



# SWIMMING

**Date/Time:** June 6; 8 am check-in and warm-up; 10 am to noon competition.  
**Commissioner:** Al Minn, 261-5143 **Venue:** Central Oahu Regional Park  
**Format:** Long course; electronic and manual timing – all events timed finals. Competition will follow sequence noted below. Some age brackets may be combined, depending on number of entries. USA Swimming rules apply for 18-and-under; USA Masters rules apply for 19+. Officially approved meet – results recognized for members of USA Swimming.  
**Requirements:** Check-in at least one hour before scheduled starting time of each event.  
**Registration:** REGISTRATION DEADLINE is JUNE 4; late registrations will be accepted with penalty. **Swimmers may enter a maximum of four events.**  
**Entry Fee:** \$20 (\$15 for children under 12 as of June 6, 2010; \$10 for 18-and-under members of USA Swimming who provide their times); no T-shirt for late registrants without penalty (\$5).  
**Schedule:** Competition will be run in the order noted below. Swimmers are responsible for being ready to swim each event they enter when it is called. Medals for each division will be distributed after results are confirmed for each.

<b>Category:</b>	200 Free; 100 Breast; 50 Fly; 100 Back; 50 Free, 200 IM; 50 Breast; 100 Free; 50 Back; 100 Fly; Mixed Relay
<b>Divisions:</b>	10 and Under; 11-12; 13-14; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+
<i>Males and females compete separately.</i>	

## 2010 Registration Form – Swimming

Each swimmer also must fill out side one of this form and sign waiver. Swimmers under 18 years of age must have a parent’s signature on the waiver. Maximum of four events per participant.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ T-SHIRT (adult): S M L XL XXL

E-Mail Address \_\_\_\_\_ Age Division \_\_\_\_\_

USA Swimming # \_\_\_\_\_

Events Entered	Best Time for Each** (USA Swimming Members only)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____



*\*\*NON USA SWIMMING MEMBERS DO NOT NEED TO INDICATE TIMES.*

All swimmers MUST complete a side one of the registration form; all persons under 18 years of age must have a parent’s signature. All waivers and entry forms must be submitted with appropriate registration fee.

ENTRY FEE – \$20 PER SWIMMER (\$15 for children under 12 as of June 6, 2010; \$10 for 18-and-under members of USA Swimming)	\$ _____
ORDERING XXL Add \$2	\$ _____
<b>ENTRY TOTAL: (Make checks payable to Hawaii Sports Institute)</b>	<b>\$ _____</b>

SEND TO: Hawaii Sports Institute  
161 Makua Street  
Kailua, HI 96734

*For more information, go to [www.alohastategames.org](http://www.alohastategames.org)*

**Thanks to a grant by First Hawaiian Bank, current 18-and-under members of USA Swimming may register for \$10 per person.**