

2016 Los Angeles Invitational

Trojan Swim Club & Southern California Swimming

SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: S16-141

SPONSORED BY: Trojan Swim Club/SCS

USMS #336-S015

DATE OF MEET: July 14-17, 2016

HEATS & FINALS

ENTRIES RECEIVED by: Wed, July 6, 2016

START TIME: THURS: 4 pm; PRELIMS: 8:30 am; FINALS: 5 pm

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

POOL: Uytengsu 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: Uytengsu 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), filed 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 2016 USA Swimming or FINA membership. Registration application must be at SCS Office by July 6, 2016. There are substantial penalties for swimmer and club (2016 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, 2014. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. When entries are closed, non-conforming times will be converted by meet administration for seeding purposes only.
- Swimmers with National or Jr National 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"**

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: \$12.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry. **Relays:** \$22.00 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
PO Box 63
Simi Valley, CA 93062-0063

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY 5:00 PM, Wednesday, July 6, 2016.

For Information Call Southern California Swimming 805-682-0135

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 that person.

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2016 SCS Swim Guide); The National finals' scratch rule will be used. 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 three finals' heats (B, A and Championship). **IF** there are more than 500 entrants, an 18 & Under Final (18 & Under athletes NOT in the top 24) will be added before the B final (order of finals: C 18 & Under, B, A, Championship). 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.

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.

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. 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 14. 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: Relays Friday-Sunday will be the last event of Finals each day, seeded in national format. On Sunday, July 17, 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.

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: wesfoltz919@gmail.com

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.



DECLARATION OF INTENT To swim a dual-sanctioned meet as a Masters swimmer

MEET INFORMATION

Name _____

Location _____

Dates _____

USMS Sanction Number _____

SWIMMER INFORMATION

Name _____

USMS Number _____

USMS Club _____

Events entered _____

<p>Instructions</p> <p>This form (BOTH sides) must be completed prior to competition.</p> <p>Complete two copies. Give one copy to the meet director prior to competition and one copy to the LMSC Top Ten Recorder.</p> <p>It is the responsibility of the swimmer to complete and submit this paperwork.</p>

I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer.

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



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

Waiver revised 07/01/2014

2016 Los Angeles Invitational

DATE OF MEET: July 14-17, 2016

RECEIVED BY Entry Deadline: Wednesday, July 13, 2016

HEATS AND FINALS MEET

CHAMPIONSHIP SEEDING – “C” 18 & Under (if added), “B” CONSOL, “A” CONSOL, CHAMPIONSHIP FINAL

OPEN TO: 2016 USA SWIMMING AND 2016 FINA ATHLETE MEMBERS

WOMEN			EVENT	MEN		
YARDS	METERS	THURSDAY, JULY 14, 2016			METERS	YARDS
1	Pre or Deck Entry	200 Meter Freestyle Relay			Pre or Deck Entry	2
3**	10:49.19	9:40.79	800 W Free/1500 M Free Prelim			**4
5	Pre or Deck Entry	200 Meter Medley Relay			Pre or Deck Entry	6
FRIDAY, JULY 15, 2016						
3**	800 Meter Freestyle FINAL					
7	54.49	1:02.39	100 Meter Freestyle	57.39	49.39	8
9	2:13.79	2:29.49	200 Meter Butterfly	2:18.51	2:01.89	10
11	2:12.99	2:32.39	200 Meter Backstroke	2:20.89	2:02.79	12
13	4:45.97	5:22.00	W 400 IM – M 400 M Free	4:24.09	4:50.99	14
15	Pre or Deck Entry	400 Meter Freestyle Relay			Pre or Deck Entry	16
SATURDAY, JULY 16, 2016						
			1500 Meter Freestyle FINAL			
17	2:13.96	2:33.49	200 Meter Individual Medley			
			200 Meter Freestyle	2:04.09	1:47.79	18
19	2:30.91	2:51.99	200 Meter Breaststroke	2:37.89	2:18.99	20
21	25.49	29.09	50 Meter Freestyle	26.69	22.89	22
23	5:15.99	4:44.39	W 400 M Free – M 400 IM	4:58.49	4:20.99	24
25	Pre or Deck Entry	800 Meter Freestyle Relay			Pre or Deck Entry	26
SUNDAY, JULY 17, 2016						
27	1:00.49	1:08.29	100 Meter Butterfly	1:01.79	54.59	28
29	18:07.39	18:29.99	*1500 Meter Freestyle			
30	1:01.79	1:11.49	100 Meter Backstroke	1:04.99	56.59	31
			*800 Meter Freestyle	9:13.79	10:16.99	32
33	1:10.89	1:19.99	100 Meter Breaststroke	1:12.59	1:04.09	34
35	1:57.49	2:13.69	200 Freestyle			
			200 Individual Medley	2:21.49	2:00.79	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.

IF there are more than 500 entrants, an 18 & Under Final (18 & Under athletes NOT in the top 24) will be added before the B final (order of finals: C 18 & Under, B, A, Championship)

IF STANDARD IS ACHIEVED IN YARDS, enter yard time (converted by meet administration)
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 15-16 and after finals on July 17. 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 #S16-142.

USC Housing Form Attached - email: wesfoltz919@gmail.com

