

# 2019 Los Angeles Invitational

## Trojan Swim Club & Southern California Swimming

SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: S19-???

SPONSORED BY: Trojan Swim Club/SCS

HEATS & FINALS

DATE OF MEET: July 11-14, 2019

ENTRIES RECEIVED by: Wednesday, July 3, 2019

START TIME: THURS: 4 pm; PRELIMS: 8:30 am;

FINALS: 5 pm

**PLAN ON A FLIGHT and B FLIGHT PRELIMS FRIDAY & SATURDAY**

**Warm-up: POOL WILL OPEN FOR WARM-UP AT 7:00 AM FRI, SAT & SUN (2 pm Thurs)**

[LosAngelesInvite.com](http://LosAngelesInvite.com)

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

**POOL:** Uytensu Aquatics Center on the USC Campus. Pool is located on NW corner of the campus bounded by Vermont and Jefferson. Entrance to parking structure is on Jefferson.

**COURSE:** Uytensu Aquatics Center, the 1984 Los Angeles Games pool, is an outdoor, international depth, eight lane, 50 meter course with an adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool depth start end 4 meters; turn end 2M.

**TICKETS:** \$3 Prelims/\$8 Finals/Day Pass \$10 - **There is a parking fee.**

### ENTRY INTO THE MEET

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold a current 2019 USA Swimming or FINA membership. Registration application must be at SCS Office by July 3, 2019. There are substantial penalties for swimmer and club (2019 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee.

**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, 2017. 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 & 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:** Individual 1st-3rd, Relay 1st.

**ENTRY FEES:** \$13.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry. **Relays:** \$26.00 per relay team entered must be paid with entry or upon deck 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:**

**SOUTHERN CALIFORNIA SWIMMING**  
Alina de Armas e-mail: [alina@dearmas.co](mailto:alina@dearmas.co)  
PO Box 63  
Simi Valley, CA 93062-0063

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY 5:00 PM, Friday, July 5, 2019.

## **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 Mary Jo Swalley, [mj64bear@earthlink.net](mailto:mj64bear@earthlink.net)

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2019 SCS Swim Guide); The National Finals' scratch rule will be used. Prelim Scratch deadline for Friday events will be 7:30 AM Friday, for Saturday events 5:30 PM Friday and for Sunday events 5:30 PM Saturday.

There will be **five** heats (E, D, C, B, A) for the 50 freestyle; **four** heats (D,C,B, A) for 100 & 200 meter events; **three** heats (C, B, A) for 400 meter events. The 800 and 1500 freestyle will have only a championship final. IF meet is "flighted" for Friday and Saturday, the "A" flight will swim slow to fast; the "B" will swim fast to slow. If not "flighted," all prelims will swim fast to slow. **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). 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 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.

**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:** Prelims of Women's 800 and Men's 1500 will be Thursday, July 11. Women's 800 final will be Friday; Men's 1500 final will be Saturday. Sunday: W1500 & M800 will be swum fastest to slowest, alternating women and men's heats. Fastest heat of women's 1500 will be third event of Sunday finals; fastest heat of men's 800 will be sixth event. All other heats will be swum in the preliminaries. **THREE HEATS** each (women and men) will be swum as part of prelims; any other heats will swim during the break. **Note: W1500/M800 check-in to be seeded will close at 5:00 pm Saturday** (check-in to swim will close at 10:00 am Sunday).

**RELAY EVENTS:** Pre-entered relays are encouraged. Relays Friday-Sunday will be the last event of Finals each day, seeded in national format. On Sunday, July 14, teams may elect to swim relays at the end of the preliminary session. Thursday relays will be in event order.

