

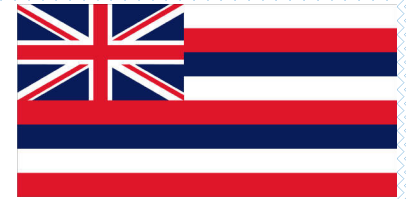


HAWAIIAN SWIMMING

36th Annual Sakamoto Invitational

May 28-30, 2010 – Sakamoto Pool

Hosted by Maui Swim Club



Sanctioned by: USA Swimming and Hawaiian Swimming
Sanction No: HI20100528-MAUI
Entry Deadline: Wed, May 19, 2010 - 8:00 PM
Registration Deadline: Postmark by Sat, May 22, 2010

Meet Director: Spencer Shiraishi, Sr. (808)871-4516
Meet Referee: Mustafa Demirbag (808)572-0704
Entry Contact: Cecelia Romero (808)877-5495 mauiswimclub@yahoo.com

FULL MEET NAME: 36th Annual Coach Soichi Sakamoto Memorial Invitational Swim Meet



VENUE: Coach Soichi Sakamoto Pool (LCM, 8 lanes). 1580 Kaahumanu Avenue, Wailuku, Maui.

COURSE: 8 lane, 50 meter pool. Near-end starting depth - 9'. Far-end starting depth - 4' (for 50m events and 200m relay events – Diving Certification required to dive). No warm-up/warm-down pool.

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

EVENT SCHEDULE: See attached list 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. New registrations must be POSTMARKED NO LATER than the registration deadline. No deck registration will be accepted. **It is the legal responsibility of each club to ensure that each athlete entered is USA Swimming registered for the current year.**

ENTRY REQUIREMENTS: Entry is limited to athletes who have achieved the Hawaii HI-AA time standard or faster for their age group in the events offered. The Hawaii 17-18 age group time standards are used for the Open division. See attached list of entry time standards. Refer to the Bonus Events section for bonus entry requirements.

BONUS EVENTS: Athletes which meet the entry requirement of the Hawaii HI-AA time standard in at least one of the events offered may enter in a maximum of two (2) bonus events for which they have achieved the Hawaii HI-A time standard. Bonus events may be swum on the same or separate days and count towards event entry limits. "NT" entries are not permitted. See attached list of bonus entry time standards.

ENTRY LIMITS: Athletes may compete in up to **five (5) individual events per day plus relays**. Athletes of age 12 & Under may compete in only one (1) session per day.

ENTRY REQUIREMENTS: Entries must be submitted electronically and include the 'Teams Report' and the 'Meet Entry Fees Report'. The 'Team Report' should include coach and entry person contact information.

ENTRY PROCEDURES: Entries must be RECEIVED NO LATER than the entry deadline. No late entries will be accepted at the meet. Entries must be submitted electronically using Hy-Tek Team Manager.

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**

SCRATCHES: Scratches for Session 1 are due to the Clerk of Course one (1) hour before the scheduled start of the meet. Scratches for Sessions 2 and 4 must be returned to the Clerk of Course by the end of Sessions 1 and 3, respectively. Scratches for Sessions 3 and 5 are due one (1) hour after the start of Sessions 2 and 4, respectively. 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.

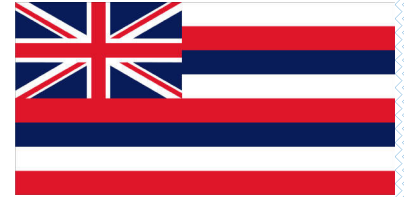


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AWARDS:

- Individual Events: Medals will be awarded for 1st through 3rd and ribbons from 4th through 8th places in each division.
- Relay Events: 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 athletes in each age group
- A special award for the “Most Outstanding Athlete” of the meet, based on individual scoring, will be presented.

