



HAWAIIAN SWIMMING



Event: 76th Annual Keo Nakama Invitational **Date:** July 5-7, 2024
Host: Hawaii Swim Club **Sanction #:** HI20240705-OAHU

Meet Director (1)	<u>Marcelle Arakaki</u>	Email:	<u>marcelle808@gmail.com</u>
Meet Director (2)		Email:	
Meet Referee	<u>Russell Iwamura</u>	Email:	<u>russelliwamura@hawaii.rr.com</u>
Meet Entry Contact	<u>Saint Marie Gough</u>	Email	<u>Splendid_splenda@yahoo.com</u> Entry Deadline 06/25/2024 by 11:00 pm

Held under the sanction of USA Swimming

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.

All participants and spectators shall abide by all current USA and HISI rules. 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, Administrative Official, or the General Chair of HISI 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.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. <https://www.usaswimming.org/docs/default-surce/safe-sportdocuments/maapp/usasswimmingmaapp>

VENUE/COURSE INFORMATION:

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

Course: SCY LCM SCM **Set-up:** 6 Lanes 8 Lanes 10 Lanes

Pool Dimension: 50M x 25M 50M x 25Y 25M x 25Y 25Y x 25Y Other: _____

Warm-down pool/area: Yes No **Min. Start Depth:** 8 ft / _____ in. and **Turn Depth:** 8 ft / _____ in.

Competition course: Certified in accordance with 104.2.2C(4): Yes No

DIVING IS ONLY PERMITTED IN THE COMPETITION POOL.

SESSION SCHEDULE:

Friday, July 5, 2024

Session 1: Warm-up: 2:30 PM, races start 4:00 PM; Timer's briefing at 3:45 pm

Saturday, July 6, 2024

Session 2: Warm-up 7:30 am – Timer's Briefing: 8:15 am Program: 8:30 am; Races start at conclusion of program

Session 3: Warm-up Upon conclusion of Session 2 Races start – approx. 1 hour after warm up begins

Sunday, July 7, 2024

Session 4: Warm-up 7:30 am – Timer's Briefing: 8:15 am; Races start at 8:30 am

Session 5: Warm-up begins upon conclusion of Session 4; Races start – approx. 1 hour after warm up begins

Note: The competition pool will be cleared 15 minutes before the scheduled start of races for each session. The Meet Director or Meet Referee may change warm-up and/or session start times. Changes will be announced via e-mail or internet posting prior to the start of the meet and/or at a coaches' meeting or via the PA system after the start of the meet.

Officials Meeting: 45 minutes before the start of each session.

Timer's Brief: 15 minutes before the start of races for each session.



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EVENT SCHEDULE/ORDER: See attached list of events.

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 competition anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the swim event, including the disqualification of athletes from competition.

MEET FORMAT:

- 8 or 10 lanes depending on the estimated timeline.
- All Individual events will be swum as Timed Final Events
- Non-conforming entry times converted by the meet management software prior to seeding.
- Partial heats may be combined by the Meet Referee and/or swum out of order.

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

DIVISIONS: 10-under, 11-12, 13-14, 15-18, and OPEN. Relay Events: 10&U, 11-12, 13-14, and Open. 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 USA-S registrations (including registration fee) MUST be completed by entry deadline. **It is the legal responsibility of each club to ensure that each athlete entered is USA Swimming registered for the current year.**
- On-deck registration will not be permitted at this meet.

ENTRY FEES:

- \$3.50 per Individual Entry plus \$8.50 per relay; \$7.00 per Athlete Facility Surcharge.
- Make checks payable to: Hawaii Swimming Club
- Mail a copy of the Entry Fee Report AND check to: Hawaii Swimming Club, 87-246 Laiku Street, Waianae, HI 96792
- 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.
- **Entry Requirements/Restrictions:** Entry is limited to athletes who have achieved the Hawaiian Swimming INVT time standard or faster for their age group in the events entered. The Hawaiian Swimming 15-18 INVT time standards are used for the Open Division. **Minimum age for entry into Open Division events is 11 years old.**
- **Entry Limits:** Eligible athletes will be limited to enter/compete in a maximum of **five (5) individual events**. Athletes of **age 12 and under are limited to entry in one (1) session per day**. Relays do not count toward the event limit. See Bonus Entries section for Bonus Event limits.
- **Bonus Entries:** Athletes entered in at least one (1) individual event with the standard Entry Requirement [INVT] 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 a "NT." Request to Coaches and Team Entry Personnel: Although not a formal requirement, coaches are requested to enter athletes only in Bonus Events for which they reasonably expect the athlete to achieve the Hawaiian Swimming INVT standard for the division of the bonus event.

