

**HAWAIIAN SWIMMING  
OAHU ABC MEET (SCY)  
Veteran's Memorial Aquatic Center  
Saturday, October 6, 2007**

- SPONSOR:** Hawaiian Swimming  
Co-Sponsor: Hawaii Swimming Club
- SANCTION:** Held under the sanction of USA Swimming  
Hawaiian Sanction No.: **HI20071006-HSC**
- DATE:** Saturday, October 6, 2007
- POOL SITE:** Veterans Memorial Aquatic Center  
94-801 Kamehameha Highway  
Waipahu, Hawaii 96797
- COURSE:** Short Course, 25 Yards, 10 lanes
- TIME:** Session 1 (Morning):  
Warm Up: 7:00 AM - 8:15 AM  
Session Start: 8:30 AM  
Session 2 (Afternoon):  
Warm Up: Immediately following the conclusion of Session 1  
Session Start: Approx. 1 hour following the conclusion of Session 1
- RULES:** Current USA Swimming and Hawaiian Swimming rules will govern meet.
- FORMAT:** Timed finals, using semi-automatic timing system (no pads and three buttons) with manual watch backup. The meet shall be conducted in split sessions. The second session shall start approximately 1 hour after the completion of Session 1 events. The "four (4) hour rule" will be in effect for swimmers of age 12 and under.
- DIVISIONS:** Session 1:  
Individual Events: 11-12, 12 (200's, except Free & IM), 13-14,  
13-18 (50's, except Free), 15-16, 17-18  
Session 2:  
Individual Events: 8&U (except 100's), 9-10 (50's), 10&U (100's & 200's), 11-12
- EVENTS:** See attached
- ELIGIBILITY:** All swimmers must be currently USA Swimming registered and their registration numbers must be on the master entry form or entry file. No deck registration will be accepted. **All new registrations must be mailed directly to the LSC Registrar and postmarked no later than 5 days before the meet date.**
- Entry is limited to swimmers who have not achieved Hawaii AA-level times (HI-AA) or faster in their age group for the events offered. 8&U 25Y entrants are limited to swimmers who have not achieved a HI-AA or faster time in ANY distance of the respective stroke. 13-18 50Y Back/Breast/Fly entrants are limited to swimmers who have not achieved a HI-AA or faster time in ANY distance of the respective stroke. 13-18 100Y IM entrants are limited to swimmers who have not achieved a HI-AA or faster time in ANY distance of ANY stroke.

**ENTRIES:** Swimmers may enter a maximum of three (3) individual events. Swimmers are allowed to swim only one session per day. Fines for swimming out of classification will be based on the LSC database results of the past 2-year schedule. Master Recap sheets must be included with the entries.

**DISTANCE EVENT REQUIREMENTS:** Swimmers must have achieved a HI-A time in the 100 M/Y length of a stroke for entry into the 200 M/Y length of the same stroke.

**I.M. EVENT REQUIREMENTS:** Swimmers must have achieved a HI-A time in at least one (1) of the four (4) 100 M/Y strokes or 100 I.M. for entry into the 200 I.M.

**ENTRY FEES:** \$3.00 per swimmer entered per day, **plus \$1.00 LSC Fee per swimmer entered per day**. Entry fees must accompany entries OR be submitted to Clerk of Course upon check-in. No refunds will be made.

Make checks payable to: **Hawaii Swimming Club**

Checks may be mailed to: 2287 Aumakua Street  
Pearl City, Hawaii 96782

**ENTRY DEADLINE:** Hy-Tek Meet Manager will be used. **Entries must be RECEIVED NO LATER than Monday, October 1, 2007 (5 days prior to meet)**. No late entries will be accepted at the meet.

E-mail entries to: [ladynav135@aol.com](mailto:ladynav135@aol.com)  
Peggy Glasgow  
Ph: 808-456-1496

**CHECK-IN/ SCRATCHES:** This meet will be pre-seeded. **Scratches for Session 1 individual events are DUE BY NOON on Friday, October 5.** Scratches for Session 2 individual events are due to the Clerk of Course thirty (30) minutes after start of Session 1.

