

Aloha Aquatics Swim Meet Info

USA SWIMMING

Aloha Aquatics Association is a member of the Hawaiian Local Swim Committee (LSC) of USA Swimming, the national governing body for competitive swimming. Most meets Aloha enters are USA Swimming sanctioned or Hawaiian Swimming LSC approved meets. Each swimmer must be a registered USA Swimming member to compete in any meet.

WEBSITES

The team website, www.alohaaquatics.org has a link for Meets/Entries where details about each meet are posted. Please check the website for info about upcoming meets. There is also info about swim meets posted at the Hawaiian LSC website: www.hawaiianswimming.org

MEET SCHEDULE

The yearly meet schedule for the Hawaiian LSC is posted at the above websites. Each year is divided into two seasons:

Long course	(50 meter pools)	January-July
Short course	(25 yard pools)	August-December

TYPES OF MEETS

Classified Meets: Every registered swimmer can enter. Usually 2 sessions, 11& older in the morning, 12 & under in the afternoon. Each swimmer can enter 3-4 events. Some classified meets include relays.

"B/C" Meets: Swimmers can only enter events for which they have not achieved "A" times. One morning session. Held at 25 yard pools.

Invitational Meets: Swimmers can only enter events for which they have achieved "AA" times or better. Two days or longer, 2 sessions per day.

State Championships: July (Long Course) and December (Short Course). Swimmers can only enter events for which they have achieved "Q" times or better. Relay team can include swimmers without Q times.

TIME

Meets are 1 or 2 sessions per day. Morning sessions start at 8:00 or 8:30, warm ups at 7:00. Second session warm ups start immediately after the first session ends. You will be notified what time the second session is estimated to start and when to be there. Four hour time limit per session.

MEET NOTICE

About 2-3 weeks before a meet, our website will have a link to the meet notice for each meet. The meet notice includes the date, time and place of the meet, eligibility rules, deadline for entries, a list of events, and info on concession and parking.

MEET ENTRIES

Prior to an upcoming meet, you will receive a "YOU'RE INVITED" email. This means you are eligible to enter the meet. Eligibility lists will also be posted on our website. **You will not be entered in a meet unless you notify your coach that you want to enter the meet.** You are responsible for meet entry fees if you are entered but do not swim.

The coaches will discuss with the swimmers what events they will swim in a meet. A few days before the meet you will receive a "YOU'RE ENTERED" email with the Meet Entries Report which lists the events for each swimmer and the entries list will be posted on the website.

WHAT TO BRING

Aloha will have a team tent at the meet for shade for the swimmers. Extra pop up tents are welcome and encouraged, since there is not always room for parents and siblings under the Aloha Team tent. Bring chairs and/or a blanket/mat to sit on. It is very important for swimmers to stay out of the sun and off their feet between events so they are rested and can swim their best. You'll also need to bring: lots of fluids; food; sunscreen; extra suit, cap and goggles; towels; warm clothes in case it's cold or windy; things to do while waiting between events, such as books, cards, toys, games, music.

AT THE MEET

Check in with the stager or coach when you arrive. He/she will write each swimmer's events on their arm with a sharpie. Swimmers should check with the coaches for meet warm up information.

Once the meet starts, swimmers will be told by the stager or coach when to get ready to swim their events. Before each event, swimmers check in with the coaches on deck, then go to their lane. After the event, swimmers should get their time from the lane timer and check in with the coaches again.

At some meets, there are long waits between events. Swimmers should not leave the Aloha area. If a swimmer is **not** in the Aloha area it is not the responsibility of the stager or coach to go looking for them.

During the meet, drink plenty of fluids, preferably water. By the time you feel thirsty you are already dehydrated. Eat light prior to swimming.

HEAT SHEETS

Heat Sheets will be available for purchase at the meet for \$1 or \$2. The Heat Sheet lists every event including heat and lane assignments.

VOLUNTEERS

At every meet, each team is required to provide one official or timer for every five swimmers entered. In addition, we need one or two parent stagers to send the kids to their events throughout the meet. Once you have been to a few meets and become familiar with how a meet runs, you will be expected to take your turn volunteering for these jobs.

RESULTS

Results are posted at the meet as they are finalized. After the meet, results are posted at www.hawaiianswimming.org and our team website, usually that night or the next day. You will receive a "YOUR RESULTS" email of our team's results and an updated top times report after the meet.

TIME STANDARDS

Time standards are posted at www.hawaiianswimming.org. You can use these to track your swimmer's progress and set goals.

OPEN WATER SWIMS, TRIATHLONS

Swimmers are encouraged to participate in open water swims held throughout the year. Many swimmers also participate in keiki triathlons and biathlons. Entry for these events is usually handled by each family.

ADVANCED SWIMMERS

Swimmers age 12 and older with "senior" times are eligible to participate in senior meets. Swimmers with "zone" or "sectional" times are eligible to participate in regional meets, often held on the mainland.

QUESTIONS

Coach Dustin: dtfukuda1@gmail.com; Coach Ken: kfukadajr@yahoo.com
Coach Kristen: kacheewe@hotmail.com; Coach Derek: sandyderek@yahoo.com