

HAWAIIAN SWIMMING
35th Annual Coach Soichi Sakamoto
Memorial Invitational Swimming Meet
May 22 - 24, 2009

SPONSOR: Maui Swim Club

SANCTION: Held under the sanction of USA Swimming
Hawaiian Swimming Sanction No.: **HI20090522-MAUI**

DATE: May 22 - 24, 2009

POOL SITE: Coach Soichi Sakamoto Swimming Pool
Wailuku, Maui, Hawaii

COURSE: Long Course, 50 Meters, 8 Lanes

DATE/TIME: **Friday, May 22, 2009** Warm Up: 3:00 pm
(Session 1) Meet Start: 5:00 pm

Saturday, May 23, 2009

AM Session: Warm Up: 6:30 am
(Session 2) Program: 8:30 am
Meet Start: 9:00 am

PM Session: Warm Up: After the conclusion of Session 2
(Session 3) Meet Start: Approx. 1 hr. after conclusion of
Session 2

Sunday, May 24, 2009

AM Session: Warm Up: 6:30 am
(Session 4) Meet start: 8:30 am

PM Session: Warm Up: After the conclusion of Session 4
(Session 5) Meet Start: Approx. 1 hr. after conclusion of
Session 4

DIVISIONS: 10&Under, 11-12, 13-14, 15-16, and Open

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

FORMAT: Timed finals, using semi-automatic timing system (3 buttons) with manual watch backup. The meet shall be conducted in SPLIT SESSIONS. Sessions 3 & 5 shall start approximately one (1) hour after the completion of Sessions 2 & 4, respectively. The 'four (4) hour rule' will be in effect for swimmers in the 12 and under age groups.

EVENTS: See attached – Order of Events.

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. **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/clubs shall provide a copy of your own association league's international travel permit with entries.

ENTRIES: Swimmers may swim up to (5) individual events per day plus relays (see SPLASH Rule). Swimmers 12 & Under may only swim in one (1) session per day. Swimmers entering Open events must have achieved the 17-18 HI-AA qualifying time. See attached Invitational Entry Standards and Invitational 'Splash' Standards. Fines for swimming out of classification will be based on the LSC database results of the past 2-year schedule (for Hawaiian Swimming teams only).

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.

SPLASH RULE: A swimmer must have at least one (1) HI-AA time to splash two (2) events for the meet. Splashes may be on any day(s). Swimmers must have achieved a HI-A time for each event being splashed and submit the HI-A time as the entry time.

ENTRY FEES: \$2.50 per individual event and \$7.50 per relay entered. Entry fees must accompany entries. No refunds will be made.

Make checks payable to: **MAUI SWIM CLUB**

ENTRY DEADLINE: Entries must be received by email by **Tuesday, May 12, 2009**. No late entries will be accepted at the meet.

Email entries to: mauiswimclub@yahoo.com
Cecelia Romero (808) 877-5495

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 for Session 1 must be returned to the Clerk of Course one (1) hour before start of meet. Check-in sheets for Session 2 and 4 must be returned to the Clerk of Course by the end of Session 1 and 3, respectively. Session 5 check-in sheets are due one (1) hour after the start of Session 4.

WARM-UP: Warm-ups and warm-downs 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 Marshal(s) will enforce registration rules regarding coaches. Disregard of the USA Swimming safety rules will be grounds for disqualification of swimmer(s) from competition.

AWARDS: Individual medals will be awarded for 1st through 3rd and ribbons from 4th through 8th places in each age group.

For relays, medals will be awarded for 1st and ribbons for 2nd and 3rd place.

Trophies will be awarded to the top eight (8) teams and individual outstanding awards for swimmers in each age group

A special award for the "Most Outstanding Swimmer" of the meet, based on individual scoring, will be presented.

SCORING:	Place	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
	Indiv. Points	9	7	6	5	4	3	2	1
	Relay Points	18	14	12	10	8	6	4	2

RESULTS: Hard copy of meet results will be provided upon request only.

OFFICIALS: 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 is required. Timers count as officials for this requirement.

MEET REFEREE(S): Mustafa Demirbag (808) 572-0704

MEET DIRECTOR(S): Spencer Shiraishi, Sr. (808) 871-4516

MARSHAL(S): To be assigned by the Meet Director and/or the Meet Referee.

HOSPITALITY: Officials and coaches will be provided refreshments each day, courtesy of Maui Swim Club.

CONCESSION: A Concession at nominal cost will be available during the meet.

