

**HAWAIIAN SWIMMING**  
**60<sup>TH</sup> ANNUAL KEO NAKAMA INVITATIONAL**  
**VETERANS' MEMORIAL AQUATIC CENTER**  
**JULY 4-6, 2008**

**SPONSOR:** Hawaiian Swimming  
Co-Sponsor: Hawaii Swimming Club

**SANCTION:** Held under the sanction of USA Swimming  
Hawaiian Swimming Sanction No.: **HI20080704-KEOI**

**DATE(S):** Friday, July 4, 2008  
Saturday, July 5, 2008  
Sunday, July 6, 2008

**POOL SITE:** Veterans Memorial Aquatic Center  
94-801 Kamehameha Highway  
Waipahu, HI 96797

**COURSE:** Long Course, 50 meters, 10 lanes

**TIME:** **Friday, July 4, 2008**  
Session 1: Warm-up: 12:30pm  
Opening Ceremonies: 2:00pm  
Session Start: After the conclusion of the Opening Ceremonies

CHECK-IN SHEETS for SESSION 1: Due to the Clerk of Course by 1:00pm on Friday, July 4, 2008.

CHECK-IN SHEETS for SESSION 2: Due to the Clerk of Course by 4:00pm on Friday, July 4, 2008.

**Saturday, July 5, 2008**

Session 2: Warm-up: 7:00am  
Session Start: 8:30am  
Session 3: Warm-up: Immediately following Session 2  
Session Start: Approx. 1 hour following end of Session 2

CHECK-IN SHEETS for SESSION 3: Due to the Clerk of Course by 10:00am on Saturday, July 5, 2008.

CHECK-IN SHEETS for SESSION 4: Due to the Clerk of Course by the conclusion of Session 3 on Saturday, July 5, 2008.

**Sunday, July 6, 2008**

Session 4: Warm-up: 7:00am  
Session Start: 8:30am  
Session 5: Warm-up: Immediately following Session 4  
Session Start: Approx. 1 hour following end of Session 4

CHECK-IN SHEETS for SESSION 5: Due to the Clerk of Course by 10:00am on Sunday, July 6, 2008.

- WARM-UP:** Warm-ups must be supervised by a USA Swimming registered “Coach Member” following guidelines established by the LSC. Supervising deck coaches shall have their USA Swimming Registration card prominently displayed at all times. The registration chairperson will enforce registration rules regarding coaches. Disregard of the USA Swimming safety rules will be grounds for disqualification of swimmer from competition.
- NOTE:** See **ADDITIONAL NOTES AND/OR COMMENTS at the end of notice.**
- DIVISIONS:** 10&Unnder, 11-12, 13-14, 15-16 and Open
- RULES:** Current USA Swimming and Hawaiian Swimming rules will govern meet.
- FORMAT:** Cardless, timed finals, using automatic timing system (touch pad/buttons) with manual watch backup. The meet shall be conducted in SPLIT SESSIONS. Session 3 and 5 will start approximately 1 hour after the completion of the Session 2 and 4’s events. The four (4) hour rule will be in effect for swimmers in the 12 and under age groups.
- EVENTS:** See attached.
- ELIGIBILITY:** All swimmers must be currently USA Swimming registered and their registration numbers must be on the master entry form or disk file. No deck registration will be accepted. New Registrations must be mailed directly to the LSC Registrar and postmarked no later than 5 days before the meet date.
- Foreign athletes/clubs shall provide a copy of your own leagues’ international travel permit with entries.
- ENTRIES:** Swimmers may swim up to (5) individual events per day plus relays. Swimmers 12 and under may only swim in one (1) session per day. Fines for swimming out of classification will be based on the LSC database results of the past 2-year schedule (for Hawaiian Swimming teams only). For swimmers entered in the Open division, their actual age on the first day of the meet must be included with their names on each entry and must meet the 17-18 HIAA time. Master Recap sheets must be signed and included with the entries.
- SPLASH RULE:** A swimmer must have at least one HIAA time to splash 2 events for the meet on any day. The splash event must be a HI-A time and the HI-A time must be used as the entry time.
- ENTRY FEES:** \$1.85 Per individual event and \$6.40 per relay (includes a \$.25 Zone surcharge). Entry fees must accompany entries. NO REFUNDS WILL BE MADE.  
Make Checks payable to: **HAWAII SWIMMING CLUB.**
- DEADLINE:** Hy-Tek Meet Manager will be used. Entries must be received by email by **Tuesday, June 24, 2008.** NO LATE ENTRIES WILL BE ACCEPTED AT THE MEET. Recap form must be sent with entries. Download entry recap form from the Web and attach to entries if sending by email.
- Email entries to: [ladynav135@aol.com](mailto:ladynav135@aol.com)
- Or mail entries to: Peggy Glasgow (808-456-1496)  
2287 Aumakua Street  
Pearl City, HI 96782

