



# 2022 Los Angeles Invitational

## Trojan Swim Club & Southern California Swimming

**SANCTIONED BY:** USA Swimming & Southern California Swimming

**SANCTION #** S22-126

**SPONSORED BY:** Southern California Swimming and USC Swimming and Diving

**DATE OF MEET:** July 15-17, 2022

Friday Timed Final. Sat and Sun HEATS & FINALS

**ENTRIES RECEIVED by:** Monday, July 11, 2022

**START TIMES:** Friday timed final: 4:00 pm

Saturday and Sunday

PRELIMS: 9:00 am

FINALS: 4:00 pm

**WARM-UP:** POOL WILL OPEN FOR WARM-UP AT 2:00 PM on FRI, 7:00 AM on SAT & SUN

**losangelesinvite@gmail.com**

### ENTRY INTO THE MEET

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold a current 2022 USA Swimming or FINA membership. Registration application must be at SCS Office by July 11, 2022. There are substantial penalties for swimmer and club (2022 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee.

**QUALIFYING TIMES:** SUBMIT LONG COURSE METER TIMES. If qualifying in yards, submit best yard time.

- Swimmers must have achieved the Long Course or Short Course Time Standard after Sept. 1, 2020. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. Seeding order: conforming Long Course, conforming Short Course, non-conforming Long Course, non-conforming Short Course
- Swimmers with National or Jr Nat'l qualifying times in yards may enter at the meter National or Jr standard.
- Swimmers may enter as many events as qualified but may only compete in three (3) individual events per day, including time trials. **Label bonus events "B"**
- **B Flight Only Option:** When electronic team entry file is submitted, a list of swimmers choosing to swim only in the B flight may be included as a **separate file (\*.doc, \*.docx, \*.pdf, \*.txt)**. No flight changes will be made after the **entry deadline**.

**PROOF OF TIME:** This is a PROOF OF TIME MEET. **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.** Submit ACTUAL times achieved for each event. Special entry procedure: A swimmer qualified in one or two individual events may enter the event/s and up to three **total** events (except 400/800/1500 and 400 IM); over three must prove **all** events entered. **400 IM, 400 Free and 800/1500 swimmers must meet entry standard** (swimmers qualified only in a 400 may use "make one, swim three"). **Label bonus events "B"**

**AWARDS:** 1<sup>st</sup> – 3<sup>rd</sup> individual event medals.

**ENTRY FEES:** \$13.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry.

Electronic team entry is encouraged. Team entry, which must include single team payment and all proofs of times, is encouraged. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .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) Deletions will NOT be refunded.

**MAKE CHECKS PAYABLE TO:**  
**and MAIL ENTRY TO:** Alina de Armas

**La Mirada Armada**  
**e-mail:** [LAentries@gmail.com](mailto:LAentries@gmail.com)  
**PO Box 63**  
**Simi Valley, CA 93062-0063**

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY 5:00 PM, Monday July 11, 2022.

## **RULES AND PROCEDURES**

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to Lisa Vetterlein, [lisa.vetterlein@gmail.com](mailto:lisa.vetterlein@gmail.com).

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2022 SCS Swim Guide); The National Finals' scratch rule will be used. Prelim Scratch deadline for Friday events will be 7:30 AM Friday, for Saturday events 5:30 PM Friday and for Sunday events 5:30 PM Saturday.

There will be three heats (C, B, A) for all events on Saturday and Sunday except the 800 and 1500. All events on Friday are timed final events. The 800 and 1500 freestyle will have only a championship final. All prelims will swim fast to slow unless Saturday and Sunday are flighted. The meet director may opt to split the Saturday and Sunday session into A and B flights depending on the size of the meet. If flighted the A flight will swim slow to fast and the B flight fast to slow. 400 free and 400 IM will alternate women and men. **B Flight Only Option:** When electronic team entry file is submitted, a list of swimmers choosing to swim only in the B flight may be included as a **separate file (\*.doc, \*.docx, \*.pdf, \*.txt)**. No flight changes will be made after the **entry dead-line**.

