

Date/Time: June 4; 8:30 am check-in and warm-up; 9:30 am competition begins.
Commissioner: Bryce Ishikawa, btishikawa@gmail.com
Venue: Central Oahu Regional Park
Format: Long course; electronic and manual timing – all events timed finals. Competition will follow sequence noted below. Some age brackets may be combined, depending on number of entries. USA Swimming rules apply for 18-and-under; USA Masters rules apply for 19+. Officially approved meet – results recognized for members of USA Swimming.
Requirements: Check-in at least one hour before scheduled starting time of each event.
Registration: REGISTRATION DEADLINE is JUNE 1; late registrations will be accepted with penalty. **Swimmers may enter a maximum of four events.** Entries will be confirmed via e-mail.
Entry Fee: \$25 per participant; \$15 for age 12 and under – up to four (three for 12-and-under) events permitted per athlete, not counting final relay. No T-shirt for late registrants without penalty (\$5).
Schedule: Competition will be run in the order noted below. Swimmers are responsible for being ready to swim each event they enter when it is called. Medals for each division will be distributed after results are confirmed for each.

Category:	200 Free; 100 Breast; 50 Fly; 100 Back; 50 Free, 200 IM; 50 Breast; 100 Free; 50 Back; 100 Fly; Mixed Relay
Divisions:	10 and Under; 11-12; 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+
<i>Males and females compete separately.</i>	

2016 Registration Form – Swimming

Each swimmer also must fill out side one of this form and sign waiver. Swimmers under 18 years of age must have a parent’s signature on the waiver. Maximum of four events per participant.

Name _____ Date of Birth _____ T-SHIRT (adult): S M L XL XXL

E-Mail Address _____ Age Division _____

Events Entered	Best Time for Each**
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

**NON USA SWIMMING MEMBERS DO NOT NEED TO INDICATE TIMES.

All swimmers MUST complete a side one of the registration form; all persons under 18 years of age must have a parent’s signature. All waivers and entry forms must be submitted with appropriate registration fee.

ENTRY FEE – \$25 PER SWIMMER; \$15 for age 12 and under	\$ _____
ORDERING XXL Add \$2	\$ _____
ENTRY TOTAL: (Make checks payable to Aloha State Games)	\$ _____

SEND TO: Bryce Ishikawa
46-1060 Emepela Way #9B
Kaneohe, HI 96744

Entries will be confirmed via e-mail.
For more information, contact swimming commissioner.

Call 383-7429 for questions/confirmations