**CHECK-IN:** Check-in sheets will be given to coaches for verification. Coaches will need to present their credentials to pick up check-in sheets; exceptions must see the meet referee. Coaches are to verify their swimmers and scratch events as appropriate. Check-in sheets must be returned to the Clerk of Course at the times designated in the TIME section. Failure to turn in check-in sheets on time may result in the scratch of the teams' entries for the session.

**AWARDS:** Individual events: Medals for 1<sup>st</sup> through 8<sup>th</sup> place for each division.  
Relay events: Medals for 1<sup>st</sup> through 3<sup>rd</sup> place for each division.  
Team Score: Trophies for 1<sup>st</sup> through 8<sup>th</sup> place.  
Most Outstanding Swimmer: Trophy for 1<sup>st</sup> in each division (female/male).

**Teams MUST PICK UP awards at the conclusion of the meet. Awards will NOT be mailed.**

**SCORING:** Individual: 9, 7, 6, 5, 4, 3, 2, 1, First through eighth place, respectively  
Relay: 18, 14, 12, 10, 8, 6, 4, 2, First through eighth place, respectively

**RESULTS:** Hard copy of meet results will be provided upon request only.

**OFFICIALS:** Each team is required to provide one (1) official for every five (5) swimmers entered in the meet. For those clubs entered with less than five (5) swimmers, at least one (1) official will be required. Timers are considered officials. Teams may be assigned timing lanes.

**MEET REFEREE(S):** Marcelle Arakaki

**MEET DIRECTOR:** Keith Arakaki Ph.: (808) 256-4952  
Email: [hsc@flex.com](mailto:hsc@flex.com)

**HOSPITALITY:** An open hospitality area will be available throughout the meet with the refreshments and lunches for Officials and Coaches.

**CONCESSION:** A concession stand will be available during the meet.

**COUNTRY STORE:** A country store with souvenir t-shirts and swim related items (suits, caps, goggles, etc.) will be available throughout the meet.

**ADDITIONAL NOTES AND/OR COMMENTS:**

- ◆ To accommodate teams traveling from the neighbor islands, continental USA, and foreign countries, tents will be set up around the grass area side of the pool deck. **PLEASE email the Meet Director** if you would like a seating area in this area (for traveling teams only). Chairs are not provided.
- ◆ Park in marked stalls FIRST. There are sufficient stalls all along the tennis court area. **DO NOT PARK ON THE GRASS.** If the paved lots are full, then you may park in the overflow/gravel drive and **PLEASE** park in a single row, directly off the gravel drive. [By request of the Park Manager].
- ◆ **POOL AND PARK RULES WILL BE STRICTLY ENFORCED.** Please help to keep team areas clean by properly disposing of all rubbish. Please use Recycle bins for plastics & cans.
- ◆ **USE OF CELL PHONES, CAMERAS, AND OTHER RECORDING DEVICES IN BATHROOMS AND LOCKER ROOMS IS STRICTLY PROHIBITED.**

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**JULY 4-6, 2008**

**ORDER OF EVENTS**

**FRIDAY, JULY 4, 2008**

**WARM-UP: 12:30pm      MEET OPENING CEREMONIES: 2:00pm**  
**MEET START: Immediately after conclusion of Opening Ceremonies**