ADDITIONAL INFORMATION: **NOVELTY EVENT (Event #137) – Mixed 400 Medley Relay**
A Mixed 400m Medley Relay race after the meet officially ends on Sunday (May 25, 2009). No points will be awarded for this event, however, Coach Sakamoto Invitational gold medals will be awarded to the winning team.

The 400 Medley Relay will be composed of two 200 Medley Relay teams (8 swimmers, 4 of which shall be Girls and the other 4 Boys). There must be 2 - 10&Under, 2 - 11-12, 2 - 13-14, and 2 - 15&Over swimmers on each team. Each swimmer will swim one leg of the relay (50 meters). Age order and gender of each squad is up to individual clubs. All relays must follow USA Swimming technical rules.

The two relay teams will swim consecutively without interruption. The lead-off swimmer (Backstroke) in the first 200 Medley Relay will utilize a regular racing start. The lead-off swimmer of the second 200 Medley Relay may utilize a diving racing start (from the starting blocks), but must be on the back upon breaking the surface, without taking any stroke or kick under the water after the dive.

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ORDER OF EVENTS

Friday, May 22, 2009			
Session 1:		Warm-up: 3:00 PM	
		Session Start: 5:00 PM	
GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
1	10 & Under	200 Free Relay	2
3	11-12	200 Free Relay	4
5	OPEN	200 Breaststroke	6
7	10 & Under	100 Breaststroke	8
9	11-12	100 Breaststroke	10
11	13-14	200 Breaststroke	12
13	10 & Under	50 Butterfly	14
15	11-12	50 Butterfly	16
17	15-16	200 Breaststroke	18
19	10 & Under	200 Freestyle	20
21	11-12	200 Freestyle	22
23	13-14	200 Freestyle	24
25	15-16	200 Freestyle	26
27	OPEN	200 Freestyle	28
29	13-14	200 Free Relay	30
31	15-16	200 Free Relay	32
33	OPEN	200 Free Relay	34

Saturday, May 23, 2009			
Session 2:		Warm-up: 6:30 AM (Program: 8:30 AM)	
		Session Start: 9:00 AM	
GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
35	11-12	200 Medley Relay	36
37	10 & Under	200 Medley Relay	38
39	11-12	50 Backstroke	40
41	10 & Under	50 Backstroke	42
43	13-14	200 Butterfly	44
45	11-12	100 Butterfly	46
47	10 & Under	100 Butterfly	48
49	15-16	200 Butterfly	50
51	11-12	50 Breaststroke	52
53	10 & Under	50 Breaststroke	54
55	11-12	100 Freestyle	56
57	10 & Under	100 Freestyle	58
59	OPEN	200 Butterfly	60
61	11-12	400 Medley Relay	62

Saturday, May 23, 2009 Session 3: Warm-up: After conclusion of Session 2 Session Start: Approx. 1 hr. after Session 2			
GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
63	13-14	400 Medley Relay	64
65	15-16	400 Medley Relay	66
67	OPEN	400 Medley Relay	68
69	13-14	50 Freestyle	70
71	15-16	50 Freestyle	72
73	OPEN	50 Freestyle	74
75	13-14	200 Backstroke	76
77	15-16	200 Backstroke	78
79	OPEN	200 Backstroke	80
81	13-14	100 Breaststroke	82
83	15-16	100 Breaststroke	84
85	OPEN	100 Breaststroke	86
87	13-14	400 Free Relay	88
89	15-16	400 Free Relay	90
91	OPEN	400 Free Relay	92

Sunday, May 24, 2009 Session 4: Warm-up: 6:30 AM Meet Start: 8:30 AM			
GIRLS EVENT #	DIVISION	EVENT	BOYS EVENT #
93	11-12	400 Free Relay	94
95	10 & Under	50 Freestyle	96
97	11-12	50 Freestyle	98
99	OPEN	100 Butterfly	100
101	15-16	100 Butterfly	102
103	13-14	100 Butterfly	104
105	10 & Under	200 IM	106
107	11-12	200 IM	108
109	OPEN	100 Backstroke	110
111	10 & Under	100 Backstroke	112
113	11-12	100 Backstroke	114

