

**HAWAIIAN SWIMMING**  
**Kauai Unclassified**  
**Kauai High School Pool**  
**Saturday, April 12, 2008**

SPONSOR: Swim Kauai Aquatics

SANCTION: Held under the sanction of USA Swimming  
Hawaiian Swimming Sanction No.: **HI20080412-SKA**

DATE: Saturday, April 12, 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: 12:15 PM – 1:00 PM  
Meet Start: 1:15 PM

WARM-UP: 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: Cardless, timed finals, using semi-automatic timing system (3 buttons) with manual watch 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 four (4) individual events plus relays.

ENTRY FEES: **There is a \$1.00 LSC fee per swimmer.**

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, April 12, 2008 (5 days prior to meet).** No late entries or deck entries will be accepted at the meet.

Email entries to: jmr44@hawaii.rr.com  
Or mail entries to: John Ross (ph #: 808-212-1592)  
4926 Kua Road  
Kalaheo, HI 96741

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 meet. Relay scratch sheets will be due to the Clerk of Course by 9:30 a.m.

AWARDS: No awards will be given.

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.

MEET REFEREE: Kim Hester

MEET DIRECTOR: Charlotte Ross email: cdross\_18@hotmail.com  
phone: 808-212-1592

MARSHAL(S): Megan Ross, Napu Jaurequi

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

CONCESSION: 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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Warm-up: 12:15PM- Meet Start 1:15PM

<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	12 & UNDER	50 FLY	38
39	12 & OVER	200 FLY	40
41	12 & UNDER	50 BREAST	42
43	12 & OVER	200 BREAST	44
45	8 & UNDER	25 FREE	46
47	12 & UNDER	100 FREE	48
49	13 & OVER	50 FREE	50
51	8 & UNDER	25 BACK	52
53	12 & UNDER	100 BACK	54
55	13 & OVER	100 BACK	56
57	12 & UNDER	200 IM	58
59	13 & OVER	200 FREE	60
61	11 - 12	500 FREE	62
63	10 & UNDER	200 FREE RELAY	64
65	12 & UNDER	200 FREE RELAY	66
67	12 & OVER	200 FREE RELAY	68

## 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 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