

**HAWAII SWIMMING CLUB HOSTS THE  
57TH ANNUAL KEO NAKAMA INVITATIONAL SWIM MEET  
JULY 1, 2 AND 3, 2005**

**SANCTION:** Held under the sanction of USA Swimming  
Hawaiian Sanction: **HI20050701-KEOINVITL**

**POOL SITE:** Duke Kahanamoku Pool at the University of Hawaii  
Honolulu, HI

**COURSE:** Long Course, 50 meters, 8 lanes

**DATE/TIME:** Friday July 1, 2005  
Afternoon Only: Warm Up: 3:00 pm  
**CHECK-IN SHEETS due to Clerk of Course @ 3:30 p.m.**  
Meet starts 4:30 p.m.

Saturday July 2, 2005  
Morning Session: Warm Up: 7:00 am  
**CHECK IN SHEETS DUE to Clerk of Course @ 7:30 a.m.**  
Opening Ceremonies: 8:30 am  
Meet starts at the conclusion of the opening ceremony

Sunday July 3, 2005  
Morning Session: Warm Up: 7:00 am  
**CHECK IN SHEETS DUE to Clerk of Course @ 7:30 a.m.**  
Meet starts 8:30 am

**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. **CHECK IN SHEETS ARE DUE to the Clerk of Course by the END of the morning session for the afternoon session.**

**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 AT THE TIMES DESIGNATED ABOVE.

**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. Coaches will need to present their cards to pick up check in sheets; exceptions must see the meet referee. 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) individual 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).

**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 21, 2005.** NO late entries will be accepted at the meet. Recap form must be sent with entries. Download entry recaps form from the hawaiiswim.org web site and attach to entries if sending by email.

Mail entries to: Keith Arakaki  
Hawaii Swimming Club  
87-246 Laiku Street  
Waianae, Hawaii 96792

Or Email entries to: [hsc@flex.com](mailto:hsc@flex.com)  
Ph: 668-1561, Fax 668-4666,

**AWARDS:** Individual **medals** will be awarded for 1<sup>st</sup> - 8<sup>th</sup> places in each age group. Relay Medals will be awarded for 1<sup>st</sup> - 3<sup>rd</sup> places. Team trophies will be awarded for the 1<sup>st</sup> - 8<sup>th</sup> 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:** Each team is required to provide one deck official for every five swimmers entered in the meet. For clubs entered with less than five swimmers, at least one official will be required. Each team is also required to provide one timer for every five swimmers entered in the meet.

**MARSHALLS:** Charles Simms, Keith Beauchan, and Daren Chun.

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

**CONCESSION:** A concession stand (food/drinks/snacks) will be available throughout the meet.

#### **MEET**

**DIRECTOR:** Keith Arakaki Phone: (808) 668-1561

#### **ADDITIONAL NOTES AND/OR COMMENTS:**

To accommodate teams traveling from the mainland, foreign countries and neighbor islands, tarps CAN be set up on the pool deck. YOU MUST email the Meet Director if you will require a space. Chairs are not provided.