



HAWAIIAN SWIMMING

2022 Senior Summer Championship (LCM)

Fri-Sun June 24-26, 2022 – VMAC
Hosted by Oahu Swim League

Held under the sanction of USA Swimming

Sanction No:

Entry Deadline: Tuesday, June. 14, 2022 by OME
(@11:59pm HST)

Payment Deadline: Postmark by Fri., June. 17, 2022

Meet Director: Eric Nagoshi (808)258-4096; etnagoshi@punahou.edu

Meet Referee:

Admin Referee:

Entry Contact: Eric Nagoshi (808)258-4096; etnagoshi@punahou.edu

It is understood and agreed that USA Swimming and Hawaiian Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Each club entered is expected to provide deck officials AND timers commensurate with their number of athletes entered in each session. Deck officials are requested to sign-up on-line or by e-mail to the Meet Referee for their position(s)/session(s) prior to the meet.

Only current registered USA-S certified coaches are permitted to coach athletes. Any individual acting as a coach who is not registered, or who's registration is no longer current, will be asked by the Meet Referee and/or Safety Marshals to cease such activity and/or to leave the vicinity of the competition (including the warm-up and warm-down areas).

VENUE: K. Mark Takai Veterans Memorial Aquatics Center - 94-801 Kamehameha Hwy, Waipahu, HI, 96797

COURSE: Long Course, 50 Meters – 8 or 10 Lanes depending on estimated timeline. 50M x 25M facility with bulkhead and separate diving well. Start Depth - Minimum 8'0". Turn Depth - Minimum 8'0". The competition course has not been certified in accordance with 104.2.2C(4). **DIVING IS ONLY PERMITTED IN THE COMPETITION SECTION OF THE POOL.**

ALL TEAM SUPPORT: Hawaiian Swimming Senior Program meets are run by the participating teams. All teams are expected to contribute resources to make the meet happen. In addition to deck officials and timers required from each entered team, volunteers are needed for the setup, operation, and takedown aspects of the meet. These include but are not limited to: setting up and dismantling of the tarps and timing equipment, hospitality assistance, cleaning of the bathrooms, disposing of trash, etc. Each team's attention to and preparation for these efforts is appreciated.

SCHEDULE:

Friday, June 24, 2022:

Session 1: Warm-up - 7:30AM; Races - 9:00AM

Session 2: Warm-up - 2:45PM; Races - 4:00PM

(NOTE: Clubs are responsible for providing their own timers for the 1500m Freestyle)

Saturday, June 25, 2022:

Session 3: Warm-up - 7:30AM; Races - 9:00AM

Session 4: Warm-up - 2:45PM; Races - 4:00PM

Sunday, June 26, 2022:

Session 5: Warm-up - 7:30AM; Races - 9:00AM

Session 6: Warm-up - 2:45PM; Races - 4:00PM

Note: The competition pool will be cleared 15 minutes before the scheduled start of races for each session. The Meet Referee may change warm-up and/or session start times. All changes will be announced at a coaches' meeting and/or via the public address system.

EVENT ORDER: See attached list of events.

ENTRY FEES:

- \$4.50 per Individual Entry; \$10.50 per Relay Entry.
- \$16.00 Championship Fee per athlete entered in the meet (including relay-only athletes and relay-only alternates).
- **Make check payable to: Hawaiian Swimming LSC.**
- **Mail check and Entry Free Report to:** Punahou Athletics, Attn: Eric Nagoshi, 1601 Punahou St, Honolulu, HI, 96822
- A valid check for entry fees must be POSTMARKED NO LATER than the Payment Deadline or entries will be considered invalid.
- **NO REFUNDS WILL BE MADE. LATE ENTRIES sent in after the entry deadline are permitted only per the Late Entry policy on the Hawaiian Swimming website "Meet Host Docs" page.**

RULES: The meet will be conducted in accordance with current USA Swimming and Hawaiian Swimming rules. Coaches are responsible for instructing their athletes of safety guidelines, warm-up/down procedures, and venue specific requirements. The Safety Marshals shall enforce safety procedures and maintain order in the swimming venue. The Safety Marshals, with concurrence of the



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Meet Referee, shall have full authority to remove or have removed from the vicinity of the competition anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the meet, including the disqualification of athletes from competition.

