

LA MIRADA ARMADA SENIOR LC INVITATIONAL

April 12 - 14, 2019

SANCTIONED BY: USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING SPONSORED BY: Southern California Swimming & The La Mirada Armada

SPONSORED BY: Southern California Swimming & The La Mirada Armada HEATS & FINALS (A,B,C Finals)

DATE OF MEET: April 12 - 14, 2019 ENTRIES DUE: Received by 5:00PM Wednesday, April 3, 2019

SANCTION: #S19-072

START TIMES: Friday 5:00 pm, Saturday and Sunday prelims 9:00 am. Saturday finals, 5:00 pm. Sunday finals 4:00 pm.

WARM-UP TIMES: Pool will open for prelim warm-ups at 3:30 pm on Friday. Saturday and Sunday's prelim warm-up sessions will be split and alternated (session 1 will run 7:00 – 7:55 am, session 2 will run 7:55 – 8:50 am. Warm-ups for finals will start at 3:30 pm on Saturday and 2:30 pm on Sunday. There will be assigned warm-up times and lanes for each team.

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. Pool is outdoor, all deep 50 meter pool with 8 competition lanes; separate 25 yard warm up pool; Colorado scoreboard. Course is 2 meters deep at start and 13' at turn end. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming.

MEET CONDUCT

WARM-UP: USA-S warm-up policies will be enforced by the officials. There will be no diving into the warm-up or competition pools except into a designated sprint lane or lanes as directed by the Meet Referee. Any additional warm-up rules will be announced and/or posted. Marshals from ARMADA will oversee all warm-up areas. **Warm-up sessions will be split and assigned as describe above. All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.**

RULES: USA-S Rules will govern. Current SCS meet procedure for Prelim and final events will be enforced and take precedence over any errors or omissions on this form. We will be using the USA Swimming National Scratch Rule Procedures. There will be no positive check-in. **Scratches must be received no later than 30 minutes prior to the start of each session. Scratches from finals or an intent to scratch, must be received within 30 minutes from the conclusion of each prelim event.** All events will be run fastest to slowest. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee.

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 acknowledgment and consent to this fact.

DRONES: 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.

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: Deck Changes are prohibited.

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. 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.

EVENT LIMIT: A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer can swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for one or two individual events may enter the event(s) and up to three **total** events; a swimmer who meets the automatic time standard for three or four events may enter the events and up to five **total** events; a swimmer entering five or more events must prove **all** events entered. Label bonus events "B". There are no bonus time standards. A swimmer may enter any event as a bonus event. Enter all bonus events at your best conforming time. NT entries will not be accepted.

ELIGIBILITY AND AFFILIATION: This meet is open to athletes who hold current USA-S registration cards. **USA-S registration applications must be received by the meet host or SCS office by the meet entry deadline: 5:00 PM on Wednesday, April 3, 2019.** Registration may be submitted together with the athlete entry. There are substantial penalties to a swimmer and his or her club if USA-S registration is completed at the meet. Late applications will be considered "On-Deck" and subject to the relevant SCS penalties (2019 SCS Swim Guide, Part One, III, B).

CHANGE OF AFFILIATION: Before the meet, a swimmer may change his or her affiliation by submitting a Club Transfer Form and the appropriate fee to the SCS office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. **Swimmers may not attach or re-attach at a meet.**

SUBMITTED TIMES: Submit <u>actual</u> times achieved for each event. Swimmers must have achieved the time standard after Sept. 1, 2017. No workout times will be accepted. Do not submit NT (No Time) or ET (Estimated Time) entries. All entry times will be verified in the USA-S SWIMS database. Times not in SWIMS are provable only with official results and are subject to approval by SCS. Discrepancies in submitted times may lead to disciplinary action. If a standard is achieved in Long Course Meters, enter that event with the Long Course Meters time which should be indicated on the entry by "L". If a standard is achieved in Short Course Yards, enterthat event with the Short Course Yards time which should be indicated on the entry by "Y". "L" or "Y" must be indicated on the proof of time sheet. Swimmers may enter all events for which they qualify <u>but</u> may only compete in three (3) individual events per day. 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 the database are not meet entry only proof of entered time.

ENTRY PROCEDURE

ENTRY FORMAT: Club electronic entry is encouraged. Individual event fee of \$7.50 per event plus \$14.00 surcharge per athlete must accompany each entry in the form of a single check per team. Full payment must be postmarked within 48 hours of an e-mail entry. Full payment must accompany all manual entries. Returned checks will incur a service fee per SCS policy. If submitting a Southern California Consolidated Entry Card for a swimmer, the card must be completely filled out including the entire USA-S registration number. Checks should be made payable to Southern California Swimming (SCS) and mailed to RMDA's Meet Administrator at the address below, not to the SCS or RMDA offices. Teams are advised to enclose a self-addressed and stamped envelope or postcard for return receipt. Please note that no certified, registered, or special delivery mail will be accepted. Receipt of entry will not be confirmed by phone or e-mail.