**COACHES AND OFFICIALS:** To receive a meet deck pass Coaches and Officials must be current USA Swimming members including California required concussion training (CDC or NFHS). International guests are exempt. Meet deck pass should be visible at all times.

**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 though out 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 unaccompanied by a USA Swimming member coach, 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 the backstroke ledge. 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.

**DISTANCE FREESTYLE: Men's and Women's 800** will be timed final events on Saturday, July 16 and be swum as the last event of prelims and finals (top 8 checked in will swim in finals). All heats swum in the prelim session will be swum fastest to slowest, alternating women and men's heats. **Note: W800/M800 check-in to be seeded will close at 10:00 am on Saturday. Men's and Women's 1500** will swim on Sunday, July 17. Fastest checked in heat of women's 1500 will be the third event of Sunday finals; fastest heat of men's 1500 will be the sixth event. All other heats will be swum during the break, fastest to slowest, alternating women and men's heats. All other heats will swim during the break. **Note: W1500/M1500 check-in to be seeded will close at 5:00 pm Saturday** (check-in to swim will close at 10:00 am Sunday).

**RELAY EVENTS:** There are no relay events.

**WARM UP:** 3-point entry required. All warmups must be supervised by a USA Swimming member coach. 7:00-7:45 am: the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING**. 7:45-8:20 am: Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts only in the sprint lanes.** No equipment will be allowed in the competition pool. The *diving pool* will be available for warm-up/cool down at all times - No diving at any time.

**Based on entries, warm up may be divided into 2 sessions starting at 6:30 am.**

**Credentials:** Credentials will be issued and must be presented to access the competition deck.

**Parking:** Parking is available in the parking structure off Jefferson, gate. Cost is \$14.00 per day. Parking is also available on the surrounding streets at metered locations.

**Concussion Protocol:** All coaches on deck must have completed the CDC or NFHS Concussion course.

**MAAPP 2.0:** Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0 2.0) govern this meet. Per current MAAPP 2.0 guidelines there will be separate, athlete only locker rooms and separate adult, non-athlete bathrooms open for use. All athletes 18 years and older must complete the online Athlete Protection Training prior to the meet to compete

**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. Individual, COVID Specific Waiver (see below): The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event. MAAPP 2.0 Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet. COVID 19 Acknowledgement: We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. 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. COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached) and release of liability (attached), which will remain in place through July 31, 2022. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

<b>USC Housing Form Attached – email:</b>
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# 2022 Los Angeles Invitational

**DATE OF MEET:** July 15-17, 2022

**RECEIVED BY Entry Deadline:** Monday, July 11, 2022

HEATS AND FINALS MEET CHAMPIONSHIP SEEDING

OPEN TO: 2022 USA SWIMMING AND 2022 FINA ATHLETE MEMBERS

WOMEN		EVENT		MEN	
YARDS	METERS	FRIDAY, JULY 15, 2022	METERS	YARDS	
Timed Final Session					
1	2:06.59	2:25.19	200 Meter IM	2:14.69	1:54.29 2
3	23.89	27.89	50 Meter Freestyle	25.19	21.49 4
5	5:02.49	4:34.49	400 Meter Freestyle	4:14.89	4:41.69 6
SATURDAY, JULY 16, 2022					
Heats and Finals					
7	4:24.69	5:12.19	400 Meter IM	4:46.69	4:04.29 8
9	56.69	1:05.49	100 Meter Butterfly	59.29	51.49 10
11	1:52.79	2:10.49	200 Meter Freestyle	1:59.99	1:43.19 12
13	57.19	1:07.59	100 Meter Backstroke	1:01.69	51.89 14
15	1:05.89	1:16.99	100 Meter Breaststroke	1:09.19	58.59 16
17	10:26.59	9:25.49	800 Meter Freestyle	8:48.29	9:40.89 18
SUNDAY, JULY 17, 2022					
Heats and Finals					
19	2:03.59	2:25.19	200 Meter Backstroke	2:13.29	1:53.39 20
21	17:22.19	18:02.89	1500 Meter Freestyle W	-	- -
22	52.19	1:00.49	100 Meter Freestyle	54.59	46.59 23
24	2:22.29	2:46.19	200 Meter Breaststroke	2:30.49	2:07.29 25
26	2:23.99	2:05.39	200 Meter Butterfly	1:53.29	2:11.59 27
-	-	-	1500 Meter Freestyle M	16:53.39	16:20.89 28