Coaches need to personally present their credentials to pick up heat sheets from the Clerk of Course; exceptions must see the meet referee.

**WARM-UPS/ WARM-DOWNS:** Warm-ups and warm-downs must be supervised by a USA swimming registered "Coach Member" following guidelines established by the LSC. **Supervising deck coaches shall have their USA Swimming Registration card prominently displayed at all times. The Meet Referee and Marshal(s) will enforce registration rules regarding coaches.** Disregard of the USA Swimming safety rules will be grounds for disqualification of swimmer from competition.

**AWARDS:** Individuals will be awarded pins for 1st through 16th place in each age group division. Other individual participants will be awarded participation pins.

**RESULTS:** Results will be posted on the Hawaiian Swimming website. Hard copy of meet results will be provided only upon request.

**OFFICIALS:** Each team is required to provide one (1) official for every five (5) swimmers entered in the meet. For those clubs entered with less than five (5) swimmers, at least one (1) official will be required. Timers are considered officials. Teams may be pre-assigned timer lanes.

**MARSHAL(S):** Charles Simms, Ryan Micale

**HOSPITALITY:** Refreshments will be available for Officials and Coaches during the meet.

**CONCESSION:** A concession stand will be available during the meet.

**MEET DIRECTOR:** Keith Arakaki  
hsc@flex.com  
Ph: 808-668-1561

**ADDITIONAL INFO:**

- Please park in designated parking spaces first.
- Please do not park on the grass. There is a gravel area that can accommodate overflow parking. Please park in single rows.
- No food will be allowed on the pool deck (except for officials, timers, and coaches).
- All swimmers must shower before entering the pool for warm-ups.
- Pool rules will be strictly enforced.
- The meet referee shall have full authority to make adjustments to the course, warm-up time, and start time at their discretion.

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**SESSION 1 (Morning)**

<b>GIRLS</b>	<b>DIVISION</b>	<b>STROKE</b>	<b>BOYS</b>
1	11 - 18	100 I.M.**	2
3	12 - 18	200 FLY	4
5	11 - 18	50 FLY**	6
7	11 - 18	100 BREAST	8
9	12 - 18	200 BACK	10
11	11 - 18	50 BACK**	12
13	11 - 18	200 I.M.	14
15	11 - 18	100 FREE	16
17	12 - 18	200 BREAST	18
19	11 - 18	50 BREAST**	20
21	11 - 18	100 FLY	22
23	11 - 18	50 FREE	24
25	11 - 18	100 BACK	26
27	11 - 18	200 FREE	28

**SESSION 2 (Afternoon)**

<b>GIRLS</b>	<b>DIVISION</b>	<b>STROKE</b>	<b>BOYS</b>
29	12 & U	100 I.M.	30
31	8 & U	25 FLY***	32
33	12 & U	50 FLY	34
35	12 & U	100 BREAST	36
37	8 & U	25 BACK***	38
39	12 & U	50 BACK	40
41	12 & U	200 I.M.	42
43	12 & U	100 FREE	44
45	8 & U	25 BREAST***	46
47	12 & U	50 BREAST	48
49	12 & U	100 FLY	50
51	8 & U	25 FREE***	52
53	12 & U	50 FREE	54
55	12 & U	100 BACK	56
57	12 & U	200 FREE	58

\*\* 13-18 50Y Back/Breast/Fly entrants are limited to swimmers who have not achieved a HI-AA or faster time in ANY distance of the respective stroke. 13-18 100Y IM entrants are limited to swimmers who have not achieved a HI-AA or faster time in ANY distance of ANY stroke.

\*\*\* 8&U 25Y entrants are limited to swimmers who have not achieved a HI-AA or faster time in ANY distance of the respective stroke.