SCORING:

Place	1	2	3	4	5	6	7	8
Indiv. Points	9	7	6	5	4	3	2	1
Relay Points	18	14	12	10	8	6	4	2

RESULTS: Results will be posted on the Hawaiian Swimming website (www.hawaiianswimming.org) and the Maui Dolphins website (www.mauidolphins.org/results.htm).

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. All officials, timers, and marshals report to the Meet Referee.

HOSPITALITY: Refreshments will be available for Officials and Coaches during the meet, courtesy Maui Swim Club.

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

ADDITIONAL INFORMATION: USE OF CELL PHONES, CAMERAS, AND OTHER RECORDING DEVICES IN BATHROOMS AND LOCKER ROOMS IS STRICTLY PROHIBITED.

NOVELTY EVENT (Mixed 400 Medley Relay): A Mixed 400m Medley Relay race is offered as a “novelty event” after the meet officially ends (upon the completion of Session 5). 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 athletes, 4 of which shall be girls and the other 4 boys). There must be two 10 & Under, two 11-12, two 13-14, and two 15 & Over athletes on each team. Each athlete 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.

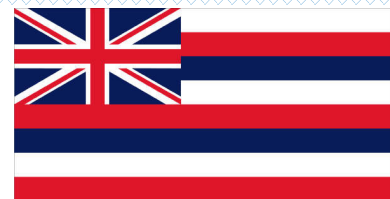


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DATE/TIME Session Overview		Friday, May 28, 2010			
		Session 1: Scratches Due: 4:00 PM		Session Start: 5:00 Warm-up: 3:00PM	
		GIRLS	DIVISION	EVENT	BOYS
Friday, May 28, 2010 (Session 1) Warm Up: 3:00 pm Scratches Due: 4:00 pm Meet Start: 5:00 pm Session 2 scratches due by end of Session 1		1	10 & Under	200 Free Relay	2
		3	11-12	200 Free Relay	4
Saturday, May 29, 2010 (Session 2) Warm Up: 6:30 am Program: 8:30 am Meet Start: 9:00 am Session 3 scratches due by 10:00 am (Session 3) Warm Up: At conclusion of Session 2 Meet Start: ~1 hr. after end of Session 2 Session 4 scratches due by end of Session 3		5	OPEN	200 Breaststroke	6
		7	10 & Under	100 Breaststroke	8
Sunday, May 30, 2010 (Session 4) Warm Up: 6:30 am Meet start: 8:30 am Session 5 scratches due by 9:30 am (Session 5) Warm Up: At conclusion of Session 4 Meet Start: ~1 hr. after end of Session 4		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 29, 2010							
Session 2: Session Start: 9:00am (Program: 8:30am) Scratches Due: End of Sess. #1 Warm-up: 6:30am				Session 3: Session Start: ~1 hr. after Session 2 Scratches Due: End of Sess. 2 Warm-up: At end of Sess. 2			
GIRLS	DIVISION	EVENT	BOYS	GIRLS	DIVISION	EVENT	BOYS
35	11-12	200 Medley Relay	36	63	13-14	400 Medley Relay	64
37	10 & Under	200 Medley Relay	38	65	15-16	400 Medley Relay	66
39	11-12	50 Backstroke	40	67	OPEN	400 Medley Relay	68
41	10 & Under	50 Backstroke	42	69	13-14	50 Freestyle	70
43	13-14	200 Butterfly	44	71	15-16	50 Freestyle	72
45	11-12	100 Butterfly	46	73	OPEN	50 Freestyle	74
47	10 & Under	100 Butterfly	48	75	13-14	200 Backstroke	76
49	15-16	200 Butterfly	50	77	15-16	200 Backstroke	78
51	11-12	50 Breaststroke	52	79	OPEN	200 Backstroke	80
53	10 & Under	50 Breaststroke	54	81	13-14	100 Breaststroke	82
55	11-12	100 Freestyle	56	83	15-16	100 Breaststroke	84
57	10 & Under	100 Freestyle	58	85	OPEN	100 Breaststroke	86
59	OPEN	200 Butterfly	60	87	13-14	400 Free Relay	88
61	11-12	400 Medley Relay	62	89	15-16	400 Free Relay	90
				91	OPEN	400 Free Relay	92

