

HAWAIIAN SWIMMING
MAKIN' Waves VI
Kauai High School Pool
Saturday, October 13, 2007

- SPONSOR: Swim Kauai Aquatics
- SANCTION: Held under the sanction of USA Swimming
Hawaiian Swimming Sanction No.: **HI20071013-SKA**
- DATE: Saturday, October 13, 2007
- POOL SITE: Kauai High School Pool
3577 Lala Road
Lihue, HI 96766
- COURSE: Short Course, 25 yards, 6 lanes (one warm-down lane separated from competition lanes by one empty lane)
- TIME: Warm-up: 8:15 AM - 9:00 AM
Meet Start: 9:15 AM
- WARM-UP/DOWN: Warm-ups and warm-downs must be supervised by a USA swimming registered "Coach Member" following guidelines established by the LSC. Warm-downs must have shallow end of pool entry and exit ONLY, with no diving. A swimmer's warm-down may not begin until after the start of the next race. **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.
- DIVISIONS: 8&U, 9&Over, 12&U, 12&Over, 13&Over
- RULES: Current USA Swimming and Hawaiian Swimming rules will govern meet.
- FORMAT: Cardless, timed finals, using Colorado STS 5 electronic semi-automatic timing system (3 buttons) with manual watch backup. The "four (4) hour rule" will be in effect for swimmers of age 12 and under.
- EVENTS: See attached
- ELIGIBILITY: 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 and all new registrations must be mailed directly to the LSC Registrar and postmarked no later than 5 days before the meet date.**
- ENTRIES: Swimmers may swim five (5) individual events, plus one (1) relay.
- ENTRY FEES: **There is a \$1.00 LSC Fee per swimmer entered.**

Please make checks payable to: **Swim Kauai Aquatics**

Entry fees must accompany entries. No refunds will be made.

DEADLINE: **Entries must be RECEIVED NO LATER than Monday, October 8, 2007(5 days prior to meet).** No late entries or deck entries will be accepted at the meet.

e-mail entries to: jmr.44@hotmail.com
or mail entries to: John Ross
4926 Kua Road
Kalaheo, HI 96741
Tel: 808-651-1295

CHECK-IN: Check-In sheets will be given to the coaches for verification. **Coaches will need to personally present their credentials to pick up heat sheets from the Clerk of Course; exceptions shall be directed to the Meet Referee.** Coaches are to verify their swimmers and scratch events as appropriate. Sheets must be returned to the Clerk of the Course one (1) hour before the start of the meet. Relay scratch sheets for the meet will be due to the Clerk of Course by 9:30 a.m.

AWARDS: N/A

RESULTS: Hard copy of meet results will be provided upon request only.

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.

MARSHALL(S): Kerry Linthicum

MEET DIRECTOR(S): Charlotte Ross email: cdross_18@hotmail.com
phone: 808-651-0603

MEET REFEREE(S): Kim Hester

HOSPITALITY: Refreshments will be available for working officials and coaches during the meet.

CONCESSIONS: A concession stand will be available during the meet.

ADDITIONAL INFO: *

- * Please park in marked stalls only
- * DO NOT park on the grass
- * NO OUTSIDE FOOD or DRINK, except water is ALLOWED within the Aquatics facility
- * ONLY OFFICIALS, VOLUNTEER TIMERS, COACHES AND SWIMMERS MAY BE ON THE DECK. Swimmers should return to their team area soon after they have completed their events and meet with their coach.
- * POOL RULES WILL BE STRICTLY ENFORCED

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GIRLS	AGE GROUP	STROKE	BOYS
1	11 & Over	500 FREE	2
3	12 & Under	100 IM	4
5	9 & Over	200 IM	6
7	12 & Under	50 FLY	8
9	8 & Under	25 FLY	10
11	9 & Over	100 FLY	12
13	12 & Over	200 FLY	14
15	9 & Over	100 FREE	16
17	12 & Under	50 BREAST	18
19	8 & Under	25 BREAST	20
21	9 & Over	100 BREAST	22
23	12 & Over	200 BREAST	24
25	12 & Under	50 FREE	26
27	13 & Over	50 FREE	28
29	12 & Under	50 BACK	30
31	8 & Under	25 BACK	32
33	9 & Over	100 BACK	34
35	12 & Over	200 BACK	36
37	8 & Under	25 FREE	38
39	9 & Over	200 FREE	40
41	11 & Over	200 FREE RELAY	42
43	12 & Under	200 FREE RELAY	44
45	12 & Over	400 IM	46
47	12 & Over	1000 FREE	48

Summary of Offered Events:

8 & Under Swimmers

25 Breast
25 Free
25 Back
25 Fly
200 Free Relay

9 & Over Swimmers

50-100-200 Free
50-100 Breast
50-100 Back
50-100 Fly
100-200 IM
200 Free Relay

11 & Over Swimmers

50-100-200-500 Free
100-200 IM
50-100-200 Breast
50-100-200 Back
50-100-200 Fly
200 Free Relay

12 & Over Swimmers

50-100-200-500-1000 Free
200-400 IM
50-100-200 Breast
50-100-200 Back
50-100-200 Fly
200 Free Relay