ELECTRONIC ENTRY: E-mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of the coach and will be dated at that time (i.e., 5PM postmark would queue before a 10PM electronic). Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the Armada Meet Administrator by the entry deadline. Added events for entered swimmers may be submitted by hard copy (including e-mail) ONLY. New swimmers will be accepted on a SPACE AVAILABLE basis. DO NOT RESEND AN ENTRY FILE. A replacement file for any team will NOT be processed. Deletions will NOT be refunded. Electronic entries should be e-mailed to Armada's Meet Administrator: armadaswimming@gmail.com

SEND: ELECTRONIC ENTRY FILE (entry.zip): armadaswimming@gmail.com
MAIL TO: Alina DeArmas PO Box 63 Simi Valley, CA 93062-0063

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

MEET REFEREE: Mike McMinn 1mikemcminn@gmail.com



LA MIRADA ARMADA LC SENIOR INVITATIONAL

April 12 – April 14, 2019

ENTRIES DUE: Must be received by 5:00 Wednesday, April 3, 2019

START TIMES: FRIDAY 5:00 PM PRELIMINARIES SAT/SUN 9:00 AM FINALS SAT 5:00 PM, SUN 4:00 PM

Preliminaries – Finals: C Consol, B Consol, A Final

	Event #	Automatic Time		Fuidou Fuombo	Automatic Time		Event #
		Meters	Yards	Friday Events	Yards	Meters	Event#
	1	10:05.19	11:09.99	800 FREESTYLE			**
	**			1500 FREESTYLE	17:40.69	18:04.29	2

French #	Automatic Time		Catandan Frants	Automa	Automatic Time	
Event #	Meters	Yards	Saturday Events	Yards	Meters	Event #
3	1:22.39	1:12.09	100 BREASTSTROKE	1:04.69	1:14.29	4
5	2:33.89	2:18.09	200 BUTTERFLY	2:04.99	2:20.59	6
7	2:19.69	2:02.99	200 FREESTYLE	1:52.39	2:08.49	8
9	2:38.39	2:18.69	200 INDIVIDUAL MEDLEY			**
**			400 INDIVIDUAL MEDLEY	4:29.09	5:06.79	10
11	29.89	26.39	50 FREESTYLE	23.59	26.99	12
13	1:12.39	1:03.39	100 BACKSTROKE	57.19	1:06.09	14
15	4:53.69	5:27.19	400 FREESTYLE			**
**			800 FREESTYLE	10:33.39	9:25.99	16

Fromt #	Automatic Time		Coundary Events	Automa	Automatic Time	
Event #	Meters	Yards	Sunday Events	Yards	Meters	Event #
17	1:10.19	1:02.79	100 BUTTERFLY	56.19	1:03.49	18
19	2:57.79	2:36.59	200 BREASTSTROKE	2:20.99	2:40.99	20
21	1:04.79	56.69	100 FREESTYLE	51.29	58.49	22
23	5:33.89	4:55.39	400 INDIVIDUAL MEDLEY			**
**			200 INDIVIDUAL MEDLEY	2:05.99	2:24.19	24
25	2:35.39	2:15.89	200 BACKSTROKE	2:03.99	2:22.69	26
**			400 FREESTYLE	5:05.49	4:32.89	27
28	19:18.49	18:46.99	1500 FREESTYLE			**

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.

High School swimmers are responsible for making sure they are unattached at this meet.

A swimmer can swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for one or two individual events may enter the event(s) and up to three **total** events; a swimmer who meets the automatic time standard for three or four events may enter the events and up to five **total** events; a swimmer entering five or more events must prove **all** events entered.

SRATCH RULES: We will be using the National Scratch Rule Procedures. There will be no positive check-in. Scratches must be received no later than 30 minutes prior to the start of each session. Scratches from finals or an intent to scratch must be received within 30 minutes from the conclusion of each prelim event.

All timed final and prelim events will be swum fastest to slowest. Finals: C Consol, B Consol, A Final. Preliminaries may be run double-ended and/or by flight depending upon the size of the meet. The FRIDAY 800/1500 Freestyle will be swum fastest to slowest with alternating heats of Women and Men. The fastest heat of the SATURDAY 800 will swim with Finals. The fastest heat of the SUNDAY 1500 will swim with Finals. Remaining heats of the Saturday 800 Free and Sunday 1500 Free will be swum after Prelims, fastest to slowest. Swimmers in the 800 Freestyle and 1500 Freestyle should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.

MEET HOTEL INFORMATION

Extended Stay America

Holiday Inn Select (714) 739-8500 14299 Firestone Blvd, La Mirada, CA 90638

Courtyard Marriott (714) 670-6600 7621 Beach Blvd Buena Park CA 90620

(714)-670-1400 La Palma, CA 90623 14775 Firestone Blvd,
Fairfield Inn and Suit

(714) 670-8579 La Mirada, CA 90638

Fairfield Inn and Suites (714) 670-7200 828 Orangethorpe Ave Buena Park CA 90620

La Quinta Inn and Suites 3 Centerpointe Dr,