

**2009 Hawaiian Swimming  
Junior Age Group Long Course Championships  
Waterhouse Pool - Punahou School  
July 24-25, 2009**

**Sponsor:** Hawaiian Swimming

**Sanction:** Held under the sanction of USA Swimming  
Hawaiian Sanction: **HI20090724-JAG**

**Venue:** Waterhouse Pool  
Punahou School  
1601 Punahou Street  
Honolulu, HI 96822

**Course:** Long Course, 50 Meters, 8 Lanes

**Time:** Friday, July 24, 2009  
Session 1: Warm-up - 4:00pm Program - 5:00pm Start - 5:10pm  
Saturday, July 25, 2009  
Session 2: Warm-up - 11:30pm Start - 1:00pm

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

NOTE: The Referee may change the times of warm-up and/or the start of the sessions. All such announcements will be made at a coaches' 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 concurrence of the 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 (touch pads and buttons) with manual backup.

**Format:** Timed finals for all individual and relay events. Seeded and swum slowest to fastest.

**Divisions:** Individual events: 10/Un, 11/12, 13/14, 15-18.

Relay events: 10/Un, 11-12, 13-18.

The age of the swimmer of the first day of the meet will govern the entire meet.

**Events:** See attached schedule of events.

**Meet Directors:** Jeff Meister  
jmeister@punahou.edu  
(808) 944-5865

**Meet Referee(s):** Marcelle Arakaki and/or Mei Nakamoto

**Eligibility:**

Swimmers must be USA Swimming registered with Hawaiian Swimming 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 meet entry deadline.

Swimmers must have previously met the established Hawaiian Swimming 'A' or 'AA' time standards of their age group for Short Course Yards, Short Course Meters, or Long Course Meters for each individual event entered on or after **July 19, 2008**. Best times achieved must be converted (using LSC approved Hy-Tek conversion formulas) to Short Course Yards and must not match or better the Hawaiian Swimming 'Q' time standards. 15/16 and 17/18 year-old swimmers are to use their respective Hawaiian Swimming age group time standards for determining individual event eligibility in the combined 15-18 division.

Swimmers who have achieved the Hawaiian Swimming 'Q' time standards of their age group in one or more events ARE eligible to enter ANY individual events in which they have NOT achieved the Hawaiian Swimming 'Q' time standards but have achieved the Hawaiian Swimming 'A' or 'AA' time standards. Swimmers who have achieved the Hawaiian Swimming 'Q' time standards of their age group in one or more events ARE NOT eligible to enter or compete in ANY relay events.

**Entries:**

Swimmers may enter all qualified individual events but will be limited to compete in at most three (3) individual events and one (1) relay event per day. 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.

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

All swimmers, including relay-only swimmers and relay-only alternates, must be listed in the entry file with complete information for each swimmer (name, gender, USA Swimming ID number, age, birth date and event information).

Each relay entry must have an entry time. "NT" will not be accepted. Use the Team Manager program to convert best eligible times to Short Course Yards for aggregate relay entry times.

**Entry fees:**

\$3.00 per Individual Entry

\$9.00 per Relay Entry

\$10.00 Championship Fee per swimmer entered in the meet (includes relay-only swimmers and relay-only alternates)

\$10.00 per set of additional heat sheets after the initial 2 sets. Additional Heat Sheet Request Form must be included with entries and other required reports.

***Make checks payable to: Hawaiian Swimming.***

**Entry Deadline:**

All required forms and files for entries must be e-mailed NO LATER than **Tuesday, July 14, 2009**. The check for entry fees and recap sheet must be POSTMARKED no later than **Wednesday, July 15, 2009**. An acceptable check for entry fees must be included or entries will be considered invalid.

E-mail entries and reports to:  
Dean Schmaltz  
deanschmaltz@hawaii.rr.com  
(808) 375-7970

Mail a copy of the Entry Fee Report and check to:  
Lynne Nakamura  
P. O. Box 893193  
Mililani, HI 96789

**NO REFUNDS WILL BE MADE AND NO LATE ENTRIES WILL BE ACCEPTED.**

**Verification:**

The LSC Times Administrator 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 LSC Times Administrator for those swims.

The qualifying time standard for individual swims or aggregate times used for relays must have been achieved by the swimmer(s) on or after **July 19th, 2008** at USA Swimming sanctioned meets or Hawaiian Swimming LSC approved meets. Eligibility AND entry times must be based on best achieved times converted to Long Course Meters. 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-up  
Procedures  
& Guidelines:**

Warm-ups must be supervised by a USA Swimming registered "coach member" following guidelines established by the LSC. All "on deck" coaches must have their current USA Swimming coaches card visible at all times. The meet Referee and 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. Assigned lanes will be made, if needed, by the Meet Director(s).

