

La Mirada Armada LC Meet

April 6-7 2024

SANCTION NO: S24-102

ENTRIES DUE: Wednesday, March 27, 2024

La Mirada Armada will comply with the 4 Hour Rule

You may swim a total of 3 individual events and 1 relay per day

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

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Saturday April 6, 2024

Sunday April 7, 2024

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	3:10.19	200 Fly	OPEN		
2		100 Free	5-8		3
4		200 Free	7-10		5
6		200 Free	11-12		
7		100 Breast	7-10		8
9		100 Breast	11-12		
10		50 Back	5-8		
		50 Back	7-10		11
12		50 Back	11-12		
		50 Free	5-8		
13		50 Free	7-10		14
15		50 Free	11-12		
16		100 Fly	7-10		17
18		100 Fly	11-12		
19	3:09.89	200 Back	11-12		
20	Mixed	200 Med Relay	5-8	Mixed	
21		200 Medley Relay	7-10		22
23		400 Medley Relay	11-12		
24	23:55.39	1500 Freestyle	11-12		

Morning Session					
Girls	Min	Event	Age	Min	Boys
48		200 IM	11-12		
49		200 IM	7-10		50
51		50 Breast	11-12		
		50 Breast	5-8		
52		50 Breast	7-10		53
54	3:35.99	200 Breast	11-12		
		50 Fly	5-8		
55		50 Fly	7-10		56
57		50 Fly	11-12		
58		100 Back	7-10		59
60		100 Back	11-12		
61		100 Free	7-10		62
63		100 Free	11-12		
64	6:48.29	400 IM	11-12		
65	Mixed	200 Free Relay	5-8	Mixed	
66		200 Free Relay	7-10		67
68		400 Free Relay	11-12		
69	5:56.49	400 Freestyle	11-12		

Afternoon session start time TBA

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
25	3:09.89	200 Back	OPEN	3:05.19	26
		200 Free	11-12		27
28		200 Free	13-14		29
			15&O		
		100 Breast	11-12		30
31		100 Breast	13-14		32
			15&O		
		50 Back	11-12		33
34		50 Free	13-14		36
			15&O		
		50 Free	11-12		37
38		100 Fly	13-14		39
			15&O		
		100 Fly	11-12		40
41	3:10.19	200 Fly	OPEN	3:06.19	42
43		400 Medley Relay	11-12		44
		400 Medley Relay	13-14		
45		400 Medley Relay	15&O		45
46	23:55.39	1500 Freestyle	OPEN	23:25.49	47

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
70	3:35.99	200 Breast	OPEN	3:28.69	71
		100 Back	11-12		72
73		100 Back	13-14		74
			15&O		
		50 Fly	11-12		75
76		200 IM	15&O		77
		200 IM	11-12		78
79		200 IM	13-14		80
		50 Breast	11-12		81
82		100 Free	13-14		83
		100 Free	11-12		84
85		100 Free	15&O		86
87	6:48.29	400 IM	OPEN	6:39.19	88
		400 Free Relay	11-12		89
90		400 Free Relay	13-14		90
91		400 Free Relay	15&O		91
92	5:56.49	400 Freestyle	OPEN	5:48.69	93

All events will swim fastest to slowest.

Relays will be swum time permitting.

5-8 Mixed Relay is 2 Girls + 2 boys

11-12 swimmers may only swim in 1 session per day

Swimmers are requested to provide their own timers and lap counters in the 1500 Freestyle event..

The 1500 Freestyle events will swim alternating girls and boys

Total