

**2009 Hawaiian Swimming  
Long Course Age Group Swimming Championships  
July 16 - 19, 2009**

**Sponsor:** Hawaiian Swimming  
**Co-Sponsor:** Maui Age Group Swimming Association & Maui Dolphins Swim Club

**Sanction:** Held under the sanction of USA Swimming  
Hawaiian Swimming Sanction No.: **HI20090716-LCSC**

**Pool site:** Kihei Aquatic Center (Maui)  
303 E. Lipoa Street  
Kihei, Hawaii

**Course:** Long Course, 50 meters, 8 lanes

**Time:** Thursday, July 16, 2009  
Session 1: Warm-up - 2:00pm Start - 4:00pm  
Friday, July 17, 2009  
Session 2: Warm-up - 7:00am Start - 8:30am  
Session 3: Warm-up - 1:30pm Program - 2:45pm Start - 3:00pm  
Saturday, July 18, 2009  
Session 4: Warm-up - 7:00am Start - 8:30am  
Session 5: Warm-up - 1:30pm Start - 3:00pm  
Sunday, July 19, 2009  
Session 6: Warm-up - 7:00am Start - 8:30am  
Session 7: Warm-up - 1:00pm Start - 2:30pm

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

NOTE: The Referee may change the times of warm-up and/or the start of the meet for the preliminaries and/or finals. All such announcements will be made 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.

**Judging:** Fully automatic timing system with manual backup.

**Meet Referee:** Marcelle Arakaki

**Admin. Referee:** Peggy Glasgow

**Co-Meet Directors:** Malcolm Cooper, Maui Age Group Swimming Association (808) 280-4257 [c] (Maui)  
Kenny Chew, Hawaiian Swimming LSC Age Group Vice-Chair (808) 780-7946 [c] (Oahu)

**Clerk of Course:** Kathy Johnson

**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, Thursday, July 16, 2009
- Distance events of 400 yards or more
- All relay events (swum during finals)

The 13-14, 15-16, and 17-18 400 IM and 400/800/1500 Freestyle events will be combined and seeded accordingly. Those events will be swum fastest to slowest, alternating females and males.

**For the 400 IM, 400 Freestyle, and 800 Freestyle, 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.**

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 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 June 12, 2008. No deck registration will be accepted and all new registrations must be mailed directly to the LSC Registrar and postmarked NO LATER than entry deadline for 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:**

- 1) **'Teams Report'** (in the Hy-Tek Team Manager Administrative report menu)  
**'Teams Report' MUST include coach and entry person contact information.**
- 2) **'Meet Entry Fees Report'** (For TM 4.0 in the Performance menu or for TM 5.0 in the Meet Reports menu).
- 3) **'Meet Entries Report'** utilizing the **'Proof of Time'** function (For TM 4.0 in the Performance menu or for TM 5.0 in the Meet Reports menu).

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, all relays must have achieved the qualifying time after July 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 meters 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 July 9, 2009 and after June 12, 2008. Entries must be submitted utilizing Hy-tek's Team Manager and include and Entry Report utilizing the '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 **June 12, 2008** 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 is posted at <http://www.hawaiianswimming.org>). 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 8:00pm on July 7, 2009.** A check for entry fees MUST BE POSTMARKED NO LATER than Wednesday, July 8, 2009 or must be RECEIVED NO LATER than July 12, 2009. 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](mailto: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).**

**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. **The meet referee/marshal(s) will enforce the rules regarding the validity of the coaches.** 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. The marshals shall have full authority to warn or order to cease and desist.

The **warm-up guidelines** will be for open lane warm-ups. Assigned lanes will be made, if needed, by the LSC Meet Director.

Open lane warm-up is a designated time frame in which the entire pool is open for warming up. Coaches must be on deck at the ends of the pool supervising. All swimmers must enter the pool feet first. Additionally, the pool is altered to accommodate the following configuration:

Lanes 1 to 8: Open swimming with circle swimming on the right with faster swimmers having the right of way. No paddles. Feet first entry.

Lanes 7 & 8: 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.

