

**HAWAII SWIMMING CLUB**  
**62<sup>nd</sup> ANNUAL KEO NAKAMA INVITATIONAL**  
**VETERANS' MEMORIAL AQUATIC CENTER**  
**JULY 2-4, 2010**

**Sponsors:** Hawaii Swimming Club

**Sanction:** Held under the sanction of USA Swimming  
Hawaiian Swimming Sanction Number: **HI20100702-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:** Friday - July 2, 2010

SESSION 1: Warm-Up: 2:30 PM  
Program: 3:45 PM  
Races Start: Upon conclusion of opening program.

Saturday - July 3, 2010

SESSION 2: Warm-Up: 7:00 AM  
Races Start: 8:30 AM

SESSION 3: Warm-Ups: Immediately after the conclusion of Session 2.  
Races Start: Approx. 60 to 90 minutes after the conclusion of Session 2 to provide time for diving events not completed in Friday, July 2.

Sunday - July 4, 2010

SESSION 4: Warm-Up: 7:00 AM  
Races Start: 8:30 AM

SESSION 5: Warm-Up: Immediately after the conclusion of Session 4.  
Races Start: Approx. 60 minutes after the conclusion of Session 4.

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

**Deadlines:** Meet Entries: E-mail by Tuesday, June 22<sup>nd</sup>, 2010  
USA-S Registration: Postmark by Saturday, June 26<sup>th</sup>, 2010

**Meet Director:** Keith Arakaki (808-256-4952); [hsc@flex.com](mailto:hsc@flex.com)

**Meet Referee:** Marcelle Arakaki and Mei Nakamoto

**Entry Contact:** Peggy Glasgow (808-456-1496);

E-mail entries to: [ladynav135@aol.com](mailto:ladynav135@aol.com)

Mail entries to: Peggy Glasgow  
2287 Aumakua Street  
Pearl City, HI 96782

**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: **Hawaii Swimming Club**

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

Relay Events: 10&Un, 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.**

Foreign athletes/clubs must provide a copy of their league's international travel permit with entries.

**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 **five (5) 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 Hawaiian Swimming registered athletes competing out of classification will be based on the LSC database results of the past 2-year schedule.

Entries for all USA-S registered teams and athletes 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".

Foreign teams may mail in their entries, and recap sheet, as long as they are received by the entry deadline.

**Scratches:** Scratches for Session 1 are due to the Clerk of Course by 3:00 PM on Friday, July 2.

Scratches for Sessions 2 and 4 are due to the Clerk of Course one (1) hour before the scheduled completion of Sessions 1 and 3, respectively.

Scratches for Sessions 3 and 5 are due to the Clerk of Course by 10:00 AM each day.

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Failure to submit scratch sheets may result in the scratch of a team's individual and/or relay entries from the session. Coaches are to present their credentials to the Clerk of Course to pick up scratch sheets and heat sheets. Exceptions must be approved by the Meet Referee.

**Warm-Up/**

**Warm-down:**

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.

The diving well is for warm up and warm down only. During diving events, the diving well will be closed to swimmers. The competition pool and diving well will be closed immediately upon the conclusion of the swimming competition each day. Teams which desire post-competition warm down time must receive prior approval from the Meet Director.

**Scoring:**

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

**Awards:**

Individual events: 1<sup>st</sup> through 8<sup>th</sup> - medals

Relay events: 1<sup>st</sup> through 3<sup>rd</sup> - medals

Overall Team Points: 1<sup>st</sup> through 8<sup>th</sup> - trophy

High Point Earner: Highest individual point earner in each division - trophy

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](http://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.

**Country Store:**

Souvenir t-shirts and swim related items will be available for sale throughout the meet.

**Additional:**

- To accommodate teams traveling from the neighbor islands, continental USA, and foreign countries, tents will be set up around the grass area side of the pool deck. Please email the Meet Director if your team will require space in that area (for traveling teams only). Chairs are not provided.
- 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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<b>2009-10 Hawaiian Swimming LCM Invitational (HI-AA) Entry Standards</b>										
<b>GIRLS</b>					<b>EVENT</b>	<b>BOYS</b>				
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	<b>50 FR</b>	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	<b>100 FR</b>	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	<b>200 FR</b>	3:28.94	3:01.71	2:38.42	2:29.32	2:30.92
---	---	---	0:43.50	0:51.38	<b>50 BK</b>	0:52.66	0:45.42	---	---	---
1:30.16	1:25.88	1:28.93	1:33.54	1:50.70	<b>100 BK</b>	1:52.06	1:37.47	1:25.52	1:19.11	1:21.16
3:14.66	3:04.72	3:06.20	---	---	<b>200 BK</b>	---	---	3:00.48	2:51.77	2:56.47
---	---	---	0:48.82	0:57.00	<b>50 BR</b>	0:59.39	0:49.70	---	---	---
1:41.93	1:36.64	1:39.66	1:46.25	2:04.31	<b>100 BR</b>	2:09.08	1:49.54	1:35.67	1:30.40	1:31.09
3:41.96	3:30.03	3:30.89	---	---	<b>200 BR</b>	---	---	3:24.38	3:14.82	3:21.55
---	---	---	0:40.87	0:48.14	<b>50 FL</b>	0:50.18	0:42.17	---	---	---
1:27.35	1:23.38	1:26.10	1:32.08	1:52.27	<b>100 FL</b>	1:56.88	1:34.88	1:22.00	1:15.55	1:16.04
3:21.78	3:07.57	3:08.75	---	---	<b>200 FL</b>	---	---	3:01.47	2:51.30	2:58.91
3:08.83	3:05.20	3:06.45	3:19.50	3:53.10	<b>200 IM</b>	3:57.19	3:25.97	2:58.75	2:49.51	2:51.22

