

RAINBOW AQUATICS
2nd ANNUAL RAINBOW INVITATIONAL
VETERANS' MEMORIAL AQUATICS CENTER
JUNE 12-13, 2010

Sponsors: Rainbow Aquatics

Sanction: Held under the sanction of USA Swimming
Hawaiian Swimming Sanction Number: **HI20100612-OAHU**

Venue: Veterans' Memorial Aquatic Center - Central Oahu Regional Park
94-801 Kamehameha Highway, Waipahu, HI 96797

Course: Long Course, 50 Meters - 10 Lanes
Racing Start Depth - Minimum 6'0"

Schedule: Saturday - June 12, 2010

SESSION 1: Warm-Up: 7:00 AM
Program: 8:30 AM
Races Start: Upon conclusion of opening ceremonies

SESSION 2: Warm-Up: Immediately after the conclusion of Session 1
Races Start: Approximately 1 hour after the conclusion of Session 1

Sunday - June 13, 2010

SESSION 3: Warm-Up: 7:00 AM
Races Start: 8:30 AM

SESSION 4: Warm-Up: Immediately after the conclusion of Session 3
Races Start: Approximately 1 hour after the conclusion of Session 3

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

Deadlines: Meet Entries: E-mail by Monday, June 7th, 2010
USA-S Registration: Postmark by Monday, June 7th, 2010

Meet Director: Nadine Owen (808-371-1549); nadine@owenohana.com

Meet Referee: Mei Nakamoto

Entry Contact: Nadine Owen (808-371-1549); nadine@owenohana.com

Entry Fees: \$2.50 per Individual Event. \$7.50 per Relay Event. Entry fees must accompany entries OR be submitted to the Clerk of Course upon check-in. No refunds will be made.

Make checks payable to: **Rainbow Aquatics**

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.

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Divisions: Individual Events: 10&Un, 11-12, 13-14, 15-16, and Open.

Relay Events: 11-12, 13-14, 15-16, and Open.

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

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: 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 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.

Limits: Athletes may enter a maximum of **four (4) Individual Events, plus relays, per day.** Athletes of age 12 and under are limited to entry in one (1) session per day.

Procedures: Entries must be RECEIVED NO LATER than the entry deadline. No late entries will be accepted at the meet. Fines for swimming out of classification will be based on the LSC database results of the past 2-year schedule.

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 for Session 1 are due to the Entry Contact person by Noon on the day prior to the scheduled start of the meet.

Scratches of Individual Events for Sessions 2, 3, and 4 are due to the Clerk of Course 30 minutes after the scheduled start of the previous session.

Relay Cards for each session are due to the Clerk of Course by 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.

Scoring:	<u>Individual Places:</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
	<u>Points:</u>	<u>9</u>	<u>7</u>	<u>6</u>	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>	<u>1</u>
	<u>Relay Places:</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
	<u>Points:</u>	<u>18</u>	<u>14</u>	<u>12</u>	<u>10</u>	<u>8</u>	<u>6</u>	<u>4</u>	<u>2</u>

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Awards: Individual events: 1st through 8th - medals
 Relay events: 1st through 3rd - medals
 Overall Team Points: 1st through 8th - trophy
 High Point Earner: Highest individual point earner in each division - award
Awards must be picked up at the conclusion of the meet. Awards will not be mailed.

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.

Hospitality: Refreshments will be available for Officials and Coaches during the meet.

Concession: Concessions will be available during the meet.

Additional: - ONLY OFFICIALS, TIMERS, COACHES, AND ATHLETES MAY BE ON THE POOL DECK DURING COMPETITION. Athletes are to return to their team area soon after they have completed their events.
 - Parking is permitted ONLY in marked areas.
 - POOL AND VENUE 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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2009-10 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
0:35.21	0:34.56	0:35.08	0:36.85	0:42.97	50 FR	0:43.68	0:38.21	0:33.62	0:31.24	0:31.01
1:16.74	1:15.30	1:15.86	1:21.24	1:33.83	100 FR	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 FR	3:28.94	3:01.71	2:38.42	2:29.32	2:30.92
---	---	---	0:43.50	0:51.38	50 BK	0:52.66	0:45.42	---	---	---
1:30.16	1:25.88	1:28.93	1:33.54	1:50.70	100 BK	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 BK	---	---	3:00.48	2:51.77	2:56.47
---	---	---	0:48.82	0:57.00	50 BR	0:59.39	0:49.70	---	---	---
1:41.93	1:36.64	1:39.66	1:46.25	2:04.31	100 BR	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 BR	---	---	3:24.38	3:14.82	3:21.55
---	---	---	0:40.87	0:48.14	50 FL	0:50.18	0:42.17	---	---	---
1:27.35	1:23.38	1:26.10	1:32.08	1:52.27	100 FL	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 FL	---	---	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

