

2022 CA/NV SPEEDO SECTIONALS

La Mirada, CA

December 16-19, 2022

Updated 11/8/2022 for new entry / payment process



Open to All CA, CC, PC, SI, SN teams

Location:

La Mirada Splash Center
13806 La Mirada Blvd
La Mirada, CA 90638

Sponsored By:

**USA Swimming & Southern California
Swimming**

Hosted By:

La Mirada Armada (RMDA)

2022 CA/NV Speedo Sectionals La Mirada, California

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING

SANCTION: #S22-230

HOSTED BY: LA MIRADA ARMADA

DATES OF MEET: December 16 – 19, 2022

MEET REFEREE: Michael Davis (mekidadad1@yahoo.com)

MEET DIRECTOR: Traci Kanemitsu (traci.kanemitsu@twc.com)

ENTRY CHAIR: Alina DeArmas (armadaswimming@gmail.com)

OPEN TO: CA, CC, PC, SI, SN Athletes

ENTRIES CLOSE: Wednesday, December 7th @ 11:59 pm

MEET SCHEDULE SUMMARY

MEETING SCHEDULE	
General Meeting	ZOOM meeting, December 15, 8:00 pm
Officials Meetings	One Hour before session start
COMPETITION SCHEDULE	PRELIMINARIES
Friday, December 16th (Timed Finals)	Warm-up: 2:30 pm Competition: 4:00 pm
Saturday & Sunday, December 17 th – 18 th	Warm-up: 7:00am (2 shifts to be assigned) Competition: 9:00 am
Monday, December 19th	Warm-up: 6:30am (2 shifts to be assigned) Competition: 8:30 am

FORMAT:

This meet will be conducted in SCY. All individual events except the 1000/1650 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights or a single course used. If either of these decisions are made, information will be disseminated at or before the General Meeting. The top four heats of swimmers from preliminaries will advance to A, B, C, and D heats in Finals.

POOL: La Mirada Splash Center; 13806 La Mirada Blvd; La Mirada 90638

DIRECTIONS: 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 will be run in two eight lane, competition courses. One eight lane course will run west to east, the other course will run south to north. Finals will be run in one 25-yard course (south to north). A separate 25-yard warm-up pool will be available throughout the meet. Daktronic pads and timing system, starting blocks (w/wedge) and Finis back stroke ledges will be used. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming.

ELIGIBILITY:

Open to Athletes in Central California, Pacific, Southern California, San Diego/Imperial, and Sierra Nevada Swimming who hold 2022 – 2023 USA Swimming Premium or Outreach membership. Entries accepted by OME ONLY. Relay-only swimmers MUST be included in the team electronic entry file. Please designate unattached swimmers 'UN'. All TEAMS must be 2022 – 2023 registered and have 2022 – 2023 approved team charters. On deck registration is NOT permitted. If an entering team is not 2022 or 2023 registered, all swimmers must swim as unattached "UN" at this meet and may not compete in relays.

ENTRY INFORMATION (UPDATED 11/8/2022):

GENERAL:

- 1) All entries must be submitted via Hy-tek and sent to armadaswimming@gmail.com. Hytek file is on the Western Zone and Socal websites. Meet entry times must be designated "Y" for short course yards and "L" for long course meters.
- 2) Payment for entries must be received (check made out to La Mirada Armada) before the meet begins or swimmers will not be seeded. Payment should be sent to Alina deArmas; PO Box 63 Simi Valley CA 93062- 0063
- 3) Short Course Yards (SCY) qualifying times will be seeded first followed by Long Course Meters (LCM), Bonus SCY, Bonus LCM.
- 4) Qualifying times must be achieved between 9/1/21 and 12/4/22. OME is planned to open on October 17th, 2022 and entries will close on Wednesday, December 7th @ 11:59 pm.
- 5) Athletes may compete in no more than six (6) individual events.
- 6) Athletes may compete in no more than three (3) individual events per day.
- 7) An athlete with 5 or fewer qualifying times may enter one (1) additional bonus event (labeled "B" on entry), if he/she has achieved the listed bonus time standard.
- 8) If a qualifying time is achieved in an event that the athlete has currently entered as a bonus event, he/she can use the qualifying time to enter that event and then add an additional bonus event, as long as he/she has five (5) or fewer total qualifying events.

