



2023 Los Angeles Invitational

Trojan Swim Club & Southern California

SANCTIONED BY: USA Swimming & Southern California Swimming **SANCTION S23-124**
SANCTIONED BY: Southern Pacific Masters Swimming for USMS, Inc. **SANCTION #333-S013**
SPONSORED BY: Southern California Swimming and USC Swimming and Diving

DATE OF MEET: July 6-9, 2023

Thursday Timed Final, Fri, Sat and Sun HEATS & FINALS

ENTRIES RECEIVED by: Monday, July 3rd, 2023

START TIMES: Thursday timed final: 5:00 pm

Friday, Saturday, and Sunday

PRELIMS: 9:00 am

FINALS: 5:00 pm

WARM-UP: POOL WILL OPEN FOR WARM-UP AT 3:00 PM on THU, 7:00 AM on FRI, SAT, & SUN

FACILITY: Uytengsu Aquatic Center. 1026 W 34th st Los Angeles CA. On the USC Campus.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top Ten and records will be contingent on verification of bulkhead placement.

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2023 USA Swimming or FINA 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 & younger must prove birth dates prior to competition. 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.

USMS (MASTERS) ENTRY: To swim a dual-sanctioned meet as a Masters swimmer, you must either enter electronically or using an SCS entry card (available on www.socalswim.org), submit a copy of the USMS Declaration of Intent to swim a dual-sanctioned meet as a Masters swimmer, and a copy of your 2023 USMS Registration. Age on December 31, 2023 determines age group for the meet. You must be registered with USMS and be at least 18 years old on July 6, 2023 to compete. Times achieved by USMS members competing in a USA Swimming sanctioned meet as USA Swimming athletes may not be submitted for FINA world record consideration. Only swimmers who compete in USMS sanctioned events as USMS members are eligible to submit times for FINA world record consideration. **USMS athletes are permitted to swim prelims only and prelims will be considered timed finals under USMS rule 102.5.5.** USMS does not permit time trials in 25-meter and 50-meter pools.

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, 2021. 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: 1st – 3rd individual event medals.

ENTRY FEES: \$13.00 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:
and **MAIL ENTRY TO: Alina de Armas**

La Mirada Armada
e-mail: meetprocessor@gmail.com
PO Box 63
Simi Valley, CA 93062-0063

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY 5:00 PM, Monday July 3, 2023.

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 Sally Taggart, [sbttaggart@hotmail.com](mailto:sbtaggart@hotmail.com)

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2023 SCS Swim Guide); The National Finals' scratch rule will be used. Prelim Scratch deadline for Thursday events will be 4:00 PM Thursday, for Friday events 5:30 PM Thursday, 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 Thursday are timed final events. The men's 800 and women's 1500 freestyle on Sunday will have a championship final. All prelims will swim fast to slow unless Friday, 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). 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 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 1500 and Women's 800 will be timed final events on Thursday, July 6. All heats will be swum fastest to slowest, alternating women and men's heats. **Note: W1500/M800 check-in to be seeded will close at 5:30 pm on Saturday. Men's 1500 and Women's 800** will swim on Sunday, July 9. Fastest checked in heat of women's 800 will be the third event of Sunday finals; fastest heat of men's 1500 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.**

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.

TIME TRIALS: Sanction: S23-125

1) Time Trials will be held under a separate sanction of LSC.

2) Time Trials will be conducted on a time-available basis and are limited to approximately one hour.

3) Entries for Time Trials will be conducted only through your choice. PAYMENT AT TIME OF ENTRY IS REQUIRED.

4) Athletes must be entered in the meet and have paid the athlete surcharge to swim in Time Trials.

5) Each time trial swum will count toward the daily event limit with a combination of time trials and individual meet events not to exceed three (3) per day. Athletes are limited to two (2) time trials total during the course of the meet.

6) A decision on Relay Only swimmers at Time Trials will be announced please work with meet ref on timing of decision.

7) Time Trial Entry Fees: \$20.00 per event

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.

USC Housing Form Attached – email:

2023 Los Angeles Invitational

DATE OF MEET: July 6 - 9, 2023

RECEIVED BY Entry Deadline: Monday, July 3, 2023

HEATS AND FINALS MEET CHAMPIONSHIP SEEDING

OPEN TO: 2023 USA SWIMMING and 2023 FINA ATHLETE MEMBERS

WOMEN			EVENT	MEN		
YARDS	METERS		THURSDAY, JULY 6, 2023 Timed Final Session	METERS	YARDS	
1	11:11.19	10:00.99	800 Meter Freestyle W	-	-	-
-	-	-	1500 Meter Freestyle M	17:56.69	17:27.59	2
FRIDAY, JULY 7, 2023 Heats and Finals						
3	2:00.69	2:18.09	200 Meter Freestyle	2:07.29	1:50.09	4
5	2:30.79	2:55.39	200 Meter Breaststroke	2:38.49	2:16.19	6
7	1:00.39	1:10.79	100 Meter Backstroke	1:04.89	54.99	8
9	25.59	29.39	50 Meter Freestyle	26.29	22.79	10
11	4:48.29	5:31.09	400 Meter IM	5:03.29	4:24.59	12
SATURDAY, JULY 8, 2023 Heats and Finals						
13	2:11.89	2:32.79	200 Meter Backstroke	2:20.69	1:59.59	14
15	1:09.49	1:20.69	100 Meter Breaststroke	1:12.79	1:01.89	16
17	1:00.39	1:09.09	100 Meter Butterfly	1:02.59	54.49	18
19	5:24.09	4:50.49	400 Meter Freestyle	4:30.19	4:59.39	20
SUNDAY, JULY 9, 2023 Heats and Finals						
21	2:14.99	2:35.59	200 Meter IM	2:23.09	2:02.69	22
23	55.59	1:03.99	100 Meter Freestyle	58.19	50.19	24
25	18:41.29	19:14.59	*1500 Meter Freestyle W	-	-	-
26	2:13.79	2:31.89	200 Meter Butterfly	2:19.49	2:02.29	27
-	-	-	*800 Meter Freestyle M	9:27.09	10:24.99	28

* **Men's 1500 and Women's 800** will swim on Sunday, July 9. Fastest checked in heat of women's 800 will be the third event of Sunday finals; fastest heat of men's 1500 will be the sixth 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

2023 LOS ANGELES INVITATIONAL HOUSING REGISTRATION FORM

- Please complete form completely and clearly, and return by May 31, 2023
- Rooming List and any changes to room occupancy or cancellations must be made by May 31, 2023
- Check for the full amount for rooms must accompany final rooming list by June 23, 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

MAIL: USC Swimming c/o Lea Maurer
Uytengsu Aquatics Center
1026 West 34th Street
Los Angeles, CA 90089-2511

PAYMENT: Check for housing made payable to Trojan Swim Club

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 7/5)

Check out date (no later than 7/10)

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 - \$90 per night per person single occupancy Double - \$70 per person double occupancy

TEAM NAME: _____

Last	First	Gender	Age	Single or Double	Check in Date	Checkout Date	Room
							1
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