

# 2014 Los Angeles Invitational

## Trojan Swim Club & Southern California Swimming

SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: 14-042

SPONSORED BY: Trojan Swim Club/SCS

HEATS & FINALS

DATE OF MEET: July 17-20, 2014

ENTRIES RECEIVED by: Wed, July 9, 2014

START TIME: THURS: 4 pm; PRELIMS: 9 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). Pool depth start end 4 meters; turn end 2 meters.

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 2014 USA Swimming or FINA membership. Registration application must be at SCS Office by July 9, 2014. There are substantial penalties for swimmer and club (2014 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:** Electronic team entry (single team payment and all proofs of times required) is encouraged. **SUBMIT LONG COURSE METER TIMES.** If qualifying in yards, submit best yard time. Swimmers with National or Jr National qualifying times in yards may enter at the meter National or Jr standard. Swimmers must have achieved the Short Course or Long Course Time Standard after Sept. 1, 2012. **DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials.** 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:** \$11.00 per Individual Event must accompany entry card. \$12.00 surcharge per swimmer must accompany entry. **Relays:** \$22.00 per relay team entered must be paid upon deck entry. 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**  
**Bonnie Joseph e-mail: bonniejos5@aol.com**  
**447 East 19<sup>th</sup> Street**  
**Costa Mesa, CA 92627**

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY 5:00 PM, THURSDAY, July 9, 2014.

**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 2014 SCS Swim Guide); The National finals' scratch rule will be used. 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: 18 & Under, B, A, Championship). The 800 and 1500 freestyle will have only a championship final. **Check in for Prelim Events will close one hour before estimated start time of an event.**

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 CHANGEING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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 17. 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. On Sunday, July 20, 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. 7:00-8:15 am: the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - NO DIVING. 8:15-8:50 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 paddles 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.**

# 2014 Los Angeles Invitational

**DATE OF MEET:** July 17-20, 2014

**RECEIVED BY Entry Deadline:** Thursday, July 9, 2014

HEATS AND FINALS MEET

CHAMPIONSHIP SEEDING – 18 & Under (if added), "B" CONSOL, "A" CONSOL, CHAMPIONSHIP FINAL

OPEN TO: 2014 USA SWIMMING AND 2014 FINA ATHLETE MEMBERS

WOMEN		EVENT		MEN	
	YARDS	METERS	THURSDAY, JULY 17, 2014	METERS	YARDS
1			200 Meter Freestyle Relay	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			200 Meter Medley Relay	DECK ENTRY	6
FRIDAY, JULY 18, 2014					
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			400 Meter Freestyle Relay	DECK ENTRY	16
SATURDAY, JULY 19, 2014					
			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			800 Meter Freestyle Relay	DECK ENTRY	26
SUNDAY, JULY 20, 2014					
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			400 Meter Medley Relay	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' sessions with 7 heats (5 of the 400 meter events) in the 'A' session. 'B' session will be swum fastest to slowest. 400 Free & IM will alternate women and men's heats fastest to slowest**

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: 18 & Under, B, A, Championship)

IF STANDARD IS ACHIEVED IN YARDS, enter yard time (seeded after meter qualifiers)  
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 18-19 and after finals on July 20. 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 time trial cards at the Admin table. Sanction #14-043.

**USC Housing Information: Contact Dave Salo at dsalo@usc.edu**