



HAWAIIAN SWIMMING



Event: Oahu ABC Meet, [OAHU ONLY] Date: October 16, 2021
 Host: Oahu Swim League Sanction #: HI-20211016-OAHU

Meet Director (1): Joe Glenn Email: auleaswimclubkailua@gmail.com
 Meet Director (2): Eric Nagoshi Email: etnagoshi@punahou.edu
 Meet Referee: Marcelle Arakaki Email: marcelle808@gmail.com
 Meet Entry Contact: Rene Iwamura Email: rene.i@ee3.com Entry Deadline: October 11, 2021
 Venue Address: 94-801 Kamehameha Highway, Waipahu, HI 96797, Veterans Memorial Aquatics Center

Disclaimer: The host has taken enhanced health and safety measures for all participants and attendees of this competition. You must follow all posted instructions while attending of this facility and guidelines and requirements of the State of Hawai'i (SOH) Department of Health while participating in this event. By attending and/or participating in this event, you voluntarily assume all risks related to exposure to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. C

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID 19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND HAWAIIAN SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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

In support of Hawaiian Swimming, Inc. (HISI) and continued effort to ensure safety to all athletes, coaches, officials, volunteers, parents and spectators the swim event may be suspended or canceled by the Meet Director, Meet Referee, or Administrative Official if activities are not in compliance with USA Swimming and HISI requirements or SOH, CDC, local, or official authorized health organizations. In addition, HISI Board of Directors retains the right to revoke the meet sanction and expunge all or part of the times uploaded to SWIMS due to non-compliance with all sanctioning requirements.

Current USA Swimming and HISI rules, including the **Minor Athlete Abuse Prevention Policy**, will govern this meet. (see: <https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/usaswimmingmaapp>)

Meet Restrictions and facility requirements for all participants including athletes, coaches, officials, volunteers, spectators and facility staff.

- Maximum number of participants in the aquatic facility for each session is limited to **300 persons**.
- Any participant must have their temperature taken and must have a reading of 100.4 degrees Fahrenheit or less to enter facility.
- Parents shall be required to confirm their athletes are allowed entry into the facility before the parent or driver leaves.
- Entry/exit gates **will be locked at the start of each session** and monitored continuously before, during, and after the swim meet.
- All participants shall wear masks at all times (athletes may remove their masks immediately prior to entering the pool. Medical exemptions will be honored.
- Athletes shall arrive and depart in their competition suits unless locker or authorized changing accommodations are provided.
- USA-S rule 102.8D will be enforced - swimsuits worn for competition must be 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 phones, 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 assigned area soon after they have completed their events.
- Venue and pool rules will be strictly enforced & parking is permitted only in marked areas.



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SESSION SCHEDULE, EVENT ORDER, ENTRY RESTRICTIONS & DIVISIONS: (See attached Schedule of Events)

VENUE INFORMATION:

Course: x SCY LCM SCM Set-up: 6 Lanes 8 Lanes x 10 Lanes
 Facility: VMAC 50M x 25M 50M x 25Y 25M x 25Y 25Y x 20Y Other:
 Warm-down pool/area: x Yes No Start Depth: 8 ft / in. and Turn Depth: 8 ft / in.
 Competition course: x Certified in accordance with 104.2.2C(4): Not certified.

SESSION SCHEDULE:

- SATURDAY, October 16th, 2021:
 - Session 1: Warm-up: 7:30 AM, races start 8:30 AM
 - Session 2: Warm-up: Starts 15 minutes after the conclusion of Session 1, Races start an hour after warm up starts, approximately 12:15 PM

RULES: The meet will be conducted in accordance with current USA Swimming and Hawaiian Swimming rules. The Meet 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. This includes not following COVID-19 safety protocols.

EVENT SCHEDULE: See attached list of events.

DIVISIONS: 10-under, 11-12, 13-14, 15-18

FORMAT:

- All Individual events will be swum as Timed Final Events
- 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).

ELIGIBILITY:

- Swimmers from the following clubs may participate:
 - o Session 1: KSC, PAQ, HSC, PCA, SUNA, MAN, BOWS
 - o Session 2: AUL, IOL, SPL, MVN, HICK, AAA
- 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 USA-S 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.**

ENTRY FEES:

- \$3.00 per Individual Entry
- Make checks payable to: Oahu Swim League
- Mail a copy of the Entry Fee Report AND check to: Oahu Swim League, % Joe Glenn, 45-241 Nukumomi Place, Kaneohe, HI 96744
- 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 WILL NOT BE ACCEPTED.**

ENTRIES:

- Procedures: All entries must be completed by the Entry Deadline. 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 1, 2019 to the Entry Deadline.
- Requirements: Athletes MAY NOT have met or bettered the Hawaiian Swimming Age Group Program “AA” time standard or higher in their age group, in any course, during the Qualifying Period for each individual event entered.