FORMAT:

- 8-10 lanes dependant on timeline.
- Individual events seeded and swum as Preliminary and Final events except for the 1500m Freestyle which will be swum as a Timed Final event.
- 1500m Freestyle seeded and swum fastest to slowest
- Relay events seeded as Timed Final events and swum slowest to fastest.
- All heats seeded and swum combined for Preliminary, Timed Final heats and Finals heats.
- Preliminary events circle-seeded for the three (3) fastest heats and swum slowest to fastest. All Preliminary events will be swum regardless of the number of participants.
- There will be **Three** final heats (C,B and A in order) for 200 and 400 events. There will be **Four** final heats (D,C,B, and A in order) for 100 events. There will be **Five** final heats (E,D,C,B, and A in order) for the 50 Free. Only A and B heats will score points. The slowest final heats in each event will be limited to 18 and under Hawaiian Swimming Athletes.
- All events will be seeded with conforming course entries first followed by non-conforming course entries. Bonus entries will be seeded last (conforming course entries first followed by non-conforming entries).

TIMING: Automatic timing system with manual backup (one pad, two buttons, and one watch).

DIVISIONS:

- All events are open to registered swimmers.

ELIGIBILITY:

- Minimum age of 12 is required for entry into ANY event. The age of the athlete of the first day of the meet will govern the entire meet.
- No athlete who is not a member as provided in Article 302 will be allowed to compete or participate except as provided under 202.8 or USA Swimming's "open border" policy included in its Registration Manual.
- All NEW USAS registrations (including registration fee) MUST be mailed to the LSC Registrar and POSTMARKED NO LATER than 14 days prior to the scheduled start of the meet. **It is the legal responsibility of each club to ensure that each athlete entered is USA Swimming registered for the current year.**

ENTRIES:

- **Procedures:** All entries must be completed by the Entry Deadline using the USA Swimming OME (Online Meet Entry) system at: <http://www.usaswimming.org/ome>. All athletes, including relay-only athletes and relay-only alternates, must be listed in the entry file and reports. An acknowledgement by email confirming posting of entries will be sent to the team entry person. Team entry personnel are responsible for confirming receipt of entries with the Meet Entry Contact if an acknowledgement is not received. Please bring a copy of all entry reports and communications to the meet. Foreign athletes/clubs must contact the Entry Contact person prior to submitting entries if using an alternate format.
- **Qualifying Period:** June 17, 2019 to the Entry Deadline.
- **Requirements:** Athletes must have met or bettered the Hawaiian Swimming Senior Program "A" time standard, in any course, during the Qualifying Period for each individual event entered. See Bonus Entries section for bonus entry requirements. Athletes must be entered with their best time in the conforming course first followed by non-conforming course times.
- **Bonus Entries:** Athletes which meet the entry requirement of the Senior Program "A" time standard AND are entered in at least one (1) of the individual events offered may enter in a maximum of two (2) bonus events for which they have achieved the Senior Program "B" standard for the event. Bonus events may be swum on the same or separate days and count towards event entry limits. **Bonus entries are not permitted in the 1500m Freestyle events.**
- **Entry Limits:** Eligible athletes may enter all qualified individual events but will be limited to compete in a maximum of **three (3) individual events per day AND seven (7) individual events for the meet**. The last entry exceeding the limit, either per day or for the meet, will be automatically scratched unless another event is scratched per the scratch procedure detailed below.
- **Relays:** Each club is permitted to enter one (1) relay team per event that may or may not meet the Hawaiian Swimming Senior Program relay qualifying time standard. Each relay entry must have an entry time - "NT" entries are not permitted. The aggregate of individual times, individual splits, or relay splits in the conforming or a converted course may be used. If entering more than one (1) relay per event, use the designator "A", "B", etc. Clubs entering two (2) or more relays per event must meet the qualification standard for each entry. All eligible relay athletes and alternates must be listed on the meet roster. Clubs are allowed to enter as many 200 Medley Relays as 400 Medley Relays they qualify for AND enter. Any relay with an unrealistic entry time may be (re)seeded to the slowest heat/lanes.
- **Verification:** Proof of time is required for entry. All individual event entry times will be verified against the USA Swimming SWIMS database. It is the responsibility of the club/athlete to provide meet result reports for meets not in the USA-S database. Contact the Entry Contact regarding requirements for using times from meets which are not USA-S sanctioned, approved, or observed. Entries that cannot be proven within the Qualifying Period prior to the scratch deadline will be removed prior to seeding or disqualified for each infraction discovered after the event is swum.



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NEW QUALIFYING SWIMS:

- Swims achieving a bonus or qualifying time standards for the first time from Wednesday, June 15, 2022, through Sunday, June 19, 2022, may enter the meet via the EMAIL ENTRY FORM - 2022 LCM SENIOR CHAMPS NEW QUALIFIERS (this form will be posted on the hawaiianswimming.org website under the EVENT tab for the meet.
- These entries must be submitted no later than 9:00am HST on Monday, June 20, 2022, and cannot be used to improve the seedtime of a prior entry, unless the improvement achieves a new bonus or qualifying standard. Normal entry fees apply.

