

**2008-2009 Hawaiian Swimming
Short Course Age Group Championships
December 19 – 22, 2008**

Sponsor: Hawaiian Swimming
Co-Sponsor: Kamehameha Swim Club

Sanction: Held under the sanction of USA Swimming
Hawaiian Swimming Sanction No.: **HI20081219-SCSC**

Pool Site: Veterans' Memorial Aquatic Center (Oahu)
94-801 Kamehameha Highway
Waipahu, Hawaii 96797

Course: Short Course, 25 yards, 8/10 lanes

**10 Lanes will be utilized for the timed final distance event heats after the preliminaries,
8 lanes will be used for all other heats/events.**

Time: Friday, December 19, 2008
Session 1: Warm-up - 2:00pm Start - 4:00pm
Saturday, December 20, 2008
Session 2: Warm-up - 7:00am Start - 8:30am
Session 3: Warm-up - 1:30pm Program - 2:45pm Start - 3:00pm
Sunday, December 21, 2008
Session 4: Warm-up - 7:00am Start - 8:30am
Session 5: Warm-up - 1:30pm Start - 3:00pm
Monday, December 22, 2008
Session 6: Warm-up - 7:00am Start - 8:30am
Session 7: Warm-up - 1:00pm Start - 2:30pm

The competition pool will be closed 15 minutes before the start time of each session.

NOTE: The Meet Referee may change the times of warm-up and/or the start of the meet for the preliminaries and/or finals. All changes will be announced at a coach's meeting and/or via the public address system.

Rules: The meet will be conducted in accordance with current USA Swimming and Hawaiian Swimming rules. The marshals, with the concurrence of the meet referee, shall have full authority to remove or have removed from the vicinity of the competition anyone behaving in an unsafe manner or using profane or abusive language or whose actions are disrupting the orderly conduct of the meet.

Timing: Fully automatic timing system with manual backup.

Meet Referee: Marcelle Arakaki

Co-Meet Directors: Bill Maitland, Kamehameha Swim Club (808) 636-5618 [c] (Oahu)
Kenny Chew, Hawaiian Swimming LSC Age Group Vice-Chair (808) 780-7946 [c] (Oahu)

Clerk of Course: Gwen Tomiyoshi

Meet Marshals: The Hawaiian Swimming LSC will assign Meet Marshals for each day.

Format: Preliminaries and finals except for the following events. These events will be seeded and swum as timed finals.

- Session 1, Friday, December 19, 2008
- Distance events of 400 yards or more
- All relay events (swum during finals)

The 400 IM and 500/1000/1650 Freestyle events will be combined and seeded accordingly. Those events will be swum fastest to slowest, alternating females and males.

For the 400 IM, 500 Freestyle, and 1000 Freestyle events, the fastest seeded female and male heat (8 lanes) will be swum in the finals session at its designated place in the order of events. The remaining heats will be swum fastest to slowest, alternating females and males at the conclusion of the preliminary events for the day (10 lanes).

All individual events will be swum during preliminaries regardless of the number of participants.

Divisions: 10/Un, 11/12, 13/14, 15/16, 17/18. The age of the swimmer as of the first day of the meet will govern the entire meet.

Events: See schedule of events.

Eligibility: Swimmers must be USA Swimming registered with Hawaiian Swimming for 2008 or 2009 and have previously met or bettered the established qualifying championship time standards for short course yards, short course meters or long course meters for each individual event entered on or after December 14, 2007. 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 prior to the meet. **Note: It is the legal responsibility of each club to ensure that each swimmer entered is USA Swimming registered for the current year.**

Entries: **Entries must be submitted electronically and include the 'Teams Report' (in the Hy-Tek Team Manager Administrative report menu) and the 'Meet Entry Fees Report' (in the Performance - TM 4.0 or Meet Reports - TM 5.0 report menus.) The 'Team Report' MUST include coach and entry person contact information.**

Swimmers may enter all qualified individual events but will be limited to swim three (3) individual events, per calendar day, plus relays and no more than eight (8) individual events for the entire meet. The last entry exceeding the limit, either per day or for the meet, will be automatically scratched unless a scratch is received via the scratch box.