**WARM UP:** All warm ups 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.**

**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 event.**

**USC Housing Form Attached – email: [losangelesinvite@gmail.com](mailto:losangelesinvite@gmail.com)**

# 2019 Los Angeles Invitational

DATE OF MEET: July 11-14, 2019

RECEIVED BY Entry Deadline: Wednesday, July 3, 2019

HEATS AND FINALS MEET

CHAMPIONSHIP SEEDING

OPEN TO: 2019 USA SWIMMING AND 2019 FINA ATHLETE MEMBERS

WOMEN		EVENT		MEN	
YARDS	METERS	THURSDAY, JULY 11, 2019	METERS	YARDS	
1	Pre or Deck Entry	200 Meter Freestyle Relay	Pre or Deck Entry		2
3**	10:39.39 9:36.39	800 W Free/1500 M Free Prelim	17:23.79 16:41.59		**4
5	Pre or Deck Entry	200 Meter Medley Relay	Pre or Deck Entry		6
<b>FRIDAY, JULY 12, 2019</b>					
3**		800 Meter Freestyle FINAL			
7	53.49 1:01.79	100 Meter Freestyle	56.49 47.79		8
9	2:08.89 2:29.59	200 Meter Butterfly	2:16.79 1:55.79		10
11	2:07.19 2:30.99	200 Meter Backstroke	2:18.89 1:55.89		12
13	4:33.39 5:21.09	W 400 IM – M 400 M Free	4:22.69 4:46.59		14
15	Pre or Deck Entry	400 Meter Freestyle Relay	Pre or Deck Entry		16
<b>SATURDAY, JULY 13, 2019</b>					
		1500 Meter Freestyle FINAL			**4
17	2:09.29 2:30.79	200 Meter Individual Medley			
		200 Meter Freestyle	2:02.59 1:45.59		18
19	2:25.09 2:52.59	200 Meter Breaststroke	2:37.99 2:09.89		20
21	24.59 28.59	50 Meter Freestyle	25.89 22.09		22
23	5:08.79 4:39.79	W 400 M Free – M 400 IM	4:55.19 4:11.19		24
25	Pre or Deck Entry	800 Meter Freestyle Relay	Pre or Deck Entry		26
<b>SUNDAY, JULY 14, 2019</b>					
27	57.99 1:07.59	100 Meter Butterfly	1:01.29 52.69		28
29	17:43.29 18:23.59	*1500 Meter Freestyle			
30	58.99 1:10.39	100 Meter Backstroke	1:03.79 53.49		31
		*800 Meter Freestyle	8:58.69 9:48.89		32
33	1:07.39 1:18.39	100 Meter Breaststroke	1:12.99 59.89		34
35	1:55.29 2:13.19	200 Meter Freestyle			
		200 Individual Medley	2:20.19 1:57.09		36
37	Pre or Deck Entry	400 Meter Medley Relay	Pre or Deck Entry		38

\*800/1500 free Sunday heats may be double-ended if necessary to meet Finals' start time.

**If there are more than 600 entrants, Fri & Sat Preliminary Session may be divided into 'A' and 'B' flights with 7 heats (5 for the 400 meter events) in the 'A' flight. 'A' flight will swim slowest to fastest. 'B' session prelims will swim fastest to slowest with 400 Free & IM alternating women and men's heats. Prelim sessions that are not flighted will swim fastest to slowest; 400 Free & IM will alternate women and men's heats.**

**FINALS: 50 Freestyle 5 Heats; 100/200 events 4 heats; 400 events 3 heats; 800/1500 single heat**

IF STANDARD IS ACHIEVED IN YARDS, enter yard time.

National Qualifiers may enter at appropriate National meter minimum.

ELECTRONIC ENTRY WITH SIGNED HARD COPY IS ENCOURAGED

THIS IS A "PROOF OF TIME" MEET – ALL TIMES WILL BE VERIFIED THROUGH SWIMS DATABASE

EVENT LIMIT: THREE INDIVIDUAL EVENTS PER DAY INCLUDING TIME TRIALS

TIME TRIALS: Time trials will be held during the break on July 12-13 and after finals on July 14. Time trials are Separately sanctioned. The 800 and 1500 will be offered on Friday only. An athlete may swim an event only once as a time trial. Purchase (\$15) time trial cards at the Admin table. Sanction #S19-???.

USC Housing Form Attached - email: [losangelesinvite@gmail.com](mailto:losangelesinvite@gmail.com)

# SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_ Male  Female  USMS # \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •								
	800/1000 • •								
	1500/1650 • •								

Meet \_\_\_\_\_

No. of events \_\_\_\_\_ × \$ \_\_\_\_\_ = \$ \_\_\_\_\_

Surcharge \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

FOR OFFICE USE ONLY

Amt Rec'd \_\_\_\_\_

Date \_\_\_\_\_

Include a copy of USMS card

Maximum 5 individual events per day

Include a copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date **MAY BE REJECTED!**

**ALL MASTERS** swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**PLEASE SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

Is this your first Masters Meet?  Yes  No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

06/09

cut here .....cut here



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

## 2019 LOS ANGELES INVITATIONAL HOUSING REGISTRATION FORM

- Please complete form completely and clearly, and return by June 14, 2019
- Rooming List and any changes to room occupancy or cancellations must be made by June 29, 2019
- Check for the full amount for rooms must accompany final rooming list by June 29, 2019
- 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](mailto:losangelesinvite@gmail.com)

**MAIL:** USC Swimming c/o David Salo  
Uytensu Aquatics Center  
1026 West 34<sup>th</sup> Street  
Los Angeles, CA 90089-2511

**PAYMENT:** Check 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 7/9)**

**Check out date (no later than 7/15)**

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 - \$86 per night per person single occupancy      Double - \$69 per person double occupancy***

**Single - \$86 per night per person single occupancy Double - \$69 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