- 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 Hawaiian Swimming LSC will assign timing assignments to participating teams.
- Hospitality:** Officials and coaches will be provided refreshments and lunch each day.
- Concession:** A concession will be available during 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)
- 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 and park rules will be strictly enforced.
- Park in marked stalls in the paved lot areas first. Do not park in the fire lane or in the reserved parking area. Overflow parking will be available in the grass fields below the pool, but park in single rows.
- Warm-up/cool-down lanes will be available during the meet. Credentialed coaches should provide additional supervision of swimmers in the area.
- All swimmers must shower before entering the pool for warm-ups.
- 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.

2009 Long Course State Championship Time Standards (Meters)										
Girls					Event	Boys				
17-18	15-16	13-14	11-12	10&Un		10&Un	11-12	13-14	15-16	17-18
:32.60	:31.41	:31.89	:33.50	:39.06	<b>50 Free</b>	:39.71	:34.73	:30.57	:28.39	:28.72
1:11.05	1:08.47	1:08.95	1:13.86	1:25.31	<b>100 Free</b>	1:27.23	1:15.86	1:06.07	1:02.08	1:03.17
2:35.84	2:27.30	2:28.71	2:40.50	3:09.15	<b>200 Free</b>	3:09.95	2:45.19	2:24.03	2:15.75	2:19.74
5:24.64	5:10.92	5:12.50	5:38.22	----	<b>400 Free</b>	----	5:49.27	5:06.42	4:49.43	4:58.07
11:27.62	10:40.64	10:52.73	----	----	<b>800 Free</b>	----	----	10:37.94	10:05.12	10:32.11
21:52.30	20:39.07	20:52.01	----	----	<b>1500 Free</b>	----	----	20:18.78	19:38.38	20:20.06
----	----	----	:39.55	:46.72	<b>50 Back</b>	:47.86	:41.29	----	----	----
1:23.47	1:18.08	1:20.85	1:25.03	1:40.64	<b>100 Back</b>	1:41.87	1:28.60	1:17.73	1:11.92	1:15.16
3:00.24	2:47.93	2:49.28	----	----	<b>200 Back</b>	----	----	2:44.07	2:36.16	2:43.39
----	----	----	:44.38	:51.82	<b>50 Breast</b>	:53.99	:45.18	----	----	----
1:34.39	1:27.85	1:30.60	1:36.58	1:53.01	<b>100 Breast</b>	1:57.35	1:39.58	1:26.97	1:22.18	1:24.34
3:25.51	3:10.94	3:11.72	----	----	<b>200 Breast</b>	----	----	3:05.80	2:57.10	3:06.62
----	----	----	:37.15	:43.77	<b>50 Fly</b>	:45.62	:38.34	----	----	----
1:20.88	1:15.80	1:18.28	1:23.71	1:42.05	<b>100 Fly</b>	1:46.25	1:26.26	1:14.55	1:08.68	1:10.41
3:06.83	2:50.52	2:51.59	----	----	<b>200 Fly</b>	----	----	2:44.96	2:35.72	2:45.66
2:54.84	2:48.36	2:49.50	3:01.37	3:31.91	<b>200 I.M.</b>	3:35.63	3:07.25	2:42.50	2:34.10	2:38.53
6:24.03	5:54.87	6:00.23	----	----	<b>400 I.M.</b>	----	----	5:47.53	5:30.46	5:50.67
					<b>RELAYS</b>					
2:40.59	2:33.85	2:38.06	2:34.58	3:01.37	<b>200 Medley</b>	3:07.18	2:39.54	2:31.45	2:21.32	2:22.74
5:56.18	5:41.20	5:50.55	5:39.18	----	<b>400 Medley</b>	----	5:50.30	5:35.86	5:13.36	5:16.51
2:20.84	2:18.24	2:20.32	2:14.00	2:36.24	<b>200 Free</b>	2:38.84	2:18.92	2:14.48	2:04.96	2:04.04
5:06.96	5:01.20	5:03.44	4:55.44	----	<b>400 Free</b>	----	5:03.44	4:50.68	4:33.20	4:32.88

