



# Oahu Swim League

## Oahu Age Group A+ Meet (LCM)

Saturday, June 15th, 2019 – VMAC  
Hosted by Oahu Swim League

<b>Held under sanction of USA Swimming</b> <b>Sanction No:</b> HI20190615-OAHU <b>Entry Deadlines:</b> Monday, June 10 <sup>th</sup> , 2019	<b>Meet Director(s):</b> David Hioki; hiokidm65@gmail.com <b>Meet Referee:</b> Russell Iwamura; russelliwamura@hawaii.rr.com <b>Entry Contact:</b> Saint-Marie Gough; splendid_splenda@yahoo.com
<i>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.</i>	
<i>Each club entered is expected to provide deck officials AND timers commensurate with their number of athletes entered. Deck officials are requested to sign-up on-line for their position(s)/session(s) prior to the meet.</i>	
<i>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 Any individual acting as a coach who is not registered, or who's registration is no longer current, will be asked by the Meet Referee and/or Safety Marshals to cease such activity and/or to leave the vicinity of the competition (including the warm-up and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).</i>	

**VENUE:** K. Mark Takai Veterans' Memorial Aquatic Center - Central Oahu Regional Park; 94-801 Kamehameha Highway, Waipahu.

**COURSE:** Long Course Meters. 10 lane 50M x 25M facility with bulkhead and separate diving well. Racing 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.**

**SCHEDULE:** **Session 1:** Warm-Ups – At the conclusion of the senior meet  
Meet starts- approximately 30 minutes after the conclusion of the senior meet  
**Session 2:** Session starts immediately after the conclusion of session 1  
**Officials' Brief** – at the start of warm-ups for each session  
**Timers' Brief** – 20 minutes before the start of races for each session

**EVENT ORDER:** See attached list of events.

**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 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.

**ENTRY FEES:** \$2.00 per Individual Event. \$2.50 per athlete Facility & Equipment Surcharge. No refunds will be made. Fees should be mailed and received prior to the start of the meet. Make check payable to: **Oahu Swim League**. Mail a copy of the Entry Fee Report AND check to **Oahu Swim League, PO Box 61835, Honolulu, HI 96839**

**FORMAT:**

- 8 or 10 lanes depending on the estimated timeline.
- Timed finals.
- Seeded and swum slowest to fastest.
- Events of 200 Y/M or longer seeded and swum combined ("mixed" girls and boys).
- Non-conforming course entry times converted by the meet management software prior to seeding.
- Partial heats may be combined and/or swum out of order.

**TIMING:** Semi-automatic timing system with manual backup (three buttons and one watch).

**DIVISIONS:** Individual Events - 10-11, 11-12, 13-14, and 15-18. Divisions may be swum combined with results ranked separately.

**ELIGIBILITY:** 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 Hawaiian Swimming athlete registrations (and registration fee) MUST be mailed directly by each Club Registrar 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.**

**ENTRY LIMITS:** Athletes may enter a maximum of **Three (3) Individual Events**



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#### **ENTRY RESTRICTIONS:**

- Entry in the meet is limited to athletes who have achieved the Hawaiian Swimming “A” time standard or faster for their age group in at least one individual event that they are entered in.
- **Athletes ages 12 and older who have at least one Hawaiian Swimming Senior B time standard may not compete in this meet.**
- Athletes are permitted to compete in events for which they have not achieved the “A” time standard provided they have achieved the “A” time standard entry requirement in at least one (1) other event.
- 200 Y/M events are limited to athletes who have achieved (or achieve during the meet) an “A” or faster time in a 100 Y/M or longer event of any stroke for their age group. 10-Under athletes must meet the 11-12 A time in that event. 10 year old athletes wishing to swim a 200 Y/M event must submit proof of time report (or already have the minimum time standard in the 200 event) in order to swim the event
- 400 Y/M events are limited to athletes who have achieved a AA time or faster in that event or a AA time or faster in the 200 M event of that discipline (IM or Free) for their age group OR who already have a AA time in the 400 Y/M event. 10-under swimmers will be judged against the 11-12 time standard. Coaches must submit proof of time report if using the swimmers 200m time to qualify for a 400m event

**ENTRY PROCEDURE:** Entries must be received by the Entry Contact NO LATER than the Entry Deadline. Entries must include a SDIF compatible entry file AND an entry fee report. All athletes, and their USA-S IDs, must be listed in the entry file. No late entries will be accepted at the meet.