**SESSION 1**

| <u>GIRLS</u>   |                  |                 |              | <u>BOYS</u>      |                |
|----------------|------------------|-----------------|--------------|------------------|----------------|
| <u>EVENT #</u> | <u>MIN. TIME</u> | <u>DIVISION</u> | <u>EVENT</u> | <u>MIN. TIME</u> | <u>EVENT #</u> |
| 1              | 3:53.10          | 10&Un           | 200 IM       | 3:57.19          | 2              |
| 3              | 3:19.50          | 11-12           | 200 IM       | 3:25.97          | 4              |
| 5              | 3:06.45          | 13-14           | 200 IM       | 2:58.75          | 6              |
| 7              | 3:05.20          | 15-16           | 200 IM       | 2:49.51          | 8              |
| 9              | 3:08.83          | Open            | 200 IM       | 2:51.22          | 10             |
| 11             | :42.97           | 10&Un           | 50 Free      | :43.68           | 12             |
| 13             | :36.85           | 11-12           | 50 Free      | :38.21           | 14             |
| 15             | :35.08           | 13-14           | 50 Free      | :33.62           | 16             |
| 17             | 1:15.30          | 15-16           | 100 Free     | 1:08.30          | 18             |
| 19             | 1:16.74          | Open            | 100 Free     | 1:08.22          | 20             |

**SATURDAY, JULY 5, 2008**

**WARM-UP: 7:00am      MEET START: 8:30am**

**SESSION 2**

| <u>GIRLS</u>   |                  |                 |                | <u>BOYS</u>      |                |
|----------------|------------------|-----------------|----------------|------------------|----------------|
| <u>EVENT #</u> | <u>MIN. TIME</u> | <u>DIVISION</u> | <u>EVENT</u>   | <u>MIN. TIME</u> | <u>EVENT #</u> |
| 21             |                  | 11-12           | 200 Free Relay |                  | 22             |
| 23             |                  | Open            | 200 Free Relay |                  | 24             |
| 25             | :40.87           | 11-12           | 50 Fly         | :42.17           | 26             |
| 27             | 1:26.10          | 13-14           | 100 Fly        | 1:22.00          | 28             |
| 29             | 1:23.38          | 15-16           | 100 Fly        | 1:15.55          | 30             |
| 31             | 1:33.54          | 11-12           | 100 Back       | 1:37.47          | 32             |
| 33             | 1:27.35          | Open            | 100 Fly        | 1:16.04          | 34             |
| 35             | 3:06.20          | 13-14           | 200 Back       | 3:00.48          | 36             |
| 37             | :48.82           | 11-12           | 50 Breast      | :49.70           | 38             |
| 39             | 3:04.72          | 15-16           | 200 Back       | 2:51.77          | 40             |
| 41             | 3:14.66          | Open            | 200 Back       | 2:56.47          | 42             |
| 43             | 2:56.55          | 11-12           | 200 Free       | 3:01.71          | 44             |
| 45             |                  | Open            | 400 Free Relay |                  | 46             |

\*\*\*\*\* **BREAK (One Hour)** \*\*\*\*\*

**SESSION 3**

| <u>GIRLS</u>   |                  |                 |                  | <u>BOYS</u>      |                |
|----------------|------------------|-----------------|------------------|------------------|----------------|
| <u>EVENT #</u> | <u>MIN. TIME</u> | <u>DIVISION</u> | <u>EVENT</u>     | <u>MIN. TIME</u> | <u>EVENT #</u> |
| 47             |                  | 10&Un           | 200 Free Relay   |                  | 48             |
| 49             |                  | 13-14           | 200 Free Relay   |                  | 50             |
| 51             |                  | 15-16           | 200 Free Relay   |                  | 52             |
| 53             | :48.14           | 10&Un           | 50 Fly           | :50.18           | 54             |
| 55             | 1:39.66          | 13-14           | 100 Breast       | 1:35.67          | 56             |
| 57             | 1:36.64          | 15-16           | 100 Breast       | 1:30.40          | 58             |
| 59             | 1:50.70          | 10&Un           | 100 Back         | 1:52.06          | 60             |
| 61             | 1:41.93          | Open            | 100 Breast       | 1:31.09          | 62             |
| 63             | 2:43.58          | 13-14           | 200 Free         | 2:38.42          | 64             |
| 65             | :57.00           | 10&Un           | 50 Breast        | :59.39           | 66             |
| 67             | 2:42.03          | 15-16           | 200 Free         | 2:29.32          | 68             |
| 69             | 2:48.30          | Open            | 200 Free         | 2:30.92          | 70             |
| 71             | 3:28.06          | 10&Un           | 200 Free         | 3:28.94          | 72             |
| 73             |                  | 13-14           | 400 Medley Relay |                  | 74             |
| 75             |                  | 15-16           | 400 Medley Relay |                  | 76             |

