



La Mirada Armada

2019 Senior Geographic Qualifier

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored by: La Mirada Armada
Date of Meet: January 18-20, 2019

Sanction No. # S19-026
Received by deadline: 5:00 pm, Wednesday, Jan. 9, 2019
Warm-up: Friday 3:30 PM. Saturday/Sunday 7:30 AM
Start of Meet: Friday 5:00 PM. Sat/Sun 9:00 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 7:30 - 8:45 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. **All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving**

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. **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. Timers are requested to be provided by each team. Swimmers competing in the 1000 and 1650 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 per day. All coaches on deck must complete the CDC or NFHS Concussion course.**

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.

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 2018 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.

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 nonconforming 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.

ENTRY FORMAT: Club electronic entry is encouraged. Individual event fee of \$5.50 per individual event, plus \$10.50 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) Meet Administrator at the address below, not to the SCS. 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 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.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JANUARY 9, 2019. 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 to: armadaswimming@gmail.com

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

Metro Committee Senior Q Meet

January 18-20, 2019

Hosted by La Mirada Armada



Entries due 5:00 pm, Wednesday, Jan. 9, 2019
Start Times: Friday 5:00 PM. Saturday & Sunday 9:00AM

Women	Automatic Time ***		Friday Events	Automatic Time ***		Men
	Meters	Yards		Yards	Meters	
1	10:31.80	11:47.80	1000 Freestyle			**
**			1650 Freestyle	18:56.20	19:19.00	2

Women	Automatic Time ***		Saturday Events	Automatic Time ***		Men
	Meters	Yards		Yards	Meters	
3	1:28.10	1:17.50	100 Breaststroke	1:09.40	1:19.10	4
5	30.70	26.90	50 Freestyle	24.20	27.20	6
7	2:54.00	2:34.20	200 Butterfly	2:18.30	2:36.40	8
9	2:23.10	2:06.00	200 Freestyle	1:55.20	2:11.10	10
11	2:42.30	2:23.30	200 IM			**
**			400 IM	4:52.00	5:30.60	12
13	1:16.40	1:07.70	100 Backstroke	1:01.40	1:09.30	14
15	4:57.70	5:33.50	500 Freestyle			**
**			1000 Freestyle	11:20.20	10:07.10	16

Women	Automatic Time ***		Sunday Events	Automatic Time ***		Men
	Meters	Yards		Yards	Meters	
17	1:14.50	1:05.80	100 Butterfly	58.30	1:06.20	18
19	3:10.90	2:48.30	200 Breaststroke	2:33.40	2:54.30	20
21	1:06.40	58.30	100 Freestyle	52.70	1:00.10	22
**			200 IM	2:11.00	2:28.70	24
23	5:49.30	5:08.90	400 IM			**
25	2:47.70	2:28.90	200 Backstroke	2:17.20	2:34.70	26
**			500 Free	5:15.00	4:41.40	28
27	20:09.10	19:45.40	1650 Freestyle			**

*** A swimmer may not swim an event if they exceed the **WINTER JUNIOR NATIONAL** time.

Swimmers need to supply both lap counters and timers for the 1000 and 1650 Freestyle

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 meeting the automatic time standard in five or more events must prove all events entered. Label bonus events "B". Please enter bonus events with the best short course time available in SWIMS.

All events will be swam fastest to slowest. The 1000/1650 free events will be swum fastest to slowest with alternating heats of Women and Men.

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.