



Welcome

to the
68th Annual
Keo Nakama
Invitational

July 1 - 3, 2016

Veterans' Memorial Aquatic Center

The Keo Nakama Swimming Invitational is the oldest swim meet in Hawaii. Established over half a century ago by legendary coach Soichi Sakamoto, it continuously draws the best teams in the country, and from overseas, who wish to combine a great swimming experience and a magnificent vacation in beautiful Hawaii. This meet is USS sanctioned and is held at the Central Oahu Regional Park Aquatics Center. The swim meet is named after Hawaii's most well know swimmer, Keo Nakama.





State Anthem
Hawai‘i Pono‘ī

Hawai‘i pono‘ī
Nānā i kou mō‘ī
Ka lani ali‘i,
Ke ali‘i

Hawaii’s own true sons
Be loyal to your chief
Your country’s liege and lord
The chief

Hui:
Makua lani ē,
Kamehameha ē,
Na kaua e pale,
Me ka ihe

Chorus:
Royal father
Kamehameha
Shall defend in war
With spears

Hawai‘i pono‘ī
Nānā i nā ali‘i
Nā pua muli kou
Nā pōki‘i

Hawaii’s own true sons
Look to your chief
Those chiefs of younger birth
Younger descent

Hawai‘i pono‘ī
E ka lāhui e
‘O kāu hana nui
E u‘iē

Hawaii’s own true sons
People of loyal heart
The only duty lies
List and abide



Hawaii Swimming Club

Welcome to all teams, athletes, coaches, parents and friends!

Aloha and welcome to the 68th Annual Keo Nakama Invitational swim meet. When Coach Soichi Sakamoto first started this meet, I wonder whether he thought it would still be in existence 68 years later. Of course Coach Sakamoto was a visionary and he founded this meet to honor a hard working, dedicated, and humble athlete who achieved so many goals under incredible adversities at that time and place in history.

We are proud to continue to honor Keo Nakama in this small way by sharing with you the stories of his achievements and by continuing to host this swim meet to honor Keo.

Thank you for joining us this year and we wish each of you a great meet and a safe and Happy 4th of July weekend!

Aloha,

Keith T. Arakaki
Meet Director



Thank You to VMAC Pool Staff!



Our most sincere thanks goes out to the VMAC pool manager, Ingrid Hamel, and her great staff. You go above and beyond to accommodate all the many activities which go on day-after-day, week-after-week at the VMAC pool. Thank you for always being so supportive.

Aloha,

Coach Keith & HSC Families

ALOHA, Ms. Ivanelle Hoe!



Born and raised in Hawaii, 100 Butterfly-World Record Holder, graduate from Roosevelt High School.

A very long time volunteer and coach for Special Olympics. Helping the athletes, as well as assisting other coaches.

Swim instructor at Kaimuki High School, evening adult education. Helped hundreds of adults to learn how to swim.

P.E. Teacher at Castle High, brought many positive changes to the P.E. facility and program.

Started a scholarship, to help Hawaii students, at the University of Hawaii, in Coach Soichi Sakamoto's legacy.

Not a naturally talented swimmer, Ivanelle's loyalty, training and determination with Coach Sakamoto, led her to a world record. Not in a few years, but MANY years of hard disciplined workouts.

Mahalo Julie Checkoway for the engraving and sad news of our friend, Ivanelle.

How It All Began...

by Coach Soichi Sakamoto

“Coach, how about inviting Mike Peppe’s perennial collegiate champion Ohio State University’s swimming team for a major meet here ?”

It was Keo Nakama’s wish, following his return to Honolulu after his graduation from the Buckeye Institution, in 1946, to invite his former team and teammates over as an outstanding swimming attraction and event.

So, with the help of George Higa (owner of the Honolulu Cafe at that time) and sports promoter Ralph Yempuku (a bosom friend of George), the first Keo Nakama Swimming Meet was held at the famous Waikiki War Memorial Natatorium.

Up to the inaugural meet, Keo had captained some of the greatest championship teams at his Alma Mater; in addition, he was the University’s baseball captain in his final year.

The visiting Buckeyes team consisted of some of the nation’s outstanding swimmers and champions including Jim Counselman (present coach of Indiana University); Halo Hirose, Keo’s former teammate; Al Wiggins; and Jack Hill, the great middle distance champion.

Keo and I pondered on an appropriate name for the meet. I settled on the idea that we should perpetuate his name since he had done so fabulously with his swimming exploits here and in college. I wanted the “Keo Nakama Swimming Meet” to be a reminder that it was Keo, more than anyone else during his time, who had

brought about the renaissance of swimming to Hawaii when it was at a standstill following the days of Duke Kahanamoku, Buster Crabbe, and the Kalili boys. Since the first meet, the great University of Michigan swimming team (coached by now deceased Matt Mann) was invited to follow its arch-rival here for the second Keo Nakama Meet; again the meet was held at the Waikiki Natatorium.

Thereon, some of the world’s greatest swimmers made their appearances here from 1948-1972. Included among them were: Japan’s great Furuhashi (who blazed the trail in swimming the 1500 meters below the 19 minute barrier); Masao Furukawa (the 1956 Olympic breaststroke gold medalist); and Shiro Hashizumi; Australia’s Jon Henricks (the 100 meter freestyle champion in 1956). Among the United States’ cream of the crop swimmers and divers were: Chris Von Saltzer (1960-1964 Olympic great); Pat McCormick and Sammy Lee (Olympic diving champions 1948, 1952, 1956 respectively); Barbara Strak (another backstroke star); Bumpy Jones (University of Michigan’s great IM Swimmer); Bill Yorzyk (American butterfly champ); George Breen (Coach Counselman’s U.S. distance titalist); Frank McKinney (Indiana’s twice 2nd place winner in the 1956 and 1960 Olympics); Shelly Mann (Washington, D.C.’s U.S. butterfly gold medalist); Gail Peters (perennial winner in National championship); and many others.

From 1948-1972 the Keo Meets were filled with pageantries and they included parades, Queen of the Meet, Royal Hawaiian Band, military bands, Hawaiian music and entertainment, synchronized swimming and water ballet, clown diving, swimming exhibitions (Johnny Weismuller and Duke Kahanamoku), and the presence and appearance of movie stars – Edward G. Robinson, John Wayne and Danny Kaye. Caroline Kennedy also was present when she was 9 years old.

The Keo Nakama Meets were staged at the Waikiki War Memorial’s 100 meter pool. It was changed on two occasions to a 50 meter pool with bulkhead. During those years, the meets were held for two weeks, one in the 50 meter pool at Farrington High School and Kaimuki High School.

Attendance wise, the earliest Keo Nakama Meets, were paid admission, were outstanding as the permanent and temporary bleachers were packed solid with standing room only.

Hawaii will long remember Casey Nakama, a combination athlete – a swimmer and a baseball player!



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Records and Titles for Hall of Fame Swimmer KEO NAKAMA

- **World Record...One Mile 20:29.00**
- **5 Pan American Games Titles**
- **8 Big Ten Titles**
- **13 NCAA and AAU Titles**
- **5 Australian National Titles**
- **1943 Big Ten Swim Champs, Swim Team Captain for Ohio State U.**
- **1944 Big Ten Baseball Champs, Baseball Team Captain for Ohio State U.**
- **First person to swim the Molokai (Kaiwi) Channel. Year: 1961 Age: 41. Approximate distance of 32 Miles**

NCAA Men's Swimming Champions

<http://hickoksports.com/history/ncaamswim.shtml>

440-Yard Freestyle

1943 Keo Nakama, Ohio State 4:43.2

1944 Keo Nakama, Ohio State 4:47.0

1500-Meter Freestyle

1943 Keo Nakama, Ohio State 19:18.6

1944 Keo Nakama, Ohio State 20:02.2

Swimming Hall of Fame

<http://www.hickoksports.com/history/iswimhof.shtml>

Nakama, Keo USA 1975

<http://starbulletin.com/97/07/03/sports/story1.html>

<http://www.ishof.org/HonorUSA.html>

Nakama, Keo (1975) Swimmer, USA

PAN AMERICAN SWIMMING CHAMPIONSHIPS: 1940 (5 golds)

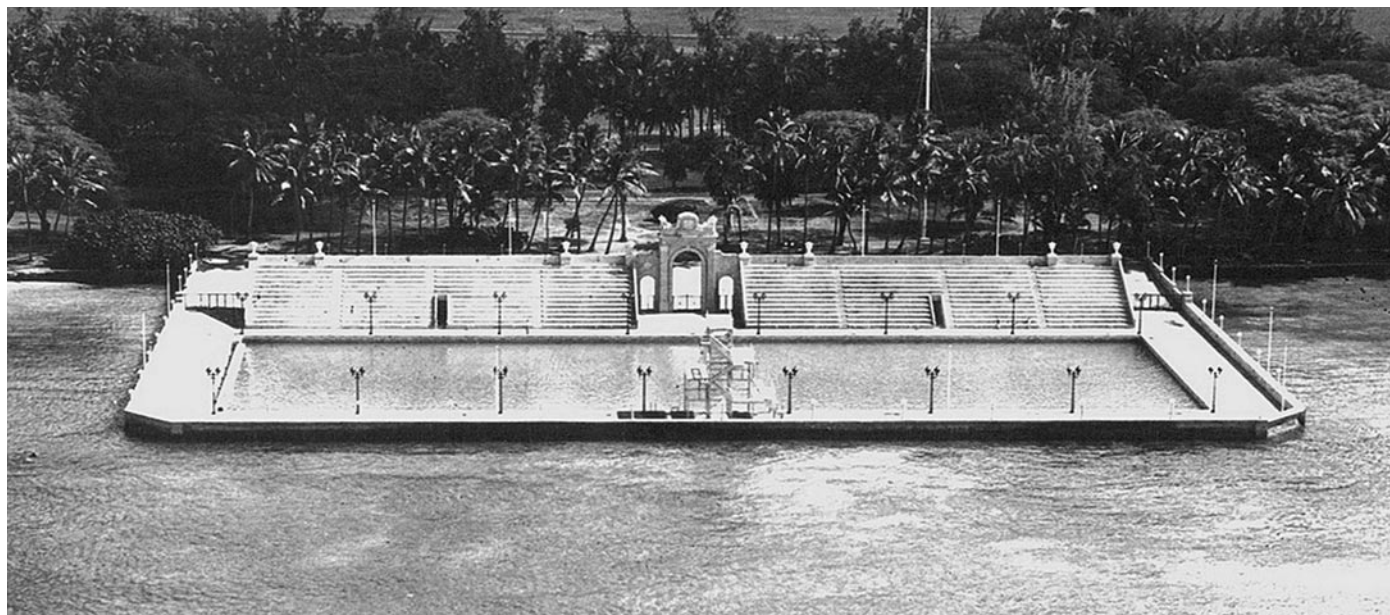
AUSTRALIAN NATIONALS: 1939
(5 titles: all freestyle events, 330 yd individual medley)

U.S. NATIONALS: 27 titles (110yd to 1500m)

WORLD RECORDS: extended from mile at New Haven at age 22 to 27-mile Molokai Channel at age 41.

Waikiki Natatorium

Hosts the 1st Keo Nakama Swim Invitational



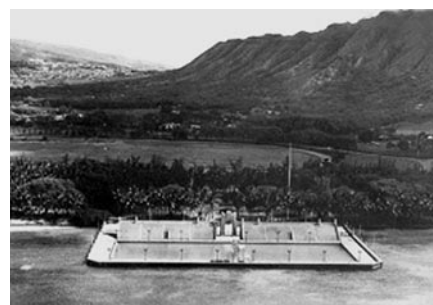
Hawaii's 1921 Territorial Legislature funds construction of the living Memorial with its 100 X 40 meter saltwater swimming pool was built to honor 101 who died and the nearly 10,000 others who served in WWI from Hawaii with \$250,000.

Opened on August 24, 1927, the birthday of Olympic Gold Medalist and godfather of modern surfing, Duke Kahanamoku, who dives in for the first ceremonial swim before a cheering, capacity crowd. During its heyday, the Natatorium hosts celebrity swimmers including Esther Williams, Buster Crabbe and Johnny Weissmuller as well as some 34 members of the International Swimming Hall of Fame. It is later also used by the DOE for its mandatory elementary school Learn to Swim Program. Hawaii's last Olympic swimmer learned to swim at the Natatorium.

Owned by the State but operated under and executive order by the City, the Natatorium is closed in 1979 due to thirty years of neglect. Prior to its closure in 1979, the last recorded public investment in capital maintenance was \$100,000 in 1949.

On both the National and State Registers of Historic Places. Named to the National Trust for Historic Preservation's II Most Endangered list in 1995. In 1997 the same team that designed the highly successful Ko'olina Swimming Lagoons completes an exhaustive study of coastal conditions, structural integrity and construction alternatives. After considering everything from removal to modifications to full restoration, the State concludes that complete restoration with a re-engineered pool is the most sensible option. The re-designed pool would be Hawaii's only fully ADA-accessible saltwater swimming venue with lifts for wheelchair-bound swimmers to enter the pool.

(Photos courtesy of the Hawaii State Archives).



The Natatorium, circa 1928.



San Souci, circa 1930.



Swimmers diving off the floating deck.



Keo Nakama

It all started in the irrigation ditch in Puunene, a good eighteen years back when the little boys in their knee pants used to jump in the running water to swim, play tag and dive for objects. And among these youngsters tadpoling around in the often filthy water were boys who were later to become America's outstanding mermen and champions.

Keo Nakama, the eldest of the Nakama family of three boys including Bunmei Nakama, who later become a champion himself, used to sandwich a cool plunge in the ditch between his endless tasks of helping his mother with her work around the household. But before this happened, Keo's mother did everything around the house to bring up the young boys' midst humble means. And as the mother stated in one of her favorite sayings, "I had to let Keo alone crying in his crib as I was too busy with my work, and because of this, my son developed such a thing as will power, strength and tenacity. In addition to this he suffered a lot as he grew up and was constantly working to help me with my chores."

Swimming was just one of those natural things that the ditch boys indulged in besides playing marbles, cowboy and Indian, and baseball in which young Keo began to show much promise. Up-stream and down-stream went the close-to-the-nature paddlers and this helped to develop their arm and leg power beyond what ordinary pool-swimming would give. And mixed in with their ordinary fun-swimming, the gang as they called themselves, swam in the never-to-be-forgotten ditch races. The familiar yells and screams that accompanied their crazy antics and races were common occurrences and almost proved to be a nuisance to those who lived near the ditch. Already these teenagers were beginning to sense the superior seed and endurance of those within their midst. They began to name and pick them on their sides to strengthen whatever team they organized to race against each other. Keo Nakama, Halo Hirose, Asagi Honda, Sammy Nakasone, Jose Balmores, Emerick Ishikawa, and Hisashi Yamada were names that began to become more and more popular in these kid-races.

Nearby was Puunene School which Keo and his friends attended and it was here they started themselves in a regular unit for competition against boys of other schools on Maui. The regularly scheduled kids' and school swimming meets under the sponsorship of the Alexander House Community Association of Maui gave the boys the necessary impetus and challenge to test their mettle against outside competition. By this time, Keo had grown to about twelve years of age and he and Halo Hirose began to thunder their way to victories in all of their Maui Kid races. The closest race was in the 100 yard freestyle in which both boys competed. The final result was never decided until the last foot or two as either one could do around a minute flat for the distance.

Puunene School, which had never won a Maui School Swimming championship up till then, finally began to win victory after victory to be come peerless among the school boy ranks.

Later while at Maui High School, the up and coming nators began to make themselves felt throughout the territory as Keo won the 500 yard freestyle race and broke the existing criterion of 6:07 plus and Halo swam the 220 yard freestyle event in 2:22 plus. This started the ball rolling for the duo, but it was not until that great day when Keo, who was sixteen years of age challenged and vanquished the Olympic tested Ralph Gilman in the 400 meter race, did the world know that here at last was a real champion who could take the place of Hawaii's swimming greats like Duke Kahanamoku. Later in the 200 meter freestyle race against the great Olympic champion, Jack Medica, our pair finished second and third with Keo taking the silver medal for his great work. After this great race Jack Medica stated, "These boys are already fit for topnotch competition.

They ought to go to the National meets on the Mainland." This statement proved very true as Keo placed second in the one mile, 800 meter and 400 meter races while Halo finished second in the 200 meter event to Adolph Kiefer. This happened in the 1938 Men's Outdoor National Swimming Meet at Louisville, Kentucky.

In 1939 at Detroit, Michigan, right after Keo's triumphant and memorable swimming trip to Australia, young Nakama won his first National crown in the 200 meter freestyle event and placed second in the 400 and 800 meter races to the champion Ralph Flanagan. It was the first National team championship for Maui.

At Santa Barbara, California the next year, Keo lost his crown in the event that he won in 1938 to the great Otto Jaretz. The Valley Islander, who represented the Alexander House Community Association, vindicated himself by winning his races in the 400 meter and 800 meter freestyle events to win

two National Championship crowns. These great performances paved the way for the second in a row team title for Maui.

1940 was not very bright for young Keo as he underwent an operation for appendicitis and everything appeared gloomy for him as far as swimming was concerned. However, the big Hawaiian Outdoor Swimming Championship Meet was just about three months after the operation and following his doctor's permission, Nakama started preparing for the big event. He proved himself fit and as good as ever when he swam the best 400 meter race in his life in which he did a 4:46.8 to place second to the scintillating star Bill Smith, who won it in the record time of 4:44.8.

Then at the National Outdoor Swimming Championships at St. Louis, Missouri, our fast recovering swimmer proved that he was still the great champion by annexing the 1500 meter and 800 meter crowns, and coming second to Bill Smith in the 400 meter race. He tied with Jose Balmores and Bill Smith for the high point swimmer of the meet. Once again the outstanding performances of our young star brought back the third team title in a row for the Valley Island and Alexander House Community Association.

1941 proved to be the greatest year for young Nakama as he performed his greatest swimming feat by establishing a world's record of 20 minutes 29 seconds in the one mile swim and being out-touched by Bill Smith when he too made a world's record of 9 minutes 54.6 seconds in the 880 yard freestyle race at New London, Con cut.

1942 on to 1945 Keo heralded as the greatest Buckeye swimmer and he was honored by becoming captain of his team in 1944 and 1945. Inter-collegiate championships became a byword with the Mauian as he was king of the 1500 meter and 400 meter events throughout his college years. 1945 saw Keo not only a swimmer but he played and captained



Back (L-R): Charley Oda, Bill Smith, unknown, Halo Hirose, Jose Balmores. Front (L-R): Bunmei Nakama, unknown, Keo Nakama

his Ohio State baseball team. Keo's second love, baseball, began to creep up on him and he couldn't resist the temptation of the diamond game.

Following graduation, Hawaii beckoned Casey (a name which Keo adopted while playing base ball) home, and since then he has hung up his familiar trunks but still takes an active interest in his beloved sport as a very capable official. Today, Hawaii wants to remember and commemorate the great athlete from Puunene, Maui and keep him close to its heart as one who had done much for Hawaii's sake through his never-to-be-forgotten feats in the water and for his great sports like conduct out of the water. For this, the Keo Nakama Meet was inaugurated to perpetuate the name of Hawaii's great athlete. Last year, Ohio State - Keo's alma mater was invited to take part in the first meet, and this year University of Michigan will be our guests.

This article was taken from the "Second Annual" Keo Nakama Swimming Invitational, August 20-31 1947. Yes, the meet was 7 days long — trials finals!!! The Second Annual Keo Nakama Swimming Meet



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A SPECIAL THANK YOU!

It never ceases to amaze me that right when you think our sponsors couldn't possibly do more than they have in the past to support the Keo Nakama meet, they go one step further and just blow you away. That's how I feel about The PillBox Pharmacy and Stuart E. McElhaney. I just need Stuart to know how much HSC appreciates his endless giving nature and support.

Mahalo!

Coach Keith, HSC



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Tribute

from Julie Checkoway

When Maui swimming ace Keo Nakama graduated from Ohio State University and returned to Hawaii, he would never swim again as a collegiate or as an Olympian. The star merman had aged out at as a Buckeye. And because Nakama took on a post-graduate student teaching job in order to make ends meet, the AAU responded by stripping him of his amateur status.

His famous flat feet—the very paddles that had made him a swim star—had kept him from serving in the 442nd or 100th, but he'd served both his college and his country admirably during World War II. In his final AAU championship swims in Akron, Ohio, even sick with a stomach bug, the unstoppable swimmer copped the crowning 200- and 400-meter championships of his career. And as for the war effort, he'd literally saved lives by teaching non-swimming sailors how to keep their heads above water even in the fiercest of conditions.

Nakama arrived at the Aloha pier in Honolulu in the Spring of 1945 to a hero's welcome: press and fans, family and some former teammates greeted him with cheers, hung about his neck lei after fragrant lei, and hosted banquets—with toasts lasting long into the night—in his honor.

Also waiting for Keo Nakama that Spring was his adoring coach, Soichi Sakamoto, the man who'd nurtured Nakama from a fledgling irrigation ditch swimmer in the sugar plantation village of Pu'unene starting back in 1932 and who'd trained him as a member of the famed Three-Year Swim Club to become the national, international champion and world record-breaking swimmer that



Front: Blossom Young Tyan and Julie Checkoway. Back: Marcelle and Keith Arakaki.

he was. And Sakamoto wanted to find an even grander way to celebrate the legacy of his most favored son.

In the pre-war years, Honolulu had been a swimming mecca for mainlanders and Australians who came to compete against the formidable Hawaiians; during the second golden age of Hawaii swimming, each year the city had held a two-week swim extravaganza in honor of the legendary Olympian Duke Kahanamoku, and swimmers from near and far had flocked to Honolulu to take part. During the war, all such festivities had ceased, and so had inter-continental travel. With the war drawing to a close, Sakamoto set into motion the ambitious idea of bringing the world's greatest swimmers together once again, but this time for the inaugural Keo Nakama Invitational Swimming Competition, to be held for the first time in July of 1946 in the Waikiki Natatorium.

The first annual Nakama meet was a boisterous affair. Sakamoto, known for his ability to pull off improbably large events, did just that: in his PT Barnum like style, he held a swim meet to end all swim meets—a two-week blowout replete with parades acquacades, a beauty contest, and the participation of swimming buddies of Keo's who traveled all the way from Ohio State to take part. Even Olympians such as Johnny Weismuller and Duke Kahanamoku were included: Weismuller performed stunts in the water, and Kahanamoku, in a bespoke three-piece suit, served as a stately master of ceremonies.

