

**2009 Hawaiian Swimming
LCM Senior Championship Meet
Duke Kahanamoku Aquatic Complex – UH
June 26-28, 2009**

Sponsor: Hawaiian Swimming

Sanction: Held under the sanction of USA Swimming
Hawaiian Swimming Sanction No.: **HI20090626-HISS**

Pool site: University of Hawaii
Duke Kahanamoku Aquatics Complex
1337 Lower Campus Road
Honolulu, HI 96822

Course: Long Course, 50 Meters, 8 lanes

Schedule:

Friday, June 26, 2009			
Session 1:	Warm-up - 4:00 PM	Start - 5:30 PM	
Saturday, June 27, 2009			
Session 2:	Warm-up - 7:30 AM	Start - 9:00 AM	
Session 3:	Warm-up - 2:30 PM	Program - 3:45 PM	Start - 4:00 PM
Sunday, June 28, 2009			
Session 4:	Warm-up - 7:30 AM	Start - 9:00 AM	
Session 5:	Warm-up - 1:30 PM	Start - 3:00 PM	

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

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 coaches meeting and/or via the public address system.

Meet Director(s): Dean Schmaltz
deanschmaltz@hawaii.rr.com
(808) 375-7970

Meet Referee(s): Marcelle Arakaki

Rules: The meet will be conducted in accordance with current USA Swimming and Hawaiian Swimming rules. The marshals, with 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: Automatic timing system with manual backup.

Divisions: Senior Division: This is a single division championship meet.

Format: The 1500 Free and ALL Relays will be swum as Timed Finals. All other individual events will be swum as Preliminary and Finals events.

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

Timed Finals and Preliminaries for Individual Events of 400 Y/M or longer will be seeded and swum fastest to slowest, alternating women and men. All other events and heats will be seeded and swum slowest to fastest.

A championship A-finals heat, a consolation B-finals heat, and a bonus C-finals heat will be offered for all non-timed finals events (except for the 400 FR and 400 IM where only A/B finals will be offered).

Events: See attached schedule of events.

Eligibility: All swimmers entered must be USA Swimming registered for 2009. No deck registration will be accepted and all new registrations must be mailed directly to the LSC Registrar and postmarked NO LATER than the entry deadline. **Note: It is the legal responsibility of each club to ensure that each swimmer entered is USA Swimming registered for the current year.**

Minimum age of 12 is required for entry into ANY event. The age of the swimmer on the first day of the meet will govern the entire meet. Swimmers must have achieved the Hawaiian Swimming Senior Program "B" time standard in individual events entered. Qualifying time standards are posted at www.hawaiianswimming.org and are attached to the end of this notice.

Swimmers entered must 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 **June 12, 2008**. Refer to Proof of Time section for further information.

Entries: Swimmers may enter all qualified individual events but will be limited to participate in three (3) individual events, per calendar day, plus relays AND no more than six (6) 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.

Individual entry times must be submitted in the conforming course. Converted times will NOT be accepted. Non-conforming course entries will be converted prior to seeding of heats by the meet management software.

Relay entry times must be submitted in the conforming course. "NT" will not be accepted. If entering more than one (1) relay team per event, the designator "A", "B", etc. must be used. All relay-only swimmers must be listed in the entry file. Each relay team entered, AND swum, must include at least one individual event qualifier. There is no limit to the number of relays a club may enter, however only the top two (2) relay teams per club will be scored.

Entry fees: \$3.00 per Individual Entry
\$9.00 per Relay Entry
\$10.00 Surcharge per swimmer entered in the meet, including relay only swimmers.

\$10.00 per set of additional (after initial 2) heat sheet set. Additional heat sheet request form must be included with entries and other required forms.

Make checks payable to Hawaiian Swimming.

Entry Deadline: **Entries must be submitted electronically and include:**

- 1) Teams Report: The Teams report MUST include coach and entry person contact information. (From the Hy-Tek Team Manager Administrative report menu in TM 4.0 and TM 5.0.)
- 2) Meet Entry Fees Report: (From the Performance menu in TM 4.0 or from the Meet Reports menu in TM 5.0.)
- 3) Meet Entries Report: The Entries report MUST utilize the "Proof of Time" function. (From the Performance menu in TM 4.0 or from the Meet Reports menu in TM 5.0).

All required entry forms and files must be emailed and received on or before Wednesday, June 17, 2009. A check for entry fees MUST BE POSTMARKED NO LATER than Thursday, June 18, 2009 or must be RECEIVED NO LATER than Tuesday, June 23, 2009. Entries without an acceptable check for entry fees will be considered invalid. **No late entries will be accepted.**

Email entries to:

Peggy Glasgow
ladynav135@aol.com
Phone: (808) 456-1496 (Oahu)

Mail a copy of the fee report and check to:

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

Verification: Proof of time will be required for entry. All entry times will be verified against the LSC and SWIMS database.

