



HAWAIIAN SWIMMING

38th Annual Sakamoto Invitational

Fri-Sun, May 25-27, 2012 – Kihei Aquatic Center

Hosted by Maui Swim Club

Held under the sanction of USA Swimming and Hawaiian Swimming

Sanction No: HI20120525-MAUI

Requesting Organization: Maui Swim Club

Name of Meet/Race: 38th Annual Sakamoto Invitational

Fri 3p. S/S

Date(s) of Event: Fri-Sun, May 25-27, 2012

Warm-ups: 6:30

Meet Start: 9:00am

Finish Est 1:30pm

Venue/Location: Kihei Aquatic Center

Island: Maui

Entry Meet Indiv perDay Relay

Pool Address: 303 E. Lipoa St.

City: Kihei

Limits: 25 15 5 10

Venue Description: Lanes: 8 Start Depth: 6' 6" Turn Depth: 13'

Comp course certified per 104.2.2C(4):

No

Timing: Automatic Timing System with Manual Backup.

Awards: See Below.

Special Instructions:

Meet Director: Spencer Shiraishi

Phone: 808-871-4516

Email:

Referee: Ruth Murata

Phone: 808-264-8104

Email: iimamura@gmail.com

Entry Coordinator: Cea Romero

Phone: 808-877-5656

Email: mauiswimclub@yahoo.com

Entry Deadline (if other than 5 days prior to the start of the event):

Email Friday, May 18, 2012 8pm. Fees Postmark 5/19.
Registrations by Friday, May 11, 2012.

Entry Fees (if other than

an approved LSC format): \$2.50 per individual event and \$7.50 per relay entered. No refunds will be made.

Payment: Make Checks payable to: Maui Swim Club (include a copy of Entry Fees Report)

Address (optional): Spencer Shiraishi Sr., 303 Niihau St.

City: Kahului

Zip 96732

Due Date (optional): Postmark May 18, 2012

FULL MEET NAME: 38th Annual Coach Soichi Sakamoto Memorial Invitational Swim Meet



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.

FORMAT: Timed finals for all events. Seeded and swum slowest to fastest.

DIVISIONS: 10 & Under, 11-12, 13-14, 15-16, Open.

EVENT SCHEDULE: See attached list of events.

ELIGIBILITY: All athletes MUST be currently USA Swimming registered and their registration number must be included in the entry file. All NEW registrations (including

registration fee) must be mailed directly by each Club Registrar to the LSC Registrar. New registrations must be POSTMARKED NO LATER than the registration deadline. No deck registration will be accepted. **It is the legal responsibility of each club to ensure that each athlete entered is USA Swimming registered for the current year.**

ENTRY REQUIREMENTS: Entry is limited to athletes who have achieved the Hawaii HI-AA time standard or faster for their age group in the events offered. The Hawaii 17-18 age group time standards are used for the Open division. See attached list of entry time standards. Refer to the Bonus Events section for bonus entry requirements.

BONUS EVENTS: Athletes that meet the entry requirement of the Hawaii HI-AA time standard in at least one of the events offered may enter in a maximum of two (2) bonus events for which they have achieved the Hawaii HI-A time standard. Bonus events may be swum on the same or separate days and count towards event entry limits. "NT" entries are not permitted. See attached list of bonus entry time standards.

ENTRY LIMITS: Athletes may compete in up to **five (5) individual events per day plus relays**. Athletes of age 12 & Under may compete in only one (1) session per day.

ENTRY REQUIREMENTS: Entries must be RECEIVED NO LATER than the entry deadline. No late entries will be accepted at the meet. Entries must be submitted electronically and include: 1) Exported entry file using Hy-Tek Team



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Manager or other SD3 compatible program. 2) "Team Report" with coach and entry person contact information, and 3) "Entry Fees Report" (include a copy of the Entry Fees Report with payment).

