



LEGENDS OF COACHING SERIES

Honoring Coach Don LaMont

Short Course Prelims and Finals

November 5 – 8, 2026

SANCTIONED BY: USA Swimming and Southern California Swimming

SPONSORED BY: Southern California Swimming
The La Mirada Armada

SANCTION NO: S26-183



HEATS & FINALS (D, C, B, A)

ENTRIES DUE: Received by 5:00 PM Mon, October 26, 2026

Meet Cap is 900 total, cap of 300 out of So Cal LSC

WARM-UP TIMES: Thursday 3:30 pm, Fri/Sat 7:00 am and 7:55 am,
Sunday 6:30 am and 7:25 am

START TIMES: Thursday Timed Finals: 4:30 pm
Fri/Sat Prelims: 9:00 am Finals: 5:00 pm
Sunday Prelims: 8:30 am Finals: 4:00 pm

* Prelim Warm up: 2 sessions assigned by team. NO LANES WILL BE ASSIGNED.

POOL: 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, center on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, center 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 25-yard 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 back stroke ledges.

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 **2026 or 2026 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. 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. **SPLIT SESSION WARM-UPS for preliminary session will be assigned by team no lanes will be assigned.** Sprint and pace lanes will be opened in each course as needed starting no earlier than 25 minutes before the end of each warm-up session.

MEET REFEREE: The Meet Referee is **Omar DeArmas: omarswimref@gmail.com** Questions regarding conduct of the meet should be made directly to meet referee. **RULES:** USA Swimming Rules will govern this meet. All Athletes 18 years and older must complete the online Athlete Protection Training prior to the meet in order to compete. Current SCS Meet procedure for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. (See 2024 SCS Swim Guide, [socs-swim-guide.pdf \(socalswim.org\)](https://www.socalswim.org/socs-swim-guide.pdf)). **Positive check in is required for the 1000 free, the 1650 free and all relays.** Prelims will be pre-seeded fast to slow for all events. The 500 free and the 400 IM will swim last in prelims, following events number 12 and 24 respectively. The first two heats being championship seeded. The 500 free and the 400 IM will swim in event order for finals. The 1000 free on Thursday night will be swum fast to slow alternating women / men. **The National Championship Finals' Scratch rule will be used.** Scratches for the following day are due 30 minutes after the start of finals each day. Athletes qualifying 1-24 must scratch within 30 minutes of the preliminary results announcement if they do not intend to swim finals (or declare "intent" pending another event in session). Failure to swim finals will result in disqualification from the rest of the meet or \$50.00 fine if no show occurs on athletes' final event. Fine must be paid to SCS before athlete can compete again in the LSC.

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. No technical suit may be worn by any 12 and under USA Swimming Athlete member at any Sanctioned meet. **DECK CHANGES** are prohibited. Individual changing tents will be allowed in team bull pen areas.

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 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.

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.

ELIGIBILITY & AFFILIATION: Open to all athletes who hold 2024 or 2026 USA Swimming Registration. Registration application must be **received by the entry deadline** 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. **Change of Affiliation:** 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 ACTUAL times achieved for each event. If standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y." If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L." If entering electronically, "L" or "Y" must be indicated on proof of time sheet. **All events will be seeded:** short course yds, long course meters, bonus yds, bonus meters. All entry times will be verified in advance through the SWIMS database. Times must have been achieved on or after **September 1, 2024** and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to **2026 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.

DISTANCE EVENTS: The 1000 free and 1650 free are timed final events. Thursday's 1000 (event 1-2) will be swum fast to slow alternating women and men in one course. The Meet Referee, based on the projected timeline, may determine that we will use two courses if necessary. The 1650 free will be swum slow to fast ending with the second fastest heat backed up to the finals warm-up session. Fastest 8 Women and Men declared & checked in for the PM 1650 will swim in Finals, in the event order, as listed on the schedule of events.

ENTRY LIMIT: A swimmer may enter all events for which the time standard has been met and verified. A swimmer may swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for only one event is eligible to enter **TWO bonus** events. A swimmer who meets the automatic time standard for two events may swim **ONE Bonus event**. A swimmer qualified in three or more events must meet the automatic standard in all events entered.

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MEET LIMIT: The Legends Invitational will be limited to the first 900 athletes to enter (first 300 athletes from outside Southern California Swimming) to enter. Entries will be processed “first come, first served.”

POSITIVE CHECK-IN AND SCRATCH DEADLINES: Positive check-in for Thursday’s distance events and relays will be 3:45 on Thursday and may be done by email to Alina DeArmas, armadaswimming@gmail.com. The Scratch deadline for all other prelim events will be 30 minutes after the start of finals the previous night. The deadline for positive relay check-in for Friday, Saturday and Sunday relays and the 1650 on Sunday, will be 30 minutes after the start of finals the previous night.

RELAY OPTION: Teams may opt to swim Sunday relays at the break on Sunday. You must declare that intent by the Scratch deadline on Saturday night.