It is the responsibility of the club to submit meet results with their entries if not using Hawaiian Swimming LSC sanctioned or approved meets. High school league and state championships and may be used if the swims were observed. Please consult with the LSC Times Administrator for those swims.

Entry 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.

Warm-ups: 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. The marshals will enforce the warm-up procedures and maintain order in the swimming venue.

Open lane warm-up is a designated time frame in which the entire pool is open for warm-ups. Coaches must be on the deck of the pool supervising. All swimmers must enter the pool feet first. No paddles are permitted. Warm-up lanes may be assigned by the Meet Director.

**Check-in /
Scratches:**

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

Swimmers are considered checked-in for all individual events entered (except for the 1500 Free) unless scratched by the time specified. Only the coach/swimmer may scratch an event. A copy of each scratch form will be returned to the coach/swimmer as confirmation.

Swimmers entered in the 1500 Free (or their coach) MUST CHECK-IN AND CONFIRM their intention to compete with the Clerk of Course one (1) hour prior to the start of Session 1. Failure to do so will result in the swimmer being scratched from the event.

The scratch box for individual events for all other sessions will close at the conclusion of each finals/timed finals session for the next following prelim/timed finals session.

Relay cards are to be verified/completed for correct names, ages, and tentative order of swimming. Relay cards are to be returned to the Clerk of Course by the end of each day's preliminary competition with the exception of the 800 Free Relay, which are due at the beginning of Session 1. Relay(s) will be scratched if cards are not submitted on time.

A copy of each relay card will be returned to the coaches. Coaches may change the relay order and/or add the name(s) of eligible relay swimmers. Any changes to a relay must be made on the returned card. Changed relay cards, and any final adjustments made at the starting blocks by the swimmers, must be submitted to the head lane timer prior to the start of the race. Failure to submit correct relay card(s) may result in disqualification of the relay(s).

**Scratches
For Finals:**

A swimmer who qualifies for any finals heat, including bonus finals, MUST NOTIFY the Clerk of Course within 30 minutes after the announcement of the qualifiers for that event that they will not compete. Failure to notify, declare and/or compete in said finals will result in being a "no show" for finals. In the event of such failure to show or to certify withdrawal, the Meet Referee shall fill the finals heats 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.

**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 their intent not to compete. The swimmer will be disqualified from the 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 rules of a "no show" for finals.

No Shows:

Swimmers who have been seeded and are not at the starting block for their heat of ANY preliminary or timed finals individual 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.

If a swimmer qualified for finals prior to a "no show" of a preliminary or timed final event, he/she MUST swim the final event(s) or be subject to the penalty of a "no show" for finals. All "no shows" for timed final events will be subject to penalties similar to a "no show" for preliminary events.

The swimmer, or coach, must declare their 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 their individual events, NOR will they be allowed to participate on a relay if declaration of intent is not fulfilled.

In the event that a swimmer is a "no show" for their first event due to unforeseen circumstances, an appointed 5-member meet jury will convene to determine the swimmer's eligibility to compete the remainder of the day without penalty.

A "no show" for finals will result in being disqualified from further competition, individual events AND relays, for the remainder of the meet, unless the Meet Referee is notified of illness or injury.

Protests: Protests must be registered with the Meet Referee within thirty (30) minutes of the infraction. Protests must be written and signed. 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.

Lap Counters: For any individual freestyle event of 16 lengths or more, a swimmer may appoint one 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 counter per lane will be allowed.

Individual and Team Scoring: Scoring is provided only for Timed Finals and A/B-finals events. C-finals are non-scoring bonus finals. Only the top two (2) relay teams per club will be scored.

Individual Events:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Relay Events:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Awards: Medals will be awarded to the top eight (8) places for individual events and to the top three (3) places for relay events.

Trophies/plaques will be awarded to the top Female and top Male individual high point earner, and to the top three (3) Combined Team scorers.

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.

Officials: Key officials will be assigned their duties prior to the meet.

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 Meet Director may assign timing positions to participating teams.

Meet Marshal(s): The Meet Referee will assign marshaling duties during the meet.

Hospitality: Officials and coaches will be provided refreshments and lunch each day.

- Concession:** A concession will be available during the meet.
- Volunteers:** LSC hosted meets are run by the participating teams. As such we are all 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.
- Travel Fund:** Outer Island swimmers who attend and place in the top sixteen (16) of an individual event are eligible to receive a travel reimbursement. Refer to the application for reimbursement form for limits and details. Application for reimbursement must be made within 15 days following the conclusion of the meet.
- Special Notes:** A 5-member meet jury will be appointed consisting of:
1 coach, 1 official, 1 athlete, 2 at-large (1 from a neighbor island)
- Additional Information:** On campus parking fee is \$3.00 per day (except on Sunday).
Pool rules will be STRICTLY ENFORCED.
Use of cell phones, cameras, and other recording devices in bathrooms and locker rooms is STRICTLY PROHIBITED.