SCRATCHES: Scratches for Session 1 are due to the Clerk of Course one (1) hour before the scheduled start of the meet. Scratches for Sessions 2 and 4 must be returned to the Clerk of Course by the end of Sessions 1 and 3, respectively. Scratches for Sessions 3 and 5 are due one (1) hour after the start of Sessions 2 and 4, respectively. Coaches are to present their credentials to the Clerk of Course to pick up scratch sheets and heat sheets. Exceptions must see the Meet Referee.

WARM-UPS: Warm-ups must be supervised by a USA swimming registered Coach Member following guidelines posted at <http://www.mauidolphins.org/MAGSA.htm>. Supervising coaches must have their USA Swimming Registration Card displayed at all times. (Only 2 lanes of 25-yd pool may be open for warm-up during the meet.) Warm-up lanes may be assigned by the Meet Director.

RACING STARTS: Any swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

AWARDS:

- Individual Events: Medals will be awarded for 1st through 3rd and ribbons from 4th through 8th places in each division.
- Relay Events: Medals will be awarded for 1st and ribbons for 2nd and 3rd place.
- Trophies will be awarded to the top eight (8) teams and individual outstanding awards for athletes in each age group
- A special award for the "Most Outstanding Athlete" of the meet, based on individual scoring, will be presented.

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

RESULTS: **Live Results** will be posted at <http://results.teamunify.com/himdsc/> **Final results** will be posted on the Hawaiian Swimming website www.hawaiianswimming.org and Maui Dolphins website www.mauidolphins.org/results.htm.

OFFICIALS: Key officials will be assigned their duties prior to the meet. Each club is required to provide one (1) official for every five (5) athletes entered in the meet. For clubs entered with less than five (5) athletes, at least one (1) official will be required. Timers are considered officials. All officials, timers, and marshals report to the Meet Referee.

HOSPITALITY: Refreshments will be available for Officials and Coaches during the meet, courtesy Maui Swim Club.

CONCESSION: A Concession at nominal cost will be available during the meet.

SOUVENIR PROGRAM: A Program Book with submitted pictures of teams will be available at the meet.

ADDITIONAL INFORMATION: USE OF CELL PHONES, CAMERAS, AND OTHER RECORDING DEVICES IN BATHROOMS, LOCKER ROOMS, OTHER CHANGING AREAS AND BEHIND STARTING AREA IS STRICTLY PROHIBITED.

NOVELTY EVENT (Mixed 400 Medley Relay): A Mixed 400m Medley Relay race is offered as a "novelty event" after the meet officially ends (upon the completion of Session 5). No points will be awarded for this event, however, Coach Sakamoto Invitational gold medals will be awarded to the winning team.

The 400 Medley Relay will be composed of two 200 Medley Relay teams (8 athletes, 4 of which shall be girls and the other 4 boys). There must be two 10 & Under, two 11-12, two 13-14, and two 15 & Over athletes on each team. Each athlete will swim one leg of the relay (50 meters). Age order and gender of each squad is up to individual clubs. All relays must follow USA Swimming technical rules.

The two relay teams will swim consecutively without interruption. The lead-off swimmer (backstroke) in the first 200 Medley Relay will utilize a regular racing start. The lead-off swimmer of the second 200 Medley Relay may utilize a diving racing start (from the starting blocks), but must be on the back upon breaking the surface, without taking any stroke or kick under the water after the dive.