* * *

This year marks the 68th anniversary of the competition that Coach Soichi Sakamoto started nearly three-quarters of a century ago. For seventy years, with the exception of two—one when Sakamoto was preparing his Olympians in the summer of 1948 and the summer after Bill Smith returned home

triumphant—the meet has been the premiere annual swimming event in the Hawaiian Islands. Over the years, the Hawaii Swim Club has held the Nakama meet in a variety of places: at the Waikiki Natatorium, affectionately known as the “tank,” for a time at Kaimuki High School; at the Palolo District Park pool; the Duke Kahanamoku Aquatics Complex at the University of Hawaii, and the Waterhouse Pool at Punahou School. For more than half a decade now, it’s been held at the Veterans Memorial Aquatics Center located in the Patsy T. Mink Central Oahu Regional Park.

Coach Sakamoto helmed the meet until 1988, and in 1989 he handled the reins over to the able Keith Arakaki, who has been the Meet Director ever since. Keith, who today celebrates 45 years as a formidable swim coach, is also an astonishingly accomplished athlete: from 1978 to 1999 he ran a whopping 25 Marathons; performed in 13 Waikiki Rough Water Swims; swam to the Sun (the 37.5 mile-race to the top of Haleakala) and also biked to the Sun; he has swum the Au’au Channel (Lanai to Molokai) and has raced in 9 Ironman Triathlons, 18 Tinman Triathlons and competed in a Double Distance Ironman Triathlon.

Keith began his swimming career at the Central YMCA at the tender age of 8. Fittingly, he swam under none other than Coach Keo Nakama, the very man after whom today’s meet is named. At age 10, Keith witnessed Nakama become the first person in history to cross the Kaiwi channel from Molokai to Oahu. From Nakama, Keith learned not only swimming fundamentals from the man but the importance of constancy and endurance. Sweetly enough, Keith and Keo Nakama share their birthday (May 21.)

Keith went on to learn to coach under Ron Honda, and his third coach was Coach Sakamoto. For years under Sakamoto’s tutelage, Keith learned how to be fleet in the water, a successful leader on deck, and a man of fine moral fiber. Coach Sakamoto handed down to Keith all of his best teachings, from the principals that guided him since 1937, when he founded the Three Year Swim Club, to his innovations in his illustrious years as a coach of Olympians and National Champions.

Keith has continued to honor both Keo Nakama and Coach Soichi Sakamoto in many deeply meaningful ways. In 1993 he founded hawaiiiswim.org, a website dedicated to preserving the history of swimming in Hawaii. Beginning in 1996, he served as the Meet Director of Hawaii Swimming Hall of Fame Invitational Swim meet, which recognizes and honors outstanding Hawaii Swimming Olympians and other outstanding swimmers. As head of the Hawaii Swim Club, he continues with Coach Sakamoto’s tradition of nurturing age-group swimmers. And as a devoted husband to Marcelle and father to their two children, Matthew and Kevin, he carries out Coach Sakamoto’s most important directive of all to him: since coaching swimming can be an all-consuming activity, it is especially important for a coach to devote himself not only to those he coaches but to those he loves. In this, Keith has struck the perfect balance. A short while ago, Keith was acknowledged by and inducted to the Hawaii Swimming Hall of Fame, a perfect tribute. I congratulate Keith on that honor, on his many years as an elite athlete, and his devotion for more than 45 years to the art and science of coaching.

Mahalo Nui Loa, Keith, for keeping the flame of Hawaiian Swimming burning ever bright into the 21st century.

KEO NAKAMA

Baseball/Swimming 1943-45

Inducted: 1979

Keo Nakama was an All-American distance freestyler, winning four NCAA, six Big Ten, three NAAU indoor and six NAAU outdoor titles. Nakama was a vital contributor on OSU’s National Championship teams in 1943 and 1945. The two-sport star was also a member of the OSU baseball team, starting at third base on the 1943 Big Ten Championship team. He is the only person in the modern history of Ohio State to be a captain of two varsity teams in the same year.

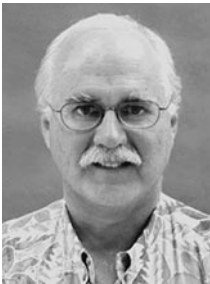
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I Still Call Him Coach

By K. Arakaki

1959, I was 8 years old. I had taken swimming lessons for a year or so at Central YMCA. I wanted to join the swimming team there because my older brother was swimming.

My mom knew the coach there and introduced me to him. "His birthday is the same day as yours", she said. "May 21st."

The beginning of my swimming career was a blur. Coach Nakama was teaching us the butterfly with a breaststroke kick one week (Orthodox Breaststroke), then the next week he taught us the dolphin kick. Then we could mix up the dolphin and breast kick, then we couldn't do anything but the fly kick. Flip turn with butterfly. Touch the wall on your free turn, then we didn't have to touch the wall. If that wasn't confusing enough, I had to stay out of my brothers way in the water. He would push off into me or swim right over me. Coach Nakama, meanwhile, was very patient, knowledgeable and fair.

My first trip with the swimming team took us to the Island of Kauai. Coach Nakama had a big meeting with the swimmers and parents. Something was said about selling cookies and sending postcards to all the people that we sold cookies to, to let them know how we did at the swimming meet. He was a caring coach.

I don't remember the swim meet specifically, but I do remember waking up early to find Coach cooking breakfast for 30 - 40 of us swimmers! Bacon & eggs. He must've been cooking since 4:00 AM.

Coach taught us how to play water polo. "Look out for Coach's daughters Karen & Kaycee, they got long nails," some one yelled.

Speaking of daughters, Coach has six of them. Karen, Kaycee, Terry, Joey, Lynn and Jamie. Counting his wife, that's seven women and just him. My mom always told Coach if he wanted a boy she would give me away. "No way, not a house full of girls!" I changed my perspective as I got older.

Coach really cared. At a swim meet at Palama Settlement, he lined up all 30 swimmers, and gave us all a fast and brisk massage to limber us up for the event. "If any thing, this will help your swim, keep loose," he said.

From Central Y Swim Club we changed our name to Waikiki Athletic Club. I think WAC, sponsored us in our swimming program.



Keo Nakama with Matthew and Kevin Arakaki.

Then a strange thing happened. Coach started running around the Central "Y" field. Around and around. When he got off the field he told us that he had already swam 5-6,000 kilometers in the morning. Wow!!!

Shortly there after, he announced to the team that he was going to swim the Molokai Channel. This came shortly after Greta Andersen tried unsuccessfully to swim the channel, twice.

I remember going down to Ala Moana shopping center and watching Ms. Anderson swim back and forth in a portable swimming pool. (I remember when there was no Ala Moana shopping center, and only a heap of coral.)

At a point of time before the 1961 Molokai crossing, Mr Ida and Mr Richards (parents turned assistant coaches) took over the team to free up Coach Nakama's personal training time. Coach was getting more intense now. We would see him running longer around the track and do a swim workout twice a day.

The day Coach swam the channel, I was glued to the radio. The swim seemed to be going ok, then in the late afternoon, the radio announcer said that "Keo was having trouble in the water" speculation was he would be pulled out and equated his efforts to Greta Andersen's failed attempts.

Then Coach Nakama made a Herculean effort to finish the swim. We were down at Hanauma Bay with what seemed like hundreds and thousands of people. They were lined up along the walkway and the parking lots were overflowing. "Wow, mom, how are we going to see Coach come in?"

The swim team had a banner congratulating Coach. Some of the swimmers met, but we never saw him. Later that evening, we all did get to see him come in, on the television!

As a swimmer, that was pretty much the last time I saw Coach Nakama. Then there was talk of folding up the club and how we would be farmed out to our "Parent" club... Hawaii Swimming Club.

"My swimming coach, was Coach Sakamoto," Coach Nakama said. "He taught me how to swim fast and he can help you." "I would like all of you to swim for him and represent Hawaii Swimming Club."

Aside from coaching at Farrington and Leilehua High School he was the coach at McKinley High School. McKinley High School, under his direction, won the Territorial Championships over Kaimuki High School, by a few points he said. But we were his only age group team he had ever coached.

My brief experience with Coach is one I'll cherish forever! He was a guiding light for me and showed me how to persevere. How to set goals and do my best to accomplish them. He gave me a chance to be successful. I still call him Coach.

The author of this article now coaches the Parent team, Hawaii Swimming Club, and took Coach Nakama's advice to coach Hawaii Swim Club with the guidance of the heart.



News for 3 Star Gourmet II Restaurant

DINE IN / SHOP IN

SPECIAL PROMOTIONAL SECTION

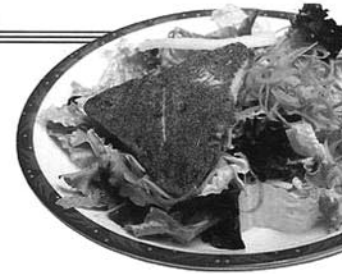
Your next lunchtime destination: 3-Star Gourmet

A **PASSION FOR COOKING** and an entrepreneurial spirit put owner/chef Art DeGuzman behind the stove at this downtown eatery, which was established in June 2008 and fast became known for its upscale plate lunches. Office staff, attorneys and other downtown workers queue up weekdays to take out Seared Salmon with Furikake, Broiled Ribeye Steak with Peppercorn Sauce, Pulled Pork Kalua-style, and bestseller and house specialty, Ahi Katsu (pictured above), with a secret house sauce. Health-conscious diners can order brown rice and fresh salads with homemade vinaigrette dressing.

"Our customers come from all over downtown and we're especially pleased to have lots of regulars," says DeGuzman,



who is one of three owners of 3-Star Gourmet, hence the eatery's name. From kalbi and bento to Broke Da Mouth beef stew, the menu features local ethnic dishes and American favorites, such as crab cakes, shrimp scampi and home-style fried chicken. Serving both breakfast and lunch, 3-Star offers omelets, pancakes, salads, pasta and sandwiches -



all made fresh - in addition to its popular entrées for both dine-in and takeout. Its international catering menu for lunch or dinner can bring the good eats to your next office party or special event, such as a birthday or graduation party.

Running the restaurant is no small feat for DeGuzman, who also holds down two other jobs, running a maintenance company and a care-giving service. 3-Star is a family venture, with wife, Virgie (who has another full-time job), pitching in to help the staff of seven when the rush hour starts.

Find it at: Clifford Center
810 Richards St., Ground Floor



Hawaii Business Magazine, March 2011 issue
(17 Best Spots for Networking)

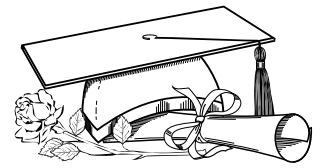


November 11, 2011 A Taste of Kalihi

For more information
contact us at:

808-566-6353 • 808-216-3535

Congratulations to all of our Graduating Seniors.



Shawn Fujii

Shawn has been swimming for 16 years and with HSC for 5 years. He graduated from Kalani High School and he will be attending Seattle University.



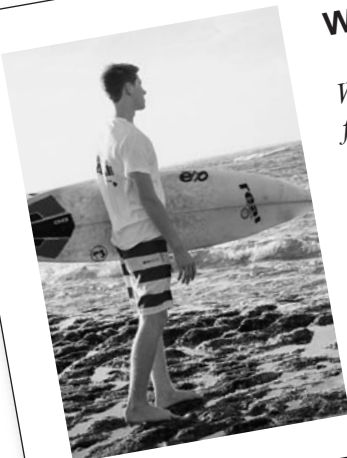
Jessica Luong

Jessica has been swimming for 10 years with HSC. She graduated from Moanalua High School and she will be attending Whiteman College.



Hayato Shigihara

Hayato has been swimming for 9 years and with HSC for 5 years. He graduated from Roosevelt High School and he will be attending Honolulu Community College.



Will Soldow

Will has been swimming for 12 years and with HSC for 2 years. He graduated from Radford High School and he will be attending Virginia Military Institute in Lexington, VA.



Dariane Watanabe

Dariane has been swimming for 5.5 years with HSC. She graduated from Pearl City High School. She will be attending Honolulu Community College for two years then transferring to UH Manoa. Hopefully her plans to study abroad in Japan and London (for Oceanography and Photography) will come true. But if not, she would love to travel the world for fun to see new cultures and to experience new things and foods.

Presenting the Athletes:

Aloha Aquatics

Association • HI

Babcock, Evan
Cober, Arec
Garcia, Ryson
Hipolito, Codi
Kenessey, Tia
Oda, Leah
Oda, Roy
Partin, Mattea
Swann, Kylie
Tada-Portuondo, Madilyn
Tanaka, Tytus
Travis, Emily
Weissman, Hannah
Wojack, Kosmo

Andersen Marlins • PC

Solenberg, Cameron
Solenberg, Riley

Aulea Swim Club • HI

Abbas, Belle
Annamalai, Geetha
Artelli, Mindy
Aus, Kai M
Barthel, Alana
Canevari, Gabe
Caps, Tom
Chong Tim, Hayden
Chong Tim, Henna
Deer, Leia
Duval-Arnould, Sean
Duval-Arnould, Sonya
Gough, Rhys
Heiken, Paige
Heiken, Pam

Logan, Jessica
Lum, Sydney
Lyon, Cameron
Madiam, Hannah
Mitchell, Abbey
Molenda, Evan
Osadsky, Phillip
Osadsky, Viktor
Pizarro, Gabby
Reiter, Jen
Reiter, Jon
Sherlock, Adele
Silva, Keahe
Spriggs, India
Stuhlmacher, Carter
Stuhlmacher, Claire
Tanaka, Kristen
Tarquin, Sarah
Troxel, Elizabeth
Webb, Skylar
West, Kai
West, Zack
Westphal, Jack
Westphal, Katy
Williams, Laura
Wilson, Kaylin
Zachmeier, Griffin
Zachmeier, Nicholas

Davis Arden Racing Team • SN

To, Alex

Hawaii Swimming Club-HI

Alejado, Devin
Altura, Kysha
Baclayon, Keala

Brown, Jordynn
Camacho, Luke
Cheung, Aerin
Corpuz, Jordan
Domingo, Mikaila
Echavaria, Abigail
Escobar, Jonel
Ferrer, Jeffrey
Fujii, Kate
Fujii, Shawn
Glasgow, Jacob
Holm, Gabriella
Ikeda, Sarah
Ishii, Yu
Jeremiah, Jordana
Jiang, Christie
Johnasen, Sophia
Kaneshiro, Kenna
Kaneshiro, Skylar
Lamug, Raffy
Levine, Riley
Lilio, Kaydence
Lilio, Kobe
Limasa, Charlie
Lujan, Josh
Matua, Taimane
McNabb, Carl
McRae, Emma
Nakamura, Kenta
Nakatsu, Ken
Nee, Malie
O'Brien, Jasmine
Orr, Victoria
Pellettieri, Kamille
Sasaki, Kyrie
Seminavage, Connor
Silva, Angela
Sumida, Arisa
Tabios, Nikki

Takashige, Kaya
Tanaka, Elena
Tupea, Alana
Van, Daniel
Van, Nicholas
Wong, Joyce
Yamamoto, Mari
Yee, Kainoa
Yee, Sophia
Yuen, Tobey
Zapata, Ashley
Zhong, Richard

Hickam Hurricanes • HI

Adams, Hunter
Adams, Peyton
Bell, Hannah
Ehmann, Audrey
Harris, Jack
Johnston, Kory
Pickett, Riley
Schneider, Anneliese
Sweet, Sebastian

Hilo Aquatic Club • HI

Uekawa, Madisyn

Iolani Swim Club • HI

Andaya, Avalyne
Baraquo, Echo
Berganio, Lexi
Brennan, Cagla
Graham, Reid
James, Paris
Katagiri, Sunny
Kodama, Kaylee
Lee, Jack
Whitty, Sydnee or Syd
Wong, Evan



Island Aquatics • HI

Bowser, Rain

Kamehameha Swim Club • HI

Almeida, Kayla
Amrich, Jewel
Ariyoshi, Ryo
Asuncion, Shayna
Bliss, Ashton
Bogdahn, Taylor
Canicosa-Miles, Alexander
Cardoza, Abby
Carlson, Noah
Carlson, Sofia
Cha, Krislyn
Chang, Matthew
Clark, Noa
Collins, Jeffrey
Copp, Noa
Croll, Alexander
Croll, Lauren
Davis, Brahman
Farah, Leigh
Filimoehala, Trisha
Foster, Lia
Frifeldt, Kevin
Fujiwara, Ciera
Fujiwara, Jenna
Ganjali, Azita
Garcia, Casey
Garcia, Cheyenne
Garo-Drzymala, Kayla
Giangarra, Jeremy
Ginoza, Makena
Ginoza, Micah
Gonzalez, Lyra
Gorham, Rachel
Gurney, Ava
Halemano, Nicole

Harrison, Sophia
Hayakawa, Lena
Hayakawa, Allen
Heiss, Hanna
Hioki, Gigi
Hiremath, Jason
Ho, Tara
Ho, Tia
Hopkins, Hi'ilani
Horner, Jaek
Ibara, Sage
Kau, Sydney
Kealoha, Dustin
Kealoha, Tehani
Kimura, Sydney
Kukea-Shultz, Kahikina
Le, Amanda
Li, Shirley
Lileikis, Reina
Lum, Jamy
Lum, Pili
Mau, Jasmine
Ming, Brooke
Misailidis, Joey
Monahan, Grace
Nakagawa, Sammi
Nakakura, Noelle
Nakaya, Naomi
Nakaya, Nicholas
Nakaya, Noelani
Namatame, Lina
Nishida, Mikaela
Nishimura, Christian
Outtrim, Ashley
Outtrim, Taylor
Palimoo, Danny
Peters, Noah
Petrides, Maia
Petrides, Michael
Piosalan, Denison

Pound, LeGrand
Rego, Kohia
Sawai, Kanoa
Songsong, Sanoe
Stallsmith, Reese
Stoetzer, Olivia
Story, Shaye
Swartwood, Blaise
Swartwood, Brea
Takahashi, Jarrett
Terada, Kala'i
Terada, Ka'imi
Uyeda, RaeAnn
Walton, Mariah
Worrall, Wilder
Yasumi, Lara
Yasumi, Mari
Yasumi, Sala
Zheng, Franklin
Zheng, Kimberly

Manoa Aquatics • HI

Bell, Lucy
Cheng, Benton
Chung, Emma
Chung, Sarah
Garcia, Tate
Hamamoto, Rani
Hwang, Dong Hyeon
Hwang, Dong Jin
Ishimi, Dillon
Ishimi, Jase
Iwai-King, Kai
Jones, Colette
Jones, Lillie
Lacno, Jamie
Oh, LeAnn
Paynter-Tavares, Saty
Shiu, Andre

Shiu, Edmund
Sowers, Scott
Tsuji, Taro
Wong, Casey

Mokihana Aquatics • HI

Idica, Leigh
Inouye, Chloe
Raquel, Ian
Silva, Kamaira
Tanaka, Tyler

Palau Team

Akiwo, Roylin
Chilton, Osisang
Dingilius Wallace, Shawn
Gaymann, Malcolm Shae
Keane, Noel
Misech, Dirngulbai

Pearl City Aquatics, Inc. • HI

Cabigas, Breeana
Cabigas, Halee
Chang, Jerrett
Chong, Alohi
Chung, Pono
Freeman, Rashelle
Hill, Grace
Ilagan, Spencer
Iwamoto, Aimee
Iwamoto, Reyna
Kaulukou-Chang, Dane
Kim, Noelle
Lum, Jalen
Miyashita, Darah
Okuma, Megan
Otaka, Landen
Sato, Caden
Sloan, Dawson
Takai, Matthew



Portland Aquatic Club • OR

Walker, Christian

Punahou Aquatics • HI

Bell, Annika
Bender, Sophie
Bosworth, Ethan
Ching, Malia
Dane, Noah
Dane, Sammi
Gaughan, Jake
Hoffmann, Leilani
Howell, Erika
Hurd, Sophia
Kaichi, Haylie
Kaneshiro, Chelsea
Kawabata, Kainoa
Kerrigan, Nathalie
Lee, Jaesun
Lee, Josh
Lee, Maxwell
Leung, Jason
Lyons, Ford
Lyons, Jack
Marsen, Sophia
Meister, Mallory
Mobley, Josie
Nasrallah, Leila
Natori, Ashlyn
Ng, Chanel
Ogawa, Kaylee
Olson, Matthew
Oshiro, Kelsey
Patterson, Taila
Rezentes, Kaelan
Sakamoto, Ray
Sakamoto, Tyler

Tamanaha, Johnny
Watts, Mackenzie
Witherwax, Ronan
Yamamoto, Zane
Yasuhara, Kaela

Putuo Swim Team

Chen, Xiao
Dou, YongXin
Hu, JiaYi
Li, XinYu
Li, YiJia
Luo, YiJun
Tong, MengFei
Wan, ZiJun
Wang, Ming
Wu, ChenJun
Zhao, Kai
Zhu, ChunHao
Zhu, JiaLing

Rainbow Aquatics • HI

Beaton, Briscoe
Chinen, Doultan
Colburn, Megan
Fukumoto, Evan
Hanaoka, Brendan
Hanaoka, Kayleigh
Kamei, Avery
Lee, Keenan
Lin, Tyson
Loi, Brandon
Sellner, Nathan
Somlak, Calien
Tom, Allie F
Wong, Maddy

Splash Aquatics, Inc. • HI

Ahia, Joseph
Broderick, Ashley
Dreyer, Reina
Endo, Kaita
Endo, Taiyo
Erban, Jacob
Fujimoto, Cole
Gallant Ortiz, Xiamara
Hsu, Benjamin
Imai, Aeryn
Imai, Karys
Iwamura, Kai
Kajihira, Yoshi
Kakazu, Erika
Kawano, Jace
Ki, Amanda
King, Andrew
King, Gessica
Kuwamoto, Alyssa
Lau, Sunny
Lee, Jada
Lee, Jake
Lui, Ching Yin
Murai, Ryan
Nakagawa, Noelle
Nishikawa, Callie
Oshiro, Kimi
Palumbo, Hana
Pena, Rui
Quon, Yassi
Sakai, Aaron
Sakai, Daniel
Sakai, Michael
Sakate, Ryo
Siarot, Marcus

Tan, Evans
Tan, Tanya Lyn
Tan, Tommy
Toyofuku, Cienna
Wada, Reimon
Wagnild, Parker
Zukeran, Victoria