FEES:

- 1) Athlete Surcharge: \$25
- 2) Individual Event: \$15
- 3) Relays: \$30

ENTRIES AFTER DEADLINE (UPDATED 11/8/2022):

- 1) Only swims achieving the qualifying time standards for the first time from Monday, December 5, 2022, through Sunday, December 11, 2022 are allowed and must be entered through Hy-tek and sent to armadaswimming@gmail.com. These entries must be submitted no later than 11:59 pm Pacific Time on Sunday, December 11th, 2022, and cannot be used to improve the seed time of a prior entry. Bonus events for new qualifiers must be entered by override using any proven time from the meet's qualifying period. Normal entry fees apply. Payment must be brought to the meet and given to the meet admin prior to the swimmers being seeded.

LATE ENTRIES(UPDATED 11/8/2022)::

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- 2) Late entries must be submitted and must be entered through Hy-tek and sent to armadaswimming@gmail.com These entries must be received no later than 11:59 pm Pacific Time on Sunday, December 11th, 2022
- 3) The team or athlete must pay a one-time processing fee of \$100 and pay entry fees of \$30 per

individual event and \$60 per relay event. **Payment must be brought to the meet and given to the meet admin prior to the swimmers being seeded.**

PROOF OF TIME:

This is a proof of time meet. The entry chair will verify all entries against the USA Swimming SWIMS time database. An unverified entry time must be proven by the scratch deadline for that event or the athlete/relay team will be scratched from that event. Only Athletes/relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in USA Swimming Rules and Regulations (207.8.5A). **NOTE:** 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 this database are not meet entry, only proof of entered time.

RULES AND PROCEDURES:

MEET REFEREE: Michael Davis; mekidadad1@yahoo.com. Any questions regarding the conduct of the meet should be made directly to the Meet Referee.

PERSONAL RESPONSIBILITY:

Each Athlete and Coach is responsible for understanding the scratch rules and check-in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made at the General Meeting.

RULES:

USA Swimming Rules and National Championship rules/procedures will govern the conduct of this meet. It is understood and agreed that USA Swimming, the Meet Host(s), Facility Owner(s), and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Eligibility and Technical juries consisting of at least one Official, one Coach, and one Athlete will be appointed by the Meet Referee to review protests within their jurisdiction as defined in USA Swimming Rules.

ATHLETE PROTECTION:

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

All Athletes ages 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 December 16, 2022, who has 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 December 16, 2022, 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8.

RACING START CERTIFICATION:

Any Athlete 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 a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the Athlete or Athletes' legal guardian to ensure compliance with this requirement.

SCRATCH PROCEDURES AND DEADLINES:

- 1) The USA Swimming National Championship scratch procedure and no-show rules in Article 207.11.6 in the current rulebook will be used at this meet. The penalty for failure to compete in an individual preliminary heat or positively checked-in timed final event in which such athlete is entered and has not been scratched will be one of the following:
 - a. Being barred from all further individual and relay events of that day as described in Article 207.11.6 of the Rulebook
 - b. Payment of a fine of \$100 payable to team host.
- 2) The scratch deadline is 30 minutes after the start of finals on Friday, Saturday, and Sunday for the next day's events. Scratches must be turned in to Admin Table at the pool.
- 3) The scratch deadline for the 32 Athletes who qualify for each final event is 30 minutes after the announcement. An athlete who notifies the Administrative Referee within that 30 minute period that they **may** scratch that event **must** notify the Administrative Referee of their definitive intention within 30 minutes of their last individual preliminary event. An athlete who fails to scratch and "no shows" a final will be removed from the meet.