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		Friday, May 25, 2012			
DATE/TIME Session Overview		Session 1: Scratches Due: 4:00 PM		Session Start: 5:00 Warm-up: 3:00PM	
Friday, May 25, 2012		GIRLS	DIVISION	EVENT	BOYS
(Session 1) Warm Up: 3:00 pm		1	10 & Under	200 Free Relay	2
Scratches Due: 4:00 pm		3	11-12	200 Free Relay	4
Meet Start: 5:00 pm		5	OPEN	200 Breaststroke	6
Session 2 scratches due by end of Session 1		7	10 & Under	100 Breaststroke	8
Saturday, May 26, 2012		9	11-12	100 Breaststroke	10
(Session 2) Warm Up: 6:30 am		11	13-14	200 Breaststroke	12
Program: 8:30 am		13	10 & Under	50 Butterfly	14
Meet Start: 9:00 am		15	11-12	50 Butterfly	16
Session 3 scratches due by 10:00 am		17	15-16	200 Breaststroke	18
(Session 3) Warm Up: At conclusion of Session 2		19	10 & Under	200 Freestyle	20
Meet Start: ~1 hr. after end of Session 2		21	11-12	200 Freestyle	22
Session 4 scratches due by end of Session 3		23	13-14	200 Freestyle	24
Sunday, May 27, 2012		25	15-16	200 Freestyle	26
(Session 4) Warm Up: 6:30 am		27	OPEN	200 Freestyle	28
Meet start: 8:30 am		29	13-14	200 Free Relay	30
Session 5 scratches due by 9:30 am		31	15-16	200 Free Relay	32
(Session 5) Warm Up: At conclusion of Session 4		33	OPEN	200 Free Relay	34
Meet Start: ~1 hr. after end of Session 4					

Saturday, May 26, 2012							
Session 2: Session Start: 9:00am (Program: 8:30am) Scratches Due: End of Sess. #1 Warm-up: 6:30am				Session 3: Session Start: ~1 hr. after Session 2 Scratches Due: End of Sess. 2 Warm-up: At end of Sess. 2			
GIRLS	DIVISION	EVENT	BOYS	GIRLS	DIVISION	EVENT	BOYS
35	11-12	200 Medley Relay	36	63	13-14	400 Medley Relay	64
37	10 & Under	200 Medley Relay	38	65	15-16	400 Medley Relay	66
39	11-12	50 Backstroke	40	67	OPEN	400 Medley Relay	68
41	10 & Under	50 Backstroke	42	69	13-14	50 Freestyle	70
43	13-14	200 Butterfly	44	71	15-16	50 Freestyle	72
45	11-12	100 Butterfly	46	73	OPEN	50 Freestyle	74
47	10 & Under	100 Butterfly	48	75	13-14	200 Backstroke	76
49	15-16	200 Butterfly	50	77	15-16	200 Backstroke	78
51	11-12	50 Breaststroke	52	79	OPEN	200 Backstroke	80
53	10 & Under	50 Breaststroke	54	81	13-14	100 Breaststroke	82
55	11-12	100 Freestyle	56	83	15-16	100 Breaststroke	84
57	10 & Under	100 Freestyle	58	85	OPEN	100 Breaststroke	86
59	OPEN	200 Butterfly	60	87	13-14	400 Free Relay	88
61	11-12	400 Medley Relay	62	89	15-16	400 Free Relay	90
				91	OPEN	400 Free Relay	92



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Sunday, May 27, 2012							
Session 4: Scratches Due: End of Sess. #3				Session 5: Scratches Due: 9:30am			
Session Start: 9:00am Warm-up: 6:30am				Session Start: ~1 hr. after Session 4 Warm-up: At end of Sess. 4			
GIRLS	DIVISION	EVENT	BOYS	GIRLS	DIVISION	EVENT	BOYS
93	11-12	400 Free Relay	94	115	13-14	200 IM	116
95	10 & Under	50 Freestyle	96	117	15-16	200 IM	118
97	11-12	50 Freestyle	98	119	OPEN	200 IM	120
99	OPEN	100 Butterfly	100	121	13-14	100 Backstroke	122
101	15-16	100 Butterfly	102	123	15-16	100 Backstroke	124
103	13-14	100 Butterfly	104	125	OPEN	100 Freestyle	126
105	10 & Under	200 IM	106	127	13-14	100 Freestyle	128
107	11-12	200 IM	108	129	15-16	100 Freestyle	130
109	OPEN	100 Backstroke	110	131	OPEN	200 Medley Relay	132
111	10 & Under	100 Backstroke	112	133	13-14	200 Medley Relay	134
113	11-12	100 Backstroke	114	135	15-16	200 Medley Relay	136
				***	MIXED	400 Medley Relay	

