

Short Course Prelims and Long Course Finals

Sponsored by Speedo and hosted by SCS and the La Mirada Armada

November 2 - November 5, 2023

SANCTIONED BY: USA Swimming and Southern California Swimming SPONSORED BY: Southern California Swimming The La Mirada Armada SANCTION NO:CAS#23-211 HEATS & FINALS (Bonus, Consols, Finals)

ENTRIES DUE: Received by 5:00 PM Wed, Oct, 25, 2023

speedo >

DATE OF MEET: Nov 2 - Nov 5, 2023

START TIMES: Thursday Timed Finals: 5:00 pm Fri/Sat Prelims: 9:00 am Finals: 5:00 pm Sunday Prelims: 8:30 am Finals: 4:00 pm **WARM-UP TIMES:** Thur 3:30 pm, Fri/Sat 7:00 am, Sunday 6:30 am * Prelim Session Warm up: 2 sessions and 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 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.

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 **2023 or 2024 USA Swimming member coach.** There will be <u>**NO DIVING**</u> 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, lane and session**. Sprint and pace will take place within your assigned lane or lanes. If you are sharing a lane, you will be asked to work together for pace and sprint.

MEET REFEREE: The Meet Referee is **Sally Taggart - sbtaggart@hotmail.com.**. Questions regarding conduct of the meet should be made directly to meet referee. **RULES**: USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), 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 2023 SCS Swim Guide, <u>scs-swim-guide.pdf (socalswim.org</u>). **Positive check in is required for the 1000 free**, **the 1650 free and all relays.** Prelims will be pre-seeded slow to fast for all events except the 500 free, the 400 IM and the 1000 free. The 500 free and the 400 IM will swim last in prelims, following events number 12 and 24 respectively. The 500 free and the 400 IM will be flighted. The A flight will consist of the fastest 3 heats of women and the fastest 3 heats of men, alternating fast to slow. The B flight shall consist of all remaining heats and will be swum flow to fast alternating women / men. 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 athletes who hold current 2023 or 2024 USA Swimming or World Aquatics (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 & younger must prove birth dates prior to competition. 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 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. All entry times will be verified in advance through the SWIMS database. Times must have been achieved on or after **September 1, 2022** and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to **2023 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 & 1500/1650 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 / 1500 events will swim at the conclusion of the Sunday prelims. The 1650 free event will swim first, fast to slow, using two courses; followed by a 30-minute break to switch the pool. After which the heats of 1500 will be swum slow to fast ending with the second fastest heat backed up to the finals warm-up session. Fastest 8 Women and fastest 8 Men declared & checked in for the finals at night will swim in Finals, in the event order, as listed on the schedule of events. PLEASE ENTER SHORT COURSE TIMES FOR BOTH THE 1500 AND 1650 FREE. Seed time for the top 8 swimmers in finals (swimming LC) will be based on the top 8 short course times entered.

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. There will be **No Bonus events**. A swimmer qualified in three of more events must meet the automatic standard in all events entered.

MEET LIMIT: The Kevin Perry Invitational will be limited to the first 800 Southern California Swimming athletes to enter and the first 200 athletes from outside Southern California Swimming to enter. Entries will be processed "first come, first served."

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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 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 \$13.00 per entered event plus \$25.00 surcharge. Relay fee is \$26.00. All relay only swimmers must pay the 25.00 surcharge. 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 above (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.comMAKE CHECKS PAYABLE TO:La Mirada Armada

MAIL TO: Alina DeArmas PO Box 63 Simi Valley, CA 93062-0063

Closed Deck Protocol: The Kevin Perry Invitational 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.

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.*

CANRA: All coaches and officials on deck must have completed the CANRA Mandatory Reporting course.

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.

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. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. 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. MAAP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP2.0"), will govern this meet.

COVID 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. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

Splash Facility Guidelines: Be advised that the Splash Aquatic Center is in the City of La Mirada and, as such, is governed by the County of Los Angeles Health Department guidelines. Should new restrictions and / or guidelines come into effect any time prior to the meet, the meet will be required to comply.