Each club is entitled to enter one (1) relay team per event that may or may not meet the qualifying time. Each relay entry must have an entry time. "NT" will not be accepted. If entering more than one (1) relay per event, use the designator "A", "B", etc. **If clubs are entering two (2) or more relays per event, all relays must meet the qualification standard. Clubs are responsible for verification of times for each relay.** No swimmer will be allowed to swim up/down in age for relays. **All eligible relay swimmers/alternates must be listed on the meet roster.**

If multiple relays are being entered with verified qualifying times, the all relays must have achieved the qualifying time after January 1, 2008 at the same meet. Otherwise, clubs entering multiple relays per event must use aggregate times and meet the qualification standard for those relays. Once the times have been established, the time belongs to the club and any four (4) swimmers may swim the relay if he/she is listed on the meet roster. **Use the Team Manager program to convert best eligible times to yards for use in aggregate times.**

Clubs entering 200 Medley Relays for the 13-14, 15-16, and/or 17-18 age groups are allowed to enter as many 200 Medley Relays as they qualify and enter 400 Medley Relays.

Verification:

Proof of time is required for entry into this meet. All entry times will be verified against the LSC and SWIMS database. Entry times must have been achieved prior to the entry deadline of December 9, 2008 and after December 14, 2007. Entries must be submitted utilizing Hy-tek's Team Manager and utilize the 'Include Proof of Time' function.

Hawaiian Swimming's NTV Officer **must** have a copy of the meet results before times can be used for entering this meet -- including results from neighbor islands and out-of-state. It will be the responsibility of the clubs to submit meet results with their entries if not using LSC meets. High school league championships and the State high school championship times may be used if the swims were observed. Please consult with the NTV Officer for those swims.

The championship qualifying time for individual swims and aggregated relays must have been achieved by the swimmer(s) on or after **December 14, 2007** at USA Swimming sanctioned meets or Hawaiian Swimming LSC approved meets. Times that cannot be proven within the qualifying period will be removed prior to the event or disqualified for each infraction discovered after the event is swum.

Entry fees:

\$3.00 per individual entry

\$9.00 per relay entry

\$10.00 Championship Fee per swimmer on the meet roster (this includes all swimmers eligible to swim in the meet, individually or alternates on relays)

\$10.00 per set of additional heat sheets after the initial 2 sets (Additional Heat Sheet Request Form attached). Additional Heat Sheet Request Form must be included with entries and other required forms.

Make checks payable to Hawaiian Swimming.

**Entry
Deadline:**

All required entry forms and files must be received electronically (emailed) by 6:00pm on December 9, 2008. A check for entry fees MUST BE POSTMARKED NO LATER than Wednesday, December 10, 2008 or must be RECEIVED NO LATER than December 12, 2008. Entries without an acceptable check for entry fees will be considered invalid.
NO REFUNDS WILL BE MADE AND NO LATE ENTRIES WILL BE ACCEPTED.

Email entries to: ladyNAV135@aol.com
Peggy Glasgow
Phone: (808) 456-1496 (Oahu)

Mail a copy of the entry reports/forms and check to:

Lynne Nakamura
P. O. Box 893193
Mililani, HI 96789

**Meet Procedure &
Reporting:**

All swimmers are responsible for reporting directly to the assigned lane when the event is ready to be swum for the preliminaries and finals. Heat sheets will be posted at various locations around the pool indicating assigned heat and lane for the events entered and not scratched according to procedures. Failure to be at the assigned lane will be subject to the "No Show" penalties and procedure.

**Declared
False Starts:**

A "declared false start" is when the swimmer reports to the Meet Referee prior to the start of the event and declares his/her intent not to compete. The swimmer will be disqualified from that event without penalty. **A declared false start or deliberate delay of meet at finals is not permitted and will be regarded as a failure to compete and is subject to the penalties of a "no show" for finals.**

Scratch/Check-in Procedures:

A scratch box will be available for scratches at the Clerk of Course for the duration of the meet.

