



# La Mirada Armada

## 2017 Metro Committee Long Course Championships



Sanctioned by: USA Swimming & Southern California Swimming  
Sponsored by: La Mirada Armada  
Date of Meet: July 14-16, 2017

Sanction No. S17-190  
Received by deadline: 5:00 pm, July 5, 2017  
Warm-up: Friday 11:30 AM. Saturday/Sunday 7:00 AM  
Start of Meet: Friday 1:00 PM. Sat./Sun 8:30 AM

**POOL:** Splash Aquatic Center, 13806 La Mirada Blvd. La Mirada CA

**DIRECTIONS:** Splash Aquatic Center, 13806 La Mirada Blvd., La Mirada, CA. From the Santa Ana Freeway (5) heading SOUTH: exit at Carmenita and proceed over the freeway. Turn RIGHT at Rosecrans. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center. Heading NORTH: exit at Beach Blvd. Proceed NORTH. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center

**COURSE:** Outdoor 50-meter x 25-yard with 8 competition lanes and warm up pool. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 6.5 ft. turn end 13 ft.

**WARM-UP Procedures:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. **There will be two warm-up sessions. Teams will be assigned and notified prior to the meet.** Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 45 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on July 15, 2016 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 800, 400 and 1500 are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 individual and 1 relay event(s) per day.**

**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.

**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. **"TECH" SUITS ARE NOT PERMITTED AT THIS MEET.**

**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.

**ELIGIBILITY:** Open to Metro Committee athletes who hold 2016 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. **NO NT's (no times) will be accepted.** Discrepancies in submitted times could lead to disciplinary action.

**SCORING:** This is a team scored meet. Three Divisions: Large, Medium, Small (based on # of splashes per team).

**TEAM TROPHIES:** Will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> highest scoring teams in division.

**AWARDS:** MEDALS – 1<sup>st</sup> to 3<sup>rd</sup> Blue, Red, White RIBBONS – 4<sup>th</sup> to 8<sup>th</sup> Blue, Red, White

**RELAYS:** MEDALS – 1<sup>st</sup> – 3<sup>rd</sup>

**AGE-GROUPS:** 5-6, 7-8, 9-10, 11-12, 13-14, 15-up. **All age-groups will be awarded.**

**Unattached swimmers** will not score team points and may not swim in the relays. Teams will be placed in a division based on the number of splashes for the team.

**ENTRY FEES:** \$6.50 for each individual event along with a \$14.50 surcharge **per swimmer** *must accompany each individual entry card*. RELAYS are \$21.00 per relay. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .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. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.** Relays will be deck-entered at \$21.00 each, payable on entry.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, July 5, 2017.** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

**Make Checks payable to Southern California Swimming**  
**MAIL ENTRIES TO: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062-0063**  
**Hand Delivered to: 2724 Loraine Place, Simi Valley, CA 93065**

**Team Electronic Entries only:** [alina@dearmas.co](mailto:alina@dearmas.co)  
Questions: SCS Office (800) 824-6206

Teams that are entering the meet electronically are requested (not required) to submit relays in advance to expedite processing at the meet. You can still change or scratch relays at the meet – fees refunded for scratches.

**For further information, contact: Don Garman (949) 254-4483**

**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.**



**Metro Committee Long Course Championships**  
 Hosted by the La Mirada Armada Swim Team  
 July 14-16, 2017



Entries due: Wednesday July 5, 2017  
 You may enter a total of 6 individual events and 2 relays for the meet  
 Maximum of 3 individual and 1 relay per day.