**Sun-shine Aquatics
Swim Club • HI**

Brown, Charis
Chismar, Jade
Guevara, Kimi
Ho, Jacelyn
Hoffmann, Felix
Lee, Albert
Lee, Adam
Lee, Walter
Maglasang, Reina
Mao, MJ
Marutani, Jonah
Meyers, Lin
Mori, Keiko
Mori, Kenji
Neumann, Malia
Valenti, Kryn
Watanabe, Alyssa
Zhi, Albert

Unattached Alaska • AK
Heaven, Winter

**Unattached Sierra
Nevada • SN**
Ford, Natasha





HAWAII SWIMMING CLUB
68th Annual Keo Nakama Invitational (LCM)
Friday thru Sunday • July 1 - 3, 2016 • VMAC

SESSION 1 (DAY 1)								
GIRLS	DIVISION	EVENT	BOYS		GIRLS	DIVISION	EVENT	BOYS
1	OPEN	800 Free Rly	2		15	10 & U	50 Free	16
3	OPEN	200 I.M.	4		17	11 - 12	50 Free	18
5	10 & U	200 I.M.	6		19	13 - 14	50 Free	20
7	11 - 12	200 I.M.	6		21	15 - 16	100 Free	22
9	13 - 14	200 I.M.	8		23	11 - 12	400 Free	24
11	15 - 16	200 I.M.	10		25	13 - 14	400 Free	26
13	OPEN	100 Free	14		27	OPEN	400 Free	28
SESSION 2 (DAY 2)				SESSION 3 (DAY 2)				
GIRLS	DIVISION	EVENT	BOYS		GIRLS	DIVISION	EVENT	BOYS
29	11 - 12	200 Free Rly	30		55	10 & U	200 Free Rly	56
31	OPEN	200 Free Rly	32		57	13 - 14	200 Free Rly	58
33	11 - 12	50 Fly	34		59	15 - 16	200 Free Rly	60
35	13 - 14	100 Fly	36		61	10 & U	50 Fly	62
37	15 - 16	100 Fly	38		63	13 - 14	100 Breast	64
39	11 - 12	100 Back	40		65	15 - 16	100 Breast	66
41	OPEN	100 Fly	42		67	10 & U	100 Back	68
43	13 - 14	200 Back	44		69	OPEN	100 Breast	70
45	11 - 12	50 Breast	46		71	13 - 14	200 Free	72
47	15 - 16	200 Back	48		73	10 & U	50 Breast	74
49	OPEN	200 Back	50		75	15 - 16	200 Free	76
51	11 - 12	200 Free	52		77	OPEN	200 Free	78
53	OPEN	1500 Free	54		79	10 & U	200 Free	80
SESSION 4 (DAY 3)				SESSION 5 (DAY 3)				
GIRLS	DIVISION	EVENT	BOYS		GIRLS	DIVISION	EVENT	BOYS
81	11 - 12	200 Free Rly	82		107	10 & U	200 Med Rly	108
83	OPEN	200 Free Rly	84		109	13 - 14	200 Med Rly	110
85	11 - 12	100 Fly	86		111	15 - 16	200 Med Rly	112
87	13 - 14	200 Fly	88		113	10 & U	100 Fly	114
89	15 - 16	200 Fly	90		115	13 - 14	200 Breast	116
91	11 - 12	50 Back	92		117	15 - 16	200 Breast	118
93	OPEN	200 Fly	94		119	10 & U	50 Back	120
95	13 - 14	100 Back	96		121	OPEN	200 Breast	122
97	11 - 12	100 Breast	98		123	13 - 14	100 Free	124
99	15 - 16	100 Back	100		125	10 & U	100 Breast	126
101	OPEN	100 Back	102		127	15 - 16	50 Free	128
103	11 - 12	100 Free	104		129	OPEN	50 Free	130
105	OPEN	800 Free	106		131	10 & U	100 Free	132
					133	13 - 14	400 Free Rly	134
					135	15 - 16	400 Free Rly	136
					137	15 - 16	400 Free Rly	138

Coach Soichi Sakamoto

Founder of Hawaii Swimming Club. Has developed the most National and International swimming champions in the state of Hawaii. January 1906 -

Coach Sakamoto is a recipient in the Swimming Hall of Fame. Soichi Sakamoto is the great coach responsible for modern Hawaiian swimming success. Hawaiian swimmers dominated the sport from 1912, but Buster Crabbe, in the 1932 Olympics, was their last champion of that long illustrious era.

Then came a drought and Coach Sakamoto, starting with children in an irrigation ditch, was developing new ideas of pace and rhythm with a metronome. His young swimmers were a new breed of public school swimmers going on to Ohio State and Indiana – Hirose, Nakama, Smith, Konno, Oyakawa, Onekea, Cleveland, Woolsey, Tanabe, Miki and the girls Kalama, Klein-Schmidt, Kawamoto, Katsutani and Hoe. All became National champions, most make the Olympic teams of 1948, 1952 and 1956.



During this period, Sakamoto was sought out by swimmers all over the world, journeying to Hawaii in search of the magic touch. They found technique, method dedication and conditioning which produced champions at

The following article is from the Swimming Hall of Fame in Fort Lauderdale, Florida.

all strokes and distances, but as the coach told all those swimmers, “It’s not magic!”

“The swimming stroke is a working tool,” says this master coach, “and therefore it must be one which must be sound in its practical use – to get the most out of a given effort. It must be simple and efficient, and one which can be controlled at will by the individual...Swimming with and not against the water.”

“Patience, above all, is tantamount and a rule,” Sakamoto continues, “as improvement, growth, speed and success come only at a snails pace. First, it is learning to swim, training and conditioning, competing and gong through the bitter experiences of defeat and chagrin. The light of success comes only when everything seems hopeless and wasted.”

“I didn’t now anything about swimming, but I realized that, if I put them in the water and watched their progress, maybe I’d learn something,” Sakamoto recalled. “So I watched their progress and tried to eliminate haphazard movement. It was common sense.”

Hawaii Swimming Club's slogan:

“One for all, and all for one!”



*Hawaii Swimming Club Coaches (L-R):
Coach Soichi Sakamoto,
Coach Dennis,
Coach Conkling,
Coach Keith and
Coach Reid*



*Hawaii Swimming Club Logo:
The Olympic Torch and Wings
of Victory. Designed by Coach
Sakamoto, 1941.*



Our History And Philosophy



Hawaii Swimming Club (HSC) was founded by “Coach” Soichi Sakamoto in 1945 with the purpose of promoting and developing swimming for the benefit of Hawaii’s youth. “Coach” Sakamoto’s exploits are well known and he is perhaps best remembered for his development of Olympic swimmers using the cane field ditch in Puunene as his training pool.

Hawaii Swimming Club’s mission is to continue the timeless tradition established by “Coach” Sakamoto for the benefit of our youth. Our coaches fully embrace his philosophy that age group swimming is for the development of competitive athletes – yes, but perhaps more important, swimming is a means of teaching our children life values.

Our desire is to establish an environment where coaches, parents and children can share in a commitment, discipline, hard work, respect for others and showing our gratitude. Swimming is important but the love of God, family and education are all higher in priority. Oh yes, having FUN is important too.

HSC Coaches

Kroc Center:

Coach Kelsie Andrew
Coach Rachael Garcia
Coach Quinn Lanting

Waialeale:

Coach Keith Arakaki

VMAC:

Coach Allyson Ontai
Coach Monique Duplessis
Coach Ernest Cheung

Salt Lake:

Coach Kevin Arakaki
Coach Emmett Vidal
Coach Alvin Jarrell

Kapaolono:

Coach Katsuyuki Fujii
Coach George Sumida
Coach John Shiroma

Maui:

Coach Reid Yamamoto
Coach Rodney Hayashi
Coach Tyler Orikasa

www.hawaiiswim.org

Kapaolono Team



Kroc Center Team



Hawaii Swimming Club • Oahu



Salt Lake Team



VMAC Team



Hawaii Swimming Club • Oahu

Manhoben Swim Team – Guam



Santiago Poppe



Amanda Poppe



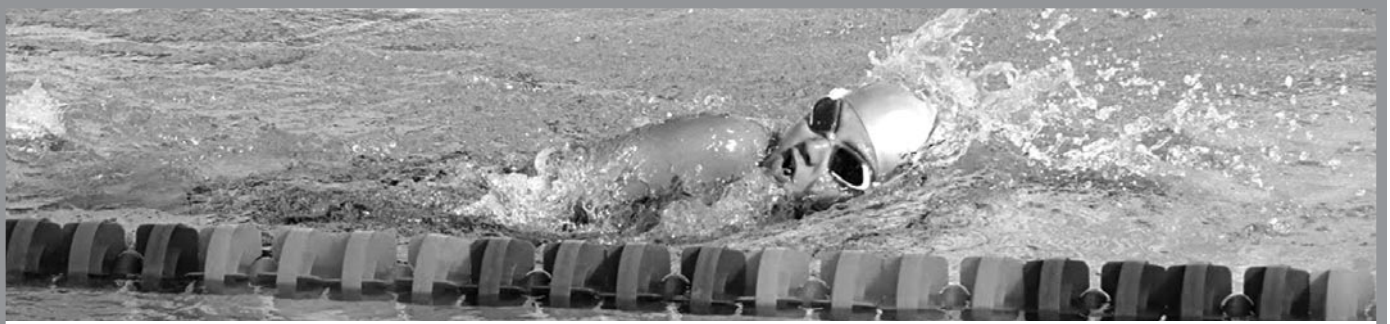
Israel Poppe

Putuo Team – China



Palau Team





“Ganbatte”
ELENA Tanaka
and
Kapaolono H.S.C.

Emiko Tanaka



Congratulations
and
Good Luck

to the participants
of the

68th Annual
Keo Nakama Invitational



Mahalo to Our Sponsors!



Thank you to our sponsors who have supported us year after year as well as our new sponsors. Without your support, our meet would not be the success that it has been all these years.

ADVERTISING SPONSORS:

The PillBox Pharmacy
Smith Himmelman, Attorneys at Law
Stuart E. McElhaney
Safety Systems Hawaii, Inc.
Joanne & Russell Jeremiah
Halemano Plantation
3 Star Gourmet II Restaurant

TROPHY SPONSORS:

The Pillbox Pharmacy
Stuart E. McElhaney

SPONSORS FOR MEET EXPENSES:

Sponsors for Meet Expenses:
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Cheung Family
Tanaka Family
Kim Kaneshiro & Family
Nubia Diaz & Zapata Family
Swartz Family
Tiare Kaolelopono Family
Margaret Glasgow & Family
Sasaki Family
Lujan Family
Escobar Family
Laura Low & Family

All HSC families who donated manpower hours & food donations

SOUVENIR BOOKLET:

Angela Ki - Graphics

Thank you to our HSC Families & Supporters



When the call to help is made, you respond in abundance. We are forever grateful not only for all that you do to help us to continue the legacy of this Keo Nakama Invitational swim meet, but also for your continuous support of the age group swimming program here in Hawaii.

Thank you for your great ideas, for your hard work, for your monetary donations and for always being here to help support our many events.

Mahalo from Coach Keith and Hawaii Swimming Club

LCM - 2015/16 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

FEMALE						8 & U	MALE					
B	A	AA	AAA	AAAA	AG-Z		A	B				
0:52.86	0:44.06					50 Free	0:45.19	0:54.24				
1:03.47	0:52.89					50 Back	0:54.73	1:05.68				
1:10.59	0:58.81					50 Breast	1:01.57	1:13.88				
1:00.46	0:50.38					50 Fly	0:54.24	1:05.09				
B	A	AA	AAA	AAAA	AG-Z	10 & U	AG-Z	AAAA	AAA	AA	A	B
0:47.72	0:44.06	0:40.38	0:36.71	0:33.51		50 Free		0:34.57	0:37.66	0:41.43	0:45.19	0:48.96
1:48.04	1:39.74	1:31.42	1:23.11	1:14.19		100 Free		1:16.59	1:26.16	1:34.77	1:43.39	1:52.01
3:56.48	3:38.30	3:20.10	3:01.91	2:41.02		200 Free		2:47.90	3:09.95	3:28.95	3:47.94	4:06.93
0:57.30	0:52.89	0:48.49	0:44.08	0:40.16		50 Back		0:41.78	0:45.61	0:50.17	0:54.73	0:59.30
2:06.60	1:56.85	1:47.12	1:37.38	1:28.60		100 Back		1:31.37	1:41.08	1:51.19	2:01.29	2:11.40
1:03.72	0:58.81	0:53.91	0:49.01	0:44.69		50 Breast		0:46.69	0:51.31	0:56.44	1:01.57	1:06.70
2:19.92	2:09.15	1:58.39	1:47.63	1:36.89		100 Breast		1:41.46	1:52.57	2:03.82	2:15.09	2:26.36
0:54.59	0:50.38	0:46.19	0:41.99	0:36.63		50 Fly		0:39.08	0:45.20	0:49.72	0:54.24	0:58.78
2:11.34	2:01.24	1:51.13	1:41.03	1:25.56		100 Fly		1:34.65	1:46.25	1:56.87	2:07.50	2:18.13
4:27.76	4:07.17	3:46.57	3:25.97	3:03.51		200 IM		3:13.05	3:35.63	3:57.19	4:18.76	4:40.32
B	A	AA	AAA	AAAA	AG-Z	11/12	AG-Z	AAAA	AAA	AA	A	B
0:41.90	0:38.67	0:35.45	0:32.24	0:30.44		50 Free		0:30.22	0:32.87	0:36.15	0:39.44	0:42.74
1:32.30	1:25.21	1:18.10	1:11.00	1:06.42		100 Free		1:06.48	1:13.21	1:20.53	1:27.85	1:35.17
3:22.05	3:06.49	2:50.95	2:35.41	2:25.94		200 Free		2:26.84	2:41.47	2:57.61	3:13.76	3:29.92
7:10.06	6:36.98	6:03.91	5:30.82	5:10.41		400 Free		5:15.43	5:44.99	6:19.49	6:53.99	7:28.49
0:49.70	0:45.87	0:42.05	0:38.22	0:36.15		50 Back		0:36.40	0:39.71	0:43.67	0:47.64	0:51.62
1:47.82	1:39.51	1:31.22	1:22.93	1:18.01		100 Back		1:17.90	1:26.55	1:35.21	1:43.86	1:52.51
4:03.23	3:44.50	3:25.80	3:07.09	2:52.58		200 Back		2:56.74	3:15.14	3:34.65	3:54.17	4:13.68
0:55.15	0:50.89	0:46.65	0:42.41	0:39.77		50 Breast		0:40.44	0:44.22	0:48.64	0:53.06	0:57.49
2:00.53	1:51.24	1:41.97	1:32.70	1:27.18		100 Breast		1:28.47	1:36.44	1:46.08	1:55.73	2:05.38
4:31.68	4:10.78	3:49.87	3:28.98	3:13.61		200 Breast		3:19.79	3:38.32	4:00.15	4:21.99	4:43.81
0:46.49	0:42.91	0:39.34	0:35.76	0:33.12		50 Fly		0:33.38	0:37.30	0:41.03	0:44.76	0:48.49
1:47.99	1:39.68	1:31.38	1:23.07	1:15.62		100 Fly		1:17.14	1:26.26	1:34.88	1:43.51	1:52.13
4:04.85	3:46.02	3:27.18	3:08.35	3:08.34		200 Fly		3:14.08	3:14.09	3:33.49	3:52.90	4:12.31
3:48.41	3:30.84	3:13.27	2:55.71	2:45.00		200 IM		2:47.79	3:03.86	3:22.25	3:40.63	3:59.02
8:22.50	7:43.85	7:05.19	6:26.54	6:13.54		400 IM		6:40.98	6:47.35	7:28.09	8:08.82	8:49.57
B	A	AA	AAA	AAAA	AG-Z	13/14	AG-Z	AAAA	AAA	AA	A	B
0:39.81	0:36.74	0:33.68	0:30.61	0:29.31		50 Free		0:27.51	0:29.12	0:32.04	0:34.94	0:37.85
1:26.65	1:19.98	1:13.32	1:06.65	1:03.48		100 Free		1:00.42	1:04.33	1:10.74	1:17.17	1:23.61
3:09.08	2:54.54	2:40.00	2:25.45	2:17.88		200 Free		2:12.58	2:21.49	2:35.64	2:49.79	3:03.94
6:40.78	6:09.95	5:39.12	5:08.29	4:53.20		400 Free		4:44.13	5:03.85	5:34.23	6:04.62	6:35.00
13:51.99	12:47.99	11:43.99	10:39.99	10:09.34		800 Free		10:15.93	10:23.99	11:26.39	12:28.78	13:31.19
26:51.98	24:47.99	22:43.99	20:39.99	19:39.79		1500 Free		19:17.50	19:59.99	21:59.99	23:59.99	25:59.98
1:39.71	1:32.04	1:24.37	1:16.70	1:14.61		100 Back		1:10.76	1:16.51	1:24.16	1:31.81	1:39.47
3:36.19	3:19.55	3:02.92	2:46.29	2:39.58		200 Back		2:33.25	2:44.07	3:00.48	3:16.88	3:33.29
1:53.79	1:45.04	1:36.28	1:27.53	1:24.47		100 Breast		1:18.24	1:24.58	1:33.04	1:41.50	1:49.96
4:06.09	3:47.17	3:28.23	3:09.30	3:01.11		200 Breast		2:50.87	3:05.65	3:24.21	3:42.78	4:01.34
1:38.96	1:31.34	1:23.73	1:16.13	1:10.92		100 Fly		1:07.31	1:13.93	1:21.32	1:28.71	1:36.11
3:43.07	3:25.91	3:08.75	2:51.59	2:42.09		200 Fly		2:36.35	2:44.96	3:01.45	3:17.95	3:34.44
3:34.67	3:18.16	3:01.64	2:45.13	2:36.66		200 IM		2:28.97	2:40.59	2:56.65	3:12.71	3:28.77
7:42.47	7:06.89	6:31.31	5:55.74	5:35.92		400 IM		5:31.73	5:46.99	6:21.69	6:56.39	7:31.09
B	A	AA	AAA	AAAA	SR-Z	15/16	SR-Z	AAAA	AAA	AA	A	B
0:39.12	0:36.11	0:33.10	0:30.09	0:28.97		50 Free		0:26.13	0:27.27	0:29.99	0:32.72	0:35.47
1:24.95	1:18.42	1:11.89	1:05.35	1:02.75		100 Free		0:57.43	0:59.85	1:05.84	1:11.82	1:17.80
3:06.94	2:52.56	2:38.18	2:23.80	2:16.46		200 Free		2:06.36	2:11.88	2:25.07	2:38.26	2:51.44
6:35.41	6:04.99	5:34.58	5:04.16	4:48.90		400 Free		4:36.57	4:46.16	5:14.77	5:43.40	6:12.01
13:38.99	12:35.99	11:32.99	10:29.99	10:11.22		800 Free		9:59.98	9:59.99	10:59.99	11:59.99	12:59.99
26:25.99	24:23.99	22:21.99	20:19.99	19:37.18		1500 Free		18:41.75	19:29.99	21:26.98	23:23.99	25:20.99
1:38.13	1:30.57	1:23.02	1:15.47	1:12.49		100 Back		1:06.74	1:09.71	1:16.68	1:23.65	1:30.62
3:33.80	3:17.35	3:00.91	2:44.46	2:38.56		200 Back		2:27.74	2:34.80	2:50.28	3:05.76	3:21.25
1:51.76	1:43.17	1:34.56	1:25.97	1:22.82		100 Breast		1:14.83	1:19.07	1:26.98	1:34.88	1:42.79
4:03.46	3:44.73	3:26.01	3:07.28	2:59.90		200 Breast		2:47.03	2:56.86	3:14.54	3:32.24	3:49.92
1:36.04	1:28.66	1:21.26	1:13.88	1:09.55		100 Fly		1:03.44	1:07.32	1:14.05	1:20.79	1:27.51
3:41.68	3:24.62	3:07.57	2:50.52	2:37.71		200 Fly		2:27.05	2:35.72	2:51.29	3:06.86	3:22.43
3:29.82	3:13.66	2:57.53	2:41.39	2:35.28		200 IM		2:23.10	2:30.24	2:45.26	3:00.29	3:15.31
7:36.21	7:01.12	6:26.02	5:50.93	5:34.24		400 IM		5:16.04	5:27.99	6:00.79	6:33.59	7:06.39
B	A	AA	AAA	AAAA	SR-Z	17/18	SR-Z	AAAA	AAA	AA	A	B
0:39.61	0:36.56	0:33.51	0:30.47	0:29.54		50 Free		0:25.68	0:26.65	0:29.32	0:31.98	0:34.66
1:26.59	1:19.93	1:13.27	1:06.61	1:04.81		100 Free		0:56.27	0:58.28	1:04.10	1:09.93	1:15.76
3:11.96	2:57.18	2:42.42	2:27.66	2:22.31		200 Free		2:04.33	2:08.85	2:21.74	2:34.62	2:47.50
6:35.41	6:04.99	5:34.58	5:04.16	5:04.15		400 Free		4:34.77	4:43.46	5:11.81	5:40.15	6:08.50
13:38.99	12:35.99	11:32.99	10:29.99	10:29.98		800 Free		9:51.06	9:59.99	10:59.99	11:59.99	12:59.99
26:25.99	24:23.99	22:21.99	20:19.99	20:19.98		1500 Free		18:59.32	19:29.99	21:26.98	23:23.99	25:21.00
1:40.32	1:32.61	1:24.88	1:17.17	1:17.16		100 Back		1:06.58	1:08.54	1:15.39	1:22.25	1:29.10
3:44.29	3:27.04	3:09.78	2:52.53	2:46.11		200 Back		2:26.95	2:34.80	2:50.28	3:05.76	3:21.25
1:54.92	1:46.08	1:37.24	1:28.40	1:26.69		100 Breast		1:13.15	1:18.00	1:25.82	1:33.60	1:41.40
4:19.22	3:59.28	3:39.34	3:19.40	3:10.50		200 Breast		2:47.60	2:56.86	3:14.54	3:32.24	3:49.92
1:40.32	1:32.61	1:24.88	1:17.17	1:12.56		100 Fly		1:02.39	1:05.64	1:12.21	1:18.77	1:25.33
4:02.88	3:44.20	3:25.51	3:06.83	3:04.78		200 Fly		2:24.91	2:35.72	2:51.29	3:06.86	3:22.43
3:35.50	3:18.93	3:02.34	2:45.77	2:41.04		200 IM		2:22.21	2:27.91	2:42.70	2:57.49	3:12.29
7:36.21	7:01.12	6:26.02	5:50.93	5:50.92		400 IM		5:18.48	5:27.99	6:00.79	6:33.59	7:06.39