CHECK-IN / SCRATCHES:

- Scratch forms for Preliminary and Timed Final events will be at the Clerk of Course office.
- Scratch forms for Final events will be with the Administrative Referee. Refer to the “Scratches From Finals” section below for instructions specific to scratching from a Finals event.
- Athletes are considered checked-in for all individual events entered, except the 1500m Freestyle event as noted below, unless scratched by the time specified. Only the coach or athlete may scratch an event. A copy of each scratch form will be returned to the coach/athlete as confirmation.
- Athletes (or their coach) entered in the 1500m Freestyle Individual events MUST CHECK-IN AND CONFIRM their intent to compete with the Clerk of Course sixty (60) minutes prior to the scheduled start of the session or the athlete WILL BE SCRATCHED from the event.
- Scratches for the next day’s Preliminary session for all other individual events are due 30 minutes after the scheduled start of each current day’s Finals/Timed Finals.
- Relay cards are to be returned to the Clerk of Course by the end of each day’s Preliminary competition with the exception of the relays in Session 1 which are due sixty (60) minutes prior to the scheduled start of the session. Refer to the “Relay Cards” section below for instructions specific to relay cards.

SCRATCHES FROM FINALS: National Championship scratch rules will be used for this meet (refer to the Current USA Swimming Rule Book). An athlete who qualifies for any Finals heat MUST NOTIFY the Administrative Referee within 30 minutes after the announcement of the qualifiers for that event that they will not compete. Failure to notify, declare, and/or compete in a Finals event will result in being a “no show” for Finals. In the event of such failure to show or to certify withdrawal, the Meet Referee shall fill the Finals heats with the next qualified athlete(s).

RELAY CARDS: Coaches shall pick up a list of eligible relay athletes and relay cards from the Clerk of Course office. Coaches are responsible for verifying all eligible relay athletes and alternates on the eligibility list and returning signed relay cards to the Clerk of Course by the relay scratch deadline. Coaches are to list/confirm the tentative order of competing relay athletes (names – first and last) on each relay card. Relays will be scratched if cards are not submitted on time.

A *yellow* copy of each relay card will be returned to the team folder (or box) in the Clerk of Course office. Coaches may change the relay order and are allowed to add or substitute the names of eligible relay athletes only on the *yellow* card. Athletes are to submit cards, if changed, to the Head Lane Timer prior to the start of the race. Failure to submit a correct relay card will result in disqualification of the relay.

HEAT SHEETS: Coaches are to present their credentials to the Clerk of Course to pick up heat sheets. Exceptions must see the Meet Referee.

LANE REPORTING: All athletes are responsible for reporting directly to the assigned lane when their heat is called. Heat sheets will be posted specifying heat and lane assignments. Failure to be at the assigned lane will be subject to the “No Show” rule.

DECLARED FALSE STARTS: A “Declared False Start” is when the athlete reports to the Meet Referee prior to the start of a Preliminary or Timed Final heat and declares their intent not to compete. The athlete will be disqualified from that event without penalty. A declared false start or deliberate delay-of-meet for a Finals event is not permitted and will be regarded as a failure to compete and is subject to the rules of a “no show” for Finals.

NO SHOWS:

- Athletes who have been seeded in a individual Preliminary or Timed-final event and are not at their starting block when their heat is called, will be automatically disqualified from ALL subsequent individual Preliminary and Timed Final events AND Relay events for the remainder of the day unless the Meet Referee is notified of illness or injury.
- The athlete, or coach, must declare their INTENT TO SWIM the next day (even if he/she does not have a qualifying individual event) before the scratch deadline EACH DAY for the remainder of the meet. The athlete will not be seeded in the remainder of their individual events, NOR will they be allowed to participate on a relay if declaration of intent is not fulfilled.
- A “no show” for an individual Finals event will result in being disqualified from further competition, individual events AND relays, for the remainder of the meet, unless the Meet Referee is notified of illness or injury.
- If an athlete qualified for Finals prior to a “no show” of a Preliminary or Timed Final event, he/she MUST swim the Finals event(s) or be subject to the penalty of a “no show” for Finals. All “no shows” for Timed Final events will be subject to penalties similar to a “no show” for Preliminary events.
- If an athlete is a “no show” for their first event due to unforeseen circumstances, the meet jury will convene to determine the athlete’s eligibility to compete the remainder of the day without penalty.