2009-10 Hawaiian Swimming LCM Invitational (HI-A) Bonus Standards										
GIRLS					EVENT	BOYS				
OPEN	15-16	13-14	11-12	10 & U		10 & U	11-12	13-14	15-16	OPEN
0:37.82	0:37.70	0:38.26	0:40.22	0:46.88	50 FR	0:47.65	0:41.68	0:36.68	0:34.07	0:33.31
1:22.42	1:22.15	1:22.75	1:28.64	1:42.37	100 FR	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 FR	3:47.94	3:18.23	2:52.83	2:42.90	2:42.10
---	---	---	0:47.45	0:56.06	50 BK	0:57.44	0:49.55	---	---	---
1:36.83	1:33.69	1:37.03	1:42.04	2:00.77	100 BK	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 BK	---	---	3:16.88	3:07.39	3:09.53
---	---	---	0:53.26	1:02.18	50 BR	1:04.78	0:54.21	---	---	---
1:49.48	1:45.42	1:48.72	1:55.91	2:15.61	100 BR	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 BR	---	---	3:42.96	3:32.54	3:36.48
---	---	---	0:44.58	0:52.51	50 FL	0:54.75	0:46.01	---	---	---
1:33.82	1:30.97	1:33.93	1:40.45	2:02.47	100 FL	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 FL	---	---	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

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SESSION 1 :: Saturday - June 12, 2010 :: SESSION 2								
GIRLS	DIVISION	EVENT	BOYS		GIRLS	DIVISION	EVENT	BOYS
1	10 & U	50 Fly	2		31	11 - 12	50 Fly	32
3	13 - 14	200 Fly	4		33	OPEN	200 Fly	34
5	15 - 16	200 Fly	6		35	11 - 12	100 Back	36
7	10 & U	100 Back	8		37	13 - 14	100 Back	38
9	OPEN	100 Back	10		39	15 - 16	100 Back	40
11	10 & U	50 Breast	12		41	11 - 12	50 Breast	42
13	13 - 14	200 Breast	14		43	OPEN	200 Breast	44
15	15 - 16	200 Breast	16		45	11 - 12	100 Free	46
17	10 & U	100 Free	18		47	13 - 14	50 Free	48
19	OPEN	50 Free	20		49	15 - 16	50 Free	50
21	10 & U	200 I.M.	22		51	11 - 12	200 I.M.	52
23	13 - 14	200 I.M.	24		53	OPEN	200 I.M.	54
25	15 - 16	200 I.M.	26		55	11 - 12	200 Free Rly	56
27	10 & U	200 Free Rly	28		57	13 - 14	200 Free Rly	58
29	OPEN	200 Free Rly	30		59	15 - 16	200 Free Rly	60

SESSION 3 :: Sunday - June 13, 2010 :: SESSION 4								
GIRLS	DIVISION	EVENT	BOYS		GIRLS	DIVISION	EVENT	BOYS
61	10 & U	50 Free	62		91	11 - 12	50 Free	92
63	13 - 14	200 Free	64		93	OPEN	200 Free	94
65	15 - 16	200 Free	66		95	11 - 12	100 Fly	96
67	10 & U	100 Fly	68		97	13 - 14	100 Fly	98
69	OPEN	100 Fly	70		99	15 - 16	100 Fly	100
71	10 & U	50 Back	72		101	11 - 12	50 Back	102
73	13 - 14	200 Back	74		103	OPEN	200 Back	104
75	15 - 16	200 Back	76		105	11 - 12	100 Breast	106
77	10 & U	100 Breast	78		107	13 - 14	100 Breast	108
79	OPEN	100 Breast	80		109	15 - 16	100 Breast	110
81	10 & U	200 Free	82		111	11 - 12	200 Free	112
83	13 - 14	100 Free	84		113	OPEN	100 Free	114
85	15 - 16	100 Free	86		115	11 - 12	200 Med Rly	116
87	10 & U	200 Med Rly	88		117	13 - 14	200 Med Rly	118
89	OPEN	200 Med Rly	90		119	15 - 16	200 Med Rly	120