



ROAD TO LA 2028 SENIOR INVITATIONAL

January 17 – 20, 2025

Short Course Prelims Long Course Finals

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



SANCTIONED BY: Southern California Swimming / USA Swimming
SANCTION #: **S25-006 (SCY) and S25-007 (LCM)**
ENTRIES DUE: Received by **5:00 PM, Wednesday January 8, 2025**
PRELIM WARM-UP TIMES: Fri 10:30 am
Sat / Sun / Mon 7:30 am
FINALS WARM-UP TIMES: Fri / Sat / Sun / Mon 2:30 pm

Short course Prelims.
Long Course Finals and all timed final events
Prelims Start at: Fri 12:00 pm
Sat / Sun / Mon 9:00 am
Finals Start at: Fri / Sat / Sun / Mon 4:00 pm

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. A separate 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. All New Daktronic pads and timing system, starting blocks (w/back 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 **2025 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. **SINGLE SESSION WARM-UPS for preliminary session.** Time for designated pace and sprint will be made available at the end of each warm-up session, per the direction of the Meet Referee (this may include pace and sprint within your assigned lanes).

MEET REFEREE: **Diana LaMar dianalamar@yahoo.com.** Questions regarding the conduct of the meet should be made directly to the meet referee.

RULES: USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (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 2025 SCS Swim Guide, [scs-swim-guide.pdf \(socalswim.org\)](https://www.socalswim.org)). **Positive check in is required for the 800 and 1500 free.** Prelims will be seeded fast to slow with three circle seeded heats (two heats for 400 free and 400 IM). 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 in places 1-26 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 a \$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. **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 2025 USA Swimming or World Swimming Registration. Online registration in Swims 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

All 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 **LONG COURSE METERS**, enter event with **LONG COURSE METER** time, indicated on entry by "L". If standard is achieved in **SHORT COURSE YARDS**, enter event with **SHORT COURSE YARD** time, indicated on entry by "Y." If entering electronically, "L" or "Y" must be indicated on proof of time sheet. **All events will be seeded:** long course meters, short course yds, short course meters, bonus long course meters, bonus short course yards, bonus short course meters. All entry times will be verified in advance through the SWIMS database. Times must have been achieved on or after September 1, 2023 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to **2025 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.

BONUS RULE: Swimmers qualified in one event may enter two bonus events. Qualified in two events may enter one bonus event. There are no bonus time standards.

50s OF STROKE. A swimmer must qualify for the 100 of same stroke to enter the 50s of stroke. Please enter 100 meter times for the 50s of stroke.

800 & 1500: The 800 and 1500 will be swam as timed final events on Friday and Monday. 800 / 1500 will be swum fast to slow alternating women and men immediately following the conclusion of prelims. Athletes entered in the top 8 of the 800/1500 for Friday and Monday will swim with finals in the event order listed. However, they may opt to swim the midday session by designating their preference prior to the close of check in for the 800/1500. The 800/1500 morning heats will swim fastest to slowest, alternating women men, as the final event of prelims on Friday and Monday. **There will be a 15 minute break after the men's 100 free on Friday to switch the pool to long course for the heats of the 800 / 1500 free and then finals.**



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ENTRY RULES AND LIMIT: A swimmer must meet the automatic time standard in at least one event to participate in the Road to LA 2028 Invitational. Swimmers qualified in one event may enter two bonus events. Swimmers qualified in two events may enter one bonus event. There are no bonus time standards. A swimmer may swim no more than 3 individual events per day.

ENTRY FEES: Individual entry charge of **\$8.00 per entered event** plus **\$25.00 surcharge**. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. 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.

Coaches entering any qualified Outreach athletes in this meet, must notify the Meet Admin when sending their team entry report and file, listing the athletes name. The Outreach athlete entry fee is \$15.00 flat fee.

MEET LIMIT: The Road to LA 2028 Invitational will be limited to the first 800 athletes to enter regardless of LSC. Entries will be processed "first received, first served." Entries due **Wednesday January 8, 2025 by 5:00 pm.**

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 Road to LA 2028 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 Saturday morning session. The meeting will take place next to the admin tent on the south end of the pool at 8:40am.

Concussion Protocol: All coaches on deck must have completed the CDC or NFHS Concussion course.

CANRA Mandatory Reporting course: 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.

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

USA Swimming Safe Sport 360: 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.

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

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.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after January 11, 2025, those who have not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after January 11, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.