- The scratch box will close at 3:00 pm for Session 1.
- **The scratch box will close 30 minutes after the start of each final/timed final session for the next following prelim/timed final session.**

Swimmers are considered checked in for all individual events entered unless scratched by the time specified. Only the club coach/individual swimmer may scratch an event. A copy of the scratch form will be returned to the coach/swimmer as verification.

A swimmer who qualifies for the finals must notify the Clerk of Course within 30 minutes after the announcement of the qualifiers for that event that he/she may not compete.

Failure to notify, declare and/or compete in said finals will result in being a "no show" for finals.

Coaches shall pick up a list of relay eligible athletes for the meet and relay card(s) from the Clerk of Course. Coaches are responsible for verifying all eligible relay swimmers and alternates on the eligibility list and returning the relay card(s). Coaches are to list the order of tentative eligible competing relay swimmers (names – first and last) on the relay card(s). Completed relay card(s), including scratches shall be returned to the Clerk of Course by the end of each day's preliminary competition for Sessions 3, 5, and 7, with the exception of Session 1 which are due by start of Session 1. Relay(s) will be scratched if card(s) are not submitted on time.

A copy of the relay card(s) will be returned to the coaches. Coaches may change the relay order(s) and/or are allowed to add the name(s) of eligible relay swimmers. Any changes to the relay card(s) must be made on the returned card(s). Changes to the relay card(s) must be made prior to the start of the race. Swimmers are to submit returned card(s), if there are changes, and/or verify with the head lane timer their relay order. Failure to submit correct relay card(s) may result in disqualification of the relay(s).

Clubs entering 200 Medley Relays for the 13-14, 15-16, and/or 17-18 age groups are allowed to enter as many 200 Medley Relays as they qualify and enter 400 Medley Relays.

No Show Penalties & Procedures:

For all individual events, swimmers who have been seeded and are not at the starting block for that event will be automatically disqualified from all subsequent individual and relay events for that day unless the Meet Referee is notified of illness or injury.

In the event that a swimmer is a "no show" for his/her first preliminary or timed final event due to unforeseen circumstances, the Meet Referee can convene the meet jury to determine the swimmer's eligibility to compete the remainder of the day without penalty.

If the swimmer qualified for the finals prior to the "no show" preliminary or timed final event, he/she must swim that final event or is subject to the penalty of a "no show" for finals. A "no show" for a timed final event is subject to the same penalty as a "no show" for a preliminary event.

If a swimmer is a "no show" for a preliminary or timed final event, the swimmer **MUST** declare his/her intent to swim the next day (even if he/she does not have a qualifying individual event) before the scratch box closes **EACH DAY** for the remainder of the meet. The swimmer will not be seeded in the remainder of his/her individual events, nor will he/she be allowed to participate on a relay if declaration of intent is not fulfilled.

A "no show" for finals will result in being disqualified from further competition for the remainder of the meet, except in the event of illness or injury.

In the event of such failure to show or to certify withdrawal, the Meet Referee shall fill the finals heat with the next qualified swimmer(s). First and second alternates will be announced along with the qualifiers but shall not be penalized if unavailable to compete in those final events.

Protests: Protests may be registered only with the Meet Referee within thirty (30) minutes of the infraction. All protests must be written and signed by a credentialed coach. The meet jury will convene to resolve protests only if the situation cannot be resolved by the Meet Referee in accordance with USA Swimming and/or Hawaiian Swimming rules.

Scoring:

<u>Individual Events:</u>								
Place	1	2	3	4	5	6	7	8
Points	9	7	6	5	4	3	2	1

For individual scoring only, an additional nine (9) points will be awarded for breaking or tying a Hawaiian age group record during the preliminaries or finals. He/she will not be awarded two bonuses for the same event.