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- **Entry Limits:** Eligible athletes may enter all qualified individual events but will be limited to compete in a maximum of **three (3) individual events**.
- **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.
- **Payment:** A check for entry fees and the entry fee report must be POSTMARKED NO LATER than the payment deadline. A valid check for entry fees must be included or entries will be considered invalid.

CHECK-IN / SCRATCHES:

- The meet will be pre seeded.

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.

A yellow copy of each relay card will be given to the Coach during warmups. Coaches may change the relay order and are allowed to add or substitute the names of eligible relay athletes only on the returned 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 may result in disqualification of the relay.

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.

NO SHOWS:

- A "no show" for an individual or relay event will not result in any penalty to the swimmer.

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 Meet 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.

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 officials AND timers commensurate with their number of athletes entered. The Clerk of Course and/or Meet Directors may assign timer and marshal positions to participating clubs. All officials, timers, and marshals report to the Meet Referee.

HOSPITALITY: Refreshments will be available for Officials, Coaches, and Timers during the meet. Officials and Coaches will be provided lunch during the session break.

CONCESSION: No Concessions.

DIVING IS ONLY PERMITTED IN THE COMPETITION POOL



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SESSION 1 – Warm Up- 7:30 AM, Races start @ 8:30 AM			
GIRLS	DIVISIONS	EVENT	BOYS
1	12-Under	100 IM	2
3	12-Under	50 butterfly	4
5	19-Under	100 breaststroke	6
7	19-Under	50 Backstroke	8
9	19-Under	200 IM*	9
11	19-Under	100 Freestyle	12
13	19-Under	50 Breaststroke	14
15	19-Under	100 Butterfly	16
17	19-Under	50 Freestyle	18
19	19-Under	100 backstroke	20
21	19-Under	200 freestyle*	21

SESSION 2 – Warm Up- 10 minutes after the conclusion of session 1, Races start at approximately 12:15 PM			
GIRLS	DIVISIONS	EVENT	BOYS
23	12-Under	100 IM	24
25	12-Under	50 butterfly	26
27	19-Under	100 breaststroke	28
29	19-Under	50 Backstroke	30
31	19-Under	200 IM*	31
33	19-Under	100 Freestyle	34
35	19-Under	50 Breaststroke	36
37	19-Under	100 Butterfly	38
39	19-Under	50 Freestyle	40
41	19-Under	100 backstroke	42
43	19-Under	200 freestyle*	43

* 200 IM and 200 Free will be combined male and female



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Please fill out agreement and bring a completed form to swim meet or turn in to your club head swim coach or designee before the start of the swim meet (or swimmers first day at swim meet). Head coach or designee will be responsible to collect and submit agreement the Meet Director or designee prior to the start of the meet.

INDEMNITY AGREEMENT

It is my intent as a participant or player competing in Hawaiian Swimming/USA Swimming sanctioned activities, while participating during activities including any pre-event or post-event activities at:

Name of Location: Veterans Memorial Aquatics Center, Waipahu, Oahu, Hawaii

that I am agreeable and acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

An outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as either a team member or competitor at location, and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Hawaiian Swimming/USA Swimming and its member clubs, trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to this hold harmless elective noted below.

Participant Name: _____

Participant Signature: _____

If Participant is a minor name and signature by parent or legal guardian is required.

Name: _____

Signature: _____

Failure to complete and submit the INDEMNITY AGREEMENT form may result in no access to the facility.



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Please fill out questionnaire and bring completed form to swim meet or turn in to your club head swim coach or designee before the start of the swim meet (or swimmers first day at swim meet). Head coach or designee will be responsible to collect and submit questionnaire to the Meet Director or designee.

Safety Pre-Screening Questionnaire

Required for all athletes, coaches, officials, and volunteers to enter the pool facility

Club Team name: _____ Club Code: _____

Athlete, Coach, Official, Volunteer

Last Name: _____ First Name: _____ Date: _____

Parent/Guardian (required if athlete is a minor)

Last Name: _____ First Name: _____ Date: _____

Attending Session(s) #: _____ Time of Entry into Facility: _____

1. In the past 14-days, have you traveled off the Island? If yes, your eligible may be restrict by the State, health department, or respective county rules and requirements.

Yes or No (*circle one*)

If yes, do you have an exemption (e.g. medical) from the State of Hawaii Dept of Transportation.

Yes or No (*circle one*)

2. In the past 14-days have you been in contact with a person under investigation or has tested positive for COVID-19?

Yes or No (*circle one*)

If Yes, entry may be denied until your 10-day quarantine period has been completed.

3. Do you practice social distancing (6') and wear a mask in public places as ordered by Hawai'i Governor Ige's proclamation and the local county rules?

Yes or No (*circle one*)

4. By signing this document, I attest that my responses to the above questions are accurate and truthful.

Signature: _____ Date: _____

(Parent/Guardian signature required if athlete is a minor)

Failure to complete and submit the questionnaire form may result in no access to the facility.