2011-12 Hawaiian Swimming LCM Invitational (HI-AA) Entry Standards										
GIRLS					EVENT	BOYS				
OPEN	15-16	13-14	11-12	10 & U		10 & U	11-12	13-14	15-16	OPEN
35.21	34.56	35.08	36.85	42.54	50 Free	43.68	38.21	33.62	31.24	31.01
1:16.74	1:15.30	1:15.86	1:21.24	1:32.90	100 Free	1:35.95	1:23.45	1:12.67	1:08.30	1:08.22
2:48.30	2:42.03	2:43.58	2:56.55	3:25.99	200 Free	3:28.95	3:01.71	2:38.42	2:29.32	2:30.92
--	--	--	43.50	50.88	50 Back	52.65	45.42	--	--	--
1:30.16	1:25.88	1:28.93	1:33.54	1:49.59	100 Back	1:52.06	1:37.47	1:25.52	1:19.11	1:21.16
3:14.66	3:04.72	3:06.20	--	--	200 Back	--	--	3:00.48	2:51.77	2:56.47
--	--	--	48.82	56.43	50 Breast	59.39	49.70	--	--	--
1:41.93	1:36.64	1:39.66	1:46.25	2:03.07	100 Breast	2:09.08	1:49.54	1:35.67	1:30.40	1:31.09
3:41.96	3:30.03	3:30.89	--	--	200 Breast	--	--	3:24.38	3:14.82	3:21.55
--	--	--	40.87	47.66	50 Flv	50.18	42.17	--	--	--
1:27.35	1:23.38	1:26.10	1:32.08	1:51.13	100 Flv	1:56.87	1:34.88	1:22.00	1:15.55	1:16.04
3:21.78	3:07.57	3:08.75	--	--	200 Flv	--	--	3:01.47	2:51.30	2:58.91
3:08.83	3:05.20	3:06.45	3:19.50	3:50.77	200 IM	3:57.19	3:25.97	2:58.75	2:49.51	2:51.22
2011-12 Hawaiian Swimming LCM Invitational (HI-A) Bonus Standards										
OPEN	15-16	13-14	11-12	10 & U		10 & U	11-12	13-14	15-16	OPEN
37.82	37.70	38.26	40.22	46.40	50 Free	47.65	41.68	36.68	34.07	33.31
1:22.42	1:22.15	1:22.75	1:28.64	1:41.34	100 Free	1:44.67	1:31.03	1:19.28	1:14.50	1:13.27
3:00.77	2:56.76	2:58.45	3:12.60	3:44.71	200 Free	3:47.94	3:18.23	2:52.83	2:42.90	2:42.10
--	--	--	47.45	55.50	50 Back	57.43	49.55	--	--	--
1:36.83	1:33.69	1:37.03	1:42.04	1:59.56	100 Back	2:02.25	1:46.33	1:33.29	1:26.30	1:27.18
3:29.08	3:21.51	3:23.13	--	--	200 Back	--	--	3:16.88	3:07.39	3:09.53
--	--	--	53.26	1:01.56	50 Breast	1:04.79	54.21	--	--	--
1:49.48	1:45.42	1:48.72	1:55.91	2:14.26	100 Breast	2:20.82	1:59.49	1:44.36	1:38.61	1:37.83
3:58.40	3:49.12	3:50.06	--	--	200 Breast	--	--	3:42.96	3:32.54	3:36.48
--	--	--	44.58	52.00	50 Flv	54.75	46.01	--	--	--
1:33.82	1:30.97	1:33.93	1:40.45	2:01.24	100 Flv	2:07.50	1:43.52	1:29.46	1:22.41	1:21.68
3:36.72	3:24.62	3:25.91	--	--	200 Flv	--	--	3:17.96	3:06.87	3:12.17
3:22.81	3:22.03	3:23.40	3:37.63	4:11.75	200 IM	4:18.76	3:44.70	3:15.00	3:04.93	3:03.90