Psych Sheet

#1 Women Open 800 LC Meter Freestyle Relay				
9:50:64 AAA				
Team	Relay	Seed Time		
1	SPI-HI A	9:19:51	AAA	
2	PAQ-HI A	9:21:21	AAA	
3	HSC-HI A	9:27:29	AAA	
4	SUNA-HI A	9:43:08	AAA	
5	HSC-HI B	9:49:54	AAA	
6	PAQ-HI B	10:15:62	AA	
7	SUNA-HI B	10:57:74	AA	

#2 Men Open 800 LC Meter Freestyle Relay				
8:35:40 AAA				
Team	Relay	Seed Time		
1	SUNA-HI A	8:17:75	AAA	
2	SPI-HI A	8:41:45	AA	
3	HSC-HI A	8:44:85	AA	
4	PAQ-HI A	8:45:19	AA	
5	HSC-HI B	9:17:58	B	
6	SPI-HI B	9:58:20	B	
7	PAQ-HI B	9:58:47	B	

#3 Women Open 200 LC Meter IM				
2:41:04 AAAA				
Name	Age	Team	Seed Time	
1	Maui, Jasmine	20	KSC-HI	2:24:97
2	Foster, Lia	17	KSC-HI	2:26:70
3	Kimura, Sydney	19	KSC-HI	2:28:24
4	Iwamoto, Aimee	17	PCA-HI	2:28:54
5	Zukeran, Victorii	18	SPI-HI	2:28:75
6	James, Paris	18	LOL-HI	2:30:00
7	Yasumi, Lara	17	KSC-HI	2:30:56
8	Perdries, Maia	17	KSC-HI	2:35:74
9	Auncheon, Shawn	17	KSC-HI	2:36:06
10	Cha, Kristyn	17	AAA-HI	2:41:16
11	Nishida, Mikaela	14	HSC-HI	2:42:81
12	Nishida, Mikaela	14	HSC-HI	2:42:81
13	Liu, Ching Yin	17	SPI-HI	2:43:26
14	Takeshige, Kaya	14	HSC-HI	2:48:12
15	Domingo, Mikaeli	14	HSC-HI	2:48:24
16	Williams, Lauren	18	AUL-HI	2:52:21
17	Travis, Emily	16	AAA-HI	2:52:91
18	Tupea, Alana	13	HSC-HI	2:53:13
19	Palau, Jemala	13	KSC-HI	2:35:37
20	Quon, Yassi	17	SPI-HI	2:56:35
21	Chilton, Oisang	20	PALAU	2:57:49
22	Spriggs, India	15	AAA-HI	2:37:00
23	Misch, Dhrigjub	18	PALAU	2:58:75
24	Swami, Koylin	14	AAA-HI	3:00:50
25	Akiba, Rylin	16	PALAU	3:00:62

#4 Men Open 200 LC Meter IM				
2:22:21 AAAA				
Name	Age	Team	Seed Time	
1	Friedl, Kevin	19	KSC-HI	2:13:08
2	Heaven, Winton	22	UNAK	1:57:58

Psych Sheet

#5 Girls 10 & Under 200 LC Meter IM				
3:03:51 AAAA				
Name	Age	Team	Seed Time	
1	Naraiah, Laila	10	PAQ-HI	2:50:45
2	Hicki, Gigi	10	KSC-HI	2:58:75
3	Yasumi, Saki	10	KSC-HI	3:05:58
4	Fujiwara, Otera	10	KSC-HI	3:12:47
5	Hurd, Sophia	10	PCA-HI	3:15:49
6	Lallekis, Reina	10	PCA-HI	3:20:61
7	Caligas, Breanna	10	PCA-HI	3:20:61
8	Kaichi, Haylee	9	PAQ-HI	3:20:66
9	Oda, Leah	10	AAA-HI	3:23:49
10	Gurney, Ava	10	KSC-HI	3:24:22
11	Ho, Tina	10	KSC-HI	3:25:45
12	Keleka, Tehani	10	KSC-HI	3:26:52
13	Hekalo, Paige	10	AUL-HI	3:26:77
14	Inouye, Chise	9	MOKI-HI	3:28:08
15	Kenessey, Tina	10	AAA-HI	3:28:84
16	Kaneshiro, Skyia	10	HSC-HI	3:30:24
17	Idica, Leigh	10	MOKI-HI	3:36:02
18	Ho, Tina	9	HSC-HI	3:37:23
19	Sumida, Arisa	10	KSC-HI	3:39:23
20	Pizarro, Gabby	10	AUL-HI	3:40:35
21	Stuhlmacher, Cla	9	AUL-HI	3:54:41
22	Terada, Kaitani	10	KSC-HI	3:45:06
23	Troxel, Elizabeth	10	AUL-HI	NT
24	Bell, Hannah	10	HSC-HI	NT
25	Kaneshiro, Kenn	10	HSC-HI	NT
26	Levine, Riley	10	HSC-HI	NT

#6 Boys 10 & Under 200 LC Meter IM				
3:13:05 AAAA				
Name	Age	Team	Seed Time	
1	Osadaqui, Philip	10	AUL-HI	2:56:62
2	Seminarage, Con	10	HSC-HI	3:09:35
3	Wong, Evan	10	LOL-HI	3:18:96
4	Garcia, Ryson	10	AAA-HI	3:23:91

#7 Girls 11-12 200 LC Meter IM				
2:45:00 AAAA				
Name	Age	Team	Seed Time	
1	Monahan, Grace	12	KSC-HI	2:34:13
2	Hsu, JaYi	11	PUTUO	2:37:00
3	Li, XinYu	11	PUTUO	2:38:00
4	Zapata, Ashley	11	HSC-HI	2:41:33
5	Tong, MengFei	11	PUTUO	2:42:00
6	Tanaka, Elena	12	HSC-HI	2:44:81
7	Nakaya, Noriaki	12	KSC-HI	2:46:11
8	Beil, Lucy	11	MAN-HI	2:46:99
9	Arrethi, Mindy	12	AUL-HI	2:49:77
10	Ming, Brooke	12	KSC-HI	2:50:58
11	Tanaka, Keiten	12	AUL-HI	2:51:79
12	Tabros, Nikki	11	HSC-HI	2:51:82
13	Lamas, Charite	11	HSC-HI	2:51:86
14	Hofmann, Lellar	12	PAQ-HI	2:53:78
15	Echavarrin, Abiga	12	HSC-HI	2:55:11
16	King, Gessica	12	SPI-HI	2:55:15
17	Msallidis, Joey	11	KSC-HI	2:55:97
18	Yamamoto, Mari	12	HSC-HI	2:57:28
19	Nakaya, Naomi	11	KSC-HI	2:57:48
20	Retter, Jen	12	AUL-HI	2:58:97
21	Meyers, Lin	12	SUNA-HI	2:59:13
22	Jeremiah, Jordan	11	HSC-HI	2:59:99
23	Watts, Mackenzie	12	PAQ-HI	3:00:06
24	Logan, Jessica	11	AUL-HI	3:00:27
25	Johnsson, Sophia	12	HSC-HI	3:04:24
26	Patterson, Talia	12	PAQ-HI	3:04:88
27	Opawa, Kaylee	11	PAQ-HI	3:06:40
28	Cheung, Aerin	12	HSC-HI	3:11:43
29	Natori, Ashlyn	12	PAQ-HI	3:12:05
30	Bender, Sophie	11	PAQ-HI	2:50:13
31	Outtrim, Taylor	12	KSC-HI	3:14:02
32	Helken, Pam	12	AUL-HI	3:16:94

#8 Boys 11-12 200 LC Meter IM				
2:47:79 AAAA				
Name	Age	Team	Seed Time	
1	McNabb, Carl	12	HSC-HI	2:35:05
2	Zhou, Chunhua	11	PUTUO	2:36:00
3	Chen, Xiao	11	PUTUO	2:38:00
4	Swartwood, Blair	12	KSC-HI	2:39:71
5	Nakatsu, Ken	12	HSC-HI	2:41:42
6	Clark, Noa	12	KSC-HI	2:44:93

#9 Girls 13-14 200 LC Meter IM				
2:36:66 AAAA				
Name	Age	Team	Seed Time	
1	Lum, Jamiy	14	KSC-HI	2:31:80
2	Li, Shirley	14	KSC-HI	2:32:77
3	O'Brien, Jasmine	14	HSC-HI	2:35:10
4	Garcia, Casey	13	KSC-HI	2:35:44
5	Saaka, Kyrie	14	HSC-HI	2:36:55
6	Iwamoto, Reyna	14	PCA-HI	2:36:67
7	Brown, Jredynn	13	HSC-HI	2:37:61
8	Swartwood, Brii	13	PUTUO	2:38:32
9	Li, Yiyi	13	PUTUO	2:39:00
10	Mobley, Joste	13	PAQ-HI	2:39:20
11	Fujii, Kate	14	KSC-HI	2:39:80
12	Outtrim, Ashley	13	KSC-HI	2:40:36
13	Dreyer, Reina	13	SPI-HI	2:42:25
14	Story, Shaye	13	KSC-HI	2:43:53
15	Abbas, Belle	13	AUL-HI	2:43:54
16	Walton, Mariah	14	KSC-HI	2:43:59
17	Zhu, Jialing	13	PUTUO	2:44:00
18	Shih, Yu	13	HSC-HI	2:44:65
19	Carlson, Sofia	13	KSC-HI	2:45:74
20	Honell, Erika	14	PAQ-HI	2:46:15
21	Flinnelaha, Tris	13	KSC-HI	2:46:23
22	Pelletier, Kamil	13	PAQ-HI	2:46:51
23	Kaneshiro, Chels	14	PAQ-HI	2:46:83
24	Okuma, Megan	14	PCA-HI	2:47:66
25	Uyeda, Ruelahn	13	KSC-HI	2:47:70
26	Almeida, Kyla	14	KSC-HI	2:49:35
27	Webs, Skyler	13	AUL-HI	2:49:58
28	Weber, Mallory	14	PAQ-HI	2:49:62
29	Terada, Kaitani	14	KSC-HI	2:50:00
30	Songsong, Sane	14	KSC-HI	2:50:02
31	Sonezer, Olivia	14	KSC-HI	2:51:08
32	Ho, Jaeyln	14	SUNA-HI	2:51:19
33	Lum, Pih	13	KSC-HI	2:51:79
34	Gao, Dreyamala	13	KSC-HI	2:52:71

#10 Boys 13-14 200 LC Meter IM				
2:28:97 AAAA				
Name	Age	Team	Seed Time	
1	Nadeya, Nicholas	14	HSC-HI	2:22:11
2	Escobar, Janel	13	HSC-HI	2:24:05
3	Albajed, Devin	13	HSC-HI	2:24:47
4	Luo, Yijun	13	PUTUO	2:26:00
5	Kenne, Noel	13	PALAU	2:27:33
6	Grzona, Mikcha	14	KSC-HI	2:29:84
7	Ginno, Michko	14	KSC-HI	2:29:84
8	Wojack, Kazano	13	AAA-HI	2:33:80
9	Retter, Jen	13	AUL-HI	2:34:17
10	Taki, Matthew	14	PCA-HI	2:35:92
11	Artyshaj, Byo	13	KSC-HI	2:38:09
12	Peters, Noah	13	KSC-HI	2:38:14
13	Goyman, Malco	14	PALAU	2:38:64
14	Wan, Zihun	13	PUTUO	2:40:00
15	Yamamoto, Zane	14	PAQ-HI	2:41:48
16	Lillo, Kobe	13	HSC-HI	2:41:52
17	Copp, Noa	14	KSC-HI	2:43:00
18	Van Daniel	13	HSC-HI	2:46:30
19	Corpus, Jonathan	13	HSC-HI	2:46:81
20	Zachmeyer, Griff	13	AUL-HI	2:28:00
21	Oda, Roy	14	AAA-HI	2:53:67
22	Salek, Azam	14	SPI-HI	2:55:67
23	West, Kai	14	AUL-HI	3:03:83
24	Westphal, Jack	14	AUL-HI	3:03:83
25	Lee, Adam	14	SUNA-HI	2:43:09

#11 Girls 15-16 200 LC Meter IM				
2:35:28 AAAA				
Name	Age	Team	Seed Time	
1	Whitty, Sydney	15	LOL-HI	2:29:28
2	Yasumi, Lara	15	KSC-HI	2:31:49
3	Alura, Kyla	16	HSC-HI	2:32:01
4	Bareggi, Echo	16	LOL-HI	2:32:74
5	Hess, Hanna	16	KSC-HI	2:33:01
6	Gonzalez, Lyra	15	KSC-HI	2:35:69
7	Deer, Lela	16	AUL-HI	2:34:21
8	Pound, LeGrand	16	KSC-HI	2:35:13
9	Hopkins, Hilarani	16	KSC-HI	2:36:10
10	Brennan, Caglia	16	LOL-HI	2:36:17

#12 Boys 15-16 200 LC Meter IM				
2:30:24 AAA				
Name	Age	Team	Seed Time	
1	Porrides, Michae	15	KSC-HI	2:19:32
2	Sawai, Kanoe	15	KSC-HI	2:20:29
3	Alia, Joseph	16	SPI-HI	2:23:85
4	Wada, Reimon	14	SPI-HI	2:24:81
5	Lujan, Josh	15	HSC-HI	2:24:16
6	Endo, Taizo	15	SPI-HI	2:24:42
7	Carlson, Noah	15	KSC-HI	2:24:75
8	Horne, Jack	15	KSC-HI	2:27:39
9	Takahashi, Jarret	15	KSC-HI	2:27:39
10	Lee, Jasun	15	PAQ-HI	2:28:02
11	Bosworth, Rihan	15		

2016 HI 68th ANNUAL KEO NAKAMA INVITATIONAL - 7/1/2016 to 7/3/2016

Psych Sheet

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #14 Men Open 100 LC Meter Freestyle, #15 Women Open 100 LC Meter Freestyle, and #16 Boys 10 & Under 50 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #17 Girls 13-14 50 LC Meter Freestyle, #18 Boys 11-12 50 LC Meter Freestyle, and #19 Girls 13-14 50 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #20 Boys 13-14 50 LC Meter Freestyle, #21 Girls 13-14 50 LC Meter Freestyle, and #22 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #23 Girls 13-14 50 LC Meter Freestyle, #24 Boys 15-16 100 LC Meter Freestyle, and #25 Girls 15-16 100 LC Meter Freestyle.

Psych Sheet

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #26 Boys 15-16 100 LC Meter Freestyle, #27 Girls 15-16 100 LC Meter Freestyle, and #28 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #29 Boys 15-16 100 LC Meter Freestyle, #30 Girls 15-16 100 LC Meter Freestyle, and #31 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #32 Boys 15-16 100 LC Meter Freestyle, #33 Girls 15-16 100 LC Meter Freestyle, and #34 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #35 Girls 15-16 100 LC Meter Freestyle, #36 Boys 15-16 100 LC Meter Freestyle, and #37 Girls 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #38 Boys 15-16 100 LC Meter Freestyle, #39 Girls 15-16 100 LC Meter Freestyle, and #40 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #41 Girls 15-16 100 LC Meter Freestyle, #42 Boys 15-16 100 LC Meter Freestyle, and #43 Girls 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #44 Boys 15-16 100 LC Meter Freestyle, #45 Girls 15-16 100 LC Meter Freestyle, and #46 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #47 Boys 15-16 100 LC Meter Freestyle, #48 Girls 15-16 100 LC Meter Freestyle, and #49 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #50 Girls 15-16 100 LC Meter Freestyle, #51 Boys 15-16 100 LC Meter Freestyle, and #52 Girls 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #53 Boys 15-16 100 LC Meter Freestyle, #54 Girls 15-16 100 LC Meter Freestyle, and #55 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #56 Girls 15-16 100 LC Meter Freestyle, #57 Boys 15-16 100 LC Meter Freestyle, and #58 Girls 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #59 Boys 15-16 100 LC Meter Freestyle, #60 Girls 15-16 100 LC Meter Freestyle, and #61 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #62 Boys 15-16 100 LC Meter Freestyle, #63 Girls 15-16 100 LC Meter Freestyle, and #64 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #65 Girls 15-16 100 LC Meter Freestyle, #66 Boys 15-16 100 LC Meter Freestyle, and #67 Girls 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #68 Boys 15-16 100 LC Meter Freestyle, #69 Girls 15-16 100 LC Meter Freestyle, and #70 Boys 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #71 Girls 15-16 100 LC Meter Freestyle, #72 Boys 15-16 100 LC Meter Freestyle, and #73 Girls 15-16 100 LC Meter Freestyle.

Table with columns: Name, Age, Team, Seed Time. Lists swimmers for #74 Boys 15-16 100 LC Meter Freestyle, #75 Girls 15-16 100 LC Meter Freestyle, and #76 Boys 15-16 100 LC Meter Freestyle.

#26 Boys 13-14 400 LC Meter Freestyle		
Name	Age	Team
1 Escobar, Jonel	13	HSC-HI
2 Silva, Kamaria	11	MOKR-HI
3 Yamamoto, Mari	12	HSC-HI
4 West, Zack	12	HSC-HI
5 Wn, Zhihan	13	PUTUO
6 Lee, Maxwell	13	PAQ-HI
7 Lillo, Kobe	13	HSC-HI
8 Takai, Matthew	14	PCG-HI
9 Peeters, Noah	13	KSC-HI
10 Yamamoto, Zane	14	PAQ-HI
11 Copp, Noa	14	KSC-HI
12 Reiter, Jon	11	AUL-HI
13 Sakai, Ahron	14	SPL-HI
14 Keane, Noel	13	PALAU
15 Corpuz, Jordan	13	HSC-HI
16 Gwynn, Malco	14	PALAU
17 Kauihoku-Chang, 14		PCG-HI
18 Alonso, Mysha	16	HSC-HI
19 Guevara, Kimi	15	SUNAH-HI
20 Brennan, Caglia	16	IOL-HI
21 Ng, Chancel	15	PAQ-HI
22 Cantozza, Abby	15	KSC-HI
23 Whitney, Sydney	15	IOL-HI
24 Bliss, Ashton	16	HSC-HI
25 Chong, Alohi	15	PCG-HI
26 Ki, Amanda	16	SPL-HI
27 O'Brien, Jasmine	14	HSC-HI
28 Truss, Emily	16	AAAA-HI
29 Brown, Charles	15	SUNAH-HI
30 Nakakura, Noelle	15	KSC-HI
31 Amamall, Geed	15	AUL-HI
32 Neumann, Malia	15	SUNAH-HI
33 Yee, Sophia	13	HSC-HI
34 Maglasang, Beins	15	SUNAH-HI

#26 Boys 13-14 400 LC Meter Freestyle		
Name	Age	Team
1 Escobar, Jonel	13	HSC-HI
2 Silva, Kamaria	11	MOKR-HI
3 Yamamoto, Mari	12	HSC-HI
4 West, Zack	12	HSC-HI
5 Wn, Zhihan	13	PUTUO
6 Lee, Maxwell	13	PAQ-HI
7 Lillo, Kobe	13	HSC-HI
8 Takai, Matthew	14	PCG-HI
9 Peeters, Noah	13	KSC-HI
10 Yamamoto, Zane	14	PAQ-HI
11 Copp, Noa	14	KSC-HI
12 Reiter, Jon	11	AUL-HI
13 Sakai, Ahron	14	SPL-HI
14 Keane, Noel	13	PALAU
15 Corpuz, Jordan	13	HSC-HI
16 Gwynn, Malco	14	PALAU
17 Kauihoku-Chang, 14		PCG-HI
18 Alonso, Mysha	16	HSC-HI
19 Guevara, Kimi	15	SUNAH-HI
20 Brennan, Caglia	16	IOL-HI
21 Ng, Chancel	15	PAQ-HI
22 Cantozza, Abby	15	KSC-HI
23 Whitney, Sydney	15	IOL-HI
24 Bliss, Ashton	16	HSC-HI
25 Chong, Alohi	15	PCG-HI
26 Ki, Amanda	16	SPL-HI
27 O'Brien, Jasmine	14	HSC-HI
28 Truss, Emily	16	AAAA-HI
29 Brown, Charles	15	SUNAH-HI
30 Nakakura, Noelle	15	KSC-HI
31 Amamall, Geed	15	AUL-HI
32 Neumann, Malia	15	SUNAH-HI
33 Yee, Sophia	13	HSC-HI
34 Maglasang, Beins	15	SUNAH-HI

#26 Boys 13-14 400 LC Meter Freestyle		
Name	Age	Team
1 Escobar, Jonel	13	HSC-HI
2 Silva, Kamaria	11	MOKR-HI
3 Yamamoto, Mari	12	HSC-HI
4 West, Zack	12	HSC-HI
5 Wn, Zhihan	13	PUTUO
6 Lee, Maxwell	13	PAQ-HI
7 Lillo, Kobe	13	HSC-HI
8 Takai, Matthew	14	PCG-HI
9 Peeters, Noah	13	KSC-HI
10 Yamamoto, Zane	14	PAQ-HI
11 Copp, Noa	14	KSC-HI
12 Reiter, Jon	11	AUL-HI
13 Sakai, Ahron	14	SPL-HI
14 Keane, Noel	13	PALAU
15 Corpuz, Jordan	13	HSC-HI
16 Gwynn, Malco	14	PALAU
17 Kauihoku-Chang, 14		PCG-HI
18 Alonso, Mysha	16	HSC-HI
19 Guevara, Kimi	15	SUNAH-HI
20 Brennan, Caglia	16	IOL-HI
21 Ng, Chancel	15	PAQ-HI
22 Cantozza, Abby	15	KSC-HI
23 Whitney, Sydney	15	IOL-HI
24 Bliss, Ashton	16	HSC-HI
25 Chong, Alohi	15	PCG-HI
26 Ki, Amanda	16	SPL-HI
27 O'Brien, Jasmine	14	HSC-HI
28 Truss, Emily	16	AAAA-HI
29 Brown, Charles	15	SUNAH-HI
30 Nakakura, Noelle	15	KSC-HI
31 Amamall, Geed	15	AUL-HI
32 Neumann, Malia	15	SUNAH-HI
33 Yee, Sophia	13	HSC-HI
34 Maglasang, Beins	15	SUNAH-HI