**SCRATCHES/HEAT SHEETS:** Scratches of Individual Events for Session 1 are due to the Entry Contact by Noon on the day prior to the scheduled start of the meet.

Scratches of Individual Events for Session 2 are due by the scheduled start of Session 1.

Coaches are to present their credentials to pick up scratch sheets and heat sheets. Exceptions must see the Meet Referee.

**WARM-UP/DOWN:** Hawaiian Swimming warm-up/down procedures shall be in affect for the meet.

**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.

**AWARDS:** Individuals will be awarded ribbons for 1<sup>st</sup> through 8<sup>th</sup> place in each age group division and entry classification of: AA (and faster), A, and slower than A (and NT).

**RESULTS:** Results will be posted on the Hawaiian Swimming website at: [www.hawaiianswimming.org](http://www.hawaiianswimming.org).

**OFFICIALS and TIMERS:** Each club entered is expected to provide deck officials AND timers commensurate with their number of athletes entered. Deck officials are requested to sign-up on-line for their position(s)/session(s) prior to the meet. Teams will be pre-assigned timer positions. All deck officials, timers, and safety marshals report to the Meet Referee.

**HOSPITALITY:** Refreshments will be available for deck officials, coaches, timers, and safety marshals during the meet. Deck officials, coaches, and safety marshals will be provided lunch during the session break.

#### **ADDITIONAL INFORMATION:**

- Venue and pool rules will be strictly enforced.
- Parking is permitted only in marked areas.
- Deck changes are 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.
- 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.
- 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.



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- Only deck officials, timers, coaches, and athletes may be on the pool deck during competition. Athletes are to return to their team area soon after they have completed their events.

<b>SESSION 1</b>			
<b>GIRLS</b>	<b>DIVISIONS</b>	<b>EVENT</b>	<b>BOYS</b>
1	10-18	200 Butterfly**	1*
3	12-Un	50 Butterfly	4
5	18-Un	100 Breaststroke	6
7	10-18	200 Backstroke**	8*
9	12-Un	50 Backstroke	10
11	18-Un	200 Individual Medley**	11*
13	18-Un	100 Freestyle	14
15	10-18	200 Breaststroke**	15*
17	12-Un	50 Breaststroke	18
19	18-Un	100 Butterfly	20
21	18-Un	50 Freestyle	22
23	18-Un	100 Backstroke	24
25*	18-Un	200 Freestyle**	25*
27*	10-12	400 Individual Medley ***	27*
29*	10-12	400 Freestyle ***	29*
<b>SESSION 2</b>			
<b>GIRLS</b>	<b>DIVISIONS</b>	<b>EVENT</b>	<b>BOYS</b>
31	13 & OV	400 Individual Medley ***	31*
33	13 & OV	400 Freestyle ***	33*

\* 200 Y/M events and longer will be seeded and swum combined ("mixed" girls and boys).

\*\* 200 Y/M entrants are limited to athletes who have achieved an "A" or faster time in a 100 Y/M or longer event of ANY stroke for their age group. 10 year old athletes will be compared to the 11-12 standard

\*\*\* 400 Y/M IM entrants are limited to swimmers who have achieved either a AA time in the 400 IM or a AA time in the 200 IM in their age group (10-under swimmers will be compared to the 11-12 AA standards)

\*\*\* 400 Y/M Free entrants are limited to swimmers who have achieved either a AA time in the 400 freestyle or a AA time in the 200 freestyle in their age group (10-under swimmers will be compared to the 11-12 AA standards)