**Meet Procedure  
& Reporting:**

All swimmers are responsible for reporting directly to the assigned lane when the event is ready to be swum. Heat sheets will be posted at various locations around the pool specifying heat and lane assignments for events entered and not scratched according to procedures. Failure to be at the assigned lane will be subject to the "No Show" rule.

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). 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).

**Scratches:**

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

- The scratch box for individual entries will close forty-five (45) minutes prior to the start of each session.
- The scratch box for relay entries will close at the start of each 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.

**Declared False Starts:**

A “declared false start” is when the swimmer reports to the 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.

**No shows:**

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 Referee is notified of illness or injury.

Additionally, 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. He/she 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.

In the event that a swimmer is a "no show" for his/her first event due to unforeseen circumstances, the Meet Jury will convene to determine the swimmer's eligibility to compete the remainder of the day without penalty.

**Protests:**

Protests will be registered only with the Meet Referee within thirty (30) minutes of the infraction. This protest must be written and signed by the swimmer’s registered 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.

**Individual and Team scoring:**

Individual Places	1	2	3	4	5	6	7	8
Points	9	7	6	5	4	3	2	1
Relay Places	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

Overall Team Points: 1st through 8th - trophy.

High Point Female and Male in each age group: trophy or plaque

*Note: A schedule of awards presentations will be distributed and announced separately after entries are processed.*

**Officials/Marshals:**

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 per session. 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 Clerk of Course and/or Meet Director will assign timer and marshal positions to participating teams. All officials, timers, and marshals report to the Meet Referee.

**Hospitality:** Officials and coaches will be provided refreshments and with dinner on Friday and a snack on Saturday.

**Meet Jury:** A 5-member meet jury will be appointed consisting of:

1 coach            1 official            1 athlete            2 at-large

**Additional Notes:**

- Pool and campus rules will be enforced.
- On-campus parking in marked stalls only.
- Tee-shirts will be available for sale during the meet.
- Team tent area assignments will be distributed after entries are processed.
- Concessions or on-campus vendor will be available during the meet.
- Use of cell phones, cameras, and other recording devices in bathrooms and locker rooms is STRICTLY PROHIBITED.

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**Session 1 - Friday, July 24th**

- Warm-up - 4:00 PM
- Program - 5:00 PM
- Start - 5:10 PM

**Session 2 - Saturday, July 25th**

- Warm-up - 11:30 AM
- Start - 1:00 PM

<b>Girls</b>	<b>Division - Event</b>	<b>Boys</b>	<b>Girls</b>	<b>Division - Event</b>	<b>Boys</b>
1	10&U - 50 Fly	2	47	10&U - 100 Fly	48
3	11-12 - 50 Fly	4	49	11-12 - 100 Fly	50
5	13-14 - 200 Fly	6	51	13-14 - 100 Fly	52
7	15-18 - 200 Fly	8	53	15-18 - 100 Fly	54
9	10&U - 50 Free	10	55	10&U - 50 Breast	56
11	11-12 - 50 Free	12	57	11-12 - 50 Breast	58
13	13-14 - 50 Free	14	59	13-14 - 200 Breast	60
15	15-18 - 50 Free	16	61	15-18 - 200 Breast	62
17	10&U - 100 Back	18	63	10&U - 100 Free	64
19	11-12 - 100 Back	20	65	11-12 - 100 Free	66
21	13-14 - 200 Back	22	67	13-14 - 100 Free	68
23	15-18 - 200 Back	24	69	15-18 - 100 Free	70
25	10&U - 100 Breast	26	71	10&U - 50 Back	72
27	11-12 - 100 Breast	28	73	11-12 - 50 Back	74
29	13-14 - 100 Breast	30	75	13-14 - 100 Back	76
31	15-18 - 100 Breast	32	77	15-18 - 100 Back	78
33	10&U - 200 Free	34	79	10&U - 200 IM	80
35	11-12 - 200 Free	36	81	11-12 - 200 IM	82
37	13-14 - 200 Free	38	83	13-14 - 200 IM	84
39	15-18 - 200 Free	40	85	15-18 - 200 IM	86
41	10&U - 200 Medley Relay	42	87	10&U - 200 Free Relay	88
43	11-12 - 200 Medley Relay	44	89	11-12 - 200 Free Relay	90
45	13-18 - 200 Medley Relay	46	91	13-18 - 200 Free Relay	92