<u>Relay Events:</u>								
Place	1	2	3	4	5	6	7	8
Points	18	14	12	10	8	6	4	2

Awards: Individual events: 1st through 8th - medals
Relay events: 1st through 3rd - medals
4th through 8th – ribbons

High Point female and male in each age group – trophy

Overall team points: 1st through 8th - trophy

Awards will be presented for all events during the course of the meet. The timing of the awards presentation will be left to the Meet Referee's discretion.

Warm-up Procedures & Guidelines: Warm-ups must be supervised by a USA Swimming registered "coach member" following the guidelines established by the LSC. All "on deck" coaches must have their current USA Swimming coaches card visible at all times. Disregard of the USA Swimming safety rules will be grounds for disqualification of a swimmer from competition.

Open lane warm-up guidelines will be utilized. Open lane warm-up is a designated time frame in which the entire pool is open for warming up. Coaches must be supervising from the pool deck. All swimmers must enter the pool feet first. No paddles are permitted. Additionally, the competition pool will accommodate the following configuration:

Lanes 1 to 10: Open swimming with circle swimming on the right with faster swimmers having the right of way. No paddles. Feet first entry.

Lanes 8, 9, & 10: Racing Starts & Sprint Lanes -- racing start, beginning at the starting end only, one length of the pool (when designated).

Lane 1: Pace lap swimming with circle swimming on the right with faster swimmers having the right of way (when designated). No paddles.

Assigned lane warm-up in the competition pool will be made, if needed, by the LSC Meet Director.

The Meet Referee and Marshals will enforce the warm-up procedures and maintain order in the swimming venue. The Meet Referee and Marshals shall have full authority to warn or order to cease and desist.

Officials: Key officials will be assigned their duties prior to the meet by the Hawaiian Swimming LSC.

For every five (5) swimmers entered in the meet, each team is responsible for one (1) official. For those clubs entered with less than five (5) swimmers, at least one (1) official will be required. Timers count as officials for this requirement. The Hawaiian Swimming LSC will assign timing lane(s) to participating teams as necessary.

- Hospitality:** Officials and coaches will be provided refreshments and lunch each day.
- Concession:** A concession will not be available during the meet, but the facility vendor will be open.
- Special Note:** A 5-member meet jury will be appointed consisting of:
1 coach 1 official 1 athlete 2 at-large (1 from a neighbor island)
- Lap Counters:** For any individual freestyle event of 16 lengths or more, a swimmer may appoint one (1) person 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 (1) counter per lane will be allowed.
- Additional Information:** Pool rules will be strictly enforced.
- Warm-up/cool-down lanes will be available during the meet. Credentialed coaches should provide additional supervision of swimmers in the area.
- Use of cell phones, cameras, and other recording devices in bathrooms and locker rooms is STRICTLY PROHIBITED.
- A map of designated team areas will be distributed.

