

**HAWAII SWIMMING CLUB HOSTS THE
59TH ANNUAL KEO NAKAMA INVITATIONAL SWIM MEET
JULY 6, 7, & 8, 2007
SANCTIONED BY HAWAIIAN SWIMMING
SANCTION NUMBER # HI20070706-KEOI**

POOL SITE: Veteran's Memorial Aquatics Center at Central Oahu Regional Park
94-801 Kamehameha Highway, Waipahu, Hawaii 96797

COURSE: Long Course, 50 meters, 8 lanes

DATE/TIME: **Friday July 6, 2007**

Session 1: Warm Up: 3:00 pm
Meet Start: 4:30pm

**CHECK-IN SHEETS for Session 1 Due to Clerk of Course by 3:30 p.m.
Friday July 6, 2007.**

**CHECK-IN SHEETS for Session 2 Due to Clerk of Course by 7:00 p.m.
Friday, July 6, 2007.**

Saturday July 7, 2007

Session 2: Warm Up: 7:00 am
Opening Ceremonies: 8:30 am
Meet starts at the conclusion of the opening ceremonies.

**CHECK-IN SHEETS FOR Session 3 Due to Clerk of Course by 10:00 a.m.
Saturday, July 7, 2007.**

Session 3: Warm-up: At the conclusion of Session 2
Meet Start: Approximately one (1) hour following Session 2

**CHECK-IN SHEETS for Session 4 Due to Clerk of Course by 3:00 p.m.
Saturday, July 7, 2007.**

Sunday July 8, 2007

Session 4: Warm Up: 7:00 am
Meet Starts 8:30 am

**CHECK-IN SHEETS FOR Session 5 Due to Clerk of Course by 10:00 a.m.
Sunday, July 7, 2007**

Session 5: Warm-up: At the conclusion of Session 4
Meet Start: Approximately one (1) hour following Session 4

Sessions 3 & 5 will begin approximately one (1) hour following sessions 2 & 4. An *estimated* start time will be communicated to all teams once entries are entered and a timeline is developed. **CHECK-IN SHEETS ARE DUE on the day and at the times designated above.**

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. Failure to turn in check-in sheets on time may result in the scratch of the teams' entries for the session.

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. Swimmers must be supervised by a Coach Member WHILE IN THE WARM DOWN POOL AREA.

The competition pool will be cleared 15 minutes before the start time every day to set up the electronic equipment.

All teams are required to have ONE (1) COACH supervise their swimmers while in the warm down pool. Disregard of this safety rule will be grounds for closing the warm down pool for that team.

DIVISION: Age Groups: 10 & 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 **five (5)** days prior to the meet. **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 & Under may swim only one (1) 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 Swimming 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 26, 2007 [10 days prior to the meet]**. 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: Peggy Glasgow
2287 Aumakua Street
Pearl City, Hawaii 96782

Or Email entries to: ladynav135@aol.com
Ph: 808-456-1496

AWARDS: Individual events: Medals will be awarded for 1st - 8th place in each age group.
Relay events: Medals will be awarded for 1st - 3rd place.
Team points: Trophies will be awarded for the 1st - 8th place teams.
Outstanding Swimmer Trophies: One (1) male and one (1) female from each age group.

Teams MUST PICK UP medals at the conclusion of the meet. Medals will NOT be mailed, due to the excessive weight of the medals.

SCORING: Individual: 9, 7, 6, 5, 4, 3, 2, 1, First through eighth places, respectively
Relay: 18, 14, 12, 10, 8, 6, 4, 2, First through eighth places, respectively

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 or timer will be required. Each team is also required to provide one timer for every five swimmers entered in the meet. Timer do count as officials.

SAFETY

MARSHALL(S): Charles Simms, Keith Beauchan, Derrick Choi, Keith Arakaki.

HOSPITALITY: An open hospitality area will be available with refreshments for Officials, Coaches and Timers throughout the meet.

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

COUNTRY STORE: A country store with souvenir t-shirts and swim related items (suits, caps, goggles) will be available throughout the meet.

MEET

DIRECTOR(S): Keith Arakaki Ph: 808-668-1561 email: hsc@flex.com

ADDITIONAL NOTES AND/OR COMMENTS:

- The Meet Director may utilize 10 lanes for the course of the meet. This decision will be made prior to the start of the meet and will be utilized for all sessions.
- To accommodate teams traveling from the **neighbor islands, mainland, and foreign countries**, tarps will be set up around the pool deck where there are bleacher seating. You may still want to bring your own chairs as the bleachers are not very large.
- Tent space for Oahu teams will be assigned, according to receipt of your meet entries.
- **EATING IS NOT ALLOWED** on the pool deck. **Pool rules will be strictly enforced.**
- Other than volunteer timers, only USA Registered officials / coaches and swimmers are allowed on the pool deck. Swimmers should return to their team area soon after they have completed their events and met with their coach.
- Please help to keep your area clear of trash.