#26 Boys 13-14 400 LC Meter Freestyle		
Name	Age	Team
1 Escobar, Jonel	13	HSC-HI
2 Silva, Kamaria	11	MOKR-HI
3 Yamamoto, Mari	12	HSC-HI
4 West, Zack	12	HSC-HI
5 Wn, Zhihan	13	PUTUO
6 Lee, Maxwell	13	PAQ-HI
7 Lillo, Kobe	13	HSC-HI
8 Takai, Matthew	14	PCG-HI
9 Peeters, Noah	13	KSC-HI
10 Yamamoto, Zane	14	PAQ-HI
11 Copp, Noa	14	KSC-HI
12 Reiter, Jon	11	AUL-HI
13 Sakai, Ahron	14	SPL-HI
14 Keane, Noel	13	PALAU
15 Corpuz, Jordan	13	HSC-HI
16 Gwynn, Malco	14	PALAU
17 Kauihoku-Chang, 14		PCG-HI
18 Alonso, Mysha	16	HSC-HI
19 Guevara, Kimi	15	SUNAH-HI
20 Brennan, Caglia	16	IOL-HI
21 Ng, Chancel	15	PAQ-HI
22 Cantozza, Abby	15	KSC-HI
23 Whitney, Sydney	15	IOL-HI
24 Bliss, Ashton	16	HSC-HI
25 Chong, Alohi	15	PCG-HI
26 Ki, Amanda	16	SPL-HI
27 O'Brien, Jasmine	14	HSC-HI
28 Truss, Emily	16	AAAA-HI
29 Brown, Charles	15	SUNAH-HI
30 Nakakura, Noelle	15	KSC-HI
31 Amamall, Geed	15	AUL-HI
32 Neumann, Malia	15	SUNAH-HI
33 Yee, Sophia	13	HSC-HI
34 Maglasang, Beins	15	SUNAH-HI

#26 Boys 13-14 400 LC Meter Freestyle		
Name	Age	Team
1 Escobar, Jonel	13	HSC-HI
2 Silva, Kamaria	11	MOKR-HI
3 Yamamoto, Mari	12	HSC-HI
4 West, Zack	12	HSC-HI
5 Wn, Zhihan	13	PUTUO
6 Lee, Maxwell	13	PAQ-HI
7 Lillo, Kobe	13	HSC-HI
8 Takai, Matthew	14	PCG-HI
9 Peeters, Noah	13	KSC-HI
10 Yamamoto, Zane	14	PAQ-HI
11 Copp, Noa	14	KSC-HI
12 Reiter, Jon	11	AUL-HI
13 Sakai, Ahron	14	SPL-HI
14 Keane, Noel	13	PALAU
15 Corpuz, Jordan	13	HSC-HI
16 Gwynn, Malco	14	PALAU
17 Kauihoku-Chang, 14		PCG-HI
18 Alonso, Mysha	16	HSC-HI
19 Guevara, Kimi	15	SUNAH-HI
20 Brennan, Caglia	16	IOL-HI
21 Ng, Chancel	15	PAQ-HI
22 Cantozza, Abby	15	KSC-HI
23 Whitney, Sydney	15	IOL-HI
24 Bliss, Ashton	16	HSC-HI
25 Chong, Alohi	15	PCG-HI
26 Ki, Amanda	16	SPL-HI
27 O'Brien, Jasmine	14	HSC-HI
28 Truss, Emily	16	AAAA-HI
29 Brown, Charles	15	SUNAH-HI
30 Nakakura, Noelle	15	KSC-HI
31 Amamall, Geed	15	AUL-HI
32 Neumann, Malia	15	SUNAH-HI
33 Yee, Sophia	13	HSC-HI
34 Maglasang, Beins	15	SUNAH-HI

#38 Boys 15-16 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1 Aha, Joseph	16	SPL-HI	1:30:38 AA
2 Hayakawa, Allen	16	KSC-HI	1:30:57 AA
3 Endo, Talyo	15	SPH-HI	1:31:00 AA
4 Plesanth, Deniso	15	PAQ-HI	1:31:10 AA
5 Lyons, Cameron	15	SPH-HI	1:31:15 AA
6 Asuncion, Shagn	17	KSC-HI	1:31:49 A
7 Murch, Ryan	16	SPH-HI	1:33:01 A
8 Hwang, Pong	12	POA-HI	1:33:39 A
9 Kuroki, Ken	11	POA-HI	1:33:58 A
10 Gorman, Rachel	14	KSC-HI	1:34:83 A
11 Wang, Ming	12	PAQ-HI	1:34:86 A
12 Sato, Gaden	12	POA-HI	1:34:86 A
13 Lu, Xian	11	PUTUO	1:34:86 A
14 Sui, Qiyang	11	PUTUO	1:34:86 A
15 Sun, Yixuan	11	PUTUO	1:34:86 A
16 Chen, Xiao	11	PUTUO	1:34:86 A
17 Lu, Yitong	11	PUTUO	1:34:86 A
18 Xu, Chensun	11	PUTUO	1:34:86 A
19 Cao, Tom	12	AUL-HI	1:35:07 AA
20 West, Zack	12	POA-HI	1:35:07 AA
21 Chen, Pono	12	POA-HI	1:35:07 AA
22 Lu, Jiahui	12	POA-HI	1:35:07 AA
23 Wang, Ming	12	PAQ-HI	1:35:07 AA
24 Lu, Jiahui	12	POA-HI	1:35:07 AA
25 Lu, Jiahui	12	POA-HI	1:35:07 AA
26 Lu, Jiahui	12	POA-HI	1:35:07 AA
27 Lu, Jiahui	12	POA-HI	1:35:07 AA
28 Lu, Jiahui	12	POA-HI	1:35:07 AA
29 Lu, Jiahui	12	POA-HI	1:35:07 AA
30 Lu, Jiahui	12	POA-HI	1:35:07 AA
31 Lu, Jiahui	12	POA-HI	1:35:07 AA
32 Lu, Jiahui	12	POA-HI	1:35:07 AA
33 Lu, Jiahui	12	POA-HI	1:35:07 AA
34 Lu, Jiahui	12	POA-HI	1:35:07 AA
35 Lu, Jiahui	12	POA-HI	1:35:07 AA
36 Lu, Jiahui	12	POA-HI	1:35:07 AA
37 Lu, Jiahui	12	POA-HI	1:35:07 AA
38 Lu, Jiahui	12	POA-HI	1:35:07 AA
39 Lu, Jiahui	12	POA-HI	1:35:07 AA
40 Lu, Jiahui	12	POA-HI	1:35:07 AA
41 Lu, Jiahui	12	POA-HI	1:35:07 AA
42 Lu, Jiahui	12	POA-HI	1:35:07 AA
43 Lu, Jiahui	12	POA-HI	1:35:07 AA
44 Lu, Jiahui	12	POA-HI	1:35:07 AA
45 Lu, Jiahui	12	POA-HI	1:35:07 AA

#39 Girls 11-12 100 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Aha, Joseph	16	SPL-HI	1:30:38 AA
2 Hayakawa, Allen	16	KSC-HI	1:30:57 AA
3 Endo, Talyo	15	SPH-HI	1:31:00 AA
4 Plesanth, Deniso	15	PAQ-HI	1:31:10 AA
5 Lyons, Cameron	15	SPH-HI	1:31:15 AA
6 Asuncion, Shagn	17	KSC-HI	1:31:49 A
7 Murch, Ryan	16	SPH-HI	1:33:01 A
8 Hwang, Pong	12	POA-HI	1:33:39 A
9 Kuroki, Ken	11	POA-HI	1:33:58 A
10 Gorman, Rachel	14	KSC-HI	1:34:83 A
11 Wang, Ming	12	PAQ-HI	1:34:86 A
12 Sato, Gaden	12	POA-HI	1:34:86 A
13 Lu, Xian	11	PUTUO	1:34:86 A
14 Sui, Qiyang	11	PUTUO	1:34:86 A
15 Sun, Yixuan	11	PUTUO	1:34:86 A
16 Chen, Xiao	11	PUTUO	1:34:86 A
17 Lu, Yitong	11	PUTUO	1:34:86 A
18 Xu, Chensun	11	PUTUO	1:34:86 A
19 Cao, Tom	12	AUL-HI	1:35:07 AA
20 West, Zack	12	POA-HI	1:35:07 AA
21 Chen, Pono	12	POA-HI	1:35:07 AA
22 Lu, Jiahui	12	POA-HI	1:35:07 AA
23 Wang, Ming	12	PAQ-HI	1:35:07 AA
24 Lu, Jiahui	12	POA-HI	1:35:07 AA
25 Lu, Jiahui	12	POA-HI	1:35:07 AA
26 Lu, Jiahui	12	POA-HI	1:35:07 AA
27 Lu, Jiahui	12	POA-HI	1:35:07 AA
28 Lu, Jiahui	12	POA-HI	1:35:07 AA
29 Lu, Jiahui	12	POA-HI	1:35:07 AA
30 Lu, Jiahui	12	POA-HI	1:35:07 AA
31 Lu, Jiahui	12	POA-HI	1:35:07 AA
32 Lu, Jiahui	12	POA-HI	1:35:07 AA
33 Lu, Jiahui	12	POA-HI	1:35:07 AA
34 Lu, Jiahui	12	POA-HI	1:35:07 AA
35 Lu, Jiahui	12	POA-HI	1:35:07 AA
36 Lu, Jiahui	12	POA-HI	1:35:07 AA
37 Lu, Jiahui	12	POA-HI	1:35:07 AA
38 Lu, Jiahui	12	POA-HI	1:35:07 AA
39 Lu, Jiahui	12	POA-HI	1:35:07 AA
40 Lu, Jiahui	12	POA-HI	1:35:07 AA
41 Lu, Jiahui	12	POA-HI	1:35:07 AA
42 Lu, Jiahui	12	POA-HI	1:35:07 AA
43 Lu, Jiahui	12	POA-HI	1:35:07 AA
44 Lu, Jiahui	12	POA-HI	1:35:07 AA
45 Lu, Jiahui	12	POA-HI	1:35:07 AA

#40 Boys 11-12 100 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Aha, Joseph	16	SPL-HI	1:30:38 AA
2 Hayakawa, Allen	16	KSC-HI	1:30:57 AA
3 Endo, Talyo	15	SPH-HI	1:31:00 AA
4 Plesanth, Deniso	15	PAQ-HI	1:31:10 AA
5 Lyons, Cameron	15	SPH-HI	1:31:15 AA
6 Asuncion, Shagn	17	KSC-HI	1:31:49 A
7 Murch, Ryan	16	SPH-HI	1:33:01 A
8 Hwang, Pong	12	POA-HI	1:33:39 A
9 Kuroki, Ken	11	POA-HI	1:33:58 A
10 Gorman, Rachel	14	KSC-HI	1:34:83 A
11 Wang, Ming	12	PAQ-HI	1:34:86 A
12 Sato, Gaden	12	POA-HI	1:34:86 A
13 Lu, Xian	11	PUTUO	1:34:86 A
14 Sui, Qiyang	11	PUTUO	1:34:86 A
15 Sun, Yixuan	11	PUTUO	1:34:86 A
16 Chen, Xiao	11	PUTUO	1:34:86 A
17 Lu, Yitong	11	PUTUO	1:34:86 A
18 Xu, Chensun	11	PUTUO	1:34:86 A
19 Cao, Tom	12	AUL-HI	1:35:07 AA
20 West, Zack	12	POA-HI	1:35:07 AA
21 Chen, Pono	12	POA-HI	1:35:07 AA
22 Lu, Jiahui	12	POA-HI	1:35:07 AA
23 Wang, Ming	12	PAQ-HI	1:35:07 AA
24 Lu, Jiahui	12	POA-HI	1:35:07 AA
25 Lu, Jiahui	12	POA-HI	1:35:07 AA
26 Lu, Jiahui	12	POA-HI	1:35:07 AA
27 Lu, Jiahui	12	POA-HI	1:35:07 AA
28 Lu, Jiahui	12	POA-HI	1:35:07 AA
29 Lu, Jiahui	12	POA-HI	1:35:07 AA
30 Lu, Jiahui	12	POA-HI	1:35:07 AA
31 Lu, Jiahui	12	POA-HI	1:35:07 AA
32 Lu, Jiahui	12	POA-HI	1:35:07 AA
33 Lu, Jiahui	12	POA-HI	1:35:07 AA
34 Lu, Jiahui	12	POA-HI	1:35:07 AA
35 Lu, Jiahui	12	POA-HI	1:35:07 AA
36 Lu, Jiahui	12	POA-HI	1:35:07 AA
37 Lu, Jiahui	12	POA-HI	1:35:07 AA
38 Lu, Jiahui	12	POA-HI	1:35:07 AA
39 Lu, Jiahui	12	POA-HI	1:35:07 AA
40 Lu, Jiahui	12	POA-HI	1:35:07 AA
41 Lu, Jiahui	12	POA-HI	1:35:07 AA
42 Lu, Jiahui	12	POA-HI	1:35:07 AA
43 Lu, Jiahui	12	POA-HI	1:35:07 AA
44 Lu, Jiahui	12	POA-HI	1:35:07 AA
45 Lu, Jiahui	12	POA-HI	1:35:07 AA

#41 Women Open 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1 Hayakawa, Lena	19	KSC-HI	1:32:56 AA
2 Zukeran, Victoria	18	SPL-HI	1:32:56 AA
3 James, Paris	18	POA-HI	1:32:56 AA
4 Iwamoto, Almire	17	POA-HI	1:32:56 AA
5 Lyon, Cameron	17	SPH-HI	1:32:56 AA
6 Asuncion, Shagn	17	KSC-HI	1:32:56 AA
7 Murch, Ryan	16	SPH-HI	1:32:56 AA
8 Lu, Ching Yin	17	SPH-HI	1:32:56 AA
9 Chang, Malla	13	PAQ-HI	1:32:56 AA
10 Adams, Peyton	14	HICK-HI	1:32:56 AA
11 Quon, Yessi	17	SPH-HI	1:32:56 AA
12 Gorbun, Megan	15	BOVS-HI	1:32:56 AA
13 Colburn, Megan	15	BOVS-HI	1:32:56 AA
14 Williams, Laura	18	AUL-HI	1:32:56 AA
15 Sun, Yixuan	11	PUTUO	1:32:56 AA
16 Chen, Xiao	11	PUTUO	1:32:56 AA
17 Lu, Yitong	11	PUTUO	1:32:56 AA
18 Xu, Chensun	11	PUTUO	1:32:56 AA
19 Cao, Tom	12	AUL-HI	1:32:56 AA
20 West, Zack	12	POA-HI	1:32:56 AA
21 Chen, Pono	12	POA-HI	1:32:56 AA
22 Lu, Jiahui	12	POA-HI	1:32:56 AA
23 Wang, Ming	12	PAQ-HI	1:32:56 AA
24 Lu, Jiahui	12	POA-HI	1:32:56 AA
25 Lu, Jiahui	12	POA-HI	1:32:56 AA
26 Lu, Jiahui	12	POA-HI	1:32:56 AA
27 Lu, Jiahui	12	POA-HI	1:32:56 AA
28 Lu, Jiahui	12	POA-HI	1:32:56 AA
29 Lu, Jiahui	12	POA-HI	1:32:56 AA
30 Lu, Jiahui	12	POA-HI	1:32:56 AA
31 Lu, Jiahui	12	POA-HI	1:32:56 AA
32 Lu, Jiahui	12	POA-HI	1:32:56 AA
33 Lu, Jiahui	12	POA-HI	1:32:56 AA
34 Lu, Jiahui	12	POA-HI	1:32:56 AA
35 Lu, Jiahui	12	POA-HI	1:32:56 AA
36 Lu, Jiahui	12	POA-HI	1:32:56 AA
37 Lu, Jiahui	12	POA-HI	1:32:56 AA
38 Lu, Jiahui	12	POA-HI	1:32:56 AA
39 Lu, Jiahui	12	POA-HI	1:32:56 AA
40 Lu, Jiahui	12	POA-HI	1:32:56 AA
41 Lu, Jiahui	12	POA-HI	1:32:56 AA
42 Lu, Jiahui	12	POA-HI	1:32:56 AA
43 Lu, Jiahui	12	POA-HI	1:32:56 AA
44 Lu, Jiahui	12	POA-HI	1:32:56 AA
45 Lu, Jiahui	12	POA-HI	1:32:56 AA

#42 Men Open 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1 Hayakawa, Lena	19	KSC-HI	1:32:56 AA
2 Zukeran, Victoria	18	SPL-HI	1:32:56 AA
3 James, Paris	18	POA-HI	1:32:56 AA
4 Iwamoto, Almire	17	POA-HI	1:32:56 AA
5 Lyon, Cameron	17	SPH-HI	1:32:56 AA
6 Asuncion, Shagn	17	KSC-HI	1:32:56 AA
7 Murch, Ryan	16	SPH-HI	1:32:56 AA
8 Lu, Ching Yin	17	SPH-HI	1:32:56 AA
9 Chang, Malla	13	PAQ-HI	1:32:56 AA
10 Adams, Peyton	14	HICK-HI	1:32:56 AA
11 Quon, Yessi	17	SPH-HI	1:32:56 AA
12 Gorbun, Megan	15	BOVS-HI	1:32:56 AA
13 Colburn, Megan	15	BOVS-HI	1:32:56 AA
14 Williams, Laura	18	AUL-HI	1:32:56 AA
15 Sun, Yixuan	11	PUTUO	1:32:56 AA
16 Chen, Xiao	11	PUTUO	1:32:56 AA
17 Lu, Yitong	11	PUTUO	1:32:56 AA
18 Xu, Chensun	11	PUTUO	1:32:56 AA
19 Cao, Tom	12	AUL-HI	1:32:56 AA
20 West, Zack	12	POA-HI	1:32:56 AA
21 Chen, Pono	12	POA-HI	1:32:56 AA
22 Lu, Jiahui	12	POA-HI	1:32:56 AA
23 Wang, Ming	12	PAQ-HI	1:32:56 AA
24 Lu, Jiahui	12	POA-HI	1:32:56 AA
25 Lu, Jiahui	12	POA-HI	1:32:56 AA
26 Lu, Jiahui	12	POA-HI	1:32:56 AA
27 Lu, Jiahui	12	POA-HI	1:32:56 AA
28 Lu, Jiahui	12	POA-HI	1:32:56 AA
29 Lu, Jiahui	12	POA-HI	1:32:56 AA
30 Lu, Jiahui	12	POA-HI	1:32:56 AA
31 Lu, Jiahui	12	POA-HI	1:32:56 AA
32 Lu, Jiahui	12	POA-HI	1:32:56 AA
33 Lu, Jiahui	12	POA-HI	1:32:56 AA
34 Lu, Jiahui	12	POA-HI	1:32:56 AA
35 Lu, Jiahui	12	POA-HI	1:32:56 AA
36 Lu, Jiahui	12	POA-HI	1:32:56 AA
37 Lu, Jiahui	12	POA-HI	1:32:56 AA
38 Lu, Jiahui	12	POA-HI	1:32:56 AA
39 Lu, Jiahui	12	POA-HI	1:32:56 AA
40 Lu, Jiahui	12	POA-HI	1:32:56 AA
41 Lu, Jiahui	12	POA-HI	1:32:56 AA
42 Lu, Jiahui	12	POA-HI	1:32:56 AA
43 Lu, Jiahui	12	POA-HI	1:32:56 AA
44 Lu, Jiahui	12	POA-HI	1:32:56 AA
45 Lu, Jiahui	12	POA-HI	1:32:56 AA

#43 Girls 13-14 200 LC Meter Backstroke

Name	Age	Team	Seed Time
1 O'Brien, Jasmine	14	HSC-HI	2:31:88 AAAA
2 Sasaki, Kyrie	14	HSC-HI	2:34:72 AAAA
3 Kim, Noelle	16	POA-HI	2:34:72 AAAA
4 Kim, Noelle	16	POA-HI	2:34:72 AAAA
5 Iwamoto, Almire	14	POA-HI	2:37:56 AAAA
6 Dreyer, Reina	13	SPL-HI	2:37:56 AAAA
7 Ishii, Yu	13	SPL-HI	2:37:56 AAAA
8 Zhu, Jialing	13	PUTUO	2:45:00 AAAA
9 Abbas, Belle	13	PAQ-HI	2:45:49 AAAA
10 Mobley, Jesse	13	PAQ-HI	2:48:58 AA
11 Oshiro, Kelsey	13	PAQ-HI	2:48:58 AA
12 Tupen, Alana	13	HSC-HI	2:46:69 AA
13 Terada, Aka	14	KSC-HI	2:49:55 AA
14 Meister, Mallory	14	PAQ-HI	2:51:22 AA
15 Gao, Draymalai	13	KSC-HI	2:52:58 AA
16 Silva, Angela	14	HSC-HI	2:53:11 AA
17 Kaneshiro, Ghisla	13	HSC-HI	2:53:48 AA
18 Pelletier, Kamil	13	HSC-HI	2:58:51 AA
19 Mori, Keiko	14	SUNA-HI	2:58:63 AA
20 Kerrigan, Nathal	13	PAQ-HI	3:00:80 AA
21 Kau, Sydney	13	KSC-HI	3:00:91 AA
22 Caligas, Hailee	13	POA-HI	3:01:40 AA
23 Gorman, Rachel	14	KSC-HI	3:15:51 A

#44 Boys 13-14 200 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Escobar, Jonel	13	HSC-HI	2:22:71 AAAA
2 Alajado, Devin	13	HSC-HI	2:23:53 AAAA
3 Shiu, Andre	14	MAN-HI	2:30:00 AAAA
4 Yamamoto, Zane	14	PAQ-HI	2:40:24 AAAA
5 Peters, Noah	13	KSC-HI	2:40:77 AAA
6 Reiter, Jon	13	AUL-HI	2:42

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#53 Women Open 1500 LC Meter Freestyle				
Name	Age	Team	Seed Time	Relay
1 Aituru, Kiysha	16	HSC-HI	18:02:67 AAAA	
2 O'Brien, Jasmine	14	HSC-HI	18:18:03 AAAA	
3 Brennan, Caglia	16	IOL-HI	18:21:02 AAAA	
4 Mitchell, Abigail	16	AUL-HI	19:35:84 AAAA	
5 Hamilton, Rani	14	MAN-HI	20:27:57 AA	
6 Chittom, O'Siang	20	PALAU	20:58:45 AA	
7 Mischel, D'ringul	19	PALAU	21:11:56 AA	
8 Abbas, Belle	13	AUL-HI	21:18:76 AA	
9 Barthel, Alana	13	AUL-HI	21:17:10V AA	

