

**HAWAIIAN SWIMMING**  
**Kauai Unclassified**  
**Kauai High School Pool**  
**Saturday, February 16, 2008**

SPONSOR: Swim Kauai Aquatics

SANCTION: Held under the sanction of USA Swimming  
Hawaiian Swimming Sanction No.: **HI20080216-SKA**

DATE: Saturday, February 16, 2008

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/  
WARM-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, 10&U, 12&U, 12-Over, 13&Over

RULES: Current USA Swimming and Hawaiian Swimming rules will govern meet.

FORMAT: Card less, timed finals, using electronic automatic timing system (3 buttons) with manual stopwatch backup. The four (4) hour rule will be in effect for swimmers in the 12 and under age groups.

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 a total of 4 individual events plus relays.



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<b>EVENT</b>	<b>AGE GROUP</b>	<b>STROKE</b>	<b>EVENT</b>
1	13 & OVER	500 FREE	2
3	13 & OVER	400 IM	4
5	12 & UNDER	50 BACK	6
7	12 & OVER	200 BACK	8
9	8 & UNDER	25 BREAST	10
11	12 & UNDER	100 BREAST	12
13	13 & OVER	100 BREAST	14
15	8 & UNDER	25 FLY	16
17	12 & UNDER	100 FLY	18
19	13 & OVER	100 FLY	20
21	12 & UNDER	50 FREE	22
23	13 & OVER	100 FREE	24
25	12 & UNDER	200 FREE	26
27	13 & OVER	200 IM	28
29	10 & UNDER	200 MEDLEY RELAY	30
31	12 & UNDER	200 MEDLEY RELAY	32
33	12 & OVER	200 MEDLEY RELAY	34
35	13 & OVER	1000 FREE	36
37	13 & OVER	1650 FREE	38
39	12 & UNDER	50 FLY	40
41	12 & OVER	200 FLY	42
43	12 & UNDER	50 BREAST	44
45	12 & OVER	200 BREAST	46
47	8 & UNDER	25 FREE	48
49	12 & UNDER	100 FREE	50
51	13 & OVER	50 FREE	52
53	8 & UNDER	25 BACK	54
55	12 & UNDER	100 BACK	56
57	13 & OVER	100 BACK	58
59	12 & UNDER	200 IM	60
61	13 & OVER	200 FREE	62
63	11 - 12	500 FREE	64
65	10 & UNDER	200 FREE RELAY	66
67	12 & UNDER	200 FREE RELAY	68
69	12 & OVER	200 FREE RELAY	70

## Summary of Offered Events:

### 8 & Under Swimmers

25-50-100 BREAST  
25-50-100 FLY  
25-50-100 BACK  
25-50-100 FREE  
200 IM  
200 MEDLEY RELAY  
200 FREE RELAY

### 11-12 Swimmers

500 FREE

### 13 & Over Swimmers

50-100-200-500-1000-1650 FREE  
50-100-200 BACK  
50-100-200 FLY  
50-100-200 BREAST  
200-400 IM  
200 MEDLEY RELAY  
200 FREE RELAY

### 12 & Under Swimmers

50-100-200 FREE  
50-100 BACK  
50-100 FLY  
50-100 BREAST  
200 IM  
200 MEDLEY RELAY  
200 FREE RELAY

### 12&Over Swimmers

50-100-200 FREE  
50-100-200 BACK  
50-100-200 FLY  
50-100-200 BREAST  
200 IM  
200 MEDLEY RELAY  
200 FREE RELAY