



2012 ALOHA STATE GAMES Swimming Meet

VMAC Pool, June 24, 2012, 10 am Start,

The Aloha State Games APPROVED swim meet is open to all fitness enthusiasts, be they regular competitors or occasional swimmers. All events will be on June 24 at the Veteran's Memorial Aquatic Center in the Central Oahu Regional Park.

ENTRY FEE – \$25 per person (\$15 for children 15 and under as of June 1); adults limited to four events, children under 12 limited to three.

ALL REGISTRATION IS ON-LINE– deadline is June 22. Walk-up entries permitted until 9 am (\$35 for adults, \$25 for children 15 and under). Event will be pre-seeded. Competition schedule will follow order noted below.

T-SHIRTS / AWARDS – All participants will receive a t-shirt – every effort will be made to supply T-shirts in the size noted on the entries. Medals for top three places. All awards to be given out during the meet.

Categories: 200 Free; 100 Breast; 50 Fly; 100 Back; 50 Free; 200 back; 50 Breast; 200 breast; 100 Free; 50 Back; 100 Fly; 200 IM; Mixed Relay

Divisions: 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+

Date/Time: June 24, VMAC. Pool opens at 8:30 am, competition begins at 10 am.

Commissioner: Bryce Ishikawa, btishikawa@gmail.com **Info at:** www.kahoomiki.org

Format: Long course; electronic and manual timing – all events timed finals. Competition will follow sequence noted above. 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 and event declaration required between 9 am and 9:30 am.

Deadline: REGISTRATION DEADLINE is June 22; walk-up entries permitted until 9 am (\$35 for adults, \$25 for children 15 and under).

Youth swimmers may enter a maximum of three events; all others a maximum of four.

Entry Fee: \$25 (\$15 for children under 15 as of June 1, 2012); add \$10 per person for late registrations.

Schedule: Competition will be run in the order noted above. 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.

**To REGISTER, go to
Active.com and click on
2012 Aloha State Games Swimming**

**For more information, go to
Kahoomiki.org and click on
Aloha State Games,
or contact Bryce Ishikawa at
btishikawa@gmail.com**

Thanks to a grant from First Hawaiian Bank, children 15-and-under may register on-line for the Aloha State Games Swimming Championships for \$15. Late registrants – add \$10.