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ENTRIES DUE: Must be received by 5:00 Wednesday, October 25, 2023 DATE OF MEET: Nov 2 - 5, 2023 OPEN TO: 2023/24 USA Swimming Members Short course prelims in two courses (women / men)

Long course Finals, C, B, A

TIMED FINAL: 5:00 PM

Thursday, Nov 2, 2023

TIMED FINAL: 5:00 PM

MEN

WOMEN

#	Automatic Time		Bonus Time			Automatic Time		Bonus Time		щ
	Yards	Meters	Yards	Meters	EVENT	Yards	Meters	Yards	Meters	#
1	10:52.89	9:44.69	10:59.29	9:50.39	1000 Freestyle	10:20.19	9:17.29	10:26.29	9:22.79	2
3					200 Medley Relay					4
5					800 Freestyle Relay					6

PRELIMINARIES: 9:00 PM WOMEN Friday, November 3, 2023

'INALS: 5:00	PM
MEN	

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PRELIMINARIES: 9:00 AM WOMEN

Saturday, November 4, 2023

er 4, 2025

FINALS: 5:00 PM MEN

#	Automatic Time		Bonus Time		EXTENT	Automatic Time		Bonus Time		#
	Yards	Meters	Yards	Meters	EVENT	Yards	Meters	Yards	Meters	#
15	4:47.29	5:24.79	4:50.09	5:27.99	400 Individual Medley	4:24,19	5:05.49	4:26.79	5:08.49	16
17	1:02.09	1:09.89	1:03.59	1:11.59	100 Butterfly	55.59	1:03.19	56.89	1:04.69	18
19	2:01.69	2:18.29	2:04.69	2:21.69	200 Freestyle	1:51.59	2:08.29	1:54.29	2:11.39	20
21	1:10.99	1:21.29	1:12.69	1:23.19	100 Breaststroke	1:03.59	1:13.79	1:05.09	1:15.59	22
23	1:02.69	1:12.69	1:04.19	1:14.49	100 Backstroke	56.39	1:05.99	57.79	1:07.69	24
25					200 Freestyle Relay					26

PRELIMINARIES START: 8:30 am WOMEN Sunday November 5, 2023

FINALS: 4:00 pm MEN

#	Automatic Time		Bonus Time			Automatic Time		Bonus Time		
	Yards	Meters	Yards	Meters	EVENT	Yards	Meters	Yards	Meters	#
27a	18:13.69	18:37.59	18:24.49	18:48.59	1650 Freestyle					
27b	18:13.69	18:37.59	18:24.49	18:48.59	1500 Freestyle					
28	2:14.89	2:34.99	2:18.19	2:38.79	200 Backstroke	2:02.69	2:22.99	2:05.69	2:26.49	29
30	56.49	1:04.19	57.89	1:05.79	100 Freestyle	50.69	58.69	51.89	1:00.09	31
					1650 Freestyle	17:15.29	17:45.79	17:25.49	17:56.29	32a
					1500 Freestyle	17:15.29	17:45.79	17:25.49	17:56.29	32b
33	2:33.19	2:55.09	2:36.89	2:59.39	200 Breaststroke	2:18.29	2:40.69	2:21.69	2:44.59	34
35	2:15.99	2:31.99	2:19.29	2:35.79	200 Butterfly	2:03.79	2:20.69	2:06.79	2:24.09	36
37					400 Freestyle Relay					38

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.

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 Prelims; election due at Sunday relay check-in deadline (30 minutes after start of finals on Saturday night). In finals relays will be swum in National format: 2nd fastest women, fastest women, 2nd fastest men, fastest men, then alternating Women and Men fast to slow.

Prelims will be pre-seeded slow to fast for all events except the 500 free, the 400 IM and the 1000 free. The 500 free and the 400 IM will swim last in prelims, following events number 12 and 24 respectively and will swim fast to slow using two courses. The 500 free and the 400 IM will swim in event order for finals using two courses. The 1000 free on Thursday night will be short course only, swum fast to slow, alternating women / men in one course. The Meet Referee, based on the projected timeline for Thursday night, may determine that we will use two courses if necessary. See procedures outlined above for the 1500 / 1650 Free,

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MEET HOTEL INFORMATION FOR KEVIN PERRY SENIOR INVITATIONAL

Holiday Inn Select 14299 Firestone Blvd,

Courtyard Marriott 7621 Beach Blvd

Extended Stay America 14775 Firestone Blvd,

La Quinta Inn and Suites 3 Centerpointe Dr,

Fairfield Inn and Suites 828 Orangethorpe Ave

Holiday Inn Buena Park 7000 Beach Boulevard

Double Tree Hilton 13111 Sycamore Drive (714) 739-8500 La Mirada, CA 90638

(714) 670-6600 Buena Park CA 90620

(714) 670-8579 La Mirada, CA 90638

(714) 670-1400 La Palma, CA 90623

(714) 670-7200 Buena Park CA 90620

(877) 859-5095 Buena Park, CA 90620

(855)-239-9478 Norwalk, CA, 90650

SPECIAL FEATURES FOR 2023 KEVIN PERRY SENIOR INVITATIONAL

- Tented, climate controlled, weatherproof, team bullpen area immediately adjacent to pool.
- 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 <u>La Mirada Armada</u>
 <u>YouTube</u>.



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 Elephant Bar McDonalds** Mr V's Steakhouse