



La Mirada LC Meet

April 11-12, 2026

La Mirada Splash Aquatic Center



Sanctioned by USA Swimming & Southern California Swimming Sanction No. S26-084

Hosted by La Mirada Armada & the Metro Committee

Entry Due Date: Entries must be received by 5:00PM on Wednesday, April 1, 2026

Swimmers may swim a maximum of 4 individual events and 1 relay per day

POOL: LA MIRADA SPLASH REGIONAL AQUATIC CENTER, 13806 La Mirada Blvd, La Mirada. From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, center on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, the aquatics center is on right.

COURSE: Competition pool is an outdoor, 50-meter pool, 2 meters to 14' deep. Two 25yd courses. A separate 25-yard warm-up pool will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. All New Daktronics pads and timing system, starting blocks.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7AM and 8:15AM. Diving will be allowed in designated dive lanes only under the supervision of coaches and marshals. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET PERSONEL: • Meet Referee: Carol Cracchiolo (fxn2b@att.net). Any questions regarding the conduct of the meet should be directed to the referee.

• Admin Referee: Alina de Armas (armadaswimming@gmail.com)

• Meet Director (Facility Information): Don Garman (ihaccoach@aol.com) – (949) 257-4483

• Entry Chair: Alina de Armas (armadaswimming@gmail.com)

RULES: USA Swimming rules, including the Minor Athlete Protection Policies (MAAP 2.0) will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. • Coaches must declare scratches daily. The swimmers/events page for each day will be available the night before. Scratches close 1 hour before the start of the session. • All athletes 18 years or older must complete the online ATHLETE PROTECTION

TRAINING recorded in SWIMS 3.0 in order to compete. • All coaches and officials on deck must complete the CDC or NFHS Concussion course and CANRA reporting course. • There will be separate restroom facilities for athletes & coaches. • 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 Start Date of the meet to enter. • 5-8 swimmers may choose to swim either '5-8' or '7-10' or any combination of both.

- Events will be seeded FASTEST to SLOWEST. • Timers are to be provided by each team. • Swimmers competing in the event 400 & 1500 Free are required to furnish their own timers and lap counters.

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 for 13 and over swimmers. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.

DECK CHANGES: Deck Changes are prohibited.

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.

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 a 2026 USA Swimming Registration. Registration must be completed in SWIMS 3.0 prior to the entry deadline. No Late or On Deck registration is allowed.

CHANGE OF AFFILIATION: Club transfers (unattached or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as "unattached" but is responsible for completing the Club Transfer process online in SWIMS 3.0.

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. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: 12-un: Medals for 1-3 places, ribbons for 4-8 places. BB/B Ribbons 1-8
Relays 1st Place Medals, 2-3 Ribbons

ENTRY FEES: Surcharge per swimmer: \$15.50 Individual event: \$6.00. Relays \$10.00. Relay-only swimmers must be pre-entered electronically and prepaid (\$15.50 swimmer surcharge)

ENTRY PROCEDURE: Team Electronic Entry is highly preferred. • Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (5 PM postmark would queue before a 10 PM electronic). • Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. • Entry updates (added events) will be processed when received by the processor by the entry deadline.

• Deletions will NOT be refunded. • Returned checks will incur a service fee per SCS policy. • For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. The card must be completely filled out, including the entire USA Swimming registration number. To avoid concern regarding receipt of the entry card at the designated address, enclose a stamped, self-addressed envelope or postcard (Receipt of entries will not be verified by phone or e-mail). NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED. OUTREACH SWIMMERS: entry fee is \$15.00 flat fee. Teams must submit proof of Outreach status by submitting a team roster.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5pm on April 1, 2026. Make Checks payable to La Mirada Armada. E-MAIL ENTRIES TO: armadaswimming@gmail.com Mail to: Alina de Armas, P.O. Box 63 Simi Valley, CA 93062-0063 Hand Delivered to: 2724 Loraine Place, Simi Valley, CA 93065

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. MAAPP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

USA SWIMMING MEET 360:

- USA Swimming & Southern California Swimming 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 or USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, access will not be granted.
- Individuals permanently suspended or ineligible can be spectators at a meet and must remain in designated 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 be required to participate in this competition.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every individual's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-587-7233 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.
- It is understood and agreed that USA Swimming and City of La Mirada shall be held harmless from any Liabilities or claims for damages arising by reason of injuries 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. Metro Course Championships



La Mirada Armada

Metro Committee LC Meet



April 11-12, 2026
Entries Due: Wednesday, April 1, 2026

Sanction # xxx-xxx

Warm-up 7:00AM

Meet Starts 8:30AM

You may swim a total of 4 individual events and 1 relay per day

Saturday, April 11, 2026

Sunday, April 12, 2026

Morning Session					
Girls	Min	Event	Age	Min	Boys
1		200 IM	11-12		
2		100 Free	5-8		3
4		200 Free	7-10		5
6		200 Free	11-12		
7		100 Brst	7-10		8
9		100 Brst	11-12		
10		50 Back	5-8		11
12		50 Back	7-10		13
14		50 Back	11-12		
15		50 Free	5-8		16
17		50 Free	7-10		18
19		50 Free	11-12		
20		100 Fly	7-10		21
22		100 Fly	11-12		
23	3:28.09	200 Back	11-12		
24	Mixed	200 Med. Relay	5-8		
25	Mixed	200 Med. Relay	7-10		
26		400 Med. Relay	11-12		
27	26:06.89	1500 Free	11-12		

Morning Session					
Girls	Min	Event	Age	Min	Boys
52	3:31.09	200 Fly	11-12		
53		200 IM	7-10		54
55		50 Brst	11-12		
56		50 Brst	5-8		57
58		50 Brst	7-10		59
60	3:56.79	200 Brst	11-12		
61		100 Back	7-10		62
63		100 Back	11-12		
64		50 Fly	7-10		65
66		50 Fly	11-12		
67		50 Fly	5-8		68
69		100 Free	11-12		
70		100 Free	7-10		71
72	7:28.89	400 IM	11-12		
73	Mixed	200 Free Relay	5-8		
74	Mixed	200 Free Relay	7-10		
75		400 Free Relay	11-12		
76	6:32.89	400 Free	11-12		

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
28	3:13.29	200 Back	11-12	3:22.99	29
			13-up	3:01.79	
		200 Free	11-12		30
31		200 Free	13-14		32
			15-up		
		100 Brst	11-12		33
34		100 Brst	13-14		35
			15-up		
		50 Back	11-12		36
37		50 Back	13-14		38
			15-up		
		100 Fly	11-12		39
40		100 Fly	13-14		41
			15-up		
		50 Free	11-12		42
43		50 Free	13-14		44
			15-up		
45	6:57.99	400 IM	11-12	7:17.89	46
			13-up	6:30.69	
		400 Med. Relay	11-12		47
48		400 Med. Relay	13-14		49
			15-up		
50	6:08.09	400 Free	11-12	6:21.09	51
			13-up	5:48.39	

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
77	3:40.29	200 Brst	11-12	3:47.89	78
			13-up	3:22.79	
		100 Back	11-12		79
80		100 Back	13-14		81
			15-up		
		50 Fly	11-12		82
83		50 Fly	13-14		84
			15-up		
		200 IM	11-12		85
86		200 IM	13-14		87
			15-up		
		50 Brst	11-12		88
89		50 Brst	13-14		90
			15-up		
		100 Free	11-12		91
92		100 Free	13-14		93
			15-up		
94	3:15.69	200 Fly	11-12	3:24.79	95
			13-up	2:59.69	
		400 Free Relay	11-12		96
97		400 Free Relay	13-14		98
			15-up		
99	24:28.99	1500 Free	11-12	25:51.79	100
			13-up	23:04.59	

Relays will be swam, time permitting

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

7-8 swimmers may choose to swim either 5-8 or 7-10 or any combination of both.

Swimmers are required to provide their own timers and lap counters 400 and 1500 events