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**Time Standards
(Yards)**

Girls					Event	Boys				
17-18	15-16	13-14	11-12	10&Un		10&Un	11-12	13-14	15-16	17-18
:28.65	:27.58	:28.01	:29.46	:34.47	50 Free	:35.05	:30.57	:26.82	:24.86	:25.15
1:02.57	1:00.24	1:00.68	1:05.10	1:15.41	100 Free	1:17.14	1:06.90	:58.08	:54.49	:55.47
2:17.51	2:09.82	2:11.09	2:21.71	2:47.52	200 Free	2:48.24	2:25.94	2:06.87	1:59.41	2:03.01
6:00.05	5:44.37	5:46.17	6:15.57	----	500 Free	----	6:28.19	5:39.22	5:19.81	5:29.68
12:43.91	11:50.22	12:04.03	----	----	1000 Free	----	----	11:47.13	11:09.62	11:40.47
21:15.84	20:03.05	20:15.91	----	----	1650 Free	----	----	19:42.88	19:02.72	19:44.16
----	----	----	35.09	:41.55	50 Back	42.58	36.66	----	----	----
1:14.12	1:09.26	1:11.76	1:15.52	1:29.59	100 Back	1:30.69	1:18.74	1:08.95	1:03.71	1:06.63
2:40.22	2:29.13	2:30.34	----	----	200 Back	----	----	2:25.65	2:18.52	2:25.04
----	----	----	39.08	:45.78	50 Breast	:47.74	39.80	----	----	----
1:23.23	1:17.34	1:19.82	1:25.21	1:40.01	100 Breast	1:43.92	1:27.91	1:16.55	1:12.23	1:14.18
3:01.54	2:48.41	2:49.12	----	----	200 Breast	----	----	2:43.78	2:35.95	2:44.52
----	----	----	:32.84	:38.80	50 Fly	:40.47	:33.91	----	----	----
1:11.60	1:07.03	1:09.26	1:14.15	1:30.68	100 Fly	1:34.46	1:16.45	1:05.90	1:00.61	1:02.17
2:45.79	2:31.10	2:32.06	----	----	200 Fly	----	----	2:26.09	2:17.77	2:26.72
----	----	----	1:14.64	1:29.14	100 I.M.	1:31.55	1:17.34	----	----	----
2:34.63	2:28.79	2:29.82	2:40.51	3:08.03	200 I.M.	3:11.38	2:45.81	2:23.51	2:15.95	2:19.94
5:40.21	5:13.94	5:18.77	----	----	400 I.M.	----	----	5:07.32	4:51.95	5:10.15
					RELAYS					
2:04.00	2:01.64	2:03.52	1:57.84	2:17.88	200 Free	2:20.20	2:02.28	1:58.28	1:49.68	1:48.88
4:30.76	4:25.60	4:27.60	4:20.40	----	400 Free	----	4:27.60	4:16.12	4:00.36	4:00.08
2:21.88	2:15.81	2:19.60	2:16.47	2:40.60	200 Medley	2:45.84	2:20.94	2:13.65	2:04.52	2:05.80
5:15.29	5:01.81	5:10.23	4:59.98	----	400 Medley	----	5:10.00	4:56.99	4:36.72	4:39.56

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ORDER OF EVENTS

Day 1: Friday December 19, 2008

Friday December 19, 2008 Session 1 – Timed Final

Warm-up: 2:00pm - Start: 4:00pm

Girls	Event	Division	Boys	
1A	1650 Freestyle*	13-14	2A	
1B	1650 Freestyle*	15-16	2B	
1C	1650 Freestyle*	17-18	2C	*combined and swum fastest to slowest
3	500 Freestyle**	11-12	4	**swum fastest to slowest
5	400 Freestyle Relay	13-14	6	
7	400 Freestyle Relay	15-16	8	
9	400 Freestyle Relay	17-18	10	
11	400 Freestyle Relay	11-12	12	

Day 2: Saturday December 20, 2008

Saturday, December 20, 2008 - Session 2–Prelim/Timed Final

Warm-up: 7:00am - Start 8:30am

Girls	Event	Division	Boys
13	50 Freestyle	13-14	14
15	50 Freestyle	15-16	16
17	50 Freestyle	17-18	18
19	100 Backstroke	10&Un	20
21	100 Backstroke	11-12	22
23	200 Butterfly	13-14	24
25	200 Butterfly	15-16	26
27	200 Butterfly	17-18	28
29	50 Butterfly	10&Un	30
31	50 Butterfly	11-12	32
33	100 Breaststroke	13-14	34
35	100 Breaststroke	15-16	36
37	100 Breaststroke	17-18	38
39	50 Breaststroke	10&Un	40
41	50 Breaststroke	11-12	42
43	200 Freestyle	13-14	44
45	200 Freestyle	15-16	46
47	200 Freestyle	17-18	48
49	200 Freestyle	10&Un	50
51	200 Freestyle	11-12	52
53A	400 Individual Medley***	13-14	54A
53B	400 Individual Medley***	15-16	54B
53C	400 Individual Medley***	17-18	54C