POSITIVE CHECK-IN:

Positive check-in is required for:

- 1) All Friday events (Women's 1000 Yard Freestyle / Men's 1650 Yard Freestyle / Men and Women 800 Free relays): Friday at 3:00 pm (30 minutes after start of warm-up)
- 2) Saturday and Monday relays by the scratch deadline for the next day's events.
- 3) Monday distance events (Women's 1650 yard Freestyle and Men's 1000 yard Freestyle): Sunday 30 minutes after start of finals.
- 4) Any "no show" athlete.

OTHER TECHNICAL NOTES:

- 1) All preliminary heats will be swum slowest to fastest. The Meet Referee has the discretion to flight the 400 IM / 500 Free.
- 2) The fastest heat of the women's 1650 yard Freestyle and the fastest heat of the men's 1000 yard Freestyle will swim in event order at finals. The remaining heats of women's 1650 and men's 1000 Freestyle events, will follow the National Championship seeding procedure. The second fastest heat of the men's event will finish approximately one hour prior to the start of the finals session. All other heats of the women's 1650 and the men's 1000 Freestyle will be seeded back from that point, in descending order, alternating women / men.
- 3) Sunday: The option to compete the 1650 or 1000 Freestyle during the preliminary session, instead of the fastest 8 entries at finals must be declared by the scratch deadline. All Athletes should declare at the time of positive check-in.

FINALS:

32 Athletes will advance to the finals in events 500 yards or less. Finals will be in the following order: Bonus Final (D), Bonus Final(C), Consolation(B), Championship(A) with 8 Athletes qualifying for each Final Heat. The Top 32 qualifiers must scratch by the scratch deadlines if they do not wish to swim in finals. Championship Final (A heat) will be announced at the blocks. D,C, and B heats will be announced in the water.

RELAYS:

- 1) A team may enter no more than two relays in each relay event. Relays must be pre-entered; relay times must be provable by team or aggregate. An athlete may be used only once to prove a relay in each relay event. Relays must scratch by the scratch deadline for the day swum. Relay Only Athletes must be declared on the team entry in OME.
- 2) Relays will be contested at the end of Timed Finals Friday and end of Finals Saturday, and Monday. Relays will be swum in the National format: fastest two heats of women (slow to fast), fastest two heats of men (slow to fast), remaining heats alternating women and men, fast to slow. There will be an option to swim the Free Relay on Monday at the conclusion of prelims (before the 1650 yard /1000 yard freestyle). This option must be declared by the scratch deadline on Saturday.
- 3) There will be a ten (10) minute break following the last individual event before starting the relays. The competition pool will be open for warm-up during that time.

AWARDS:

- 1) Team awards: first through third place in each division. Large, Medium, and Small team divisions will be based on the number of individual events entered by a team. These could be adjusted depending on meet size.
- 2) High point award: The top male and female athlete. Individual event awards: first through eighth place. Relay awards: first through third place.
- 3) Individual Scoring to be as follows (16 places);
20-17-16-15-14-13-12-11; 9-7-6-5-4-3-2-1.
Relay scoring will have double the point value.
- 4) Divisional scoring will be based on the 16 places, points applied towards team's overall score in team's division. There is no tiered Scoring by Division.
- 5) Coach of the Meet: Ballots will be made available on Saturday evening and will be attached to those teams who have relays swimming on Sunday. Ballots will be collected thru end of prelims Sunday in the admin area. Teams that do not have relays swimming can pick up their ballots by the scratch box.
- 6) Medals will be presented to the top three finishers in the A heat of Finals

TIME TRIALS: Sanction #S22-245

- 1) Time Trials will be held under a separate sanction of LSC.
- 2) Time Trials will be conducted on a time-available basis and are limited to approximately one hour.
- 3) Method for time trial entry will be announced by October 17th. PAYMENT AT TIME OF ENTRY IS REQUIRED.
- 4) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.
- 5) Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to two (2) time trials total during the course of the meet.
- 6) Relay only swimmers will be eligible to swim time trials.
- 7) Time Trial Entry Fees: \$20.00 per event

WARM-UP:

- 1) Team warm-up will be available on Friday from 2:30 – 3:50 (same time as meet warm-up).
- 2) The competition course will be open for general warm-up on Friday 2:30 – 3:50 pm, on Saturday and Sunday from 7:00-8:50 am and 3:30– 4:50 pm, and on Monday from 6:30 – 8:20 am and 2:30 – 3:50 pm.

