:36.40	1:25.10	13-14	100 Butterfly	1:32.00	1:21.20	58
	1:35.00	1:25.30	15-up	100 Butterfly	1:28.70	1:18.10	
59	Coaches Enter		13-14 15-up	400 Medley Relay 400 Medley Relay	Coaches Enter		60
61	23:13.30	22:57.70	13-14	1500 Freestyle	22:51.70	22:35.80	62
	22:54.80	22:18.40	15-up	1500 Freestyle	22:08.60	21:32.00	

Swimmers in the 400, 800, 1500 must supply their own timers
Age-groups that are combined for the event are awarded and scored by age-group.