**SUNDAY, JULY 6, 2008**

**WARM-UP: 7:00am MEET START: 8:30am**

**SESSION 4**

| <u>GIRLS</u><br><u>EVENT #</u> | <u>MIN. TIME</u> | <u>DIVISION</u> | <u>EVENT</u>     | <u>MIN. TIME</u> | <u>BOYS</u><br><u>EVENT #</u> |
|--------------------------------|------------------|-----------------|------------------|------------------|-------------------------------|
| 77                             |                  | 11-12           | 200 Medley Relay |                  | 78                            |
| 79                             |                  | Open            | 200 Medley Relay |                  | 80                            |
| 81                             | 1:32.08          | 11-12           | 100 Fly          | 1:34.88          | 82                            |
| 83                             | 3:08.75          | 13-14           | 200 Fly          | 3:01.47          | 84                            |
| 85                             | 3:07.57          | 15-16           | 200 Fly          | 2:51.30          | 86                            |
| 87                             | :43.50           | 11-12           | 50 Back          | :45.42           | 88                            |
| 89                             | 3:21.78          | Open            | 200 Fly          | 2:58.91          | 90                            |
| 91                             | 1:28.93          | 13-14           | 100 Back         | 1:25.52          | 92                            |
| 93                             | 1:46.25          | 11-12           | 100 Breast       | 1:49.54          | 94                            |
| 95                             | 1:25.88          | 15-16           | 100 Back         | 1:19.11          | 96                            |
| 97                             | 1:30.16          | Open            | 100 Back         | 1:21.16          | 98                            |
| 99                             | 1:21.24          | 11-12           | 100 Free         | 1:23.45          | 100                           |
| 101                            |                  | Open            | 400 Medley Relay |                  | 102                           |

\*\*\*\*\* **BREAK (One Hour)** \*\*\*\*\*

**SESSION 5**

| <u>GIRLS</u><br><u>EVENT #</u> | <u>MIN. TIME</u> | <u>DIVISION</u> | <u>EVENT</u>     | <u>MIN. TIME</u> | <u>BOYS</u><br><u>EVENT #</u> |
|--------------------------------|------------------|-----------------|------------------|------------------|-------------------------------|
| 103                            |                  | 10&Un           | 200 Medley Relay |                  | 104                           |
| 105                            |                  | 13-14           | 200 Medley Relay |                  | 106                           |
| 107                            |                  | 15-16           | 200 Medley Relay |                  | 108                           |
| 109                            | 1:52.27          | 10&Un           | 100 Fly          | 1:56.88          | 110                           |
| 111                            | 3:30.89          | 13-14           | 200 Breast       | 3:24.38          | 112                           |
| 113                            | 3:30.03          | 15-16           | 200 Breast       | 3:14.82          | 114                           |
| 115                            | :51.38           | 10&Un           | 50 Back          | :52.66           | 116                           |
| 117                            | 3:41.96          | Open            | 200 Breast       | 3:21.55          | 118                           |
| 119                            | 1:15.86          | 13-14           | 100 Free         | 1:12.67          | 120                           |
| 121                            | 2:04.31          | 10&Un           | 100 Breast       | 2:09.08          | 122                           |
| 123                            | :34.56           | 15-16           | 50 Free          | :31.24           | 124                           |
| 125                            | :35.21           | Open            | 50 Free          | :31:01           | 126                           |
| 127                            | 1:33.83          | 10&Un           | 100 Free         | 1:35.95          | 128                           |
| 129                            |                  | 13-14           | 400 Free Relay   |                  | 130                           |
| 131                            |                  | 15-16           | 400 Free Relay   |                  | 132                           |