

HAWAIIAN SWIMMING
“Honolulu 500” Senior Meet (LCM)
Duke Kahanamoku Aquatics Complex
May 7 & 8, 2010

Sponsors: Hawaiian Swimming

Sanction: Held under the sanction of USA Swimming
Hawaiian Swimming Sanction Number: **HI20100507-SEN**

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

Course: Long Course, 50 Meters - 8 Lanes
Racing Start Depth - Minimum 4'0"

Schedule:	<u>Friday - May 7, 2010</u>	<u>Saturday - May 8, 2010</u>
	Warm-Ups: 4:30 PM	Warm-Ups: 7:15 AM
	Scratches Due: 5:15 PM	Scratches Due: 7:45 AM
	Races Start: 6:00 PM	Races Start: 8:30 AM

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

Deadlines: Meet Entries: E-mail by Wednesday, May 5, 2010
USA-S Registration: Postmark by Monday, May 3, 2010

Meet Director: Victor Wales (808-854-7874); vwales@hawaii.edu

Meet Referee: to be announced

Entry Contact: Edna Sakai (808-554-0446); edna.sakai@hawaiiantel.net

Entry Fees: \$4.00 per Individual Event. There is no fee for Relay Events. Entry fees must be submitted to the Clerk of Course upon check-in. No refunds will be made.

Make checks payable to: **Hawaiian Swimming**

Rules: The meet will be conducted in accordance with current USA Swimming and Hawaiian Swimming rules. The Meet Marshals, with concurrence of the Meet Referee, shall have full authority to remove or have removed from the vicinity of the competition anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the meet, including the disqualification of athletes from competition.

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

Timing: Automatic timing system with manual backup.

Divisions: Senior.

Events: See attached Order of Events.

Eligibility: All athletes **MUST** be currently USA Swimming registered and their registration number must be included in the entry file. All **NEW** registrations **MUST** be mailed directly by each Club Registrar to the LSC Registrar and **POSTMARKED NO LATER** than the registration deadline. **It is the legal responsibility of each club to ensure that each athlete entered is USA Swimming registered for the current year.**

- Entries:** Requirements: Minimum age of 12 is required for entry into any event. The Hawaiian Swimming Senior Program “B” time standard is required for entry into the events offered. See Bonus Entries section for Bonus Event requirements.
- Bonus Entries: Athletes must meet the minimum age requirement and have achieved at least one (1) Hawaiian Swimming Senior Program “B” time standard in the events offered to enter a maximum of two (2) bonus events for the meet. Bonus events may be swum on the same or separate days and count towards event entry limits. Bonus events must be entered with the athlete’s prior best time or with an ‘NT’.
- Limits: Athletes may enter a maximum of two (2) Individual Events and one (1) Relay Event per day. Entry times must be submitted in the course they were achieved.
- Procedures: Entries must be RECEIVED NO LATER than the entry deadline. No late entries will be accepted at the meet.
- Converted times are NOT permitted. Non-conforming course entries will be converted prior to seeding of heats by the meet management software.
- Entries must be submitted electronically using Hy-Tek Team Manager AND include:
- 1) “Team Report” with coach and entry person contact information.
 - 2) “Entry Fees Report”.
- Scratches:** Scratches of Individual Events are due to the Clerk of Course 45 minutes before the scheduled start of the session.
- Coaches are to present their credentials to the Clerk of Course to pick up scratch sheets and heat sheets. Exceptions must see the Meet Referee.
- Warm-Ups:** Warm-ups must be supervised by a USA Swimming registered Coach Member following guidelines established by the LSC. Supervising coaches are required to have their USA Swimming registration card prominently displayed at all times. Warm-up lanes may be assigned by the Meet Director.
- Awards:** This is non-scoring and non-award meet.
- Results:** Final results will be posted on the Hawaiian Swimming website at: www.hawaiianswimming.org
- Officials:** Key officials will be assigned their duties prior to the meet. Each club is required to provide one (1) official for every five (5) athletes entered in the meet. For clubs entered with less than five (5) athletes, at least one (1) official will be required. Timers are considered officials. Clubs may be pre-assigned timer positions. All officials, timers, and marshals report to the Meet Referee.
- Volunteers:** Hawaiian Swimming senior meets are run by the participating teams. As such, all participating teams are needed to contribute resources to making the meet happen. In addition to timers and/or officials required from each entered 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 very much appreciated.
- Hospitality:** Refreshments will be available for Officials and Coaches during the meet.
- Concession:** No concessions will be available during the meet.
- Additional:**
- Parking fee is \$5 per day.
 - Parking is permitted ONLY in marked areas.
 - VENUE AND POOL RULES WILL BE ENFORCED.
 - USE OF CELL PHONES, CAMERAS, AND OTHER RECORDING DEVICES IN BATHROOMS OR LOCKER ROOMS IS STRICTLY PROHIBITED.

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Friday - Session 1		
WOMEN	EVENT	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
5-minute Break		
13	200 Free Relay	14

Saturday - Session 2		
WOMEN	EVENT	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
5-minute Break		
27	200 Medley Relay	28