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FRIDAY - 01/17/2025						
EVENT #	LC Time Standard	SC Time Standard	EVENT	SC Time Standard	LC Time Standard	EVENT #
1	2:32.19	2:13.79	200 Fly	2:01.19	2:18.79	2
3	1:03.19	54.99	100 Free	48.99	57.19	4
5	9:48.49	10:53.99	800 Free			
			1500 Free	17:04.79	17:35.29	6

*15 minute break following men's scy 100 free to switch pool to long course for start of 800 / 1500 heats

SATURDAY - 01/18/2025						
EVENT #	LC Time Standard	SC Time Standard	EVENT	SC Time Standard	LC Time Standard	EVENT #
7	2:15.69	1:58.59	200 Free	1:47.79	2:05.59	8
9	2:53.49	2:31.39	200 Brst	2:16.09	2:39.19	10
11	2:32.39	2:11.29	200 Back	1:59.59	2:20.29	12
13	1:08.49	1:00.39	50 Fly	53.89	1:02.09	14
15	5:27.09	4:44.99	400 IM	4:19.89	5:01.49	16

SUNDAY - 01/19/2025						
EVENT #	LC Time Standard	SC Time Standard	EVENT	SC Time Standard	LC Time Standard	EVENT #
17	1:08.49	1:00.39	100 Fly	53.89	1:02.09	18
19	1:20.49	1:08.99	**50 Brst	1:02.09	1:12.79	20
21	1:10.89	1:00.69	**50 Back	54.89	1:04.59	22
23	29.19	25.39	50 Free	22.49	26.29	24
25	4:45.59	5:17.49	500/400 Free	4:53.99	4:26.49	26

**** A SWIMMER MUST QUALIFY FOR THE 100 OF SAME STROKE TO ENTER THE 50s OF STROKE.**

Please enter 100 meter times for 50s of stroke.

MONDAY - 01/20/2025						
EVENT #	LC Time Standard	SC Time Standard	EVENT	SC Time Standard	LC Time Standard	EVENT #
27	1:20.49	1:08.99	100 Brst	1:02.09	1:12.79	28
29	1:10.89	1:00.69	100 Back	54.89	1:04.59	30
31	2:34.39	2:13.19	200 IM	2:00.59	2:21.29	32
33	18:46.69	18:19.29	1500 Free			
			800 Free	10:12.39	9:16.09	34

All events will be seeded: long course meters, short course yds, short course meters, bonus long course meters, bonus short course yards, bonus short course meters.
 This is a Proof of Time Meet. Entries will be run through SWIMS Times Recon prior to the meet. Entries due on Wednesday January 8 by 5:00 pm.



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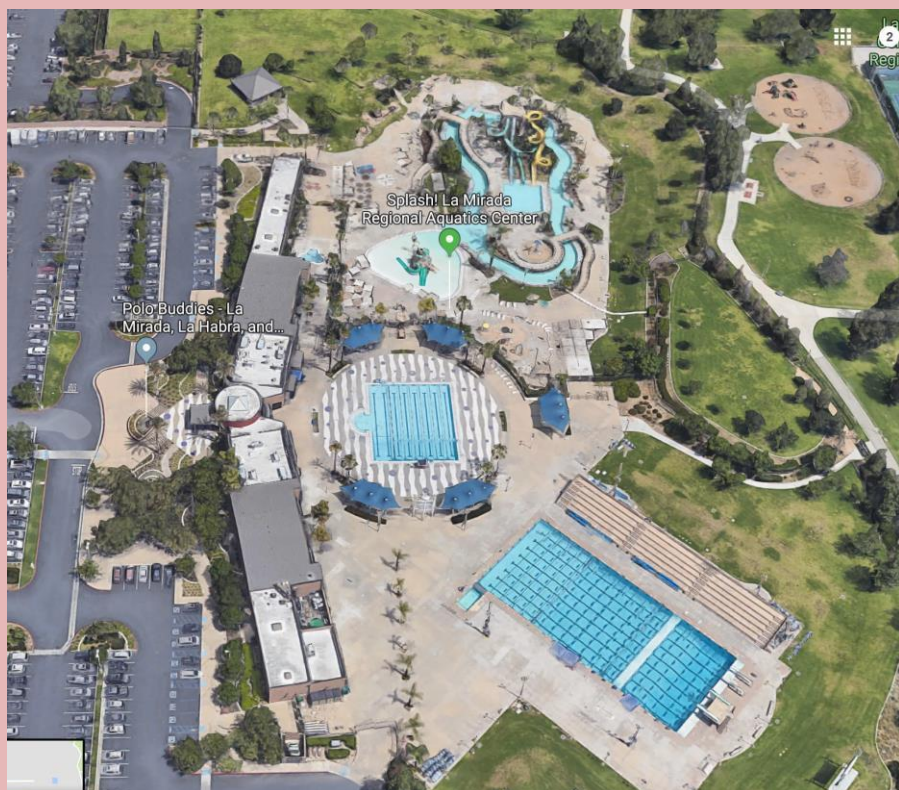
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MEET HOTEL INFORMATION FOR ROAD TO LA 2028 INVITATIONAL

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 ROAD TO LA 2028 SENIOR INVITATIONAL

- Deck heating will be provided.
- Athlete hospitality throughout the meet.
- Coaches Hospitality 2 meals a day will be offered.
- Prelim and Finals heat sheets.
- Conejo Swim Works booth available throughout the meet.
- You Tube Armada Video feed, as well as, Meet Mobile will be used.



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
Elephant Bar
McDonalds
Mr V's Steakhouse