#61 Girls 10 & Under 50 LC Meter Butterfly				
Name	Age	Team	Seed Time	Relay
1 Nasrallah, Leila	10	PAQ-HI	34.10 AAAA	
2 Fujiwara, Chera	10	KSC-HI	36.43 AAAA	
3 Cabigas, Breana	10	PCA-HI	36.59 AAAA	
4 Hioki, Gigi	10	KSC-HI	36.65 AAAA	
5 Troxell, Elizabeth	10	AUL-HI	39.45 AAA	
6 Likieks, Reina	10	KSC-HI	39.47 AAA	
7 Yasami, Sana	10	KSC-HI	40.25 AAA	
8 Partin, Matea	10	AAA-HI	41.49 AAA	
9 Gurney, Ava	10	KSC-HI	41.58 AAA	
10 Levine, Riley	10	HSC-HI	41.66 AAA	
11 Orr, Victoria	10	HSC-HI	41.78 AAA	
12 Inouye, Chloe	9	MOKI-HI	41.80 AAA	
13 Nakagawa, Noell	10	SPL-HI	42.31 AA	
14 Heiken, Paige	10	AUL-HI	42.48 AA	
15 Oda, Leah	10	AAA-HI	42.81 AA	
16 Kenessy, Tia	10	AAA-HI	43.00 AA	
17 Kauchi, Haylie	9	PAQ-HI	43.91 AA	
18 Wong, Joyce	9	HSC-HI	43.94 AA	
19 Idris, Leigh	10	MOKI-HI	44.12 AA	
20 Anduya, Ayaline	10	IOL-HI	44.23 AA	
21 Ho, Tia	10	KSC-HI	44.73 AA	
22 Sumida, Arisa	10	HSC-HI	45.03 AA	
23 Yamamoto, Zane	10	AAA-HI	46.15 AA	
24 Tada-Portuondo, Noell	10	AAA-HI	46.46 A	
25 Ho, Tara	9	KSC-HI	47.03 A	
26 Lee, Jada	9	SPL-HI	51.98	

#63 Girls 13-14 100 LC Meter Breaststroke				
Name	Age	Team	Seed Time	Relay
1 Brown, Jordynn	13	HSC-HI	1:19:24 AAAA	
2 Fujii, Kate	14	HSC-HI	1:20:42 AAAA	
3 Poldrettier, Kamill	13	HSC-HI	1:22:17 AAAA	
4 Ho, Jocelyn	14	SUNA-HI	1:22:83 AAAA	
5 Sasaki, Kyrie	14	HSC-HI	1:25:19 AAA	
6 Garo-Drygmalas, I	13	KSC-HI	1:25:67 AAA	
7 Dwyer, Reina	13	SPL-HI	1:26:92 AAA	
8 Farah, Leigh	14	KSC-HI	1:26:95 AAA	
9 Terada, Kaka'i	14	KSC-HI	1:27:32 AAA	
10 Yee, Sophia	13	HSC-HI	1:27:34 AAA	
11 O'Brien, Jasmine	14	HSC-HI	1:27:92 AA	
12 Lum, Pili	13	KSC-HI	1:28:01 AA	
13 Iwamoto, Reyna	14	PCA-HI	1:18:49V AA	
14 Tupou, Alana	13	HSC-HI	1:28:88 AA	
15 Ford, Natasha	13	UNSN	1:28:96 AA	
16 Meister, Mallory	14	PAQ-HI	1:29:41 AA	
17 Fujiwara, Jerna	13	KSC-HI	1:19:61V AA	
18 Filmonkita, Tris	13	KSC-HI	1:30:40 AA	
19 Mori, Keiko	14	SUNA-HI	1:20:24V AA	
20 Chang, Sarah	14	MAN-HI	1:20:33V AA	
21 Oh, Lehan	13	MAN-HI	1:31:24 AA	
22 Webb, Styler	13	AUL-HI	1:31:79 AA	
23 Silva, Angela	14	HSC-HI	1:31:93 AA	
24 Valenti, Lynn	14	SUNA-HI	1:21:53V AA	
25 Bartel, Alana	13	AUL-HI	1:33:53 AA	
26 Jones, Lillie	14	MAN-HI	1:33:60 AA	
27 Ishii, Yu	13	HSC-HI	1:34:11 AA	
28 Silva, Keahe	13	AUL-HI	1:34:13 AA	
29 Oshiro, Kimi	14	SPL-HI	1:36:13 AA	
30 Kau, Sydney	13	KSC-HI	1:36:90 A	

#65 Girls 15-16 100 LC Meter Breaststroke				
Name	Age	Team	Seed Time	Relay
1 Halemano, Nichol	15	KSC-HI	1:23:68 AAA	
2 Nakakura, Noelle	15	KSC-HI	1:24:67 AAA	
3 Ki, Amanda	16	SPL-HI	1:26:31 AA	
4 Alura, Kiysha	16	HSC-HI	1:26:32 AA	
5 Amrich, Jewel	15	KSC-HI	1:27:70 AA	
6 Whitty, Sydnee o	15	IOL-HI	1:28:01 AA	
7 Cardoso, Abby	15	KSC-HI	1:28:41 AA	
8 Chismar, Jade	15	SUNA-HI	1:30:16 AA	
9 Freeman, Rachel	15	POA-HI	1:30:41 AA	
10 Guevara, Kimi	15	SUNA-HI	1:19:91V AA	
11 Neumann, Malia	15	SUNA-HI	1:31:23 AA	
12 Neumann, Charis	15	SUNA-HI	1:32:80 AA	
13 Maglasing, Retn	15	SUNA-HI	1:37:01 A	
14 Schneider, Aemel	15	HICK-HI	1:37:48 A	

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#51 ... (Girls 11-12 200 LC Meter Freestyle)				
Name	Age	Team	Seed Time	Relay
5 Arell, Mindy	12	AUL-HI	2:27:51 AAA	
6 Bell, Lucy	11	MAN-HI	2:29:75 AAA	
7 Hoffmann, Lellar	12	PAQ-HI	2:33:36 AAA	
8 Linasa, Christie	11	HSC-HI	2:33:86 AAA	
9 Jiang, Christie	11	HSC-HI	2:33:96 AAA	
10 Tabois, Nikki	12	AUL-HI	2:34:11 AAA	
11 Belter, Jen	12	AUL-HI	2:34:16 AAA	
12 Echarra, Abiga	12	HSC-HI	2:34:36 AAA	
13 Ming, Brooke	12	KSC-HI	2:34:74 AAA	
14 Silva, Kamalia	11	MOKI-HI	2:35:12 AAA	
15 Yamamoto, Mari	12	HSC-HI	2:35:32 AAA	
16 Toyotaki, Chemis	12	SPL-HI	2:35:51 AA	
17 Nee, Malie	11	HSC-HI	2:18:95V AA	
18 Logan, Jessica	11	AUL-HI	2:39:41 AA	
19 Ogawa, Kaylee	11	PAQ-HI	2:39:90 AA	
20 Tanaka, Kristen	12	AUL-HI	2:40:25 AA	
21 Johnson, Sophia	12	HSC-HI	2:41:63 AA	
22 Patterson, Talia	12	PAQ-HI	2:43:28 AA	
23 Meyers, Lin	11	SUNA-HI	2:43:82 AA	
24 Jeremiah, Jordan	11	HSC-HI	2:44:83 AA	
25 Shenlock, Adele	11	AUL-HI	2:47:95 AA	
26 Mersen, Sophia	12	PAQ-HI	2:47:96 AA	
27 Bender, Sophie	11	PAQ-HI	2:48:14 AA	
28 Madlam, Hannah	11	AUL-HI	2:50:08 AA	
29 Watts, Mackenzie	12	PAQ-HI	2:50:76 AA	
30 Ching, Tom, Heor	12	AUL-HI	2:30:92V AA	
31 Hipplito, Codi	12	AAA-HI	19:30:41 AA	
32 Garcia, Tate	12	MAN-HI	2:37:90V A	
33 Paynter-Thames, 12	MAN-HI	NT	2:41:25V A	

#54 Men Open 1500 LC Meter Freestyle				
Name	Age	Team	Seed Time	Relay
1 Piosalin, Deniso	16	KSC-HI	17:16:33 AAAA	
2 Escobar, Jonel	13	HSC-HI	18:21:78 AAAA	
3 Oksa, Matthew	16	PAQ-HI	18:24:74 AAAA	
4 Kenna, Nuel	13	PALAU	18:26:81 AAAA	
5 Cobier, Arec	15	AAA-HI	19:30:81 AA	
6 Wojack, Kosmo	13	AAA-HI	19:34:17V AA	
7 Sweet, Sebastian	15	HICK-HI	20:05:62 AA	
8 Yamamoto, Zane	14	PAQ-HI	20:16:87 AA	
9 Wong, Casey	15	MAN-HI	21:18:21 AA	
10 Chang, Matthew	13	KSC-HI	NT	

#62 Boys 10 & Under 50 LC Meter Butterfly				
Name	Age	Team	Seed Time	Relay
1 Semnawaga, Con	10	HSC-HI	36.22 AAAA	
2 Osadsky, Phillip	10	AUL-HI	36.66 AAAA	
3 Yu, Toluy	10	HSC-HI	39.96 AAA	
4 Garcia, Ryson	10	AAA-HI	40.70 AAA	
5 Canevar, Gabe	10	AUL-HI	41.58 AAA	
6 Ferrer, Jeffrey	10	HSC-HI	42.06 AAA	
7 Tan, Tommy	10	SPL-HI	42.27 AAA	
8 Aus, Kai	10	AUL-HI	46.02 AAA	
9 Endo, Kaika	8	SPL-HI	46.02 AA	
10 Lyons, Ford	10	PAQ-HI	46.87 AA	
11 Ihara, Suge	10	KSC-HI	46.99 AA	
12 Tsui, Taro	10	MAN-HI	47.04 AA	
13 Wong, Evan	10	IOL-HI	47.25 AA	
14 Lemg, Jason	10	PAQ-HI	42.29V AA	
15 Osadsky, Viktor	8	AUL-HI	48.05 AA	
16 Cheng, Benton	10	MAN-HI	48.20 AA	
17 Tan, Evans	8	SPL-HI	48.44 AA	
18 Raquel, Ian	10	MOKI-HI	49.89 A	
19 King, Andrew	10	SPL-HI	50.45 A	

#64 Boys 13-14 100 LC Meter Breaststroke				
Name	Age	Team	Seed Time	Relay
1 Tabaki, Matthew	14	PCA-HI	1:16:89 AAAA	
2 Aljaded, Devin	13	HSC-HI	1:18:16 AAAA	
3 Wojack, Kosmo	13	AAA-HI	1:18:58 AAA	
4 Salamono, Tyler	14	PAQ-HI	1:21:53 AAA	
5 Geymann, Malco	14	PALAU	1:21:97 AAA	
6 Salamono, Roy	14	PAQ-HI	1:22:14 AAA	
7 West, Kai	14	AUL-HI	1:24:43 AAA	
8 Yamamoto, Zane	14	PAQ-HI	1:24:57 AAA	
9 Kaubokone-Chang	14	PCA-HI	1:26:07 AA	
10 Oda, Roy	14	AAA-HI	1:27:33 AA	
11 Zechmeister, Griffi	13	AUL-HI	1:27:34 AA	
12 Copp, Nae	14	KSC-HI	1:27:44 AA	
13 Kawano, Jose	13	SPL-HI	1:18:30V AA	
14 Kzaqiri, Stumpy	13	IOL-HI	1:18:53V AA	
15 Iwai-King, Kai	14	MAN-HI	1:29:21 AA	
17 Corpuz, Jordan	13	HSC-HI	1:29:42 AA	
18 Hanasaka, Brenda	14	BOWS-HI	1:29:74 AA	

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#52 Boys 11-12 200 LC Meter Freestyle				
Name	Age	Team	Seed Time	Relay
1 McAbb, Carl	2:19:16	AAAA		
2 Dou, YongYin	11	POTUO	2:22:00 AAAA	
3 Nakatsu, Ken	12	HSC-HI	2:29:85 AAA	
4 Sato, Gaden	12	PCA-HI	2:31:87 AAA	
5 Fujimoto, Cole	12	SPL-HI	2:33:71 AAA	
6 Liu, Tyson	12	BOWS-HI	2:35:62 AAA	
7 West, Zack	12	AAA-HI	2:40:86 AAA	
8 Stuhlmacher, Car	11	AUL-HI	2:41:12 AAA	
9 Tanaka, Tyler	12	AAA-HI	2:24:00V AA	
10 Tanaka, Tyson	12	MOKI-HI	2:45:30 AA	
11 Ishimi, Dillon	12	HSC-HI	2:45:92 AA	
12 Camacho, Luke	12	MAN-HI	2:45:92 AA	
13 Chung, Tim, Hayd	12	AUL-HI	2:46:30 AA	
14 Iwamura, Kai	12	SPL-HI	2:31:26V AA	
15 Lum, Jalen	12	PCA-HI	2:52:85 AA	
16 Sowers, Scott	11	MAN-HI	2:33:18V AA	
17 Lyons, Jack	12	PAQ-HI	2:53:50 AA	
18 Lee, Jake	11	SPL-HI	2:53:75 AA	
19 Lamug, Raffy	11	HSC-HI	2:53:86 AA	
20 Kakea-Shultz, Ka	12	KSC-HI	2:35:23V AA	
21 Lee, Josh	11	PAQ-HI	2:55:82 AA	
22 Wongest, Rain	12	IA-HI	3:03:21 A	
23 Bowsaid, Parker	12	SPL-HI	2:54:35V	
24 Caps, Tom	12	AUL-HI	NTY	

#55 Girls 10 & Under 200 LC Meter Freestyle Relay				
Team	Relay	Seed Time	Relay	Seed Time
1 PAQ-HI	A	2:26:89		
2 AAA-HI	A	2:27:13		
3 HSC-HI	A	2:29:61		
4 SPL-HI	A	2:45:16		

#56 Boys 10 & Under 200 LC Meter Freestyle Relay				
Team	Relay	Seed Time	Relay	Seed Time
1 SPL-HI	A	2:34:33		
2 HSC-HI	A	2:35:17		
3 HSC-HI	A	2:35:17		
4 SPL-HI	A	2:45:16		

#66 Boys 10 & Under 100 LC Meter Breaststroke				
Name	Age	Team	Seed Time	Relay
1 Wong, Evan	10	IOL-HI	1:21:60 AAAA	
2 Semnawaga, Con	10	HSC-HI	1:26:52 AAAA	
3 Garcia, Ryson	10	AAA-HI	1:33:23 AAA	
4 Canevar, Gabe	10	AUL-HI	1:35:89 AAA	
5 Ferrer, Jeffrey				

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#69 ... (Women Open 100 LC Meter Breaststroke)	Name	Age	Team	Seed Time
7	Asuncion, Shyann	17	KSC-HI	1:20:58 AAAA
8	Williams, Laura	18	AUL-HI	1:26:88 AAA
9	Lu, Qing Yin	17	SPL-HI	1:30:85 AAA
10	McBee, Emma	16	HSC-HI	1:33:19 AAA
11	Alkwo, Roylin	13	HSC-HI	1:31:86S AA
12	Quon, Yassi	17	SPL-HI	1:33:91 AA
13	Palumbo, Hana	15	SPL-HI	1:35:47 AA
14	Cheng, Abih	15	PGA-HI	1:35:64 AA
15	Kuwamoto, Alys	18	SPL-HI	1:39:45 A
16	Misch, Diringbul	18	PALAU	1:37:84S A
#70 Men Open 100 LC Meter Breaststroke				
1	Shiu, Edmund	15	MAN-HI	1:13:15 AAAA
2	Zhu, Albert	17	SINA-HI	1:18:00 AAAA
3	Zachmeister, Nich	20	AUL-HI	1:25:82 AA
4	Heaven, Winter	22	UNAK	1:33:60 A
5	Fukunaga, Brian	17	BOVS-HI	1:36:64 AAA
6	Lee, Jack	17	IOI-HI	1:11:69 AAAA
7	Fuji, Shichen	18	HSC-HI	1:13:82 AAA
8	Sakai, Michael	19	SPL-HI	1:18:38 AA
9	Lee, Walter	15	SINA-HI	1:09:76V AA
10	Whitewax, Ron	15	PAQ-HI	1:12:15V AA
11	Erban, Jacob	17	SPL-HI	1:24:15 AA
12	Ilagan, Spencer	17	PGA-HI	1:24:37 AA
13	Glasgow, Jacob	21	HSC-HI	1:24:45 AA
14	Corpus, Jorden	13	HSC-HI	1:14:85V AA
15	Sweet, Sebastian	15	HSC-HI	1:15:13V AA
16	Chien, Duolon	15	BOVS-HI	1:15:51V AA

#71 Girls 13-14 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Osadsky, Phillip	10	AUL-HI	50:21 AA
2	Tan, Tommy	10	SPL-HI	50:79 AA
3	Ferris, Jeffrey	10	HSC-HI	50:80 AA
4	Semawange, Con	10	AAA-HI	50:89 AA
5	Hsu, Benjamin	10	IOI-HI	50:89 AA
6	Wong, Evan	10	IOL-HI	50:90 AA
7	Yuen, Toby	10	HSC-HI	50:97 AA
8	Tsui, Thro	10	MAN-HI	51:24 AA
9	Osaka, Landen	10	PGA-HI	51:28 AAA
10	Zhong, Richard	9	HSC-HI	45:29V AAA
11	Garcia, Nyson	10	AAA-HI	51:31 AAA
12	King, Andrew	10	SPL-HI	52:70 AA
13	Kawano, Jace	13	SPL-HI	47:10V AA
14	Leung, Jason	10	PAQ-HI	51:40V AA
15	Harris, Jack	9	HSC-HI	54:24 AA
16	Lee, Adam	8	SPL-HI	46:18V AA
17	Yamanoto, Zane	14	SINA-HI	56:17 AA
18	Katagiri, Sunny	13	IOL-HI	56:22 AA
19	West, Kai	14	AUL-HI	56:33 AA
20	Tan, Evans	8	SPL-HI	56:47 A
21	Raqueul, Jan	10	NOKI-HI	59:69 A
22	Ibara, Sage	10	KSC-HI	55:65V

#72 Boys 15-16 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Aljoudi, Devin	13	HSC-HI	2:08:77 AAAA
2	Escobar, Jonel	13	HSC-HI	2:10:80 AAAA
3	Kean, Nee	13	PALAU	2:11:91 AAAA
4	Hanaoka, Brenda	14	BOVS-HI	2:16:88 AAA
5	Sakamoto, Ray	14	PAQ-HI	2:17:04 AAA
6	Wojack, Kosmo	13	AAA-HI	2:18:31 AAA
7	Copp, Noa	14	KSC-HI	2:19:33 AAA
8	Tabei, Matthew	14	PGA-HI	2:20:63 AAA
9	Sakai, Tyler	14	PAQ-HI	2:20:91 AAA
10	Li, Kobe	13	HSC-HI	2:22:40 AA
11	Oda, Boy	14	AAA-HI	2:25:89 AA
12	Kaulkonen-Chang	14	PGA-HI	2:26:42 AA
13	Corpus, Jorden	13	HSC-HI	2:26:68 AA
14	Garyama, Malco	14	PALAU	2:27:03S AA
15	Lee, Maxwell	13	PAQ-HI	2:30:39 AA
16	Ishimi, Jack	14	MAN-HI	2:31:36 AA
17	Wesphal, Jack	14	AUL-HI	2:32:64 AA
18	Shiu, Andre	14	MAN-HI	2:32:64 AA
19	Shiau, Aaron	14	SPL-HI	2:14:88V AA
20	Zachmeister, Griffi	13	AUL-HI	2:33:89 AA
21	Kawano, Jace	13	SPL-HI	2:21:31V A
22	Lee, Adam	8	SPL-HI	2:49:83
23	Yamanoto, Zane	14	SINA-HI	2:21:41V A
24	Katagiri, Sunny	13	IOL-HI	3:04:49
25	West, Kai	14	AUL-HI	2:44:22V

#73 Girls 10 & Under 50 LC Meter Breaststroke	Name	Age	Team	Seed Time
1	Nasrallah, Laila	10	PAQ-HI	43:18 AAAA
2	Hiro, Gige	10	KSC-HI	46:33 AAAA
3	Yasuni, Saha	10	KSC-HI	2:13:33 AA
4	Fujinara, Ciera	10	KSC-HI	2:46:35 AAA
5	Lielakis, Retna	10	KSC-HI	2:49:36 AAA
6	Hurd, Sophia	10	PAQ-HI	2:49:79 AAA
7	Kennedy, Tia	10	AAA-HI	2:54:45 AAA
8	Gurney, Ava	10	KSC-HI	2:56:09 AAA
9	Ho, Tia	10	KSC-HI	2:57:35 AAA
10	Kaichi, Hayle	9	PAQ-HI	2:57:99 AAA
11	Kaneshiro, Skyla	10	HSC-HI	2:58:90 AAA
12	Stuhlmaacher, Cla	9	AUL-HI	2:59:01 AAA
13	Kaneshiro, Kenn	9	HSC-HI	2:59:96 AAA
14	Heiken, Paige	10	AUL-HI	3:02:10 AA
15	Nakagawa, Noell	10	SPL-HI	3:02:89 AA
16	Partin, Mattea	10	AAA-HI	3:03:00 AA
17	Ort, Victoria	10	HSC-HI	3:04:50 AA
18	Inoye, Chhe	9	MOKI-HI	3:04:68 AA
19	Idea, Leigh	10	MOKI-HI	3:04:68 AA
20	Pizarro, Gabby	10	AUL-HI	3:05:94 AA
21	Ho, Tara	9	KSC-HI	3:07:42 AA
22	Troxel, Elizabeth	10	AUL-HI	3:15:11 AA
23	Wesphal, Kary	10	AUL-HI	3:05:33V A
24	Beil, Hannah	10	HICK-HI	3:05:43V A
25	Sumida, Arisa	10	HSC-HI	NTY
26	Wong, Joyce	9	HSC-HI	NTY