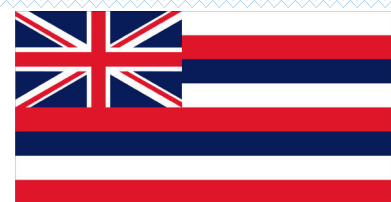


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Sunday, May 30, 2010										
Session 4: Scratches Due: End of Sess. #3				Session Start: 9:00am Warm-up: 6:30am		Session 5: Scratches Due: 9:30am			Session Start: ~1 hr. after Session 4 Warm-up: At end of Sess. 4	
GIRLS	DIVISION	EVENT	BOYS		GIRLS	DIVISION	EVENT	BOYS		
93	11-12	400 Free Relay	94		115	13-14	200 IM	116		
95	10 & Under	50 Freestyle	96		117	15-16	200 IM	118		
97	11-12	50 Freestyle	98		119	OPEN	200 IM	120		
99	OPEN	100 Butterfly	100		121	13-14	100 Backstroke	122		
101	15-16	100 Butterfly	102		123	15-16	100 Backstroke	124		
103	13-14	100 Butterfly	104		125	OPEN	100 Freestyle	126		
105	10 & Under	200 IM	106		127	13-14	100 Freestyle	128		
107	11-12	200 IM	108		129	15-16	100 Freestyle	130		
109	10 & Under	100 Backstroke	110		131	OPEN	200 Medley Relay	132		
111	15-16	100 Backstroke	112		133	13-14	200 Medley Relay	134		
113	11-12	100 Backstroke	114		135	15-16	200 Medley Relay	136		
					***	MIXED	400 Medley Relay			

2010 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
35.21	34.56	35.08	36.85	42.97	50 Free	43.68	38.21	33.62	31.24	31.01
1:16.74	1:15.30	1:15.86	1:21.24	1:33.83	100 Free	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 Free	3:28.94	3:01.71	2:38.42	2:29.32	2:30.92
--	--	--	43.50	51.38	50 Back	52.66	45.42	--	--	--
1:30.16	1:25.88	1:28.93	1:33.54	1:50.70	100 Back	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 Back	--	--	3:00.48	2:51.77	2:56.47
--	--	--	48.82	57.00	50 Breast	59.39	49.70	--	--	--
1:41.93	1:36.64	1:39.66	1:46.25	2:04.31	100 Breast	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 Breast	--	--	3:24.38	3:14.82	3:21.55
--	--	--	40.87	48.14	50 Fly	50.18	42.17	--	--	--
1:27.35	1:23.38	1:26.10	1:32.08	1:52.27	100 Fly	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 Fly	--	--	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
2010 Hawaiian Swimming LCM Invitational (HI-A) Bonus Standards										
OPEN	15-16	13-14	11-12	10 & U		10 & U	11-12	13-14	15-16	OPEN
37.82	37.70	38.26	40.22	46.88	50 Free	47.65	41.68	36.68	34.07	33.31
1:22.42	1:22.15	1:22.75	1:28.64	1:42.37	100 Free	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 Free	3:47.94	3:18.23	2:52.83	2:42.90	2:42.10
--	--	--	47.45	56.06	50 Back	57.44	49.55	--	--	--
1:36.83	1:33.69	1:37.03	1:42.04	2:00.77	100 Back	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 Back	--	--	3:16.88	3:07.39	3:09.53
--	--	--	53.26	1:02.18	50 Breast	1:04.78	54.21	--	--	--
1:49.48	1:45.42	1:48.72	1:55.91	2:15.61	100 Breast	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 Breast	--	--	3:42.96	3:32.54	3:36.48
--	--	--	44.58	52.51	50 Fly	54.75	46.01	--	--	--
1:33.82	1:30.97	1:33.93	1:40.45	2:02.47	100 Fly	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 Fly	--	--	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