



LA MIRADA ARMADA SENIOR INVITATIONAL

April 8 – 10, 2016

SANCTIONED BY: USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING
SPONSORED BY: Southern California Swimming & The La Mirada Armada
DATE OF MEET: **April 8 - 10, 2016**

SANCTION NO: #S16-083
HEATS & FINALS (Consols, Finals)
ENTRIES DUE: Received by 5:00PM **Wednesday, Mar 29, 2016**

START TIMES: Friday 5:00 pm, Saturday and Sunday prelims 9:00 am. Saturday finals, 5:00 pm. Sunday finals 4:00 pm.

WARM-UP TIMES: Pool will be open for prelim warm-up sessions at 3:30 pm on Friday, 7:30 am on Saturday and Sunday. Warm-ups for finals will start at 3:30 pm on Saturday and 2:30 pm on Sunday.

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, center on right. Pool is outdoor, all deep 50 meter pool with 8 competition lanes; separate 25 yard warm up pool; Colorado scoreboard. Course is 2 meters deep at start and turn ends. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming.

MEET CONDUCT

WARM-UP: USA-S warm-up policies will be enforced by the officials. There will be no diving into the warm-up or competition pools except into a designated sprint lane or lanes as directed by the Meet Referee. Any additional warm-up rules will be announced and/or posted. Marshals from RMDA will be stationed to oversee all warm-up areas.

RULES: USA-S Rules will govern. Current SCS meet procedure for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. In accordance with the 2016 SCS Swim Guide (Part Two, Section II, B), the Timed Finals check-in procedure is required for all events. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, a swimmer may not check-in or scratch. All timed final and prelim events will be run fastest to slowest. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee.

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 acknowledgment and consent to this fact.

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.

ENTRY INFORMATION

EVENT LIMIT: 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 entering five or more events must prove all events entered. Label bonus events "B".

ELIGIBILITY AND AFFILIATION: This meet is open to athletes who hold current USA-S registration cards. USA-S registration applications must be received by the meet host or SCS office by the meet entry deadline: 5:00 PM on Wednesday, March 29, 2016. Registration may be submitted together with the athlete entry. There are substantial penalties to a swimmer and his or her club if USA-S registration is completed at the meet. Late applications will be considered "On-Deck" and subject to the relevant SCS penalties (2016 SCS Swim Guide, Part One, III, B).

CHANGE OF AFFILIATION: Before the meet, a swimmer may change his or her affiliation by submitting a Club Transfer Form and the appropriate fee to the SCS office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. Swimmers may not attach or re-attach at a meet.

SUBMITTED TIMES: Submit actual times achieved for each event. Swimmers must have achieved the time standard after Sept. 1, 2014. No workout times will be accepted. Do not submit NT (No Time) or ET (Estimated Time) entries. All entry times will be verified in the USA-S SWIMS database. Times not in SWIMS are provable only with official results and are subject to approval by SCS. Discrepancies in submitted times may lead to disciplinary action. If a standard is achieved in Long Course Meters, enter that event with the Long Course Meters time which should be indicated on the entry by "L". If a standard is achieved in Short Course Yards, enter that event with the Short Course Yards time which should be indicated on the entry by "Y". "L" or "Y" must be indicated on the proof of time sheet. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day. NOTE: 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.

ENTRY PROCEDURE

ENTRY FORMAT: Club electronic entry is encouraged. Individual event fee of \$6.50 per event plus \$14.00 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) and mailed to RMDA's Meet Administrator at the address below, not to the SCS or RMDA offices. 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 Armada 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. Electronic entries should be e-mailed to Armada's Meet Administrator: alina@dearmas.co

MAKE CHECKS PAYABLE TO:
Mail To: Alina DeArmas
PO Box 63
Simi Valley, CA 93062-0063

SOUTHERN CALIFORNIA SWIMMING
ELECTRONIC ENTRY FILE (entry.zip): alina@dearmas.co
(you must include signed Word or .pdf file)

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.



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ENTRIES DUE: Must be received by 5:00 Wednesday, Mar 29, 2016

START TIMES: FRIDAY 5:00 PM PRELIMINARIES SAT/SUN 9:00 AM FINALS SAT 5:00 PM, SUN 4:00 PM

Preliminaries – Finals: B Consolation, A Final

Event #	Automatic Time		Friday Events	Automatic Time		Event #
	Meters	Yards		Yards	Meters	
1	10:05.19	11:09.99	800 FREESTYLE			**
**			1500 FREESTYLE	17:40.69	18:04.29	2

Event #	Automatic Time		Saturday Events	Automatic Time		Event #
	Meters	Yards		Yards	Meters	
3	1:22.39	1:12.09	100 BREASTSTROKE	1:04.69	1:14.29	4
5	29.89	26.39	50 FREESTYLE	23.59	26.99	6
7	2:33.89	2:18.09	200 BUTTERFLY	2:04.99	2:20.59	8
9	2:19.69	2:02.99	200 FREESTYLE	1:52.39	2:08.49	10
11	2:38.69	2:18.69	200 INDIVIDUAL MEDLEY			**
**			400 INDIVIDUAL MEDLEY	4:29.09	5:06.79	12
13	1:12.39	1:03.39	100 BACKSTROKE	57.19	1:06.09	14
15	4:53.69	5:27.19	400 FREESTYLE			**
**			800 FREESTYLE	10:33.39	9:25.99	16

Event #	Automatic Time		Sunday Events	Automatic Time		Event #
	Meters	Yards		Yards	Meters	
17	1:10.19	1:02.79	100 BUTTERFLY	56.19	1:03.49	18
19	2:57.79	2:36.59	200 BREASTSTROKE	2:20.99	2:40.99	20
21	1:04.79	56.69	100 FREESTYLE	51.29	58.49	22
23	5:33.89	4:55.39	400 INDIVIDUAL MEDLEY			**
**			200 INDIVIDUAL MEDLEY	2:05.99	2:24.19	24
25	2:35.39	2:15.89	200 BACKSTROKE	2:03.99	2:22.69	26
**			400 FREESTYLE	5:05.49	4:32.89	27
28	19:18.49	18:46.99	1500 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 entering five or more events must prove **all** events entered. **Label bonus events "B"**.

All timed final and prelim events will be swum fastest to slowest. Finals: Consolation Final (B), Final (A). Preliminaries may be run double-ended and/or by flight depending upon the size of the meet. The FRIDAY 800/1500 Freestyle will be swum fastest to slowest with alternating heats of Women and Men. The fastest heat of the SATURDAY 800 will swim with Finals. The fastest heat of the SUNDAY 1500 will swim with Finals. Remaining heats of the Saturday 800 Free and Sunday 1500 Free will be swum after Prelims, fastest to slowest. Swimmers in the 800 Freestyle and 1500 Freestyle should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lapcounters.

MEET HOTEL INFORMATION (ask for Splash rate)

Holiday Inn Select (714) 739-8500
14299 Firestone Blvd, La Mirada, CA 90638
\$82.00 to \$99.00

Extended Stay America (714) 670-8579
14775 Firestone Blvd, La Mirada, CA 90638
\$89 to \$129

Courtyard Marriott (714) 670-6600
7621 Beach Blvd Buena Park CA 90620
\$129.00-\$149.00

Fairfield Inn and Suites (714) 670-7200
7828 Orangethorpe Ave Buena Park CA 90620
\$119.00-\$139.00