



HAWAIIAN SWIMMING



Event: 74th Annual Keo Nakama Swim Meet

Date: July 1-3, 2022

Host: Hawaii Swimming Club Sanction #: HI-20220701-OAHU

Meet Director (1): Marcelle Arakaki Email: marcelle808@gmail.com
Meet Director (2): _____ Email: _____
Meet Referee: Russell Iwamura Email: russelliwamura@hawaii.rr.com.
Meet Entry Contact: Keith Arakaki Email: keonakamameetinfo@gmail.com Entry Deadline: June 27, 2022

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

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. 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, HISI, the host, all meet officials, SOH, local government, and facility personnel 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.

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 reply to sign-up e-mails for their position(s)/session(s) prior to the meet.

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>)

Only current registered USA-S certified coaches are permitted to coach athletes. Any individual acting as a coach who is not registered, or whose 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].



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

VENUE INFORMATION:

Course: SCY X LCM SCM Set-up: 6 Lanes 8 Lanes X 10 Lanes
Facility: X 50M x 25M 50M x 25Y 25M x 25Y 25Y x 20Y Other: _____
Warm-down pool/area: X Yes No Start Depth: 8.0 ft / in. and Turn Depth: 8.0 ft / in.
Competition course: Certified in accordance with 104.2.2C(4): X Not certified.

DIVING IS ONLY PERMITTED IN THE COMPETITION POOL

ENTRY LIMITS: Athletes may enter a maximum of five (5) individual events per day. Athletes of age 12 and under are limited to enter in one (1) session per day. Bonus Entries count towards the Entry Limits. See the Bonus Entries Section for Bonus Event restrictions.

ENTRY PROCEDURE: Entries must be received by the Entry Contact ON OR BEFORE 11:59 P.M. of the Entry Deadline (June 27, 2022). **NO LATE ENTRIES WILL BE ACCEPTED.** 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.

ENTRY FEES: \$3.50 per Individual Event / \$5.50 per Relay Athlete Surcharge: \$ 3.00

Make Payment to: Hawaii Swimming Club Mail Address: 87-246 La'iku Street, Waianae, HI 96792

SCHEDULE:

Friday, July 1, 2022:

Session 1: Warm Up – 2:30 p.m. Meet Starts at 4:00:00 p.m.

Saturday, July 2, 2022

Session 2: Warm Up – 7:30 a.m. Timer's Briefing: 8:15 am Program – 8:30 a.m. Races start at the conclusion of the program

Session 3: Warm Up – upon conclusion of Session 2; Races Start = approx.. 1 hour after warm ups begin

Sunday, July 3, 2022

Session 4: Warm Up – 7:30 a.m. Races start: 8:30 a.m.

[NOTE: High Point Awards to 11-12 Age Group will be presented during Session 5 Warm up]

Session 5: Warm up – upon conclusion of Session 4 Races Start – approx.. 1 hour after warm ups begin

MEET FORMAT: X Timed finals (seeded and swum slowest to fastest) Prelims/Finals (championship seeding)
(Partial heats may be combined and/or swum out of order)

TIMING SYSTEM: X Automatic w/ manual backup Semi-automatic w/ manual backup Other (Automatic w/no backup).

RULES: The meet will be conducted in accordance with current USA Swimming and HISI rules. Coaches are responsible for instructing their athletes of safety guidelines, warm-up/down procedures, and venue specific requirements. The Safety Marshals, with concurrence of the Meet Referee, shall enforce safety procedures and maintain order in the swimming venue. Safety Marshals shall have full authority to remove or have removed from the vicinity of the event anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the swim event, including the disqualification of athletes from competition.

ENTRIES:

- Qualifying Period: January 1, 2019 to the Entry Deadline.

ENTRY REQUIREMENTS:

- **100 Y/M entrants are limited to athletes who have achieved (or achieve during the meet) an "A" or faster time in a 50 Y/M or longer event of ANY stroke for their age group.**



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- **200 Y/M entrants 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. Coaches entering swimmers in events 200 or longer are expected to use good judgment.**
- The Hawaiian Swimming 15 -18 age group time standards are used for the Open division. Minimum age for entry into Open Division events is 11 years old. See Bonus Entries Section for Bonus Event restrictions.

BONUS ENTRIES: Athletes who have achieved the entry requirement of the Hawaiian Swimming HI-A time AND are entered in at least one (1) of those individual events offered, may enter in a maximum of two (2) Bonus Events. Bonus Events may be swum on the same or separate days and count towards the Entry Limits. If an athlete does not have a prior time for a Bonus Entry they may be entered with an “NT”. Request to Coaches and Team Entry Personnel: Although not an explicit requirement, coaches are requested to enter athletes only in Bonus Events for which they reasonably expect the athlete to achieve the Hawaiian Swimming HI-A time standard for their respective age group.

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. The age of the swimmer shall be the age on the first day of the swim meet.**

Hawaiian Swimming and host clubs along with their Meet Directors are committed to the inclusion Policy as adopted by the Board of Directors. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete’s coach) is also responsible for notifying the session referee of any disability prior to the competition.

SCRATCHES/HEAT SHEETS: Scratches of individual events for are due to the Entry Contact by Noon on the day prior to the scheduled start of the meet. Coaches are to present their credentials to pick up scratch sheets and heat sheets. Exceptions must see the Meet Referee.

