

**HAWAIIAN SWIMMING  
OAHU LAST CHANCE MEET (SCY)  
Veterans' Memorial Aquatic Center  
December 6-7, 2008**

- SPONSOR:** Hawaiian Swimming  
Co-Sponsor: Hawaii Swimming Club
- SANCTION:** Held under the sanction of USA Swimming  
Hawaiian Swimming Sanction No.: **HI20081206-HSC**
- DATE:** Saturday, December 6, 2008 & Sunday, December 7, 2008
- POOL SITE:** Veterans' Memorial Aquatic Center  
94-801 Kamehameha Highway  
Waipahu, HI 96797
- COURSE:** Short Course, 25 Yards, 10 Lanes
- TIME:** Session 1 (Saturday, December 6, 2008):  
Warm Up: 7:00 AM - 8:15 AM  
Session Start: 8:30 AM
- Session 2 (Sunday, December 7, 2008):  
Warm Up: 7:00 AM - 8:15 AM  
Session Start: 8:30 AM
- WARM-UP:** Warm-ups and warm-downs must be supervised by a 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 Meet Referee and Marshal(s) will enforce registration rules regarding coaches.** Disregard of the USA Swimming safety rules will be grounds for disqualification of swimmer from competition.
- RULES:** Current USA Swimming and Hawaiian Swimming rules will govern meet.
- FORMAT:** Timed finals, using an automatic timing system (touch pads and buttons) with manual watch backup. The meet shall be conducted in two (2) sessions, with Session 1 on Saturday, December 6, 2008 and Session 2 on Sunday, December 7, 2008. The "four (4) hour rule" will be in effect for swimmers of age 12 and under.
- DIVISIONS:** Individual Events: 10&U, 11-12, 12, 13-14, 15-16, 17-18
- EVENTS:** See attached
- ELIGIBILITY:** All swimmers must be currently USA Swimming registered and their registration numbers must be on the master entry form or entry file. No deck registration will be accepted. **All new registrations must be mailed directly to the LSC Registrar and postmarked no later than 5 days before the meet date.**
- ENTRIES:** Swimmers may enter a maximum of four (4) individual events per session. Swimmers must have achieved the HI-AA time standard in the event entered OR have achieved the entry requirements listed in the following splash requirement section (for the distance events). Fines for swimming out of classification will be based on the LSC database results of the past 2-year schedule.

Entries must be submitted electronically and include the 'Teams Report' (in the Hy-Tek Administrative report menu) and the 'Meet Entry Fees Report' (in the Hy-tek Performance-4.0 or Meet Reports-5.0 report menus.) The 'Team Report' MUST include coach and entry person contact information.

**SPLASH REQUIREMENTS:** Swimmers of age 11-12 must have achieved the 11-12 HI-AA time standard in the 200 M/Y Free for entry into the 500 Y Free.

Swimmers of age 13-18 must have achieved the 13-14 HI-AA time standard in the 200 M/Y Free for entry into the 500 Y Free.

Swimmers of age 12-18 must have achieved the 13-14 HI-AA time in the 400/500 Free M/Y for entry into the 1000 or 1650 Y Free.

Swimmers of age 12-18 must have achieved the 13-14 HI-AA time standard in 200 IM for entry in the 400 IM.

**ENTRY FEES:** \$2.00 per individual event. Entry fees must accompany entries OR be submitted to Clerk of Course upon check-in. No refunds will be made.

Make checks payable to: **Hawaii Swimming Club**

Checks may be mailed to: 2287 Aumakua Street  
Pearl City, HI 96782

**ENTRY DEADLINE:** Hy-Tek Meet Manager software will be used. **Entries must be RECEIVED NO LATER than Monday, December 1, 2008 (5 days prior to meet).** No late entries will be accepted at the meet.

E-mail entries to: ladynav135@aol.com  
Peggy Glasgow  
Ph: 808-456-1496

**CHECK-IN/ SCRATCHES:** Session 1 will be pre-seeded on Friday, December 5, 2008. **Scratches for Session 1 individual events are DUE BY NOON on Friday, December 5, 2008 via email to the Meet Entry Person.**

Scratches for Session 2 individual events are due to the Clerk of Course by 11:00am Saturday December 6, 2008.

Coaches will need to personally present their credentials to pick up heat sheets from the Clerk of Course; exceptions must see the meet referee.

**AWARDS:** Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place per event for each age group division.

**RESULTS:** Results will be posted on the Hawaiian Swimming website. Hard copy of meet results will be provided only upon request.

**OFFICIALS:** Each team is required to provide one (1) official for every five (5) swimmers entered in the meet. For those clubs entered with less than five (5) swimmers, at least one (1) official will be required. Timers are considered officials. **Teams may be pre-assigned timing lanes.**

Distance swimmers in the 1000 Free and 1650 Free **should** provide their own timers.

**MEET REFEREE(S):** Marcelle Arakaki & Mei Nakamoto

**MEET DIRECTOR:** Keith Arakaki  
[hsc@flex.com](mailto:hsc@flex.com)  
808-256-4952

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

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

**LAP COUNTERS:** For any individual freestyle event of 16 lengths or more, a swimmer may appoint one person to count laps. During these events, the lap counter shall be used for the purpose of counting laps either in ascending or descending order. Other uses of the lap counter are prohibited. Only one counter per lane will be allowed.

**ADDITIONAL INFO:** - Please park in marked stalls or in the overflow, gravel parking area only. Do not park on the grass.

- Only Officials, Timers, Coaches, and Swimmers may be on the pool deck. Swimmers should return to their team area soon after they have completed their events.

- Pool and Park rules WILL BE STRICTLY ENFORCED.

- Use of cell phones, cameras, and other recording devices in bathrooms/locker rooms is STRICTLY PROHIBITED.

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**Session 1 - Saturday, December 6, 2008**  
(scratches due by Noon on Friday, December 5, 2008)

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS</b>
1	*12 - 18	400 I.M.	2
3	12&Un	50 Butterfly	4
5	12 - 18	200 Butterfly	6
7	12&Un	50 Freestyle	8
9	13 - 18	50 Freestyle	10
11	12&Un	100 Backstroke	12
13	12 - 18	200 Backstroke	14
15	12&Un	100 Breaststroke	16
17	13 - 18	100 Breaststroke	18
19	12&Un	200 Freestyle	20
21	13 - 18	200 Freestyle	22
23	12&Un	100 I.M.	24
25	*12 - 18	1650 Freestyle	26

**Session 2 - Sunday, December 7, 2008**  
(scratches due by 11:00 AM on Saturday, December 6, 2008)

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS</b>
27	*11 - 18	500 Freestyle	28
29	12&Un	100 Butterfly	30
31	13 - 18	100 Butterfly	32
33	12&Un	50 Breaststroke	34
35	12 - 18	200 Breaststroke	36
37	12&Un	100 Freestyle	38
39	13 - 18	100 Freestyle	40
41	12&Un	200 I.M.	42
43	13 - 18	200 I.M.	44
45	12&Un	50 Backstroke	46
47	13 - 18	100 Backstroke	48
49	*12 - 18	1000 Freestyle	50

\* The 400 I.M. and 500/1000/1650 Freestyle events will be seeded and swum fastest to slowest, alternating girls and boys.