\*800/1500 free heats may be double-ended if necessary to meet Finals' start time.

**If there are more than 600 entrants, Sat & Sun Preliminary Session may be divided into 'A' and 'B' flights with 7 heats (5 for the 400 meter events) in the 'A' flight. 'A' flight will swim slowest to fastest. 'B' session prelims will swim fastest to slowest with 400 Free & IM alternating women and men's heats. Prelim sessions that are not flighted will swim fastest to slowest; 400 Free & IM will alternate women and men's heats.**

IF STANDARD IS ACHIEVED IN YARDS, enter yard time.

National Qualifiers may enter at appropriate National meter minimum.

ELECTRONIC ENTRY WITH SIGNED HARD COPY IS ENCOURAGED

THIS IS A "PROOF OF TIME" MEET – ALL TIMES WILL BE VERIFIED THROUGH SWIMS DATABASE

EVENT LIMIT: THREE INDIVIDUAL EVENTS PER DAY INCLUDING TIME TRIALS.

TIME TRIALS: Time trials will be held during the break on July 16, 17, time permitting. Time trials are Separately sanctioned. The 800 and 1500 will be offered on Saturday only. An athlete may swim an event only once as a time trial.

Purchase (\$20) time trial cards at the Admin table. Sanction #.

## **2022 LOS ANGELES INVITATIONAL HOUSING REGISTRATION FORM**

- Please complete form completely and clearly, and return by June 8, 2022
- Rooming List and any changes to room occupancy or cancellations must be made by June 8, 2022
- Check for the full amount for rooms must accompany final rooming list by July 1, 2022
- LIMITED NUMBERS OF BEDS ARE AVAILABLE. TO SECURE ROOMING PLEASE FORWARD REQUEST AS SOON AS POSSIBLE ALONG WITH PAYMENT.

**FAX:** (213-740-6177)

**EMAIL:** [losangelesinvite@gmail.com](mailto:losangelesinvite@gmail.com)

**MAIL:** USC Swimming c/o Lea Maurer  
Uytensu Aquatics Center  
1026 West 34<sup>th</sup> Street  
Los Angeles, CA 90089-2511

**PAYMENT:** Check for housing made payable to Trojan Swim Club

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Club Team Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Coach Phone Number: \_\_\_\_\_ Coach Email: \_\_\_\_\_

Chaperone (in the dorm):

Chaperone Phone Number:

**Check in date (no earlier than 7/14)**

**Check out date (no later than 7/17)**

Please complete the attached Roster list with complete information as indicated. Complete additional form if necessary. Submit as early as possible as there is a limit to the number of beds available. Athletes are assigned beds not rooms. It is possible that an athlete may be assigned a double occupant room with an athlete from a different team (age appropriate). It is expected that a Coach or a Chaperone is assigned a bed in the vicinity of a team's allocation of dorm space. Please indicate on the form coaches and chaperones

*Single - \$68.00 per night per person single occupancy Double - \$56.00 per person double occupancy*

**TEAM NAME:** \_\_\_\_\_

Last	First	Gender	Age	Single or Double	Check in Date	Checkout Date	Room
							1
							2
							3
							4
							5
							6
							7
							8
							9
							10
							11
							12
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							14