Saturday, December 20, 2008 - Session 3–Final/Timed Final

Warm-up: 1:30pm - Program:2:45pm - Start: 3:00pm

Girls	Event	Division	Boys
13 through 52 from Session 2			
53A	400 Individual Medley***	13-14	54A
53B	400 Individual Medley***	15-16	54B
53C	400 Individual Medley***	17-18	54C
55	200 Medley Relay	10&Un	56
57	400 Medley Relay	11-12	58
59	400 Medley Relay	13-14	60
61	400 Medley Relay	15-16	62
63	400 Medley Relay	17-18	64

***combined and swum fastest to slowest
(Fastest seeded Girls and Boys heats will be swum in Finals)

Day 3: Sunday December 21, 2008**Sunday December 21, 2008 - Session 4--Prelim/Timed Final
Warm-up: 7:00am - Start 8:30am**

Girls	Event	Division	Boys
65	100 Breaststroke	10&Un	66
67	100 Breaststroke	11-12	68
69	100 Backstroke	13-14	70
71	100 Backstroke	15-16	72
73	100 Backstroke	17-18	74
75	50 Backstroke	10&Un	76
77	50 Backstroke	11-12	78
79	100 Freestyle	13-14	80
81	100 Freestyle	15-16	82
83	100 Freestyle	17-18	84
85	100 Freestyle	10&Un	86
87	100 Freestyle	11-12	88
89	200 Individual Medley	13-14	90
91	200 Individual Medley	15-16	92
93	200 Individual Medley	17-18	94
95	100 Individual Medley	10&Un	96
97	100 Individual Medley	11-12	98
99A	1000 Freestyle***	13-14	100A
99B	1000 Freestyle***	15-16	100B
99C	1000 Freestyle***	17-18	100C

**Sunday December 21, 2008 - Session 5--Final/Timed Final
Warm-up: 1:30pm - Start: 3:00pm**

Girls	Event	Division	Boys
65 through 98 from Session 4			
99A	1000 Freestyle***	13-14	100A
99B	1000 Freestyle***	15-16	100B
99C	1000 Freestyle***	17-18	100C
101	200 Freestyle Relay	10&Un	102
103	200 Medley Relay	11-12	104
105	200 Medley Relay	13-14	106
107	200 Medley Relay	15-16	108
109	200 Medley Relay	17-18	110

***combined and swum fastest to slowest
(Fastest seeded Girls and Boys heats will be swum in Finals)

Day 4: Monday December 22, 2008**Monday December 22, 2008 - Session 6--Prelim/Timed Final
Warm-up: 7:00am - Start 8:30am**

Girls	Event	Division	Boys
111	200 Backstroke	13-14	112
113	200 Backstroke	15-16	114
115	200 Backstroke	17-18	116
117	100 Butterfly	10&Un	118
119	100 Butterfly	11-12	120
121	100 Butterfly	13-14	122
123	100 Butterfly	15-16	124
125	100 Butterfly	17-18	126
127	50 Freestyle	10&Un	128
129	50 Freestyle	11-12	130
131	200 Breaststroke	13-14	132
133	200 Breaststroke	15-16	134
135	200 Breaststroke	17-18	136
137	200 Individual Medley	10&Un	138
139	200 Individual Medley	11-12	140
141A	500 Freestyle***	13-14	142A
141B	500 Freestyle***	15-16	142B
141C	500 Freestyle***	17-18	142C

**Monday December 22, 2008 - Session 7--Final/Timed Final
Warm-up: 1:00pm - Start: 2:30pm**

Girls	Event	Division	Boys
111 through 140 from Session 6			
141A	500 Freestyle***	13-14	142A
141B	500 Freestyle***	15-16	142B
141C	500 Freestyle***	17-18	142C
143	200 Freestyle Relay	11-12	144
145	200 Freestyle Relay	13-14	146
147	200 Freestyle Relay	15-16	148
149	200 Freestyle Relay	17-18	150

***combined and swum fastest to slowest
(Fastest seeded Girls and Boys heats will be swum in Finals)