- 3) Pace and sprint lanes will be so designated at the discretion of the Referee, after the general meeting on Thursday, December, 15 at 8:00
- 4) Lanes will be available for warm-up/cool down at all times. No paddles, snorkels or other breathing devices, boards or fins will be allowed in the competition course. Equipment: boards, paddles, fins, buoys, slider belts will be allowed in the separate warm-up pool.
- 5) Athletes must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool unless the lane is a sprint lane under Coach supervision.

CLOSED DECK:

This meet will be run with a CLOSED DECK AREA. Coaches, Officials, Athletes and designated volunteers will have access to the competition deck. The deck will be closed to parents and spectators.

TIMERS

There will be two timers per lane. Teams participating at the meet will be assigned lanes and asked to provide volunteer at all sessions. Specific lane assignments will be given by Tuesday prior to meet start.

RESTRICTIONS:

- 1) Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue.
- 2) Shaving is not permitted anywhere in the facility.
- 3) There will be separate restroom facilities for Athletes and Coaches / Officials / Spectators.
- 4) Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be in a harness at all times.
- 5) Deck changes are prohibited; Athletes need to change in designated bathrooms or in USA Swimming approved team changing tents.
- 6) 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.
- 7) The use of audio-visual recording devices, including cell phones, is not permitted in the locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence through the meet.
- 8) 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 this meet is acknowledgement and consent to this fact.

HEALTH AND SAFETY

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.

COVID ACKNOWLEDGEMENT: We have taken enhanced health and safety measures – for you, Coaches, Officials, and Athletes. 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.

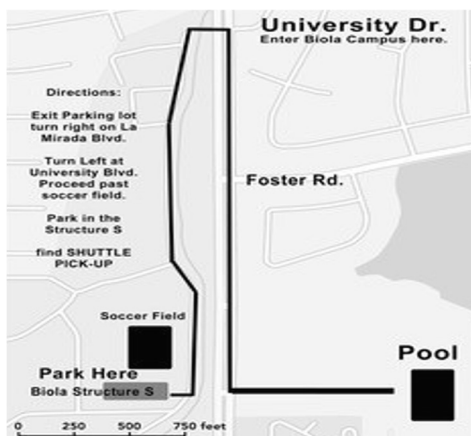
SPLASH FACILITY GUIDELINES: Be advised that the Splash Aquatic Center is located in the City of La Mirada and, as such, is governed by the County of Los Angeles Health Department guidelines. Should new restrictions and / or guidelines come into effect any time prior to the meet, the meet will be required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

MEDICAL ASSISTANCE: Emergency medical assistance and paramedic response is available from the LA county fire department substation located on site next to the Splash Aquatic Center. Nearest urgent care: **PIH Health Whittier Hospital** 12401 Washington Blvd Whittier, CA 90602

OFFICIALS:

- 1) The Official's application form is posted on the Western Zone website:
<https://forms.gle/UJaphjnmTowLGmn7A>
- 2) This meet is designated as an OQM for N2 & N3 certification (Official Qualifying Meet)
- 3) Official's briefings: 1 hour prior to the start of each session.
- 4) Attire: White polo type shirt over khaki pants and white socks and white deck friendly shoes.
Professional length shorts / skirts are fine for prelims, long pants/long skirt required at finals.

PARKING: There will be reserved parking for Coaches and Officials. All other parking is free and is available adjacent to the pool (240 slots). If any overflow parking is necessary there will be an overflow lot provided with shuttle service as needed, across the street at the Biola University parking structure.