#74 Boys 10 & Under 50 LC Meter Breaststroke	Name	Age	Team	Seed Time
1	Osadsky, Phillip	10	AUL-HI	46:69 AAAA
2	Tan, Tommy	10	SPL-HI	54:44 AAA
3	Ferris, Jeffrey	10	HSC-HI	1:04:57 A
4	Semawange, Con	10	HSC-HI	2:06:52 AAA
5	Hsu, Benjamin	10	IOI-HI	2:08:40 AAA
6	Wong, Evan	10	IOL-HI	2:09:52 AAA
7	Yuen, Toby	10	HSC-HI	2:10:42 AAA
8	Tsui, Thro	10	MAN-HI	2:11:83 AAA
9	Osaka, Landen	10	PGA-HI	2:11:85 AAA
10	Zhong, Richard	9	PAQ-HI	2:12:12 AA
11	Garcia, Nyson	10	AAA-HI	2:12:64 AA
12	King, Andrew	10	SPL-HI	2:13:18 AA
13	Kawano, Jace	10	PAQ-HI	2:13:33 AA
14	Leung, Jason	10	SPL-HI	2:13:76 AAA
15	Harris, Jack	9	AAA-HI	2:13:76 AAA
16	Lee, Adam	8	BOVS-HI	2:14:07 AA
17	Yamanoto, Zane	14	SINA-HI	2:18:11 AA
18	Katagiri, Sunny	13	IOL-HI	2:20:13 AA
19	West, Kai	14	PAQ-HI	2:22:75 A
20	Tan, Evans	8	PAQ-HI	2:24:54 AA
21	Raqueul, Jan	10	MAN-HI	2:26:65 A
22	Ibara, Sage	15	KSC-HI	2:36:55 A

#75 Girls 15-16 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Hayakawa, Allen	16	KSC-HI	2:03:32 AAAA
2	Ahja, Joseph	16	SPL-HI	2:05:71 AAAA
3	Piusalan, Deniso	16	KSC-HI	2:06:86 AAA
4	Gaughan, Jake	16	PAQ-HI	2:08:40 AAA
5	Sellner, Nathan	16	BOVS-HI	2:09:52 AAA
6	Endo, Tshyo	15	SPL-HI	2:10:42 AAA
7	Lujan, Josh	15	HSC-HI	2:11:83 AAA
8	Somlak, Callen	16	BOVS-HI	2:11:85 AAA
9	Bosworth, Ethan	15	PAQ-HI	2:12:12 AA
10	Walker, Christian	16	PAC-OR	2:12:64 AA
11	Yee, Kaina	16	HSC-HI	2:13:11 AA
12	Olson, Matthew	16	PAQ-HI	2:13:18 AA
13	Wada, Reion	15	SPL-HI	2:13:33 AA
14	Coher, Alec	15	AAA-HI	2:13:76 AAA
15	Dural-Arnould, S	15	AUL-HI	2:14:07 AA
16	Tamamala, John	16	PAQ-HI	2:15:93 AA
17	Rezentes, Kaelan	15	PAQ-HI	2:18:11 AA
18	Gough, Riley	15	AUL-HI	2:20:13 AA
19	Sakai, Daniel	16	SPL-HI	2:22:49 AA
20	Lee, Keenan	16	BOVS-HI	2:24:54 AA
21	Lau, Sunny	16	SPL-HI	2:24:68 AA
22	Chang, Jarrett	16	PGA-HI	2:25:75 A
23	Wong, Casey	15	MAN-HI	2:26:65 A
24	Worrall, Wilder	15	KSC-HI	2:36:55 A

#76 Boys 15-16 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Hayakawa, Allen	16	KSC-HI	2:06:36 AAAA
2	Ahja, Joseph	16	SPL-HI	2:08:71 AAAA
3	Piusalan, Deniso	16	KSC-HI	2:09:52 AAA
4	Gaughan, Jake	16	PAQ-HI	2:10:42 AAA
5	Sellner, Nathan	16	BOVS-HI	2:11:83 AAA
6	Endo, Tshyo	15	SPL-HI	2:12:12 AA
7	Lujan, Josh	15	HSC-HI	2:12:64 AA
8	Somlak, Callen	16	BOVS-HI	2:12:64 AA
9	Bosworth, Ethan	15	PAQ-HI	2:12:64 AA
10	Walker, Christian	16	PAC-OR	2:12:64 AA
11	Yee, Kaina	16	HSC-HI	2:13:11 AA
12	Olson, Matthew	16	PAQ-HI	2:13:18 AA
13	Wada, Reion	15	SPL-HI	2:13:33 AA
14	Coher, Alec	15	AAA-HI	2:13:76 AAA
15	Dural-Arnould, S	15	AUL-HI	2:14:07 AA
16	Tamamala, John	16	PAQ-HI	2:15:93 AA
17	Rezentes, Kaelan	15	PAQ-HI	2:18:11 AA
18	Gough, Riley	15	AUL-HI	2:20:13 AA
19	Sakai, Daniel	16	SPL-HI	2:22:49 AA
20	Lee, Keenan	16	BOVS-HI	2:24:54 AA
21	Lau, Sunny	16	SPL-HI	2:24:68 AA
22	Chang, Jarrett	16	PGA-HI	2:25:75 A
23	Wong, Casey	15	MAN-HI	2:26:65 A
24	Worrall, Wilder	15	KSC-HI	2:36:55 A

#77 Women Open 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Hayakawa, Lena	19	KSC-HI	2:07:11 AAAA
2	Zuberev, Victori	10	SPL-HI	2:13:28 AAAA
3	Kakazu, Erika	17	SPL-HI	2:16:06 AAAA
4	James, Parla	18	IOL-HI	2:16:76 AAAA
5	Asuncion, Shyann	17	KSC-HI	2:22:33 AAA
6	Lu, Ching Yin	17	SPL-HI	2:25:61 AAA
7	Misch, Diringbul	18	PALAU	2:26:87 AAA
8	Chilton, Oisang	20	PALAU	2:28:79 AA
9	Miyasaka, Darah	16	PGA-HI	2:30:06 AA
10	McBee, Emma	16	HSC-HI	2:30:59 AA
11	Brodertek, Ashle	14	SPL-HI	2:35:71 AA
12	Quon, Yassi	17	SPL-HI	2:18:21V AA

#78 Men Open 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Zhu, Albert	17	SINA-HI	1:57:10 AAAA
2	Lee, Jack	17	IOI-HI	1:58:05 AAAA
3	Zachmeister, Nich	20	AUL-HI	2:01:97 AAAA
4	Melenda, Evan	17	AUL-HI	2:09:82 AA
5	Glasgow, Jacob	21	HSC-HI	2:11:45 AAA
6	Sakai, Michael	19	SPL-HI	2:11:99 AA
7	Fukunaga, Brian	17	BOVS-HI	2:12:87 AA
8	Dingilus, Wallace	21	PALAU	2:16:29 AA
9	Babcock, Evan	16	AAA-HI	2:20:38 AA
10	Sweet, Sebastian	15	HICK-HI	2:23:44 A
11	Yuen, Toby	10	HSC-HI	NTY

#79 Girls 10 & Under 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Nasrallah, Laila	10	PAQ-HI	2:33:50 AAAA
2	Hiro, Gige	10	KSC-HI	2:37:46 AAAA
3	Yasuni, Saha	10	KSC-HI	2:41:22 AAA
4	Fujinara, Ciera	10	KSC-HI	2:46:35 AAA
5	Lielakis, Retna	10	KSC-HI	2:49:36 AAA
6	Hurd, Sophia	10	PAQ-HI	2:49:79 AAA
7	Kennedy, Tia	10	AAA-HI	2:54:45 AAA
8	Gurney, Ava	10	KSC-HI	2:56:09 AAA
9	Ho, Tia	10	KSC-HI	2:57:35 AAA
10	Kaichi, Hayle	9	PAQ-HI	2:57:99 AAA
11	Kaneshiro, Skyla	10	HSC-HI	2:58:90 AAA
12	Stuhlmaacher, Cla	9	AUL-HI	2:59:01 AAA
13	Kaneshiro, Kenn	9	HSC-HI	2:59:96 AAA
14	Heiken, Paige	10	AUL-HI	3:02:10 AA
15	Nakagawa, Noell	10	SPL-HI	3:02:89 AA
16	Partin, Mattea	10	AAA-HI	3:03:00 AA
17	Ort, Victoria	10	HSC-HI	3:04:50 AA
18	Inoye, Chhe	9	MOKI-HI	3:04:68 AA
19	Idea, Leigh	10	MOKI-HI	3:04:68 AA
20	Pizarro, Gabby	10	AUL-HI	3:05:94 AA
21	Ho, Tara	9	KSC-HI	3:07:42 AA
22	Troxel, Elizabeth	10	AUL-HI	3:15:11 AA
23	Wesphal, Kary	10	AUL-HI	3:05:33V A
24	Beil, Hannah	10	HICK-HI	3:05:43V A
25	Sumida, Arisa	10	HSC-HI	NTY
26	Wong, Joyce	9	HSC-HI	NTY

#80 Boys 10 & Under 200 LC Meter Freestyle	Name	Age	Team	Seed Time
1	Osadsky, Phillip	10	AUL-HI	2:33:31 AAAA
2	Tan, Tommy	10	SPL-HI	54:44 AAA
3	Ferris, Jeffrey	10	HSC-HI	1:04:57 A
4	Semawange, Con	10	HSC-HI	2:06:52 AAA
5	Hsu, Benjamin</			

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Table with columns: Name, Age, Team, Seed Time. #85 ... (Girls 11-12 100 LC Meter Butterfly) includes swimmers like Tanaka Elena, Artelli Mindy, Nakaya Noelani, etc.

Table with columns: Name, Age, Team, Seed Time. #91 Girls 11-12 50 LC Meter Backstroke includes swimmers like Sakai Daniel, Wada Reimon, Lau Stumy, etc.

Table with columns: Name, Age, Team, Seed Time. #92 ... (Boys 11-12 50 LC Meter Backstroke) includes swimmers like Clark Noa, Swartwood Blair, Chang Pono, etc.

Table with columns: Name, Age, Team, Seed Time. #95 Girls 13-14 100 LC Meter Backstroke includes swimmers like Fukuimoto Evan, Hanaka Brendi, Swartwood Blair, etc.

Table with columns: Name, Age, Team, Seed Time. #97 Girls 11-12 100 LC Meter Breaststroke includes swimmers like Brown Jordynn, Sasaki Kyrie, O'Brien Jasmine, etc.

Table with columns: Name, Age, Team, Seed Time. #88 Boys 13-14 200 LC Meter Butterfly includes swimmers like Escobar Jonel, Gnoza Makena, Nakaya Noelani, etc.

Table with columns: Name, Age, Team, Seed Time. #93 Women Open 200 LC Meter Butterfly includes swimmers like Mau Jasmine, Foster Lia, Hayakawa Lena, etc.

Table with columns: Name, Age, Team, Seed Time. #94 Men Open 200 LC Meter Butterfly includes swimmers like Lee Jack, Friellet Kevin, Hwang Dong Jin, etc.

Table with columns: Name, Age, Team, Seed Time. #96 Boys 13-14 100 LC Meter Backstroke includes swimmers like Clark Noa, Swartwood Blair, Chang Pono, etc.

Table with columns: Name, Age, Team, Seed Time. #98 Boys 11-12 100 LC Meter Breaststroke includes swimmers like Zapata Ashley, Tanaka Elena, Monahan Grace, etc.

Table with columns: Name, Age, Team, Seed Time. #89 Girls 15-16 200 LC Meter Butterfly includes swimmers like Altura Kaysia, Harrison Sophia, Hopkins Hiliani, etc.

Table with columns: Name, Age, Team, Seed Time. #99 Girls 15-16 200 LC Meter Butterfly includes swimmers like Altura Kaysia, Harrison Sophia, Hopkins Hiliani, etc.

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Table with columns: Name, Age, Team, Seed Time. #86 Boys 11-12 100 LC Meter Butterfly includes swimmers like Clark Noa, Nakatsu Ken, McNabb Carl, etc.

Table with columns: Name, Age, Team, Seed Time. #90 Boys 15-16 200 LC Meter Butterfly includes swimmers like Altura Kaysia, Harrison Sophia, Hopkins Hiliani, etc.

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Table with columns: Name, Age, Team, Seed Time. #87 Girls 13-14 200 LC Meter Butterfly includes swimmers like Hagikawa Allen, Carlson Noah, Endo Taiyo, etc.

Table with columns: Name, Age, Team, Seed Time. #92 Boys 11-12 100 LC Meter Backstroke includes swimmers like Monahan Grace, Tanaka Elena, Weissman Hann, etc.

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Table with columns: Name, Age, Team, Seed Time. #92 Boys 11-12 100 LC Meter Backstroke includes swimmers like Monahan Grace, Tanaka Elena, Weissman Hann, etc.

#98 ... (Boys 11-12 100 LC Meter Breaststroke)

Name	Age	Team	Seed Time
5 Clark, Noa	12	KSC-HI	1:28:7.3 AAA
6 Cantacosa-Miles, /	12	KSC-HI	1:32:3.2 AAA
7 Chung Tim, Hayd	12	AUL-HI	1:34:7.6 AAA
8 Wang Pono	12	PCGA-HI	1:36:0.3 AAA
9 Bowser, Rain	12	IA-HI	1:37:8.6 AA
10 Camacho, Luke	12	HSC-HI	1:38:0.9 AA
11 Wagnild, Parker	12	SPL-HI	1:39:6.0 AA
12 Kukea-Shultz, Ka	12	HSC-HI	1:40:4.5 AA
13 Pickett, Riley	12	HSC-HI	1:42:00.0 AA
14 Tanaka, Tyler	12	MOKI-HI	1:40:91. AA
15 Lee, Josh	11	PAQ-HI	1:40:9.8 AA
16 Lamug, Raffy	11	HSC-HI	1:42:8.3 AA
17 Graham, Reid	12	IOL-HI	1:44:4.8 AA
18 Adams, Hunter	12	HSC-HI	1:45:5.2 AA
19 Lee, Jake	11	SPL-HI	1:34:5.9 AA
20 Lum, Jason	11	PCGA-HI	1:47:6.9 A
21 Sakata, Ryo	11	SPL-HI	1:48:1.3 A
22 Stuhlmecher, Car	11	AUL-HI	1:50:2.8

#101 Women Open 100 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Mau, Jasmine	16	PAQ-HI	1:03:7.6 AAA
2 Foster, Lia	17	KSC-HI	1:06:3.6 AAA
3 Kakaia, Erika	17	SPL-HI	1:09:1.8 AAA
4 Kimura, Sydney	17	HSC-HI	1:10:0.4 AAA
5 Lui, Ching Yin	17	SPL-HI	1:12:3.6 AAA
6 Zukeran, Victrix	18	SPL-HI	1:13:0.8 AAA
7 Yasumi, Lana	17	KSC-HI	1:13:9.6 AAA
8 Asanction, Shaysn	17	AUL-HI	1:16:1.1 AAA
9 Nishida, Mihaela	17	KSC-HI	1:16:9.1 AAA
10 Akawo, Roglin	16	PALAU	1:18:0.6 AA
11 Bogdahn, Taylor	19	KSC-HI	1:08:9.9 AA
12 Chong, Allison	20	PALAU	1:12:2.8 AA
13 Quon, Yassi	17	SPL-HI	1:22:3.5 AA
14 Muesch, Drrugbil	18	PALAU	1:22:51. AA
15 Miyashita, Darah	18	PAQ-HI	1:13:6.3 AA
16 Brnderick, Ashle	14	SPL-HI	1:23:8.4 AA
17 Valentini, Kryn	14	SUNA-HI	1:15:0.3 AA
18 Fujiwara, Jemma	13	KSC-HI	1:32:4.4 A

#104 ... (Boys 11-12 100 LC Meter Freestyle)

Name	Age	Team	Seed Time
7 Lin, Tyson	12	BOWNS-HI	1:11:8.1 AAA
8 Camacho, Luke	12	HSC-HI	1:13:5.8 AA
9 Pickett, Riley	12	HCK-HI	1:13:9.4 AA
10 Caps, Tom	12	AUL-HI	1:10:6.0 AAA
11 Stuhmacher, Car	11	AUL-HI	1:15:7.2 AA
12 Chung Tim, Hayd	12	AUL-HI	1:16:2.8 AA
13 Tanaka, Tyler	12	MOKI-HI	1:16:7.2 AA
14 Chung Pono	12	PCGA-HI	1:10:29.4 AA
15 Lee, Jake	11	SPL-HI	1:13:3.9 AA
16 Lee, Josh	11	PAQ-HI	1:09:27.7 AA
17 Lamug, Raffy	11	HSC-HI	1:19:1.2 AA
18 Lum, Jason	12	PCGA-HI	1:17:7.2 AA
19 Kaihoro, Yonus	12	SPL-HI	1:19:7.3 AA
20 Saret, Marcus	12	SPL-HI	1:19:9.6 AA
21 Kukea-Shultz, Ka	12	KSC-HI	1:20:4.2 AA
22 Lyons, Jack	12	PAQ-HI	1:20:5.1 AA
23 Beaton, Briscoe	11	BOWNS-HI	1:14:1.9 AA
24 Bowser, Rain	12	IA-HI	1:26:0.0 A
25 Adams, Hunter	12	HCK-HI	1:26:5.2 A
26 Graham, Reid	12	IOL-HI	NT

#105 Women Open 800 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Pound, LeGrand	16	KSC-HI	9:26:1.5 AAAA
2 Foster, Lia	17	KSC-HI	9:35:8.6 AAAA
3 Whitney, Sydney o	15	IOL-HI	9:43:5.5 AAAA
4 Brennan, Cagla	16	IOL-HI	9:47:9.5 AAAA
5 Bliss, Ashton	16	KSC-HI	10:07:35. AAAA
6 Nishida, Mihaela	17	KSC-HI	10:15:0.0 AAAA
7 Terada, Koki	14	KSC-HI	11:32:7.8 AAAA
8 Garcia, Cheyenne	14	PAQ-HI	10:25:1.3 AAAA
9 Howell, Erika	14	KSC-HI	10:28:0.5 AAAA
10 Travis, Emily	16	AA-HI	10:29:9.1 AAAA
11 Harrison, Sophia	15	KSC-HI	10:30:8.8 AA
12 Asanction, Shaysn	17	KSC-HI	10:31:9.2 AA
13 Garcia, Casey	13	KSC-HI	10:34:3.7 AA
14 Chilton, Oksang	20	PALAU	10:40:2.9 AA
15 Cantozo, Abby	15	KSC-HI	10:55:2.2 AA
16 Hamamoto, Rani	14	MAN-HI	11:03:4.9 AA
17 Brown, Jordynn	13	HSC-HI	11:05:5.0 AA
18 Abbas, Belle	13	AUL-HI	11:06:6.5 AA
19 Barthel, Alana	13	AUL-HI	11:19:0.6 AA
20 Miesch, Drrugbil	18	PALAU	11:29:9.9 AA
21 Nakagawa, Sam	14	KSC-HI	NT
22 Zheng, Kimberly	13	KSC-HI	NT
23 Carlson, Sofia	13	KSC-HI	NT
24 Farrah, Leigh	14	KSC-HI	NT

#106 Men Open 800 LC Meter Freestyle

Name	Age	Team	Seed Time
1 McNabb, Carl	12	KSC-HI	1:03:0.3 AAAA
2 Clark, Noa	12	HSC-HI	1:06:2.7 AAAA
3 Sato, Caden	12	PCGA-HI	1:10:1.7 AAA
4 Nakasota, Cole	12	HSC-HI	1:10:1.4 AAA
5 Fujiimoto, Ken	12	SPL-HI	1:10:51. AAA
6 Ishimi, Dillon	12	MAN-HI	1:10:9.2 AAA

#99 Girls 15-16 100 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Altura, Kyaha	16	HSC-HI	1:09:0.6 AAAA
2 Brennan, Cagla	16	IOL-HI	1:12:0.6 AAAA
3 Hess, Hanna	16	KSC-HI	1:12:0.8 AAAA
4 Whitney, Sydney o	15	IOL-HI	1:12:1.3 AAAA
5 Hopkins, Hilari	16	KSC-HI	1:13:9.3 AAA
6 Pound, LeGrand	16	KSC-HI	1:14:3.6 AAA
7 Harrison, Sophia	15	KSC-HI	1:14:9.6 AAA
8 Guevara, Kimi	15	KSC-HI	1:16:1.9 AAA
9 Ng, Chanel	15	PAQ-HI	1:16:6.5 AA
10 Namatame, Lima	16	AUL-HI	1:17:9.0 AA
11 Mitchell, Abby	16	KSC-HI	1:10:5.8 AA
12 Freeman, Rachel	15	PCGA-HI	1:20:1.0 AA
13 Cantozo, Abby	15	KSC-HI	1:20:3.0 AA
14 Chong, Abih	15	SUNA-HI	1:20:3.4 AA
15 Garcia, Cheyenne	15	HSC-HI	1:20:5.6 AA
16 Ki, Amanda	16	SPL-HI	1:20:8.0 AA
17 Brown, Charis	15	SUNA-HI	1:21:3.7 AA
18 Guevara, Kimi	15	KSC-HI	1:22:3.3 AA
19 Lacro, Jamie	15	MAN-HI	1:22:6.3 AA
20 Tom, Allie	15	BOWNS-HI	1:13:3.9 AA
21 Bliss, Ashton	16	KSC-HI	1:23:5.7 A
22 Annamalai, Geet	15	AUL-HI	1:27:5.3 A

#102 Men Open 100 LC Meter Backstroke

Name	Age	Team	Seed Time
1 Zhu, Albert	17	SUNA-HI	1:01:7.9 AAAA
2 Friedelt, Kevin	19	KSC-HI	1:02:9.5 AAAA
3 Albajado, Devin	13	AUL-HI	1:04:4.1 AAAA
4 Collins, Jeffrey	17	KSC-HI	1:04:6.4 AAAA
5 Yee, Kaimoa	15	HSC-HI	1:05:0.1 AAAA
6 Mao, Mi	17	SUNA-HI	1:05:2.4 AAAA
7 Fujii, Shawn	17	HSC-HI	1:05:5.8 AAAA
8 Lee, Jack	17	IOL-HI	1:09:6.0 AA
9 Shea, Michael	19	SPL-HI	1:10:4.9 AA
10 Engstrom, Jacob	17	HSC-HI	1:12:5.8 AA
11 Ehrhart, Jacob	17	SPL-HI	1:04:7.7 AA
12 Ilagan, Spencer	17	PCGA-HI	1:05:0.0 AA
13 Hanakoa, Brenda	14	BOWNS-HI	1:13:8.7 AA
14 Lee, Albert	18	SUNA-HI	1:14:1.2 AA
15 Fukumoto, Bran	17	BOWNS-HI	1:15:1.7 AA