RELAY CARDS: Relay Cards are due to the Clerk of Course 30 minutes after the scheduled start of each session. Failure to submit a Relay Card may result in the automatic scratch of the relay

WARM-UP/DOWN: HISI warm-up/down procedures shall be in effect 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 & RESULTS: Individual Events will be awarded medals for 1st through 8th place. Relay Events will be awarded medals for 1st through 3rd place. The top eight (8) teams will be awarded trophies. The high point earner for each age division will be awarded trophies. Awards must be picked up at the conclusion of the meet – awards will not be mailed.

SCORING:

Place:	1	2	3	4	5	6	7	8
Indiv. Points:	9	7	6	5	4	3	2	1
Relay Points:	18	14	12	10	8	6	4	2

OFFICIALS & TIMERS: Each club entered is expected to provide deck officials and timers commensurate with their number of athletes entered. Officials are requested to sign-up on-line prior to the meet (no officials briefing). Teams may be assigned timer positions.



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Safety Marshals: with concurrence of the Meet Referee, shall have authority to remove anyone whose behavior or actions are unsafe and/or disrupting the orderly conduct of the event, including the disqualification of athletes from competition.

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

CONCESSIONS: Concession items will be available for purchase during the meet.

DIVISIONS: 10 & Under; 11-12, 13-14, 15-16, and Open. The age of the athlete on the first day of the meet will govern the entire meet.

ADDITIONAL INFORMATION:

- Venue and pool rules will be strictly enforced.
- Parking is permitted only in marked areas. The circle driveway fronting the facility is a fire lane and is to be used for pick up & drop off only; NO PARKING in the circle driveway fronting the facility.
- 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.
- 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.
- 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 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.



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SESSION 1, Friday July 1, 2022			
2:30 p.m. Warm up; 4:00 p.m. Races start			
GIRLS	DIVISIONS	EVENT	BOYS
1	OPEN	200 I.M.	2
3	10 & U	200 I.M.	4
5	11-12	200 I.M.	6
7	13-14	200 I.M.	8
9	15-16	200 I.M.	10
11	10 & U	50 Free	12
13	11-12	50 Free	14
15	13-14-	50 Free	16
17	15-16	50 Free	18
19	OPEN	50 Free	20
21	11-12	50 Fly	22
23	10 & U	400 Free	24
25	13 – 16	400 Free	26
27	OPEN	400 Free	28
29	11 – 12	400 Free	30

SESSION 2, Saturday July 2, 2022			
7:30 am Warm up; 8:30 am Program; Races to follow program			
GIRLS	DIVISIONS	EVENT	BOYS
31	11-12	100 Fly	32
33	13-14	100 Fly	34
35	15-16	100 Fly	36
37	11-12	50 Breast	38
39	OPEN	100 Fly	40
41	11-12	200 Back	42
43	OPEN	200 Back	44
45	11-12	100 Breast	46
47	13-14	200 Fly	48
49	15-16	200 Breast	50
51	11-12	100 Free	52
	5 MIN BREAK	BEFORE RELAYS	
53	OPEN	400 Med Rly	54
55	13-14	400 Med Rly	56
57	15-16	400 Med Rly	58



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59	11-12	400 Med Rly	60
SESSION 3, Saturday July 2, 2022 Warm up to start at conclusion of Session 2; Races to start approx. 1 hour after Session 2			
GIRLS	DIVISIONS	EVENT	BOYS
61	10 & U	200 Free	62
63	13 -14	200 Free	64
65	15-16	200 Free	66
67	OPEN	200 Fly	68
69	10&U	200 Breast	70
71	13-14	100 Breast	72
73	15-16	100 Breast	74
75	10 & U	100 Breast	76
77	OPEN	100 Breast	78
79	13-14	100 Back	80
81	10 & U	100 Back	82
83	15-16	100 Back	84
85	OPEN	100 Free	86
87	10 & U	50 Breast	88
	5 MIN BREAK	BEFORE RELAYS	
89	OPEN	200 Free Rly	90
91	13-14	200 Free Rly	92
93	15-16	200 Free Rly	94
95	10&U	200 Free Rly	96



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SESSION 4, Sunday July 3, 2022

Warm up to start at 7:30 am; Races to start approx. 8:30 am

GIRLS	DIVISIONS	EVENT	BOYS
97	11 & 12	200 Free	98
99	13 -14	200 Breast	100
101	15-16	200 Fly	102
103	11-12	100 Back	104
105	OPEN	200 Breast	106
107	11-12	50 Back	108
109	OPEN	100 Back	110
111	11-12	400 I.M.	112
113	13-14	100 Free	114
115	11-12	200 Breast	116
117	OPEN	200 Free	118
119	11-12	200 Fly	120
	5 MIN BREAK	BEFORE RELAYS	
121	15-16	400 Free Rly	122
123	13-14	400 Free Rly	124
125	OPEN	400 Free Rly	126
127	11-12	400 Free Rly	128

SESSION 5, Sunday July 3, 2022

Warm up to start at the conclusion of Session 4,
Races to start approx. 1 hour after Session 4

GIRLS	DIVISIONS	EVENT	BOYS
129	15-16	400 I.M.	130
131	10 & U	400 I.M.	132
133	13-14	400 I.M.	134
135	OPEN	400 IM.	136
137	10&U	50 Back	138
139	15-16	100 Free	140
141	13-14	200 Back	142
143	10&U	100 Free	144
145	15-16	200 Back	146
147	10&U	50 Fly	148
	5 Minute Break	Before Relays	
149	OPEN	200 Med Rly	150



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151	13-14	200 Med Rly	152
153	15-16	200 Med Rly	154
155	10&U	200 Med Rely	156