

HAWAIIAN SWIMMING
Time Trial Meet (SCY)
Veterans' Memorial Aquatic Center
Sunday, February 15, 2009

- SPONSOR:** Kamehameha Swim Club
- SANCTION:** Held under the sanction of USA Swimming
Hawaiian Swimming Sanction No: **HI20090215-KSC**
- DATE:** Sunday, February 15, 2009
- POOL SITE:** Veterans' Memorial Aquatic Center
94-801 Kamehameha Highway
Waipahu, HI 96797
- COURSE:** Short Course, 25 Yards, 4 Lanes
- TIME:** Session 1: Warm-Up 8:00 AM
Meet Start: 9:00 AM
Session 2: Start: 30 minutes after the conclusion of the Events 23 & 24.
- DIVISION:** Open
- RULES:** Current USA Swimming and Hawaiian Swimming rules will govern meet.
- FORMAT:** Timed finals, using automatic electronic timing system with buttons.
- EVENTS:** See attached.
- ELIGIBILITY:** Swimmers must have achieved the Hawaiian Swimming Senior Program 'B' time standard, in any course, for each event they wish to enter.
- 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.
- ENTRIES:** Swimmers may enter a maximum of two (2) individual events per session up to a total of four (4) events for the meet.
- Swimmers will be able to submit changes to events entered to the Clerk of Course on the day of the meet.
- Event changes for Session 1 are due by 8:00 AM.
 - Event changes for Session 2 are due at the conclusion of Event 24.
- ENTRY FEES:** \$4.00 per event. Entry fees must be submitted during check-in.
- Please make checks payable to: **Kamehameha Swim Club**

ENTRY DEADLINE: Entries must be received by Friday, February 13, 2009. **All entries should be submitted using the Hytek's Team Manager program and include a recap sheet.**

- No new entries for Session 1 will be accepted at the meet.
- New entries for Session 2 will be accepted before the start of Event 25.
- See the Eligibility section above for entry restrictions.

E-mail entries to: lynnenakamura@yahoo.com
cell: (808) 387-8357 (Oahu)

SCORING: This is a non-scoring meet.

CHECK-IN: Check-in sheets will be given to coaches for verification. Coaches will need to present their credentials to pick up check-in sheets; exceptions must see the meet referee. Coaches are to verify their swimmers and scratch events as appropriate. Sheets must be returned to the Clerk of Course one (1) hour before start of session.

WARM-UP: Warm-ups 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(s) from competition.

LAP COUNTERS: For any individual freestyle event of 16 lengths or more, a swimmer may appoint one (1) 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 (1) counter per lane will be allowed.

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.

Swimmers need to provide their own timers (2 minimum) for each event.

MEET REFEREE: Marcelle Arakaki

MEET DIRECTOR: Kevin Flanagan

CONCESSION: N/A

ADDITIONAL INFO: - Only Officials, Timers, Coaches, and Swimmers may be on the pool deck. Swimmers should return to their team area soon after they have completed their events.

- Pool and Park rules WILL BE STRICTLY ENFORCED.

- Use of cell phones, cameras, and other recording devices in bathrooms/locker rooms is STRICTLY PROHIBITED.

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SESSION 1:

Warm-Up -8:00 AM / Meet Start - 9:00 AM
(The competition pool will be cleared at 8:45 AM)

WOMEN	EVENTS	MEN
1	200 FREE	2
3	100 BREAST	4
5	200 FLY	6
7	200 BACK	8
9	100 FREE	10
11	400 IM	12
13	100 BACK	14
15	500 FREE	16
17	200 BREAST	18
19	100 FLY	20
21	200 IM	22
23	50 FREE	24

SESSION 2:

Session Start - 30 minutes after the conclusion of Events 23 & 24.

WOMEN	EVENTS	MEN
25	200 FREE	26
27	100 BREAST	28
29	200 FLY	30
31	200 BACK	32
33	100 FREE	34
35	400 IM	36
37	100 BACK	38
39	500 FREE	40
41	200 BREAST	42
43	100 FLY	44
45	200 IM	46
47	50 FREE	48