# 2009 Hawaiian Swimming Age Group Long Course Championships

## ORDER OF EVENTS

### Day 1: Thursday July 16, 2009

#### Thursday July 16, 2009 Session 1 – Timed Final

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

Girls	Event	Division	Boys
1A	1500 Freestyle*	13-14	2A
1B	1500 Freestyle*	15-16	2B
1C	1500 Freestyle*	17-18	2C
3	400 Freestyle**	11-12	4
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

\*combined and swum fastest to slowest

\*\*swum fastest to slowest

### Day 2: Friday July 17, 2009

#### Friday, July 17, 2009 - 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

#### Friday, July 17, 2009 - Session 3–Final/Timed Final

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

Girls	Event	Division	Boys
<b>13 through 52 from Session 2</b>			
53A	400 Individual Medley***	13-14	54A
53B	400 Individual Medley***	15-16	54B
53C	400 Individual Medley***	17-18	54C
55	400 Medley Relay	11-12	56
57	400 Medley Relay	13-14	58
59	400 Medley Relay	15-16	60
61	400 Medley Relay	17-18	62

**Day 3: Saturday July 18, 2009****Saturday July 18, 2009 - Session 4--Prelim/Timed Final****Warm-up: 7:00am - Start 8:30am**

Girls	Event	Division	Boys
63	100 Backstroke	13-14	64
65	100 Backstroke	15-16	66
67	100 Backstroke	17-18	68
69	50 Backstroke	10&Un	70
71	50 Backstroke	11-12	72
73	100 Freestyle	13-14	74
75	100 Freestyle	15-16	76
77	100 Freestyle	17-18	78
79	100 Freestyle	10&Un	80
81	100 Freestyle	11-12	82
83	200 Individual Medley	13-14	84
85	200 Individual Medley	15-16	86
87	200 Individual Medley	17-18	88
89	100 Breaststroke	10&Un	90
91	100 Breaststroke	11-12	92
93A	800 Freestyle***	13-14	94A
93B	800 Freestyle***	15-16	94B
93C	800 Freestyle***	17-18	94C

**Saturday July 18, 2009 - Session 5--Final/Timed Final****Warm-up: 1:30pm - Start: 3:00pm**

Girls	Event	Division	Boys
<b>63 through 92 from Session 4</b>			
93A	800 Freestyle***	13-14	94A
93B	800 Freestyle***	15-16	94B
93C	800 Freestyle***	17-18	94C
95	200 Medley Relay	10&Un	96
97	200 Medley Relay	11-12	98
99	200 Medley Relay	13-14	100
101	200 Medley Relay	15-16	102
103	200 Medley Relay	17-18	104

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

**Day 4: Sunday July 19, 2009****Sunday July 19, 2009 - Session 6--Prelim/Timed Final****Warm-up: 7:00am - Start 8:30am**

Girls	Event	Division	Boys
105	200 Backstroke	13-14	106
107	200 Backstroke	15-16	108
109	200 Backstroke	17-18	110
111	100 Butterfly	10&Un	112
113	100 Butterfly	11-12	114
115	100 Butterfly	13-14	116
117	100 Butterfly	15-16	118
119	100 Butterfly	17-18	120
121	50 Freestyle	10&Un	122
123	50 Freestyle	11-12	124
125	200 Breaststroke	13-14	126
127	200 Breaststroke	15-16	128
129	200 Breaststroke	17-18	130
131	200 Individual Medley	10&Un	132
133	200 Individual Medley	11-12	134
135A	400 Freestyle***	13-14	136A
135B	400 Freestyle***	15-16	136B
135C	400 Freestyle***	17-18	136C

**Sunday July 19, 2009 - Session 7--Final/Timed Final****Warm-up: 1:00pm - Start: 2:30pm**

Girls	Event	Division	Boys
<b>105 through 134 from Session 6</b>			
135A	400 Freestyle***	13-14	136A
135B	400 Freestyle***	15-16	136B
135C	400 Freestyle***	17-18	136C
137	200 Freestyle Relay	10&Un	138
139	200 Freestyle Relay	11-12	140
141	200 Freestyle Relay	13-14	142
143	200 Freestyle Relay	15-16	144
145	200 Freestyle Relay	17-18	146

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