

2009-2010 MIL SWIMMING AND DIVING SCHEDULE

Note: Meet start times are subject to change depending on Molokai and Lanai travel schedules.

Final 11/11/09

DATE	TIME	EVENT	HOST
11/11/09 Wed	7:00 PM	MIL Kickoff Meeting (location TBD)	MIL
11/02/09 Mon		Team Workout Start Date (Subject to change by MIL AD's)	
11/26/09 Thu		Thanksgiving	
12/02/09 Wed		Eligibility Lists Due here or before Preseason Dual Meet	
MIL #1 at Sakamoto Pool			
12/12/09 Sat	10:00 AM	Meet No. 1 Swimming and Diving (6)	Baldwin & Maui High
Dec. 18-21, 2009		Age Group Short Course Champs	Big Isle
Dec 21-Jan 1		2-week Xmas and New Year Break	
1/8-9/10 Fri/Sat		Kalani Invitational at Kalani HS	Honolulu
MIL #2 at Lahaina Aquatic Complex			
01/09/10 Sat	10:00 AM	Meet No. 3 Swimming and Diving (6)	LahainaLuna & Maui Prep
MIL Invitational at Kihei Aquatic Center			
01/15/10 Fri	5:00 PM	Swimming 1st Meet	King Kekaulike
01/16/10 Sat	9:00 AM	Diving (11) at Kihei Aquatic Center	& Seabury Hall
	10:00 AM	Swimming 2nd Meet	& Kihei Charter
MIL #3 at Kamehameha			
01/23/10 Sat	10:00 AM	Meet No. 4 Swimming and Diving (11)	Kamehameha
MIL Championships at Kihei Aquatic Center (may change if HHSAA States changes)			
01/26/10 Tue	7:00 PM	Seeding Mtg at Sakamoto Pool	
01/29/10 Fri	5:00 PM	Swimming Trials	LahainaLuna
01/30/10 Sat	9:00 AM	Diving (11) Prelims / Semis / Finals	& Maui Prep
	1:00 PM	Swimming Finals (diving demo at break)	
HHSAA Championships (BIIF at TBD)			
02/04/10 Thu	4:30 PM	Entries Due to the Coordinator	HHSAA and BIIF
02/12/10 Fri	9:00 AM	Diving Prelims	
	3:30 PM	Swimming Trials	
02/13/10 Sat	8:30 AM	Diving Semis/Finals	
	1:00 PM	Swimming Finals	
MIL/HHSAA Evaluation and All Star Selection			
02/17/10 Wed	7:00 PM	Coaches Meeting at Sakamoto Pool	No host

MIL POLICIES & RULES

1. The High School Swimming & Diving Rule Book apply unless otherwise stated in the HHSAA Championship meet notice, or in these policies and rules.
 2. Meet entries must be submitted preferably by Team Manager entry file. Alternatives are via the MIL Entry form & Team Eligibility Report or by other acceptable entry method to Coordinator. The MIL Entry form List swimmers and divers alphabetically by last name and indicate their grade (FR,SO,JR,SR) & b'day. List girls/boys separately.
 3. For meets other than the MIL or the HHSAA Championship, each participant can have a maximum of four (4) entries and all four (4) may be individual events **and** events can be scratched prior to the scratch deadline. For all meets, once scratched there can be no reinstatement of the entry and entries cannot be added or changed without approval of the meet referee and clerk of course.
 4. Schools may combine swimmers in an Exhibition relay during an MIL qualifying meet. Prior notification of the relay will have to be given to the head timer and the Referee. The swim will count as one of the 4 max swims by a swimmer during the meet, and the time won't count to qualify for anything.
 5. Entries via forms for meets other than the MIL Championship are due to the coordinator by 4 pm on the Wed. prior to the meet. Team Manager entries via email to the coordinator by Thu 4PM. Adobe .pdf Psych & Scratch sheets will be emailed back along with relay entries.
 6. To qualify for the MIL Championship, the participant must have an official time or score, made in a HHSAA sanctioned meet for the event entered. NT's will not be accepted. The 500 free will be the only event with a qualifying time: 8:00 for girls, 7:45 for boys.
 7. Entries for the MIL Championship must be submitted via the Team Eligibility Report/Relay Top Time report no later than 7:15 pm at the seeding meeting. Entries may be submitted to the coordinator prior to the seeding meeting in a sealed envelope. **CHECK your entries prior to the seeding mtg.**
 8. For the MIL Champ's, at the seeding meeting, a meet committee will be formed consisting of the MIL Coordinator or designee, the meet referee, and one other official. This committee shall make decisions on matters not specifically covered by rules of procedure or set aside application of a rule during a meet. **THE DECISION OF THE MEET COMMITTEE IS FINAL.**
 9. For MIL and HHSAA Championships, all participants must wear team uniforms. Refer to the High School Swimming & Diving Rule Book and the HHSAA Championship meet notice for specific definitions.
 10. For MIL Championship, trials will be held to determine the one final heat and will be run for events that have more than one heat.
 11. Request for exception to rules must be submitted to the MIL Executive Board.
 12. Scoring for MIL Championships will be the **top** five (5) on a 6-4-3-2-1 basis.
- * FOR INFO CONTACT: Charlie PicoMIL Coordinator 357-7535 (St. Anthony); OR Malcolm Cooper 280-4257 malcolmw@yahoo.com, OR Dr. Dennis Rowe - Diving 244-4193 (res), or 242-5766 (fax).

**Host school is responsible for providing refreshments for officials, timers, and coaches.
...And for helping Life Guards to break down the pool after the meet.**

EVENT SCHEDULE

OPEN WARMUP	All teams in all lanes - no assigned lanes.
90 min. prior to start.	Begin warmups
60 min. "	Team Entry Report w/ scratches due to Clerk of Course.
60 min. "	One way sprints on lanes 1,2,7,8. All others pace lanes.
At all times	Warmup lanes open w/ coach on deck.
25 min. prior to start.	COACHES' mtg - pickup heat sheets and discussions.
Swimming Competition	See schedule above for start time.
Diving Competition	Preliminaries/Initial Dives Start 9am
Final Diving Competition	Final 2 or 3 dives during after Event 10 (50 Free)

TIMERS:	OFFICIALS:
No. of timers determined by team size.	Same per school as timers
HOST ROTATION:	Meet Director 1, Referee 1, Starter 1,
MIL Chm	Clerk of Course 2, Deck Judges 7,
2008/04	Head Timer 1, Timing System 3,
2011	Announcer 1. Total = 17.
2009/06/03	HHSAA:
2010	2011 = OIA, 2012 = MIL
2007/05	2013 = ILH, 2014 = BIIF
	New Kauai Pool May Enter