

# La Mirada Armada



## Metro Committee B, R, W Long Course Swim Meet July 17 & 18, 2010

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING  
SANCTION NO: #10- 178

Afternoon session will not begin before 11:30 PM

**Notice:** 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.

WARM-UP AM Sessions: 7:30 AM BOTH DAYS

STARTING TIME: 9:00 AM BOTH DAYS

Afternoon warm-up begins immediately after AM Session

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### La Mirada Armada WILL LIMIT ENTRIES TO COMPLY WITH THE 4 HOUR RULE Maximum of 4 Individual Events per day

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**Directions:** Splash Aquatic Center, 13806 La Mirada Blvd., La Mirada, CA

From the Santa Ana Freeway (5) Heading SOUTH: exit at Valley View travel EAST. Turn RIGHT at Rosecrans. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center. Heading NORTH: exit at Beach Blvd. Proceed NORTH. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center.

**COURSE:** 50 meter 8 lanes with a separate warm-up pool. Water depth is 6 ft. at the start end and 12 ft. at the turn end. Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C)

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Questions regarding the conduct of the meet should be made directly to that person.

**RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2010 SCS Swim Guide.) Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in THIRTY MINUTES prior to the start of the session. Swimmers must swim in their actual age group as determined by age on the first day of the meet. Open events may be entered by swimmers 11-yrs and older who have achieved the 11-12 "Blue" time for that event. **Swimmers 5-8 years old may swim 5-8 events or 5-10 events, not any combination.**

**Swimsuits:** for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

**WARM-UP POLICY:** Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up pool will be removed at the discretion of the Marshal. Warm-up rules will be announced and posted.

**ELIGIBILITY:** Open to ALL METRO COMMITTEE athletes who are 2010, USA Swimming registered. NO ON-DECK ENTRIES. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS Office. Late application will be considered on deck, and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. There are substantial penalties to swimmer & Club (See 2010 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a Club transfer form and the appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (may not attach or reattach) by notifying the Administrative Referee and paying the fee.

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** long course or short course from this or preceding swim season (**NO WORK OUT TIMES**). All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter at minimum (see 2010 Swim Guide for exceptions).

**ENTRY FORMS:** Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA SWIMMING registration number. \$3.00 for each individual event PLUS \$6.00 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$5.00 fee. **Make checks payable to "SOUTHERN CALIFORNIA SWIMMING".** There are no refunds. **RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.** Entries will be rejected if a check does not accompany the entry card.

**AWARDS:** OPEN Events will not be awarded. Events 3 – 4, 55 – 56 will have awards for Blue and Red Divisions only.

**'Blue' DIVISION** MEDALS to places 1<sup>st</sup> through 3<sup>rd</sup>. Ribbons to places 4<sup>th</sup> through 8<sup>th</sup>

**'Red' DIVISION** Ribbons to places 1<sup>st</sup> through 8<sup>th</sup>.

**'White' DIVISION** Ribbons to places 1<sup>st</sup> through 8<sup>th</sup>. **Relays** Ribbons to places 1<sup>st</sup> through 3<sup>rd</sup>.

**ENTRY PROCEDURE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, July 7, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

**NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.**

**Make checks payable to: SOUTHERN CALIFORNIA SWIMMING:**

MAIL entries to: **Alina de Armas, PO Box 63, Simi Valley, CA 93062**

**Electronic HY-TEK entries are to be sent to: dearmas1@gmail.com**

**SCS policy for electronic entry:** #1 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. #2 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. #3 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. New swimmers accepted SPACE AVAILABLE. #4 DO NOT RE-SEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

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**FOR FURTHER INFORMATION CALL: Don Garman (949) 552-1710**

**Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of your entry.**

**Receipt of entries will not be verified by telephone or E-Mail**



# La Mirada Armada

## B,R,W Long Course Swim Meet

### July 17-18, 2010



La Mirada Armada will comply with the 4 Hour Rule

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

**Saturday July 17, 2010**

Morning Session					
Girls	Min	Event	Age	Min	Boys
1		100 Free	5-8		2
3	3:19.30	200 Free	5-10	3:19.00	4
5		200 Free	11-12		
6		100 Breast	5-10		7
8		100 Breast	11-12		
9		50 Back	5-8		10
11		50 Back	5-10		12
13		50 Back	11-12		
14		50 Free	5-8		15
16		50 Free	5-10		17
18		50 Free	11-12		
19		100 Fly	5-10		20
21		100 Fly	11-12		
22	Deck	200 Medley Relay	5-8	Deck	23
24	Entered	200 Medley Relay	5-10	Entered	25
26	Entered	200 Medley Relay	11-12	Entered	
27	5:47.30	400 Freestyle	11-12	open	28

Afternoon session will not begin before 11:30 am

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
29	3:09.20	200 Back	open	3:11.80	30
31		400 IM	13-up		32
		200 Free	11-12		33
34		200 Free	13-up		35
		100 Breast	11-12		36
37		100 Breast	13-up		38
		50 Back	11-12		39
40		50 Free	13-up		41
		50 Free	11-12		42
43		100 Fly	13-up		44
		100 Fly	11-12		45
46		200 Fly	13-up		47
	Deck	200 Medley Relay	11-12	Deck	48
49	Entered	200 Medley Relay	13-14	Entered	50
51	Entered	200 Medley Relay	15&O	Entered	52
53		400 Freestyle	13-up		54

In events 3-4,55-56, A swimmer must meet the minimum (RED) time standard LC or SC to enter.

Swimmers 5-8 years old may swim 5-8 events or 5-10 events, not any combination.

Swimmers in the 1500 (105-106) Freestyle event must provide their own timers and lap counters.

Swimmers in the 400 (27-28, 53-54) Freestyle event must provide their own timers.

The 1500 Freestyle events will swim fastest to slowest alternating girls and boys

A swimmer may swim an event (stroke/distance) once even if offered twice.

Open events may be entered by swimmers 11-ysrs and older who have achieved the 11-12 "Blue" time for that event.

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

**Sunday July 18, 2010**

Morning Session					
Girls	Min	Event	Age	Min	Boys
55	3:49.30	200 IM	5-10	3:50.40	56
57		200 IM	11-12		
58		50 Breast	5-8		59
60		50 Breast	5-10		61
62		50 Breast	11-12		
63		50 Fly	5-8		64
65		50 Fly	5-10		66
67		50 Fly	11-12		
68	Deck	200 Free Relay	5-8	Entered	69
70		100 Back	5-10		71
72		100 Back	11-12		
73		100 Free	5-10		74
75		100 Free	11-12		
76	Deck	200 Free Relay	5-10	Deck	77
78	Entered	200 Free Relay	11-12	Entered	
79	3:05.70	200 Fly	open	3:07.20	80
81	06:31.2	400 IM	open		

Afternoon warmup begins immediately following AM session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		400 IM	open	6:32.30	82
83	3:31.00	200 Breast	open	3:31.20	84
		200 IM	11-12		85
86		200 IM	13-up		87
		50 Fly	11-12		88
89		200 Breast	13-up		90
		50 Breast	11-12		91
92		100 Back	13-up		93
		100 Back	11-12		94
95		100 Free	13-up		96
		100 Free	11-12		97
98		200 Back	13-up		99
	Deck	200 Free Relay	11-12	Deck	100
101	Entered	200 Free Relay	13-14	Entered	102
103	Entered	200 Free Relay	15&O	Entered	104
105		1500 Freestyle	13-up		106