

**HAWAIIAN SWIMMING – SENIOR PROGRAM**  
**Senior “October Fest” Weekend (Oct. 12-14, 2007)**  
**Veterans' Memorial Aquatic Center (Oct. 12 & 13, 2007)**  
**Ala Moana Beach Park (Oct. 14, 2007)**

- SPONSOR:** Hawaiian Swimming
- SANCTION:** Held under the sanction of USA Swimming  
Hawaiian Sanction No: **HI20071012-HISS**
- DATE:** Friday & Saturday, October 12 & 13, 2007
- SITE:** Veterans' Memorial Aquatic Center  
94-801 Kamehameha Highway  
Waipahu, HI 96797
- COURSE:** Friday - Session 1: Short Course - 25 yards, 8 Lanes  
Saturday - Session 2: Long Course - 50 Meters, 8 Lanes
- TIME:** Friday - Session 1: Warm-Up: 4:30PM  
Competition Start: 6:00PM.  
Saturday - Session 2: Warm-Up: 7:30AM  
Competition Start: 9:00AM.
- DIVISION:** Senior - Women, Men, Mixed.
- RULES:** Current USA Swimming and Hawaiian Swimming rules will govern meet.
- FORMAT:** Sessions 1 and 2: Timed finals, using automatic electronic timing system with buttons and manual stopwatch backup.
- EVENTS:** See attached.
- ELIGIBILITY:** Minimum age of 12 is required for entry into any event.
- Swimmers must have achieved the Hawaiian Swimming Senior Program 'B' time standard in either the conforming course OR in a non-conforming course for entry into each SCY and LCM individual events. Due to limitations with the entry software, entries for both the SCY and LCM sessions will be priority selected starting with LCM times, followed by SCM times, followed by SCY times.
- All swimmers must be currently USA Swimming registered and their registration numbers must be on the master entry form or disk file. No deck registration will be accepted. New registrations must be mailed directly to the LSC Registrar and postmarked no later than five (5) days prior to the meet date. Master Recap sheets must be signed and included with the entries.
- ENTRIES:** Session 1 and 2: Swimmers may enter a maximum of three (3) individual events per session plus one (1) relay per session. Mixed relays must be comprised of two (2) women and two (2) men.
- \*\*\*\*\* See Open Water Meet Notice for entry into Senior Open Water Challenge (Sunday, October 14, 2007). \*\*\*\*\*

**ENTRY FEES:** Session 1 and 2: \$3.00 per individual event. No entry fee for relay events.

Make checks payable to:  
**HAWAIIAN SWIMMING**

Mail checks to:  
Hawaiian Swimming  
c/o Lynne Nakamura  
P. O. Box 893193  
Mililani, HI 96789

Checks for entry fees may be delivered to Clerk of Course during check-in.

**ENTRY DEADLINE:** Entries must be received by Wednesday, October 10, 2007. **All entries must be submitted using the Hytek's Team Manager program and include a recap sheet.** No late entries will be accepted at the meet for Sessions 1 and 2.

E-mail entries to: deanschmaltz@hawaii.rr.com  
Dean Schmaltz  
c: 808-375-7970 (Oahu)

**SCORING:** This is a non-scoring meet.

**LAP COUNTERS:** For any individual freestyle event of 16 lengths or more, a swimmer may appoint one person to count laps. During these events, the lap counter shall be used for the purpose of counting laps either in ascending or descending order. Other uses of the lap counter are prohibited. Only one counter per lane will be allowed.

**CHECK-IN:** Sessions 1 and 2: Scratch sheets will be submitted to coaches for verification. Coaches will need to present their credentials to pick up scratch sheets; exceptions must see the meet referee. Coaches are to verify their swimmers' entries and scratch events as appropriate. Scratch sheets must be returned to the Clerk of Course one (1) hour before start of session.

**WARM-UP:** 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 Marshals will enforce registration rules regarding coaches. Disregard of the USA Swimming safety rules will be grounds for disqualification of swimmer from competition.