December 16-19, 2022
CA / NV Speedo Sectionals
Order of Events and Time Standards

***1650 and 1000 Event order on Monday is the Finals Session order. In Prelims, the 1650 and 1000 heats EXCEPT for the FASTEST heat of checked in Athletes will swim per National Championship meet procedure rules.**

****All heats for 500 free / 400 IM will be swum slowest to fastest. If only one course is used for prelims, women and men will alternate.**

WOMEN	YARDS	METERS	EVENTS	YARDS	METERS	MEN
FRIDAY, DECEMBER 16, 2022						
4:00 pm Timed Finals						
1	10:39.89	9:36.09	1000 Y Freestyle			
			1650 Y Freestyle	16:43.89	17:13.49	2
3	8:00.19	9:05.59	800 Y Freestyle Relay	7:15.29	8:15.69	4
SATURDAY, DECEMBER 17, 2022						
9:00 AM PRELIMS 5:00 PM FINALS						
5	1:56.29	2:12.99	200 Y Freestyle	1:45.79	2:03.09	6
7	1:07.59	1:18.79	100 Y Breaststroke	1:00.89	1:11.29	8
9	59.19	1:07.19	100 Y Butterfly	52.89	1:00.89	10
11	4:39.09	5:20.09	**400 Y Individual Medley	4:14.69	4:55.09	12
13	4:02:69	4:36:09	400 Y Medley Relay	3:38:99	4:09:69	14
SUNDAY, DECEMBER 18, 2022						
9:00 AM PRELIMS 5:00 PM FINALS						
15	2:10.09	2:27.99	200 M Butterfly	1:58.89	2:15.89	16
17	59.49	1:09.49	100 Y Backstroke	53.89	1:03.29	18
19	24.89	28.69	50 Y Freestyle	22.19	25.89	20
21	2:28.19	2:49.69	200 Y Breaststroke	2:13.29	2:35.79	22
23	5:10.69	4:39.69	**500 Y Freestyle	4:47.79	4:21.09	24
MONDAY, DECEMBER 19, 2022						
8:30 AM PRELIMS 4:00 PM FINALS						
25	53.99	1:01.89	100 Y Freestyle	48.19	56.09	26
27*	17:46.59	18:22.99	1650 Y Freestyle *			
28	2:08.59	2:29.19	200 Y Backstroke	1:57.29	2:17.39	29
			1000 Y Freestyle*	9:59.49	9:04.69	30*
31	2:10.49	2:31.09	200 Y Individual Medley	1:58.19	2:18.39	32
33	3:41.79	4:11.59	400 Y Freestyle Relay	3:18.59	3:46.89	34

Speedo Sectionals 2022
Bonus Time Event Standards

WOMEN			MEN	
SCY	LCM	Event	SCY	LCM
25.69	29.49	50 Y Freestyle	22.79	26.59
55.49	1:03:69	100 Y Freestyle	49.49	57.69
1:59.59	2:16.69	200 Y Freestyle	1:48.79	2:06.59
5:19.49	4:47.59	500 Y Freestyle	4:55.99	4:28.49
10:57.99	9:52.49	1000 Y Freestyle	10:16.39	9:20.09
18:16.79	18:54.19	1650 Y Freestyle	17:12.29	17:42.79
1:01.19	1:11.39	100 Y Backstroke	55.39	1:05.09
2:12.29	2:33.39	200 Y Backstroke	2:00.59	2:21.29
1:09.49	1:20.99	100 Y Breaststroke	1:02.59	1:13.29
2:32.39	2:54.49	200 Y Breaststroke	2:17.09	2:40.19
1:00.89	1:09.09	100 Y Butterfly	54.39	1:02.59
2:13.79	2:32.19	200 Y Butterfly	2:02.19	2:19.79
2:14.19	2:35.39	200 Y Individual Medley	2:01.59	2:22.29
4:46.99	5:29.09	400 Y Individual Medley	4:21.89	5:03.49

MEET HOTEL INFORMATION

Speedo Sectionals

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 2022 SPEEDO SECTIONALS

- 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.
- Reserved Parking for Officials and Coaches.
- Free general parking.
- Live Video feed at [La Mirada Armada - YouTube](#).



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