

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

ELIGIBILITY:

Minimum age of 12 is required for entry into any event. The Hawaiian Swimming Senior Program "B" time standard is required for events of 200 Y/M or shorter. The Hawaiian Swimming Senior Program "A" time standard is required for events of 400 Y/M or longer.

All USA Swimming athletes must be currently USA Swimming registered and their registration numbers must be on the entry file. No deck registration will be accepted. **All new registrations must be mailed directly to the LSC Registrar and postmarked no later than 5 days before the meet date.**

Note: It is the legal responsibility of each club to ensure that each swimmer entered is USA Swimming registered for the current year.

Foreign athletes must be registered with their swimming federation and fully insured by their club, team, and/or sponsoring organization.

ENTRY FEES:

\$4.00 per individual event. There is no fee for relay events. Entry fees are due at check-in. No refunds will be made.

Make checks payable to:

Hawaiian Swimming

Checks may be mailed to:

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

ENTRY DEADLINE:

Entries must be received by Wednesday, May 6, 2009. No late entries will be accepted at the meet.

E-mail meet entries and reports to:

lynnenakamura@yahoo.com
Lynne Nakamura (c: 808-387-8357)

**CHECK-IN/
SCRATCHES:**

Check-in/Scratch sheets will be given to coaches for verification. Coaches will need to present their credentials to pick up sheets; exceptions must see the meet referee. Coaches are to verify their swimmers' entries and scratch events as appropriate. Check-in/Scratch sheets must be returned to the Clerk of Course 45 minutes before the start of each 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 from competition.

- 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. Timers do count as officials for this requirement.
- TIMERS:** **Teams may be pre-assigned timer lanes and/or swimmers may be required to provide their own timers.**
- LAP COUNTERS:** For any individual freestyle event of 16 lengths or more, a swimmer may appoint one 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 counter per lane will be allowed.
- VOLUNTEERS:** Local senior meets are operated by participating teams. As such all participants are needed to contribute resources to making the meet happen. In addition to timers and/or officials required from each entering team, help is needed for the setup, operation, and takedown aspects of the meet. These include but are not limited to: setting up and dismantling of the tarps and timing equipment, hospitality assistance, cleaning of the bathrooms, disposing of trash, etc. Each team's attention to and preparation for these efforts is appreciated.
- HOSPITALITY:** Refreshments will be available for Officials and Coaches during the meet.
- CONCESSION:** N/A
- ADDITIONAL INFO:**
- Parking fee is \$3.00 per day for on campus parking (in parking structure).
 - All swimmers must shower before entering the pool for warm-ups.
 - Pool rules will be strictly enforced.
 - **USE OF CELL PHONES, CAMERAS, AND OTHER RECORDING DEVICES IN BATHROOMS AND LOCKER ROOMS IS STRICTLY PROHIBITED.**

HAWAIIAN SWIMMING
“Honolulu 500” Senior Meet (LCM)
Duke Kahanamoku Aquatics Complex - University of Hawaii
May 8-9, 2009

Order of Events

WOMEN	Friday, May 8, 2009 SESSION 1	MEN
1	200 I.M.	2
3	400 FREE*	4
5	100 BREAST	6
7	100 FREE	8
9	200 BACK	10
11	200 FLY	12
	<i>5-Minute Break</i>	
13	200 FREE RELAY	14

WOMEN	Saturday, May 9, 2009 SESSION 2	MEN
15	50 FREE	16
17	400 I.M.*	18
19	100 FLY	20
21	100 BACK	22
23	200 BREAST	24
25	200 FREE	26
	<i>5-Minute Break</i>	
27	200 MEDLEY RELAY	28

* Individual events of 400 Y/M or longer will be seeded fastest to slowest and swum alternating women and men. Partial heats may be combined by the Meet Referee and/or swum out of order.