Your kokua is appreciated in abiding by the posted pool rules!

**59th Annual Keo Nakama Invitational Swim Meet
July 6, 7 & 8, 2007**

Friday July 6, 2007: Warm-up: 3:00 pm – Meet starts at 4:30 p.m.

Girls		Age	Event		Boys
1	3:53.10	10 & U	200 IM	3:53.24	2
3	3:19.50	11-12	200 IM	3:25.97	4
5	3:06.45	13-14	200 IM	2:58.75	6
7	3:05.20	15-16	200 IM	2:49.51	8
9	3:08.83	Open	200 IM	2:51.22	10
11	43:34	10 & U	50 Free	43.31	12
13	36:85	11-12	50 Free	38.54	14
15	35:08	13-14	50 Free	33.62	16
17	1:15.30	15-16	100 Free	1:08.30	18
19	1:16.74	Open	100 Free	1:08.22	20

Saturday, July 7, 2007. Warm-up: 7:00 a.m. Opening Ceremony 8:30 a.m. – Meet starts immediately after the conclusion of the opening ceremonies.

Girls		Age	Event		Boys
21		11 - 12	200 Free Relay		22
23		Open	200 Free Relay		24
25	40.87	11-12	50 Fly	42.17	26
27	1:26.10	13-14	100 Fly	1:22.00	28
29	1:23.38	15-16	100 Fly	1:15.55	30
31	1:33.54	11-12	100 Back	1:37.47	32
33	1:27.35	Open	100 Fly	1:16.04	34
35	3:06.20	13-14	200 Back	3:00.48	36
37	48.40	11-12	50 Breast	49.70	38
39	3:04.72	15-16	200 Back	2:51.77	40
41	4:14.66	Open	200 Back	2:56.47	42
43	2:56.55	11-12	200 Free	3:01.71	44
45		Open	400 Free Relay		46

***** **BREAK (One Hour)** *****

Girls		Age	Event		Boys
47		10 & U	200 Free Relay		48
49		13-14	200 Free Relay		50
51		15-16	200 Free Relay		52
53	48.14	10 & U	50 Fly	48.16	54
55	1:39.66	13-14	100 Breast	1:35.67	56
57	1:36.64	15-16	100 Breast	1:30.40	58
59	1:50.70	10-U	100 Back	1:50.19	60
61	1:41.93	Open	100 Breast	1:31.09	62
63	2:43.58	13-14	200 Free	2:38.42	64
65	57.49	10 & U	50 Breast	58.89	66
67	2:42.03	15-16	200 Free	2:29.32	68
69	2:48.30	Open	200 Free	2:30.92	70
71	3:28.06	10 & U	200 Free	3:25.46	72
73		13-14	400 Medley Rela		74
75		15-16	400 Medley Rela		76

Sunday, July 8, 2007, Warm-up: 7:00 a.m. Meet starts at 8:30 a.m.

Girls		Age	Event		Boys
77		11-12	200 Medley Rela		78
79		Open	200 Medley Rela		80
81	1:31.28	11-12	100 Fly	1:34.10	82
83	3:08.75	13-14	200 Fly	3:01.47	84
85	3:07.57	15-16	200 Fly	2:51.30	86
87	43.50	11-12	50 Back	45.42	88
89	2:48.30	Open	200 Fly	2:30.92	90
91	1:28.93	13-14	100 Back	1:25.52	92
93	1:45.32	11-12	100 Breast	1:49.54	94
95	1:25.88	15-16	100 Back	1:19.11	96
97	1:30.16	Open	100 Back	1:21.16	98
99	1:21.24	11-12	100 Free	1:23.45	100
101		Open	400 Medley Rela		102

***** **BREAK (One Hour)** *****

Girls		Age	Event		Boys
103		10 & U	200 Medley Rela		104
105		13-14	200 Medley Rela		106
107		15-16	200 Medley Rela		108
109	1:52.27	10 & U	100 Fly	1:51.22	110
111	3:30.89	13-14	200 Breast	3:24.38	112
113	3:30.03	15-16	200 Breast	3:14.82	114
115	51.38	10 & U	50 Back	52.23	116
117	3:41.96	Open	200 Breast	3:21.55	118
119	1:15.86	13-14	100 Free	1:12.67	120
121	2:05.38	10 & U	100 Breast	2:06.93	122
123	34.56	15-16	50 Free	31.24	124
125	35.21	Open	50 Free	31:01	126
127	1:33.83	10 & U	100 Free	1:34.35	128
129		13-14	400 Free Relay		130
131		15-16	400 Free Relay		132