CHECK-IN / SCRATCHES:

- 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. For all other sessions 2 and 4, scratch sheets will be due by 6pm and 2:00 pm, respectively, the day prior. For sessions 3 and 5, scratches will be due 30 minutes after the start of the morning sessions.
- Coaches are to present their credentials to pick up scratch sheets and heat sheets. Exception must be approved by 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.



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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.

AWARDS: 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 a trophy. Awards must be picked up at the conclusion of the meet – awards will not be mailed.

NOTE: The high point award for the 11-12 Age Group will be presented during the Session 5 Warm up.

SCORING:

PLACE	1	2	3	4	5	6	7	8
Individual Points	9	7	6	5	4	3	2	1
Relay Points:	18	14	12	10	8	6	4	2

RESULTS: Final results will be posted on the Hawaiian Swimming website: www.hawaiianswimming.org

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 Director 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: Concessions will be available for purchase.

ADDITIONAL INFORMATION:

- Venue and pool rules will be strictly enforced & parking is permitted only in marked areas
- Deck changing is prohibited at all times
- 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.
- 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 cell phones, is not permitted in changing areas, restrooms, or locker rooms.
- Photography behind the starting area(s) is not permitted.
- The Roundabout area is for drop off and pick up only – NO PARKING.
- Only deck officials, timers, coaches, and athletes may be on the pool deck during the competition. Athletes are to return to their assigned area soon after they have completed their events.
- Lifeguards will be available to provide first aid for all participants.
- Security will be provided Friday and Saturday night.



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SESSION 1, Friday, July 5, 2024			
2:30 pm Warm Up; 4:00 pm Races start			
GIRLS	DIVISIONS	EVENT	BOYS
1	OPEN	200 IM	2
3	10-U	200 IM	4
5	11-12	200 IM	6
7	13-14	200 IM	8
9	10-U	50 Freestyle	10
11	11-12	50 Freestyle	12
13	13-14	50 Freestyle	14
15	OPEN	50 Freestyle	16
17	11-12	100 Freestyle	18
19	13-14	400 Freestyle	20
21	OPEN	400 Freestyle	22
23	11-12	400 Freestyle	24

SESSION 2, Saturday, July 6, 2024			
7:30 am Warm up; Races start at conclusion of Program			
GIRLS	DIVISIONS	EVENT	BOYS
25	11-12	100 Butterfly	26
27	13-14	100 Butterfly	28
29	11-12	50 Breast	30
31	OPEN	100 Butterfly	32
33	11-12	200 Backstroke	34
35	13-14	200 Butterfly	36
37	11-12	100 Breaststroke	38
39	OPEN	200 Breaststroke	40
41	11-12	200 Butterfly	42
43	13-14	400 Medley Relay	44
45	OPEN	400 Medley Relay	46
47	11-12	400 Freestyle Relay	48



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SESSION 3, Saturday, July 6, 2024			
Warm up at the Conclusion of Session 2; Races to start 1 hour after Warm up			
GIRLS	DIVISIONS	EVENT	BOYS
49	10-U	200 Freestyle	50
51	13-14	200 Freestyle	52
53	OPEN	200 Freestyle	54
55	10&U	100 Breaststroke	56
57	13-14	100 Breaststroke	58
59	OPEN	100 Breaststroke	60
61	13-14	100 Backstroke	62
63	10&U	100 Backstroke	64
65	OPEN	100 Backstroke	66
67	10&U	50 Breaststroke	68
69	13-14	200 Freestyle Relay	70
71	OPEN	200 Freestyle Relay	72
73	10&U	200 Freestyle Relay	74

SESSION 4, Sunday, July 7, 2024			
Warm Up at 7:30 am; Races start at 8:30 am			
GIRLS	DIVISIONS	EVENT	BOYS
75	11-12	200 Freestyle	76
77	OPEN	200 Butterfly	78
79	11-12	100 Backstroke	80
81	13-14	200 Breaststroke	82
83	11-12	50 Backstroke	84
85	11-12	400 IM	86
87	13-14	100 Freestyle	88
89	11-12	50 Butterfly	90
91	OPEN	100 Freestyle	92
93	11-12	200 Breaststroke	94
95	13-14	400 Freestyle Relay	96
97	OPEN	400 Freestyle Relay	98
99	11-12	400 Freestyle Relay	100



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SESSION 5, Sunday, July 7, 2024 Warm Up starts at conclusion of Session 4 Races start 1 hour after start of Warm up			
GIRLS	DIVISIONS	EVENT	BOYS
101	10&U	400 Freestyle	102
103	OPEN	400 IM	104
105	13-14	400 IM	106
107	10&U	50 Backstroke	108
109	13-14	200 Backstroke	110
111	10&U	100 Freestyle	112
113	OPEN	200 Backstroke	114
115	10&U	50 Butterfly	116
117	13-14	200 Medley Relay	118
119	OPEN	200 Medley Relay	120
121	10&U	200 Medley Relay	122

Notes