Sunday, May 24, 2009 Session 5: Warm-up: After conclusion of Session 2 Session Start: Approx. 1 hr. after Session 2			
115	13-14	200 IM	116
117	15-16	200 IM	118
119	OPEN	200 IM	120
121	13-14	100 Backstroke	122
123	15-16	100 Backstroke	124
125	OPEN	100 Freestyle	126
127	13-14	100 Freestyle	128
129	15-16	100 Freestyle	130
131	OPEN	200 Medley Relay	132
133	13-14	200 Medley Relay	134
135	15-16	200 Medley Relay	136
137	MIXED	400 Medley Relay	

2008-09 Hawaiian Swimming LCM Invitational (HI-AA) Entry Standards

GIRLS					EVENT	BOYS				
OPEN	15-16	13-14	11-12	10 & U		10 & U	11-12	13-14	15-16	OPEN
0:35.21	0:34.56	0:35.08	0:36.85	0:42.97	50 FR	0:43.68	0:38.21	0:33.62	0:31.24	0:31.01
1:16.74	1:15.30	1:15.86	1:21.24	1:33.83	100 FR	1:35.95	1:23.45	1:12.67	1:08.30	1:08.22
2:48.30	2:42.03	2:43.58	2:56.55	3:28.06	200 FR	3:28.94	3:01.71	2:38.42	2:29.32	2:30.92
---	---	---	0:43.50	0:51.38	50 BK	0:52.66	0:45.42	---	---	---
1:30.16	1:25.88	1:28.93	1:33.54	1:50.70	100 BK	1:52.06	1:37.47	1:25.52	1:19.11	1:21.16
3:14.66	3:04.72	3:06.20	---	---	200 BK	---	---	3:00.48	2:51.77	2:56.47
---	---	---	0:48.82	0:57.00	50 BR	0:59.39	0:49.70	---	---	---
1:41.93	1:36.64	1:39.66	1:46.25	2:04.31	100 BR	2:09.08	1:49.54	1:35.67	1:30.40	1:31.09
3:41.96	3:30.03	3:30.89	---	---	200 BR	---	---	3:24.38	3:14.82	3:21.55
---	---	---	0:40.87	0:48.14	50 FL	0:50.18	0:42.17	---	---	---
1:27.35	1:23.38	1:26.10	1:32.08	1:52.27	100 FL	1:56.88	1:34.88	1:22.00	1:15.55	1:16.04
3:21.78	3:07.57	3:08.75	---	---	200 FL	---	---	3:01.47	2:51.30	2:58.91
3:08.83	3:05.20	3:06.45	3:19.50	3:53.10	200 IM	3:57.19	3:25.97	2:58.75	2:49.51	2:51.22

2008-09 Hawaiian Swimming LCM Invitational (HI-A) 'Splash' Standards

GIRLS					EVENT	BOYS				
OPEN	15-16	13-14	11-12	10 & U		10 & U	11-12	13-14	15-16	OPEN
0:37.82	0:37.70	0:38.26	0:40.22	0:46.88	50 FR	0:47.65	0:41.68	0:36.68	0:34.07	0:33.31
1:22.42	1:22.15	1:22.75	1:28.64	1:42.37	100 FR	1:44.67	1:31.03	1:19.28	1:14.50	1:13.27
3:00.77	2:56.76	2:58.45	3:12.60	3:46.98	200 FR	3:47.94	3:18.23	2:52.83	2:42.90	2:42.10
---	---	---	0:47.45	0:56.06	50 BK	0:57.44	0:49.55	---	---	---
1:36.83	1:33.69	1:37.03	1:42.04	2:00.77	100 BK	2:02.25	1:46.33	1:33.29	1:26.30	1:27.18
3:29.08	3:21.51	3:23.13	---	---	200 BK	---	---	3:16.88	3:07.39	3:09.53
---	---	---	0:53.26	1:02.18	50 BR	1:04.78	0:54.21	---	---	---
1:49.48	1:45.42	1:48.72	1:55.91	2:15.61	100 BR	2:20.82	1:59.49	1:44.36	1:38.61	1:37.83
3:58.40	3:49.12	3:50.06	---	---	200 BR	---	---	3:42.96	3:32.54	3:36.48
---	---	---	0:44.58	0:52.51	50 FL	0:54.75	0:46.01	---	---	---
1:33.82	1:30.97	1:33.93	1:40.45	2:02.47	100 FL	2:07.51	1:43.52	1:29.46	1:22.41	1:21.68
3:36.72	3:24.62	3:25.91	---	---	200 FL	---	---	3:17.96	3:06.87	3:12.17
3:22.81	3:22.03	3:23.40	3:37.63	4:14.30	200 IM	4:18.76	3:44.70	3:15.00	3:04.93	3:03.90