



# 2025 Los Angeles Invitational

## Trojan Swim Club & Southern California Swimming

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

**SANCTION S25-078**

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

**DATE OF MEET:** July 11-13, 2025

Friday, Saturday and Sunday HEATS & FINALS

**ENTRIES RECEIVED by:** Wednesday, July 2, 2025

**START TIMES:** Friday, Saturday, and Sunday

**PRELIMS:** 9:00 am Friday and Saturday.

8:30 am Sunday

**FINALS:** 5:00 pm Friday and Saturday.

4:00 pm Sunday

**WARM-UP:** POOL WILL OPEN FOR WARM-UP AT 7:00 AM on Friday, Saturday, and Sunday

**FACILITY:** Uytengsu Aquatic Center, 1026 W 34th St, Los Angeles, CA, on the USC Campus. The daily parking rate is at least \$20.00, and there is a spectator admission fee.

### ENTRY INTO THE MEET

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold a current 2025 USA Swimming or AQUA membership.

For USA Swimming athletes, online registration in SWIMS 3.0 must be completed prior to the meet deadline.

No late or on deck registration will be accepted. All USA Swimming athletes 18 years or older must complete the free online ATHLETE

PROTECTION TRAINING (APT) prior to the start of the meet in order to compete. Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

**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, 2023. 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 AQUA 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 800 and 1500); over three must prove **all** events entered. **800/1500 swimmers must meet entry standard. Label bonus events "B"**

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

**ENTRY FEES:** \$13.50 per Individual Event must accompany entry card. \$25.00 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) ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

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

e-mail: [meetprocessor@gmail.com](mailto:meetprocessor@gmail.com)  
PO Box 63  
Simi Valley, CA 93062-0063

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY 5:00 PM, Wednesday July 2, 2025.

## **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 Omar DeArmas our meet Referee [omarswimref@gmail.com](mailto:omarswimref@gmail.com)

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2025 SCS Swim Guide); The National Finals' scratch rule will be used. Prelim Scratch deadline for Friday events will be 8:00 AM Friday, for Saturday events 5:30 PM Friday, and for Sunday events 5:30 PM on Saturday.

There will be three heats (C, B, A) for all events on Friday, Saturday and Sunday except for the 800 and 1500. The men's 800 and women's 1500 freestyle on Sunday will have a championship final. All prelims will swim fast to slow unless any or all days are flighted. The meet director may opt to split the prelims on any and/or all days 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 deadline**.

**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). Coaches and Officials must have completed the CANRA training. 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 AQUA 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:** **Women's 800 and Men's 1500** will swim on Friday, July 11. All heats will be swum fastest to slowest, alternating women and men's heats. Fastest checked in heat of women's 800 will be the ninth event of Friday finals; fastest heat of men's 1500 will be the tenth event of finals. **Note: For W800/M1500 check-in to be seeded will close at 11:00 am on Friday. Women's 1500 and Men's 800** will swim on Sunday, July 13. Fastest checked in heat of women's 1500 will be the fifth event of Sunday finals; fastest heat of men's 1500 will be the eighth event. All other heats will swim during the break, immediately following the conclusion of the morning prelims, **Note: W1500/M800 check-in to be seeded will close at 5:30 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.

**CANRA:** All coaches and officials on deck must have completed the CANRA Mandatory Reporting course.

**MAAPP 3.0:** It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) govern this meet.

**APT/Concussion Protocol/Mandatory Reporting:** All coaches on deck must have completed the CDC or NFHS Concussion course. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will 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 entry deadline to compete.***

**USA SWIMMING MEET 360:**

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

**DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.**

**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.

**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.

**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.

<b>USC Housing Form Attached – email:</b>
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# 2025 Los Angeles Invitational

**DATE OF MEET:** July 11 - 13, 2025

**RECEIVED BY Entry Deadline:** Wednesday, July 2, 2025

HEATS AND FINALS MEET CHAMPIONSHIP SEEDING

OPEN TO: 2025 USA SWIMMING and 2025 AQUA ATHLETE MEMBERS

WOMEN			EVENT	MEN		
SCY	LCM	FRIDAY, JULY 11, 2025 Heats and Finals		LCM	SCY	
1	1:58.69	2:16.09	200 Meter Freestyle	2:05.29	1:48.09	2
3	2:28.79	2:53.39	200 Meter Breaststroke	2:36.49	2:14.19	4
5	59.39	1:08.79	100 Meter Backstroke	1:03.89	53.99	6
7	4:40.29	5:27.09	400 Meter IM	4:59.29	4:20.59	8
30 min break before heats of W 800 and M 1500 (after the B flight if meet is flighted. Will alt women/men fast to slow)						
9	11:03.19	9:56.99	*800 Meter Freestyle W	-	-	-
-	-	-	*1500 Meter Freestyle M	17:40.69	17:11.59	10
SCY	LCM	SATURDAY, JULY 12, 2025 Heats and Finals		LCM	SCY	
11	2:09.89	2:30.79	200 Meter Backstroke	2:18.69	1:57.59	12
13	25.09	28.89	50 Meter Freestyle	25.99	22.29	14
15	1:08.49	1:19.69	100 Meter Breaststroke	1:11.79	1:00.89	16
17	59.39	1:08.09	100 Meter Butterfly	1:01.59	53.49	18
19	5:20.09	4:46.49	400 Meter Freestyle	4:26.19	4:55.39	20
SCY	LCM	SUNDAY, JULY 13, 2025 Heats and Finals		LCM	SCY	
21	2:12.99	2:33.59	200 Meter IM	2:21.09	2:00.69	22
23	54.59	1:02.99	100 Meter Freestyle	57.19	49.19	24
25	18:26.29	18:59.59	*1500 Meter Freestyle W	-	-	-
26	2:11.79	2:29.89	200 Meter Butterfly	2:17.49	2:00.29	27
-	-	-	*800 Meter Freestyle M	9:19.09	10:16.99	28

\* **Women's 1500 and Men's 800** will swim on Sunday, July 13. Fastest checked in heat of women's 1500 will be the third event of Monday finals; fastest heat of men's 800 will be the fifth event. All other heats will swim during the break, according to the national distance rule, with the second fastest heat being seeded to end at 4:00 pm and then all other heats working backward, fast to slow, alternating women / men, until all heats have been swum.

**Note: W1500/M800 check-in to be seeded will close at 5:30 pm Saturday** (check-in to swim will close at 10:00 am Sunday).

## 2025 LOS ANGELES INVITATIONAL HOUSING REGISTRATION FORM

- Please complete form completely and clearly, and return by May 31, 2025
- Rooming List and any changes to room occupancy or cancellations must be made by May 31, 2025
- Check for the full amount for rooms must accompany final rooming list by May 31, 2025
- LIMITED NUMBERS OF BEDS ARE AVAILABLE. TO SECURE ROOMING PLEASE FORWARD REQUEST AS SOON AS POSSIBLE ALONG WITH PAYMENT.

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

**MAIL:** USC Swimming c/o Lea Maurer  
Uytengsu 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 7/10)**

**Check out date (no later than 7/14)**

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 - \$100 per night per person single occupancy Double - \$80 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
							13
							14