1650 OPTION: Athletes seeded in the top 8 of the 1650 may opt to swim in the break, immediately following the end of prelims and the conclusion of Sunday relays that have opted to swim at the break. You must declare your intent to do so by the Scratch deadline on Saturday night.

ENTRY FEES: Individual entry charge of **\$13.50 per entered event** plus **\$25.00 surcharge**. Relay fee is **\$26.00**. **All relay only swimmers must pay the \$25.00 surcharge**. 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.

NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. If submitting a **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). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry

SEND ELECTRONIC ENTRY FILE (entry.zip) TO: armadaswimming@gmail.com

MAIL TO: Alina DeArmas

MAKE CHECKS PAYABLE TO:

La Mirada Armada

PO Box 63 Simi Valley, CA 93062-0063

Closed Deck Protocol: The Legends of Coaching meet runs a closed deck protocol. Coaches, officials, athletes and designated volunteers will have access to the competition deck. The deck will be closed to parents and spectators.

Coaches’ Meeting: There will be a required coaches’ meeting prior to the start of the Thursday afternoon session. The meeting will take place next to the admin tent on the south end of the pool at 4:45.

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 and officials 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.

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.

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DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodation 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.

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.



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Short Course Prelims and Finals
Short course prelims in two courses (women / men)
Short course Finals in one course, D, C, B, A

TIMED FINAL: 4:30 PM

Thursday, Nov 5, 2026

TIMED FINAL: 4:30 PM

WOMEN

MEN

#	Automatic Time		Bonus Time		EVENT	Automatic Time		Bonus Time		#
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
1	10:40.89	9:34.69	10:47.29	9:40.39	1000 Freestyle	10:08.19	9:07.29	10:14.29	9:12.79	2
3					200 Medley Relay					4
5					800 Freestyle Relay					6

PRELIMINARIES: 9:00 AM

Friday, November 6, 2026

FINALS: 5:00 PM

WOMEN

MEN

#	Automatic Time		Bonus Time		EVENT	Automatic Time		Bonus Time		#
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
7	1:09.69	1:19.99	1:12.39	1:21.89	100 Breaststroke	1:02.29	1:12.49	1:04.79	1:14.29	8
9	28.29	32.49	29.49	34.69	50 Backstroke	25.49	29.69	26.69	30.89	10
11	5:11.69	4:41.29	5:17.39	4:44.09	500 Freestyle	4:52.39	4:25.49	4:57.89	4:28.19	12
13	2:14.59	2:34.39	2:18.89	2:38.19	200 Individual Medley	2:02.29	2:22.69	2:07.49	2:25.99	14
15	25.49	29.19	26.59	29.89	50 Freestyle	22.59	26.19	23.69	26.79	16
17					400 Medley Relay					18

PRELIMINARIES: 9:00 AM

Saturday, November 7, 2026

FINALS: 5:00 PM

WOMEN

MEN

#	Automatic Time		Bonus Time		EVENT	Automatic Time		Bonus Time		#
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
19	4:42.69	5:19.99	4:47.29	5:23.19	400 Individual Medley	4:19.39	5:00.69	4:25.99	5:03.69	20
21	1:00.89	1:08.69	1:03.39	1:10.39	100 Butterfly	54.39	1:01.99	56.69	1:03.49	22
23	1:58.29	2:14.89	2:04.49	2:19.29	200 Freestyle	1:48.19	2:04.89	1:53.89	2:08.99	24
25	31.69	36.69	32.89	37.89	50 Breaststroke	28.19	32.99	29.39	34.19	26
27	1:01.49	1:11.49	1:03.99	1:13.29	100 Backstroke	55.19	1:04.79	57.59	1:06.49	28
29					200 Freestyle Relay					30

PRELIMINARIES START: 8:30 am

Sunday, November 8, 2026

FINALS: 4:00 pm

WOMEN

MEN

#	Automatic Time		Bonus Time		EVENT	Automatic Time		Bonus Time		#
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
31	17:53.69	18:17.59	18:04.49	18:28.59	1650 Freestyle					
32	27.69	31.29	28.89	32.49	50 Fly	24.69	28.49	25.89	29.69	33
34	2:12.49	2:32.59	2:17.79	2:36.39	200 Backstroke	2:00.29	2:20.79	2:05.29	2:24.29	35
36	54.79	1:01.49	57.69	1:04.59	100 Freestyle	49.19	56.89	51.19	58.89	37
					1650 Freestyle	16:55.29	17:25.79	17:05.49	17:36.29	38
38	2:30.79	2:52.69	2:36.29	2:56.99	200 Breaststroke	2:15.89	2:38.29	2:21.29	2:42.19	40
40	2:13.59	2:29.59	2:18.89	2:33.39	200 Butterfly	2:01.39	2:18.29	2:06.39	2:21.69	42
42					400 Freestyle Relay					44

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Relays: All relays must be pre-entered. **There will be no refunds for relays not swum.** Relays will be swum at the end of the finals session. On Sunday teams may elect to swim their relays after the conclusion of Prelims; election due at Sunday relay check-in deadline (30 minutes after start of finals on Saturday night).