<b>2009-10 Hawaiian Swimming LCM Invitational (HI-A) 'Bonus' Standards</b>										
<b>GIRLS</b>					<b>EVENT</b>	<b>BOYS</b>				
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	<b>50 FR</b>	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	<b>100 FR</b>	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	<b>200 FR</b>	3:47.94	3:18.23	2:52.83	2:42.90	2:42.10
---	---	---	0:47.45	0:56.06	<b>50 BK</b>	0:57.44	0:49.55	---	---	---
1:36.83	1:33.69	1:37.03	1:42.04	2:00.77	<b>100 BK</b>	2:02.25	1:46.33	1:33.29	1:26.30	1:27.18
3:29.08	3:21.51	3:23.13	---	---	<b>200 BK</b>	---	---	3:16.88	3:07.39	3:09.53
---	---	---	0:53.26	1:02.18	<b>50 BR</b>	1:04.78	0:54.21	---	---	---
1:49.48	1:45.42	1:48.72	1:55.91	2:15.61	<b>100 BR</b>	2:20.82	1:59.49	1:44.36	1:38.61	1:37.83
3:58.40	3:49.12	3:50.06	---	---	<b>200 BR</b>	---	---	3:42.96	3:32.54	3:36.48
---	---	---	0:44.58	0:52.51	<b>50 FL</b>	0:54.75	0:46.01	---	---	---
1:33.82	1:30.97	1:33.93	1:40.45	2:02.47	<b>100 FL</b>	2:07.51	1:43.52	1:29.46	1:22.41	1:21.68
3:36.72	3:24.62	3:25.91	---	---	<b>200 FL</b>	---	---	3:17.96	3:06.87	3:12.17
3:22.81	3:22.03	3:23.40	3:37.63	4:14.30	<b>200 IM</b>	4:18.76	3:44.70	3:15.00	3:04.93	3:03.90

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<b>SESSION 1 :: Friday - July 2, 2010</b>			
<b>GIRLS</b>	<b>DIVISION</b>	<b>EVENT</b>	<b>BOYS</b>
1	OPEN	200 IM	2
3	10 & U	200 IM	4
5	11 - 12	200 IM	6
7	13 - 14	200 IM	8
9	15 - 16	200 IM	10
11	OPEN	100 Free	12
13	10 & U	50 Free	14
15	11 - 12	50 Free	16
17	13 - 14	50 Free	18
19	15 - 16	100 Free	20
21	11 - 12	400 Med Rly	22
23	13 - 14	400 Med Rly	24
25	15 - 16	400 Med Rly	26
27	OPEN	400 Med Rly	28

<b>SESSION 2 :: Saturday - July 3, 2010 :: SESSION 3</b>								
<b>GIRLS</b>	<b>DIVISION</b>	<b>EVENT</b>	<b>BOYS</b>		<b>GIRLS</b>	<b>DIVISION</b>	<b>EVENT</b>	<b>BOYS</b>
29	11 - 12	200 Free Rly	30		53	10 & U	200 Free Rly	54
31	OPEN	200 Free Rly	32		55	13 - 14	200 Free Rly	56
33	11 - 12	50 Fly	34		57	15 - 16	200 Free Rly	58
35	13 - 14	100 Fly	36		59	10 & U	50 Fly	60
37	15 - 16	100 Fly	38		61	13 - 14	100 Breast	62
39	11 - 12	100 Back	40		63	15 - 16	100 Breast	64
41	OPEN	100 Fly	42		65	10 & U	100 Back	66
43	13 - 14	200 Back	44		67	OPEN	100 Breast	68
45	11 - 12	50 Breast	46		69	13 - 14	200 Free	70
47	15 - 16	200 Back	48		71	10 & U	50 Breast	72
49	OPEN	200 Back	50		73	15 - 16	200 Free	74
51	11 - 12	200 Free	52		75	OPEN	200 Free	76
					77	10 & U	200 Free	78

<b>SESSION 4 :: Sunday - July 4, 2010 :: SESSION 5</b>								
<b>GIRLS</b>	<b>DIVISION</b>	<b>EVENT</b>	<b>BOYS</b>		<b>GIRLS</b>	<b>DIVISION</b>	<b>EVENT</b>	<b>BOYS</b>
79	11 - 12	200 Med Rly	80		107	10 & U	200 Med Rly	108
81	OPEN	200 Med Rly	82		109	13 - 14	200 Med Rly	110
83	11 - 12	100 Fly	84		111	15 - 16	200 Med Rly	112
85	13 - 14	200 Fly	86		113	10 & U	100 Fly	114
87	15 - 16	200 Fly	88		115	13 - 14	200 Breast	116
89	11 - 12	50 Back	90		117	15 - 16	200 Breast	118
91	OPEN	200 Fly	92		119	10 & U	50 Back	120
93	13 - 14	100 Back	94		121	OPEN	200 Breast	122
95	11 - 12	100 Breast	96		123	13 - 14	100 Free	124
97	15 - 16	100 Back	98		125	10 & U	100 Breast	126
99	OPEN	100 Back	100		127	15 - 16	50 Free	128
101	11 - 12	100 Free	102		129	OPEN	50 Free	130
103	13 - 14	400 Free Rly	104		131	10 & U	100 Free	132
105	11 - 12	400 Free Rly	106		133	15 - 16	400 Free Rly	134
					135	OPEN	400 Free Rly	136