

32nd ANNUAL KALANI SWIMMING AND DIVING INVITATIONAL

January 2 - 3, 2009

- SPONSORED BY: Kalani High School
- POOL SITE: Diving – Kaiser High School, 511 Lunalilo Home Road
Swimming - Kalani High School, 4680 Kalanianaʻole Highway
- DATES/TIMES: Diving -- Saturday, January 3rd
Warm up begins at 7:00am Competition begins at 8:00am
- Swimming -- Trials -- Friday, January 2nd
Warm up begins at 12:00pm Competition begins at 2:00pm
Consolation finals & Finals - Saturday, January 3rd
Warm up begins at 11:00am Competition begins at 1:00pm
- JUDGING: The Colorado Timing System will be used with manual back-up timing.
- RULES: Federation rules will govern. The meet referee will be in complete control of the meet according to National Federation Rules once the meet commences.
- ELIGIBILITY: Open to all eligible high school swimmers/divers who are enrolled in grades 9-12.
- QUALIFYING TIMES: Please enter best times for swimmers or NT for no time for that event.
There will be a QUALIFYING TIME STANDARD FOR THE 500 FREESTYLE as follows:
Men 7:00.00 Women 7:30.00
- ENTRIES: Each individual swimmer is allowed to enter a maximum of 4 events -- no more than 2 of which may be individual events. Each team shall be permitted 1 relay team per school per relay event and a maximum of 4 entries per individual event with the exception of the 50 freestyle where each team may enter a maximum of 15 swimmers.
- ENTRY FEE: Entry fees per participant is \$5.00. Payments from each school must be made by the start of the meet on Friday, January 2nd. **MAKE CHECKS PAYABLE TO: KALANI HIGH SCHOOL. CHECKS ONLY -- NO P. O.'s please.**
- ENTRY DEADLINE: *Please do not mail or hand carry entries to Kalani High School. An information sheet with the total number of entries and contact information, disk, and payment for swimming & diving may be mailed or hand carried no later than Saturday, December 31, 2008 to:*
- Kalani Invitational Swimming and Diving Meet
c/o Fred Tester
417 Keaniani Street
Kailua, HI 96734
e-mail: grandpainhawaii@hawaii.rr.com
- E-mail entries must be received by 8:00pm SUNDAY, December 28, 2008.** Please indicate in e-mail the total number of individual entries and relays, a fax number, e-mail address, or personal phone number so you can be contacted about your assigned warm up time and lanes. A schedule will also be posted at the pool. E-mail all information to Fred Tester and it must be received by this deadline to guarantee participation in the meet.
- SCRATCHES & RELAYS: Each team will be provided a roster and relay forms to scratch those swimmers and relays that will not participate in the meet. The rosters and scratched relays will be due to the

clerk of course 1/2 hour before the competition starts. Rosters and any relay forms not received by the deadline will be deemed "NO SCRATCHES" by the coach for the team. All relay forms not scratched by the deadline will be held by the coaches. Each coach will indicate on the form the heat and lane in accordance with the heat sheet and list four swimmers that will participate on the relay. Four alternates may be listed in case one is needed due to illness or injury to one of the four participants. The coach is to send the relay form with the four eligible swimmers to be given to head lane timer at the starting block. If the form is not in the hands of the head lane timer by the start of the relay event, the team will be disqualified in accordance with NFHS rules. Each relay card must indicate, not later than at the conclusion of the heat, the actual order of swimmers in that heat.

SPECIAL EVENT: LIQUID FURY RELAY. Beautiful trophy donated by Hasty Awards to the school winning this fun event. This is an EXTRA event and will NOT count as one of a swimmer's relay entries and will NOT be scored for team points or be given awards. A special trophy will be given to the winning relay. This fun relay will take place at the end of the meet on Saturday.

Rules for the relay are as follows:

This is a mixed relay which will consist of 6 swimmers from the same school of which 2 will be of the opposite sex. Official school coaches may participate as members of this relay team.

OFFICIALS: Each school should provide timers to insure that the meet runs smoothly. Experience is not necessary

SCORING: Boys and Girls will be scored separately.

Individual Events:

Finals	Place	1	2	3	4	5	6	7	8
	Points	20	17	16	15	14	13	12	11
Consolations	Place	9	10	11	12	13	14	1	16
	Points	9	7	6	5	4	3	2	1

Relay Events: 1st through 16th place -- double the individual points.

AWARDS: Individual Events: Finals 1st - 8th place
Consolation Finals 9th - 16th place

Relay Events: 1st - 8th relay members will receive an award

Teams: 1st, 2nd, and 3rd places will be awarded to men's and women's teams

ADMISSION FEE: There will be no admission fee.

FOOD: Full concession will be operating at nominal cost. Coaches and officials will receive complimentary meals courtesy of Kalani High School.

TARP SET UP: Teams may set up their tarps beginning Thursday, January 1st from 3:00pm to 4:30pm. Teams are requested to set up tarps OUTSIDE the wall surrounding the pool deck. Please DO NOT secure ropes to the pool ladders so as to impede the mobility of the officials. If the tarps are infringing on the pool deck, the team will be asked to remove the tarp. Kalani High School WILL NOT BE RESPONSIBLE for the security of tarps and equipment left overnight.

KALANI HIGH SCHOOL
ATHLETIC DIRECTOR:

Gregory Van Cantfort 377-2488

MEET DIRECTOR:

Fred Tester 262-7545 e-mail: grandpainhawaii@hawaii.rr.com

DIVING COORDINATOR:

Sean Barrett 255-5534

DIVING INFORMATION:

Rules: Divers shall follow the 2008-2009 National Federation of State High School Association diving rules.

Judging: Each team that enters divers must provide 1 diving official.

Format: This format will also be used for the State HHSAA competition. Any questions should be directed to the Diving Coordinator.

Choice of dives shall consist of 5 voluntary dives and 6 optional dives.

- a) The 5 voluntary dives shall come from each of the 5 groups, and shall have an assigned dd of 1.8
- b) The 6 optional dives shall include at least 1 chosen from each of the 5 groups. No more than 1 optional dive from the same group is permitted through semifinals
- c) The dives to be performed during each round of competition shall be as follows:

Prelims	Dive #1-5	Any 2 voluntary and 3 optional
Semis	Dive #6-8	2 voluntary and 1 optional
Finals	Dive #9-11	1 voluntary and 2 optional

SCHEDULE OF EVENTS:

Diving Kaiser High School Saturday, January 3, 2009
Warm up at 7:00am Competition at 8:00am

<u>Girls Event #</u>		<u>Boys Event #</u>
1	1 METER DIVING	2

Swimming

Kalani High School
Trials Friday, January 2, 2009
Warm up at 12:00pm Competition at 2:00pm
Finals Saturday, January 3, 2009
Warm up at 11:00am Competition at 1:00pm

<u>Girls Event #</u>		<u>Boys Event #</u>
3	200 MEDLEY RELAY	4
5	200 Freestyle	6
7	200 Individual Medley	8
9	50 Freestyle	10
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 FREESTYLE RELAY	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 FREESTYLE RELAY	24
25	MIXED	
	300 LIQUID FURY FUN RELAY (Rules listed under special event)	