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Short Course Prelims and Finals

SCS LEGENDS OF COACHING 2026 HONOREE – Don LaMont



Coach Don LaMont left a long and lasting imprint on southern California swimming both as a club coach and a college coach. His legacy lives on through the many coaches he inspired and through a coaching tree that includes his son Ken LaMont, associate head coach of the Irvine Novas, and many others. Coach Lamont

Don was inducted into the ASCA Hall of Fame in 2008 in recognition of a long career that spanned over 60 years. He made his name coaching for 25 years at USC alongside Peter Daland, where he earned a spot in the Los Angeles County Hall of Fame, as head coach at the Desert Storm Swim Club in Las Vegas, and at El Monte Swim Club, where a number of legendary swimmers of the 70s and 80s got their start. He coached a total of 17 All-Americans and 13 Olympians in his career, and served as a Team USA coach in New Zealand, Italy, France, Russia, West Germany, and Japan. Among the names that headline his long resume are swimming Hall of Famers Sandy Neilson-Bell, a 3-time Olympic gold medalist at the 1972 Games in Munich and eventual Masters Swimming legend; 8-time Olympic medalist Shirley Babashoff while at USC; Sippy Woodhead during her time at USC; and 4-time Olympic medalist Jill Sterkel.

Venerated and beloved, he earned widespread admiration and recognition for success in his early days while coaching teams in Southern California. Both the El Monte and Industry Hills Aquatics Clubs were regularly ranked top 10 nationally. A 1958 Pepperdine business administration graduate, LaMont taught junior high and coached the 200-member El Monte Parks and Recreation program from 1961-79. In 1979, he moved El Monte Aquatics to the newly built Industry Hills pool and led a successful program with 300-plus swimmers until 1984, when he moved on to a successful college coaching career at USC. Don is a shining example of what can be done simply by giving it your all. While his accomplishments were great, his impact on those in his swimming world was even greater.

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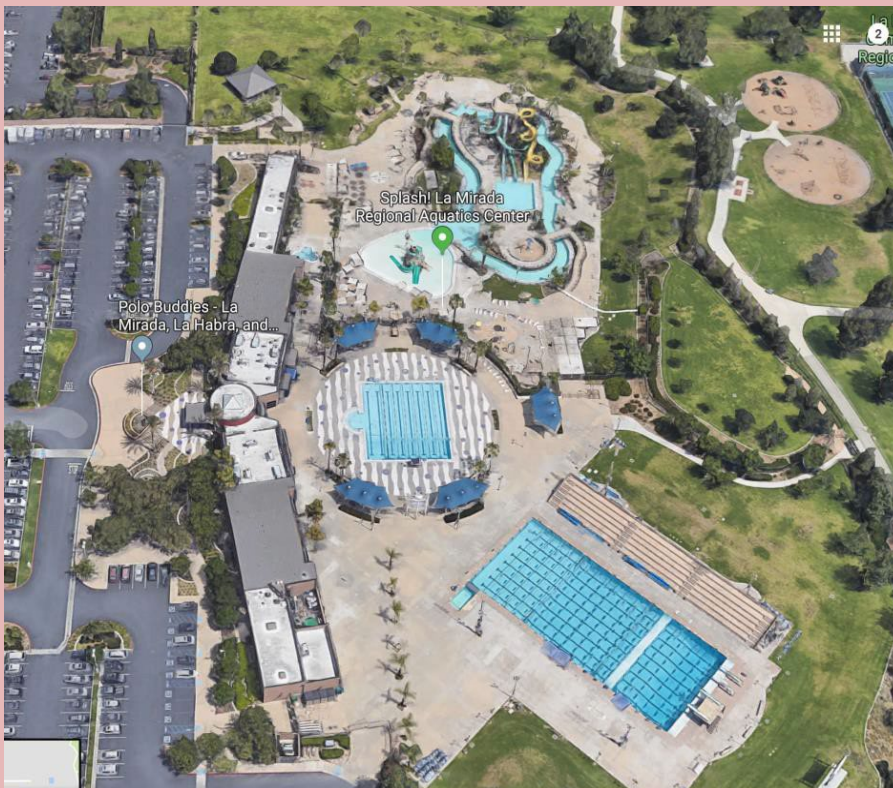
Short Course Prelims and Finals

MEET HOTEL INFORMATION FOR THE 2026 LEGENDS SENIOR 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

SPECIAL FEATURES FOR THE 2026 LEGENDS SENIOR INVITATIONAL

- Weatherproof tenting and climate controlled heating, at start end, coaches' area and spectator bleachers.
- 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.
- On site spectator food service 8:00 am – 2:00 pm with Smooth Operator.
- Live Video feed at [La Mirada Armada - YouTube](#).



SPLASH AQUATIC CENTER

Off- Site Restaurants (Within Two Miles)

Subway
 IHOP
 In and Out
 Panera Bread
 Panda
 Express
 Carl's
 Baja Fresh
 Korean
 Barbeque Taco
 Bell
 Jersey
 Mikes
 Chipotle
 King Arthurs Pizza
 Dennys
 Wendy's
 Starbucks
 Pick Up Stix
 TGIF
 Red Robin