Warm-up: Friday 11:30 AM Starts: 1:00 PM

Events		Friday, July 14, 2017				Event	
Girls	Min				Min	Boys	
1	3:49.30	9-10	200	IM	3:50.40	2	
	3:25.00	11-12	200	IM	3:25.30		
3		13-14	100	Butterfly		4	
		15-up	100	Butterfly			
5	3:19.30	9-10	200	Freestyle	3:19.00	6	
	2:57.70	11-12	200	Freestyle	2:58.40		
7		13-14	100	Breaststroke		8	
		15-up	100	Breaststroke			
9	12:31.70	13-14	800	*Freestyle	12:01.30	10	
	12:04.70	15-up	800	*Freestyle	11:38.00		

Warm-up: Saturday 7:00 AM Starts: 8:30 AM

Events		Saturday, July 15, 2017				Event	
Girls	Min				Min	Boys	
11	3:17.40	13-14	200	Butterfly	3:08.90	12	
	3:13.00	15-up	200	Butterfly	2:54.80		
13		5-6	50	Freestyle		14	
		7-8	50	Freestyle			
		9-10	50	Freestyle			
		11-12	50	Freestyle			
15	3:43.00	13-14	200	Breaststroke	3:33.00	16	
	3:41.90	15-up	200	Breaststroke	3:20.40		
17		5-6	50	Backstroke		18	
		7-8	50	Backstroke			
		9-10	50	Backstroke			
		11-12	50	Backstroke			
19	Deck or Pre-Enter by Coach	5-8	200	Free Relay	Deck or Pre-Enter by Coach	20	
		9-10	200	Free Relay			
		11-12	200	Free Relay			
		13-14	400	Free Relay			
21	Deck or Pre-Enter by Coach	15-up	400	Free Relay	Deck or Pre-Enter by Coach	22	
		9-10	100	Breaststroke			
23		11-12	100	Breaststroke		24	
		13-14	100	Backstroke			
25		15-up	100	Backstroke		26	
		9-10	100	Butterfly			
27		11-12	100	Butterfly		28	
		13-14	100	Freestyle			
29		15-up	100	Freestyle		30	
		6:18.80	11-12	400	*Freestyle		6:18.10
31		5:52.80	13-14	400	*Freestyle	5:44.30	
		5:47.60	15-up	400	*Freestyle	5:31.30	

Warm-up: Sunday 7:00 AM Starts: 8:30 AM

Events		Sunday, July 16, 2017				Event	
Girls	Min				Min	Boys	
33	3:13.40	13-14	200	IM	3:04.30	34	
	3:14.90	15-up	200	IM	2:55.70		
35		5-6	50	Butterfly		36	
		7-8	50	Butterfly			
		9-10	50	Butterfly			
		11-12	50	Butterfly			
37	2:48.10	13-14	200	Freestyle	2:42.00	38	
	2:48.70	15-up	200	Freestyle	2:34.70		
39		5-6	50	Breaststroke		40	
		7-8	50	Breaststroke			
		9-10	50	Breaststroke			
		11-12	50	Breaststroke			
41		13-14	50	Freestyle		42	
		15-up	50	Freestyle			
43		5-6	100	Freestyle		44	
		7-8	100	Freestyle			
		9-10	100	Freestyle			
		11-12	100	Freestyle			
45	Deck or Pre-Enter by Coach	5-8	200	Med. Relay	Deck or Pre-Enter by Coach	46	
		9-10	200	Med. Relay			
		11-12	200	Med. Relay			
47	Deck or Pre-Enter by Coach	13-14	400	Med. Relay	Deck or Pre-Enter by Coach	48	
		15-up	400	Med. Relay			
49		9-10	100	Backstroke		50	
		11-12	100	Backstroke			
51	3:19.60	13-14	200	Backstroke	3:09.20	52	
	3:12.70	15-up	200	Backstroke	3:00.70		
53	6:55.10	13-14	400	IM	6:33.00	54	
	6:37.70	15-up	400	IM	6:12.80		
55	23:13.30	13-14	*1,500	Freestyle	22:51.70	56	
	22:54.80	15-up	*1,500	Freestyle	22:08.60		

The 400/800/1500 and the 400 IM will alternate girls and boys heats

All events will be swum fastest to slowest.

\* Swimmers need to supply their own timers and lap counters for the 400 and 1500 Free