**2009 Hawaiian Swimming
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June 26-28, 2009**

Friday, June 26, 2009

Session 1 – Timed Finals

Warm-up: 4:00 PM

Start of Competition: 5:30 PM

*1500 Free to be seeded and swum fastest to slowest alternating women and men.

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	1500 Freestyle*	2
	<i>10-Minute Intermission</i>	
3	800 Free Relay	4

Saturday, June 27, 2009

Session 2 – Preliminaries

Warm-up: 7:30 AM

Start of Competition: 9:00 AM

*400 Free to be seeded and swum fastest to slowest alternating women and men.

<u>Women</u>	<u>Event</u>	<u>Men</u>
7	200 Individual Medley	8
9	400 Freestyle*	10
11	100 Breaststroke	12
13	200 Backstroke	14
15	100 Freestyle	16
17	200 Butterfly	18

Saturday, June 27, 2009

Session 3 – Finals / Timed Finals

Warm-up: 2:30 PM

Opening Ceremony: 3:45 PM

Start of Competition: 4:00 PM

Relays Events: to be seeded and swum slowest to fastest as timed finals.

Individual Events: A/B/C heats for each finals event to be seeded and swum slowest to fastest. Bonus C-finals are not offered for the 400 Free.

<u>Women</u>	<u>Event</u>	<u>Men</u>
5	200 Freestyle Relay	6
	<i>10-Minute Intermission</i>	
7	200 Individual Medley	8
9	400 Freestyle	10
11	100 Breaststroke	12
13	200 Backstroke	14
15	100 Freestyle	16
17	200 Butterfly	18
	<i>10-Minute Intermission</i>	
19	400 Medley Relay	20

Sunday, June 28, 2009

Session 4 – Preliminaries

Warm-up: 7:30 AM

Start of Competition: 9:00 AM

*400 IM to be seeded and swum fastest to slowest alternating women and men.

<u>Women</u>	<u>Event</u>	<u>Men</u>
23	200 Freestyle	24
25	400 Individual Medley*	26
27	100 Butterfly	28
29	200 Breaststroke	30
31	100 Backstroke	32
33	50 Freestyle	34

Sunday, June 28, 2009

Session 5 – Finals / Timed Finals

Warm-up: 1:30 PM

Start of Competition: 3:00 PM

Relays Events: to be seeded and swum slowest to fastest as timed finals.

Individual Events: A/B/C heats for each finals event to be seeded and swum slowest to fastest. Bonus C-finals are not offered for the 400 IM.

<u>Women</u>	<u>Event</u>	<u>Men</u>
21	200 Medley Relay	22
	<i>10-Minute Intermission</i>	
23	200 Freestyle	24
25	400 Individual Medley	26
27	100 Butterfly	28
29	200 Breaststroke	30
31	100 Backstroke	32
33	50 Freestyle	34
	<i>10-Minute Intermission</i>	
35	400 Free Relay	36

**2009 Hawaiian Swimming
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Senior Championship Entry Time Standards

Women			Event	Men		
SCY	SCM	LCM		SCY	SCM	LCM
0:29.21	0:32.44	0:33.37	50 Free	0:25.98	0:28.86	0:29.79
1:03.17	1:10.21	1:11.94	100 Free	0:56.70	1:02.94	1:05.36
2:15.59	2:30.60	2:34.53	200 Free	2:04.38	2:18.13	2:21.82
6:00.58	5:14.49	5:23.04	400/500 Fr	5:36.90	4:53.36	5:03.52
21:15.11	21:12.91	21:38.90	1500/1650 Fr	20:08.23	20:04.77	20:20.36
1:10.67	1:18.53	1:22.57	100 Back	1:04.78	1:11.94	1:15.87
2:32.56	2:49.43	2:56.01	200 Back	2:20.67	2:36.14	2:43.07
1:20.49	1:29.39	1:32.73	100 Breast	1:11.83	1:19.80	1:24.53
2:54.51	3:13.80	3:20.38	200 Breast	2:39.96	2:57.63	3:05.71
1:09.63	1:17.37	1:19.45	100 Fly	1:02.47	1:09.40	1:11.71
2:35.10	2:52.20	2:55.32	200 Fly	2:20.67	2:36.14	2:42.15
2:33.14	2:50.00	2:54.51	200 IM	2:19.40	2:34.76	2:40.19
5:11.07	5:45.39	5:52.54	400 IM	4:44.78	5:16.13	5:27.57