

HAWAII SWIMMING CLUB
HOSTS THE 55TH ANNUAL KEO NAKAMA INVITATIONAL SWIM MEET
JULY 4, 5, AND 6, 2003
SANCTIONED BY HAWAIIAN SWIMMING
USA SWIMMING
SANCTION NUMBER #02-03-HI-0135

POOL SITE: Waterhouse Pool
Punahou School
1601 Punahou Street
Honolulu, Hawaii

COURSE: Long Course, 50 meters, 8 lanes

DATE/TIME: **Friday July 4, 2003**
Morning Session: Warm Up: 6:30 a.m.
Opening Ceremonies: 8:00 a.m.
Meet starts 8:30 a.m.

Saturday July 5, 2003
Morning Session: Warm Up: 6:30 a.m.
Meet starts 8:30 a.m.

Sunday July 6, 2003
One Session Only -
Afternoon: Warm Up: 12:30 p.m.
Meet starts 2:00 p.m.

Afternoon Sessions: The Friday and Saturday afternoon sessions will begin approximately one hour following the morning session. Projected start times will be communicated to all teams once entries are entered and timeline is developed.

WARM-UP: Warm-ups must be supervised by an USA swimming registered "Coach Member" following guidelines established by the LSC. Supervising deck coaches shall have their USA Swimming Registration card prominently displayed at all times. The registration chairperson will enforce registration rules regarding coaches. Disregard of the USA Swimming safety rules will be grounds for disqualification of swimmer from competition.

DIVISION: Age Groups: 10 and under; 11-12, 13-14, 15-16, Open.

RULES: Current USA Swimming and Hawaiian Swimming rules will govern meet.

FORMAT: Cardless, timed finals, using automatic timing system (3 buttons/ touch pads) with one manual stop watch backup. The meet shall be conducted in SPLIT SESSIONS. The afternoon session shall start one hour after the completion of the morning session events. The four (4) hour rule will be in effect for swimmers in the 12 and under age group.

EVENTS: See attached.

ELIGIBILITY: All swimmers must be current USA Swimming registered and their registration numbers must be on the master entry form or disk file. No deck registration will be accepted. New registrations must be mailed directly to the LSC Registrar and postmarked no later than the meet date. Master Recap sheets must be signed and included with the entries.

Foreign athletes/clubs shall provide a copy of your own association leagues' international travel permit with entries.

ENTRIES: Swimmers may swim a total of five (5) events per day plus relays. Swimmers 12 and under may swim only one session per day. Fines for swimming out of classification will be based on the LSC database results of the past 2 year schedule (for Hawaiian swim teams only). For swimmers entered in the open division, their actual age on the first day of the meet must be included with their names on each entry for national top ten tabulation purposes. They also must meet the 17-18 HI-AA times.

SPLASH RULE: A swimmer must have at least one (1) Hi-AA time to splash a maximum of two (2) events for the meet. Splashes can be on any day. The splash events must be a HI-A time and that must be used as an entry time.

ENTRY FEES: \$1.85 per individual event and \$ 6.40 per relay event (both include \$0.25 Zone surcharge) Please make checks payable to: HAWAII SWIMMING CLUB. Entry fees must accompany entries. No refunds will be made.

DEADLINE: Entries must be RECEIVED NO LATER than **Tuesday, June 24, 2003**. NO late entries will be accepted at the meet. Recap form must be sent with entries. Download entry recaps form from the Web and attach to entries if sending by email.

Mail entries to : Keith Arakaki
Hawaii Swimming Club
87-246 Lai ku Street
Waianae, Hawaii 96792
Ph: 668-1561, Fax 668-4666,

Or Email entries to: hsc@flex.com

CHECK-IN: For each day of events, check-in sheets will be given to coaches for verification. Coaches will need to present their credentials to pick up check-in sheets; exceptions must see the meet referee. Coaches will verify their swimmers and scratch swimmers and events as appropriate. Coaches must return the check-in sheets to the Clerk of Course NO LATER THAN SIXTY (60) MINUTES prior to the start of the meet.

AWARDS: Individual medals will be awarded for 1st - 8th place in each age group. Relay Medals will be awarded for 1st - 3rd place. Team trophies will be awarded for the 1st - 8th place teams. Outstanding swimmers: One male and one female from each age group. Scoring based on 9, 7, 6, 5, 4, 3, 2, 1, first through eight places respectively.

SCORING: Points: Individual: 9, 7, 6, 5, 4, 3, 2, 1;
Relay: 18, 14, 12, 10, 8, 6, 4, 2

RESULTS: Hard copy of meet results will be provided upon request only.

OFFICIALS: For every five swimmers entered in a meet, each entering group member will be responsible for one official. For those clubs entered with less than five swimmers, at least one official will be required. Failure to provide the necessary officials will be sufficient cause for disqualification of part or all of the swimmers of the club from the meet. Timers do count as officials for this requirement.

SAFETY

MARSHALL: Derrick Choi, Lynn Asaoka, Emmet Vidal.

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

CONCESSION: A concession stand will be available during the meet.

MEET

DIRECTOR: Keith Arakaki

MISC. Information regarding team tent set-up will be provided at a later date.