**OFFICIALS:** For every five (5) swimmers entered in a meet, each entering group member will be responsible for one (1) official. For those clubs entered with less than five (5) swimmers, at least one (1) official will be required. Timers do count as officials for this requirement.

**MARSHAL(S):** Dexter Lee & Dean Schmaltz

**MEET REFEREE(S):** Dave Coleman & Marcelle Arakaki

**MEET DIRECTOR:** Victor Wales  
E-mail: [vwales@hawaii.edu](mailto:vwales@hawaii.edu)  
Phone: 956-5377 (Oahu)

**VOLUNTEERS:** Please remember our Senior Meets are run by the participating teams. As such we are all needed to contribute resources to making the meet happen. In addition to timers and/or officials required from each entering team help is needed for the setup, operation, and takedown aspects of the meet. These include but are not limited to: setting up and dismantling of the tarps and timing equipment, hospitality assistance, cleaning of the bathrooms, disposing of the trash, etc. Each team's attention to and preparation for these efforts is very much appreciated.

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

**CONCESSION:** N/A

**ADDITIONAL INFO:** **SUNDAY - October 14, 2007**  
**Senior Open Water Challenge**  
**Ala Moana Beach Park – Magic Island end**  
**\*\*\* Refer to 10/14/07 Open Water Meet Notice for more details and entry. \*\*\***

- Assistance from participants will be needed to move the bulkhead after the conclusion of each days' pool competition.
- Please park in marked stalls or in the overflow, gravel parking area only.
- DO NOT park on the grass.
- POOL AND PARK RULES WILL BE STRICTLY ENFORCED
- USE OF CELL PHONES, CAMERAS, AND OTHER RECORDING DEVICES IN BATHROOMS AND LOCKER ROOMS IS STRICTLY PROHIBITED.

# HAWAIIAN SWIMMING – SENIOR PROGRAM

## Session 1 - Senior Short Course Challenge

Friday, Oct. 12, 2007

### Veterans' Memorial Aquatic Center

Warm-up: 4:30 PM / Races Start: 6:00 PM

| WOMEN | EVENTS                 | MEN |
|-------|------------------------|-----|
| 1     | 500 Free*              | 2   |
| 3     | 100 Back               | 4   |
| 5     | 200 Fly                | 6   |
| 7     | 100 Breast             | 8   |
| 9     | 100 Free               | 10  |
| 11    | 400 I.M.               | 12  |
| 13    | 50 Free                | 14  |
| 15    | 200 Back               | 16  |
| 17    | 100 Fly                | 18  |
| 19    | 200 Free               | 20  |
| 21    | 200 Breast             | 22  |
|       | <i>5-minute Break</i>  |     |
| 23    | 200 Free Mixed Relay** |     |

\* 500 Free will be seeded and swum fastest to slowest alternating women and men.

\*\* Mixed relays must be comprised of two (2) women and two (2) men.

## Session 2 - Senior Long Course Challenge

Saturday, Oct. 13, 2007

### Veterans' Memorial Aquatic Center

Warm-up: 7:30 AM / Races Start: 9:00 AM

| WOMEN | EVENTS                   | MEN |
|-------|--------------------------|-----|
| 25    | 200 I.M.                 | 26  |
| 27    | 50 Free                  | 28  |
| 29    | 200 Back                 | 30  |
| 31    | 200 Free                 | 32  |
| 33    | 200 Breast               | 34  |
| 35    | 100 Fly                  | 36  |
| 37    | 400 Free                 | 38  |
| 39    | 100 Back                 | 40  |
| 41    | 100 Breast               | 42  |
| 43    | 100 Free                 | 44  |
| 45    | 200 Fly                  | 46  |
|       | <i>5-minute Break</i>    |     |
| 47    | 200 Medley Mixed Relay** |     |

\*\* Mixed relays must be comprised of two (2) women and two (2) men.

## Senior Open Water Challenge

Sunday, Oct. 14, 2007

Ala Moana Beach Park

\*Please refer to Open Water Meet Notice for Sunday, October 14, 2007.