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WARM-UPS: Warm-ups must be supervised by a USA swimming registered “Coach Member” following guidelines established by the LSC. Supervising coaches are required to have their USA Swimming registration card prominently displayed at all times. The Safety Marshals will enforce the warm-up procedures and maintain order in the swimming venue. Disregard of USA Swimming safety rules will be grounds for disqualification of athletes from competition. Warm-up lanes and times may be assigned by the Meet Director.

RACING STARTS: Any athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete’s legal guardian to ensure compliance with this requirement.

PROTESTS: Protests may be registered only with the Meet Referee within thirty (30) minutes of the infraction. This protest must be written and signed by the athlete’s registered coach. The Meet Jury will convene to resolve protests only if the situation cannot be resolved by the Meet Referee in accordance with USA Swimming and/or Hawaiian Swimming rules.

MEET JURY: A 5-member meet jury will be appointed consisting of: 1 coach, 1 deck official, 1 athlete, and 2 at-large.

SCORING: Senior Division scoring is provided for Timed Finals and A/B-Finals. Only the top two (2) relay teams per club per event will be scored (and awarded).

<u>Place:</u>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<u>Individual Points:</u>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<u>Relay Points:</u>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS: Senior Division awards will be presented for during the course of the meet.

- Individual Events: 1st through 3rd – medals.
- Relay Events: 1st through 3rd – medals.
- Overall Team Points: 1st through 8th – trophy or plaque.
- High Point Earner*: Highest individual point earner for each gender – trophy plaque.

*For individual High Point award determination only – an additional twenty (20) points will be awarded for breaking or tying a Hawaiian Swimming record during preliminaries or finals. Only one bonus will be added per event. If the event record is broken by more than one athlete, the bonus is awarded to the athlete with the fastest time for the event.

RESULTS: Final results will be posted on the Hawaiian Swimming website: www.hawaiianswimming.org
Live results will be on Meet Mobile and at: <http://results.teamunify.com/hslsc/>

OFFICIALS and TIMERS: Each participating club is expected to provide deck officials AND timers commensurate with their number of athletes entered in each session. Deck officials are requested to sign-up on-line or by e-mail to the Meet Referee for their position(s)/session(s) prior to the meet.

Clubs are responsible for providing their own timers and counters for the 1500m Freestyle.

Lap counting equipment for the 1500m Freestyle will be provided for each lane.

The Meet Director(s) will assign timer and safety marshal positions to the participating clubs. All deck officials, timers, and safety marshals report to the Meet Referee.

HOSPITALITY: Refreshments will be available for coaches, deck officials, timers, and safety marshals during the meet. Coaches, deck officials, timers, and safety marshals will be provided dinner during Session 1. Coaches and deck officials will be provided lunch after Sessions 1,3 and 5.

TRAVEL FUND: Neighbor Island athletes who place in the top sixteen (16) of an individual event are eligible to receive a travel reimbursement. Refer to the application for reimbursement form for limits and details. Application for reimbursement must be made within 15 days following the conclusion of the meet.

ADDITIONAL INFORMATION:

- Venue and pool rules will be strictly enforced.
- Parking is permitted only in marked areas.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.
- USA-S rule 102.8D will be enforced: swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
- Photography behind the starting area(s) is not permitted.
- Only deck officials, timers, coaches, and athletes are permitted on the pool deck during competition. Athletes are to return to their team area soon after they have completed their events.
- Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Deck changes are prohibited.



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<u>Women's Event #</u>	<u>Friday, June 24</u>	<u>Men's Event #</u>
1	800 Freestyle Relay*	2
	10min Break	
3	200 Backstroke	4
5	100 Breaststroke	6
7	100 Freestyle	8
9	200 Butterfly	10
-	M 400 IM	11
12	W 1500 Freestyle**	-
	 <u>Saturday, June 25</u>	
13	200 Medley Relay*	14
	10min Break	
15	50 Freestyle	16
17	200 IM	18
19	100 Fly	20
21	400 Freestyle	22
	10min Break	
23	400 Freestyle Relay*	24
	 <u>Sunday, June 26</u>	
25	200 Freestyle Relay*	26
	10min Break	
27	200 Breaststroke	28
29	200 Freestyle	30
31	100 Backstroke	32
33	W 400 IM	-
-	M 1500 Freestyle**	34
	10min Break	
35	400 Medley Relay*	36

* All relays will be swum during finals from slowest to fastest

** All 1500 will be swum at the conclusion of prelims from fastest to slowest