#104 Boys 11-12 100 LC Meter Freestyle

Name	Age	Team	Seed Time
1 Weisman, Hann	12	AA-HI	1:06:8.6 AAAA
2 Artelli, Mindy	12	AUL-HI	1:05:6.4 AAAA
3 Zapata, Ashley	11	HSC-HI	1:06:7.8 AAA
4 Nece, Mallie	11	HSC-HI	1:07:9.6 AAA
5 Bell, Lucy	11	MAN-HI	1:08:5.0 AAA
6 Jiang, Christie	11	HSC-HI	1:09:3.8 AAA
7 Tanaka, Brenna	12	HSC-HI	1:09:5.9 AAA
8 Echarvaria, Abiga	12	HSC-HI	1:09:8.7 AAA
9 Yamamoto, Mari	12	HSC-HI	1:10:2.8 AAA
10 Tabbois, Nikki	11	HSC-HI	1:10:4.0 AAA
11 King, Geesita	12	SPL-HI	1:11:0.7 AA
12 Linasa, Charlie	11	HSC-HI	1:11:0.7 AA
13 Shio, Kamaira	11	MOKI-HI	1:11:9.9 AA
14 Toyohiku, Genki	12	SPL-HI	1:12:4.8 AA
15 Werts, Mackenzie	12	PAQ-HI	1:12:6.5 AA
16 Ming, Brooke	12	KSC-HI	1:12:8.5 AA
17 Tarquin, Sarah	12	AUL-HI	1:13:0.4 AA
18 Tanaka, Kristen	12	AUL-HI	1:13:0.7 AA
19 Hoffmann, Lellar	12	PAQ-HI	1:13:2.5 AA
20 Reiter, Jon	12	AUL-HI	1:13:3.1 AA
21 Kim, Noelle	11	PCGA-HI	1:13:3.4 AA
22 Logan, Jessica	11	AUL-HI	1:13:5.3 AA
23 Ogawa, Kaylee	11	PAQ-HI	1:13:7.6 AA
24 Johnsen, Sophie	12	HSC-HI	1:14:5.0 AA
25 Bender, Sophie	11	PAQ-HI	1:15:0.0 AA
26 Jeremiah, Jordan	11	HSC-HI	1:15:0.0 AA
27 Kodama, Kaylee	12	IOL-HI	1:15:3.7 AA
28 Meyers, Len	11	SUNA-HI	1:15:6.7 AA
29 Patterson, Thia	12	PAQ-HI	1:15:8.0 AA
30 Hippito, Codi	12	AA-HI	1:15:8.6 AA
31 Naoni, Ashlyn	12	PAQ-HI	1:15:9.2 AA
32 Wong, Maddy	11	BOWNS-HI	1:07:25.7 AA
33 Marsen, Sophia	12	PAQ-HI	1:07:45.7 AA
34 Madam, Hannah	11	AUL-HI	1:12:3.7 AA
35 Chong Tim, Hnu	12	AUL-HI	1:10:3.3 AA
36 Garcia, Tale	12	MAN-HI	1:19:2.4 A
37 Jones, Colette	11	MAN-HI	1:21:6.0 A
38 Chung, Emma	11	MAN-HI	1:21:8.0 A
39 Imai, Karys	12	SPL-HI	1:20:9.5 A
40 Paynter-Favares,	12	MAN-HI	1:28:6.0
41 Bell, Amika	12	PAQ-HI	1:32:0.6

#105 Women Open 100 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Lillo, Koko	13	HSC-HI	1:02:9.42 AA
2 Corpuz, Jordan	13	HSC-HI	1:05:4.50 AA
3 Zachmeier, Griffi	13	AUL-HI	1:05:5.81 AA
14 Dingillus, Wallace	21	PALAU	1:11:0:22.5 A
15 Kagaeri, Sunny	13	IOL-HI	NT
16 Gangana, Jerem	16	KSC-HI	NT

#107 Grfs 10 & Under 200 LC Meter Medley Relay

Team	Reby	Seed Time
1 PAQ-HI	A	2:48:89. AAA
2 AAA-HI	A	2:50:50. AAA
3 HSC-HI	A	2:52:91. A
4 SPL-HI	A	NT

#108 Boys 10 & Under 200 LC Meter Medley Relay

Team	Reby	Seed Time
1 SPL-HI	A	2:59:78. AAA
2 SPL-HI	A	2:59:03. AAA

#109 Grfs 13-14 200 LC Meter Medley Relay

Team	Reby	Seed Time
1 HSC-HI	A	2:18:15. AAA
2 PAQ-HI	A	2:13:10. AAA
3 PAQ-HI	A	2:24:89. A

#110 Boys 13-14 200 LC Meter Medley Relay

Team	Reby	Seed Time
1 HSC-HI	A	2:14:71. AAA
2 PAQ-HI	A	2:13:01. AAA
3 PAQ-HI	A	2:24:60. A

#112 Boys 15-16 200 LC Meter Medley Relay

Team	Reby	Seed Time
1 BOWNS-HI	A	2:04:18. AAA
2 PAQ-HI	A	2:22:00. A

#113 Grfs 10 & Under 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1 Nasrallah, Leila	10	PAQ-HI	1:19:60. AAAA
2 Hied, Gigi	10	KSC-HI	1:27:59. AAA
3 Cahags, Breana	10	PCGA-HI	1:28:5.4 AA
4 Heikon, Paige	10	AUL-HI	1:34:4.4 AA
5 Gurney, Ava	10	KSC-HI	1:36:7.7 AAA
6 Nakagawa, Noell	10	MOKI-HI	1:37:0.5 AAA
7 Iliaka, Leigh	10	SPL-HI	1:38:8.7 AAA
8 Kaichi, Hayle	9	PAQ-HI	1:39:0.9 AAA
9 Fujiwara, Jemma	10	KSC-HI	1:39:8.8 AAA
10 Hurd, Sophia	10	PAQ-HI	1:41:6.2 AA
11 Orr, Victoria	10	HSC-HI	1:41:7.4 AA
12 Troxel, Elizabeth	10	AUL-HI	1:44:00. AAA

#114 Boys 10 & Under 100 LC Meter Butterfly

Name	Age	Team	Seed Time
1 Seminarewa, Con	10	HSC-HI	1:24:80. AAAA
2 Garcia, Nyson	10	AA-HI	1:34:6.5 AAAA
3 Osadsky Phillip	10	AUL-HI	1:34:8.7 AAA
4 Tan, Tommy	10	SPL-HI	1:39:6.2 AAA
5 Wong, Ewin	10	IOL-HI	1:30:24.9 AAA
6 Canevati, Gabe	10	AUL-HI	1:46:1.5 AAA
7 Tsuji, Taro	10	MAN-HI	1:49:5.7 AA
8 Aus, Kai	10	AUL-HI	1:51:2.4 AA
9 Endo, Kaika	8	SPL-HI	1:41:64.9 AA
10 Kealoha, Dustin	10	KSC-HI	1:56:5.7 AA
11 Raquel, Ian	10	MOKI-HI	1:43:95.9 AA
12 Tim, Evans	8	SPL-HI	2:04:8.2 A
13 King, Andrew	10	SPL-HI	1:56:94.9

#115 Grfs 13-14 200 LC Meter Breaststroke

Name	Age	Team	Seed Time
1 Lum, Jimmy	14	KSC-HI	2:47:7.6 AAAA
2 Fujii, Kate	14	HSC-HI	2:51:1.7 AAAA
3 Walton, Mariah	14	KSC-HI	2:56:8.1 AAAA
4 Brown, Jordynn	13	HSC-HI	2:57:3.1 AAAA
5 Pellettieri, Kamil	13	HSC-HI	2:59:8.5 AAAA
6 Sasaki, Kyrie	14	HSC-HI	3:02:6.9 AAAA
7 Terada, Koki	14	KSC-HI	3:05:3.2 AAA
8 Dreyer, Reina	13	SPL-HI	3:05:9.0 AAA
9 Songson, Shane	14	KSC-HI	3:05:8.2 AAA
10 Story, Shaye	13	KSC-HI	3:07:6.9 AAA
11 Farah, Leigh	13	KSC-HI	3:07:8.4 AAA
12 Guro-Dryzmalak, I	13	KSC-HI	3:08:7.3 AAA
13 Croll, Lauren	13	KSC-HI	3:09:7.0 AAA
14 Lum, Pili	13	KSC-HI	3:10:30.0 AA
15 Ford, Natasha	13	UNSN	3:10:4.1 AA
16 Takahage, Kaya	14	HSC-HI	3:10:8.4 AA
17 Webb, Styler	13	AUL-HI	3:11:38. AA
18 Meister, Malory	14	PAQ-HI	3:13:3.2 AA
19 Fil			

#115 ... (Girls 13-14 200 LC Meter Breaststroke)

Name	Age	Team	Seed Time
30 Chung, Sarah	13	PAQ-HI	3:02:20Y A
31 Chung, Malia	14	MAN-HI	3:27:68 AA
32 Ehmamm, Audrey	13	HCK-HI	3:29:08 AA
33 Wattanabe, Alyssa	14	SUNA-HI	3:23:98Y

Name	Age	Team	Seed Time
1 Keane, Noel	13	PALAU	2:48:40 AAAA
2 Tabaki, Matthew	14	PGA-HI	2:51:84 AAA
3 Sakamoto, Tyler	13	PAQ-HI	2:51:98 AAA
4 Aljaido, Devin	13	HSC-HI	2:57:44 AAA
5 Yamamoto, Zane	14	PAQ-HI	3:02:49 AAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	3:08:02 AA
11 Pena, Rui	14	SPI-HI	3:10:49 AA
12 Kawano, Jae	13	HSC-HI	3:10:49 AA
13 Copp, Noa	14	KSC-HI	3:09:55 AA
14 Coruzp, Jorden	13	HSC-HI	3:10:49 AA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	3:08:02 AA
11 Pena, Rui	14	SPI-HI	3:10:49 AA
12 Kawano, Jae	13	HSC-HI	3:10:49 AA
13 Copp, Noa	14	KSC-HI	3:09:55 AA
14 Coruzp, Jorden	13	HSC-HI	3:10:49 AA

Name	Age	Team	Seed Time
11 Escobar, Jonel	13	HSC-HI	58:73 AAAA
2 Alejado, Devin	13	HSC-HI	58:93 AAAA
3 Hanazaka, Brend	14	BOWS-HI	58:97 AAAA
4 Keane, Noel	13	PALAU	1:01:19 AAA
5 Copp, Noa	14	KSC-HI	1:01:27 AAA

Name	Age	Team	Seed Time
1 Oatasky, Phillip	10	AUL-HI	1:33:70 AAAA
2 Kealoha, Dustin	10	KSC-HI	1:41:25 AAAA
3 Semanawa, Con	10	HSC-HI	1:43:66 AAAA
4 Tan, Tommy	10	SPI-HI	1:44:15 AAA
5 Wong, Evan	10	IOL-HI	1:47:84 AAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
1 Nasrallah, Leila	10	PAQ-HI	1:33:05 AAAA
2 Yasumi, Sara	10	KSC-HI	1:36:42 AAAA
3 Hiedl, Gigi	10	KSC-HI	1:40:50 AAAA
4 Cahigas, Breana	10	PGA-HI	1:41:60 AAA
5 Partin, Matta	10	AAA-HI	1:42:43 AAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

#116 Boys 13-14 100 LC Meter Breaststroke

Name	Age	Team	Seed Time
10 Kawano, Jae	13	SPI-HI	3:09:05 AA
11 Coruzp, Jorden	13	HSC-HI	3:10:49 AA

Name	Age	Team	Seed Time
1 O'Brien, Jasmine	14	HSC-HI	1:01:26 AAAA
2 Mobley, Josie	13	PAQ-HI	1:02:44 AAAA
3 Story, Shayle	13	KSC-HI	1:02:84 AAAA
4 Stoerber, Olivia	14	KSC-HI	1:03:22 AAAA
5 Fujii, Kate	14	PALAU	1:03:38 AAAA

Name	Age	Team	Seed Time
8 Lum, Jany	14	KSC-HI	1:04:21 AAA
9 Sasaki, Kyrie	14	HSC-HI	1:04:40 AAA
10 Dreyer, Reina	13	PAQ-HI	1:05:13 AAA
11 Songping, Sane	14	KSC-HI	1:05:46 AAA
12 Takasage, Kaya	14	HSC-HI	1:06:54 AAA

Name	Age	Team	Seed Time
18 Ho, Jaehyn	14	SUNA-HI	1:08:52 AA
19 Almeida, Kayla	14	KSC-HI	1:08:93 AA
20 Uyeda, Raedon	13	KSC-HI	1:08:94 AA
21 Farah, Leigh	14	KSC-HI	1:09:07 AA
22 Webb, Styler	13	AUL-HI	1:09:08 AA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
1 Hayakawa, Lena	19	KSC-HI	2:48:46 AAAA
2 Perittides, Maia	17	KSC-HI	2:49:85 AAAA
3 James, Paris	18	IOL-HI	2:51:95 AAAA
4 Zakeran, Victoria	18	SPI-HI	2:55:11 AAAA
5 Anzucion, Shyron	17	KSC-HI	2:55:19 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

#117 Boys 15-16 50 LC Meter Breaststroke

Name	Age	Team	Seed Time
21 Ishimi, Jase	13	MAN-HI	2:02:36 AA
15 Canavara, Gabe	10	AUL-HI	2:02:36 AA
16 Ende, Kaita	8	SPI-HI	1:49:62Y AA
17 Cheng, Benton	10	MAN-HI	2:04:58 A
18 Tan, Erans	8	SPI-HI	NTY

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA
11 Pena, Rui	14	SPI-HI	1:33:70 AAAA
12 Kawano, Jae	13	HSC-HI	1:33:70 AAAA
13 Copp, Noa	14	KSC-HI	1:33:70 AAAA
14 Coruzp, Jorden	13	HSC-HI	1:33:70 AAAA

Name	Age	Team	Seed Time
10 West, Kai	14	AUL-HI	1:33:70 AAAA

#128 Boys 15-16 50LC Meter Freestyle			
Name	Age	Team	Seed Time
1 Alia, Joseph	16	SPL-HI	25:47 AAAA
2 Sawai, Kanoa	15	KSC-HI	26:04 AAAA
3 Peirides, Michae	15	KSC-HI	26:24 AAA
4 Gaughan, Jake	16	PAQ-HI	26:29 AAA
5 Piesalan, Deniso	16	KSC-HI	26:29 AAAA
6 Wada, Reimon	15	SPL-HI	26:63 AAA
7 Hiramatsu, Jason	15	KSC-HI	26:74 AAA
8 Hagakawa, Allen	16	KSC-HI	26:82 AAA
9 Lee, Keeran	16	BOWSW-HI	26:98 AAAA
10 Dwanik-Arnould, S	15	AUL-HI	27:34 AA
11 Bosworth, Ethan	15	PAQ-HI	27:41 AA
12 Lujan, Josh	15	HSC-HI	27:55 AA
13 Takahashi, Jarret	15	KSC-HI	27:65 AA
14 Van, Nicholas	15	HSC-HI	27:72 AA
15 Witherwax, Roni	15	PAQ-HI	27:78 AA
16 Schlier, Nathan	16	BOWSW-HI	27:86 AA
17 Endo, Taivo	15	SPL-HI	28:05 AA
18 Palmoio, Dunny	15	KSC-HI	28:58 AA
19 Olson, Matthew	16	PAQ-HI	28:96 AA
20 Marai, Ryan	16	SPL-HI	29:31 AA
21 Lau, Sunny	16	SPL-HI	29:37 AA
22 Silebi, Daniel	16	SPL-HI	26:08Y AA
23 Chinen, Daulton	15	BOWSW-HI	26:09Y AA
24 Giangarra, Jerem	16	KSC-HI	26:21Y AA
25 Worrall, Wilder	15	KSC-HI	30:67 A
26 Zheng Franklin	15	KSC-HI	27:12Y A
27 Hoffmann, Felix	16	SUNA-HI	30:90 A
28 Loi, Brandon	15	BOWSW-HI	31:77 A

#129 Women Open 50LC Meter Freestyle			
Name	Age	Team	Seed Time
1 Hagakawa, Lena	19	KSC-HI	27:51 AAAA
2 Uekawa, Madissy	21	HAQ-HI	27:58 AAAA
3 Zukeran, Victoria	18	SPL-HI	28:14 AAAA
4 James, Paris	18	IOL-HI	28:38 AAAA
5 Peirides, Maia	17	KSC-HI	28:48 AAAA
6 Kakezu, Erika	17	SPL-HI	28:62 AAAA
7 Tupaia, Alana	13	HSC-HI	28:99 AAAA
8 Lui, Ching Yin	17	SPL-HI	29:39 AAAA
9 Misch, Derrigub	18	PALAU	29:64 AAA
10 Akhio, Roilyn	16	PALAU	29:76 AAA
11 Dreyer, Reina	13	SPL-HI	29:86 AAAA
12 Anuncion, Shayn	17	KSC-HI	29:96 AAAA
13 Bogdahn, Taylor	19	KSC-HI	30:55 AA
14 Miyashita, Darah	17	PCA-HI	30:58 AA
15 Lum, Sydney	15	AUL-HI	30:95 AA
16 Adams, Peyton	14	HQK-HI	31:08 AA
17 Yee, Sophia	13	HSC-HI	31:13 AA
18 Quon, Yassi	17	SPL-HI	31:82 AA
19 Oshiro, Kimi	14	SPL-HI	32:10 AA
20 Broderick, Ashle	14	SPL-HI	32:10 AA

#130 Men Open 50LC Meter Freestyle			
Name	Age	Team	Seed Time
1 Maro, Mj	17	SUNA-HI	24:12 AAAA
2 Zhi, Albert	17	SUNA-HI	24:25 AAAA
3 Heaven, Winter	22	UNAK	24:28 AAAA
4 Lee, Jack	17	IOL-HI	24:80 AAAA
5 Fujii, Shawn	18	HSC-HI	25:32 AAAA
6 Zachmeier, Nigh	20	AUL-HI	25:36 AAAA
7 Croft, Alexander	17	KSC-HI	26:47 AAA
8 Yee, Kainoa	15	HSC-HI	26:83 AA
9 Hanaoka, Brends	14	BOWSW-HI	26:91 AA
10 Drighilus Wallace	21	PALAU	27:06 AA
11 Lee, Albert	18	SUNA-HI	27:24 AA
12 Nishimura, Chris	17	KSC-HI	27:25 AA
13 Fukumoto, Barn	17	BOWSW-HI	27:45 AA
14 Lee, Walter	15	SUNA-HI	27:72 AA
15 Erhan, Jacob	17	SPL-HI	28:69 AA
16 Kaubikou-Chang	14	PCA-HI	29:30 AA
17 Sabei, Michael	19	SPL-HI	29:86 A
18 Ilgant, Spencer	17	PCA-HI	29:87 A
19 Sweet, Sebastian	15	HQK-HI	30:49 A
20 Nakamura, Kent	19	HSC-HI	30:92 A
21 Tian, Tommy	10	SPL-HI	36:49
22 Tan, Evans	8	SPL-HI	39:85

#131 Girls 10 & Under 100 LC Meter Freestyle			
Name	Age	Team	Seed Time
1 Nasralaha, Leila	10	PAQ-HI	1:10:37 AAAA
2 Hiroki, Gigi	10	KSC-HI	1:11:39 AAAA
3 Hurd, Sophia	10	PAQ-HI	1:15:34 AAAA
4 Likelike, Reina	10	KSC-HI	1:18:53 AAAA
5 Kenessey, Tia	10	AAA-HI	1:19:39 AAAA
6 Parin, Mattae	10	AAQ-HI	1:22:06 AAAA
7 Ho, Tara	9	KSC-HI	1:22:09 AAAA
8 Nabagawa, Neell	10	SPL-HI	1:22:46 AAAA
9 Oda, Leah	10	AAA-HI	1:22:55 AAAA
10 Inouye, Chloe	9	MOKI-HI	1:22:64 AAAA
11 Kaichi, Hajhle	9	PAQ-HI	1:23:21 AA
12 Gurney, Ava	10	KSC-HI	1:23:32 AA
13 Ho, Tia	10	KSC-HI	1:23:37 AA
14 Andayo, Ayalnye	10	IOL-HI	1:23:61 AA
15 Yasumi, Sana	10	KSC-HI	1:24:50 AA
16 Kealoha, Tehani	10	KSC-HI	1:24:52 AA
17 Pizarro, Gabby	10	AUL-HI	1:24:74 AA
18 Orr, Victoria	10	HSC-HI	1:24:90 AA

#132 Boys 10 & Under 100 LC Meter Freestyle			
Name	Age	Team	Seed Time
1 Ooadsky, Phillip	10	AUL-HI	1:10:28 AAAA
2 Semmarage, Con	10	HSC-HI	1:18:16 AAAA
3 Wong, Evan	10	IOL-HI	1:19:77 AAAA
4 Kealoha, Dustin	10	KSC-HI	1:20:92 AAAA
5 Garcia, Nyson	10	AAA-HI	1:21:67 AAAA
6 Aus, Kai	10	AUL-HI	1:23:93 AAAA
7 Canevart, Gabe	10	AUL-HI	1:23:95 AAAA
8 Tan, Tommy	10	SPL-HI	1:25:51 AAAA
9 Cheng, Benton	10	MAN-HI	1:27:15 AA
10 Lyons, Ford	10	PAQ-HI	1:27:28 AA
11 Raquel, Ian	10	MOKI-HI	1:28:42 AA
12 Endo, Kaita	8	SPL-HI	1:31:34 AA
13 Onaka, Landen	10	PCA-HI	1:31:72 AA
14 Tan, Evans	8	SPL-HI	1:32:19 AA
15 King, Andrew	10	SPL-HI	1:34:17 AA
16 Davis, Brahma	7	KSC-HI	1:23:54Y AA
17 Ooadsky, Viktor	8	AUL-HI	1:36:05 A
18 Tsuji, Taro	10	MAN-HI	1:40:61 A

#133 Girls 13-14 400 LC Meter Freestyle Relay			
Team	Relay	Seed Time	
1 HSC-HI	A	4:19:05	AAAA
2 PAQ-HI	A	4:35:09	

#134 Boys 13-14 400 LC Meter Freestyle Relay			
Team	Relay	Seed Time	
1 HSC-HI	A	4:11:17	AAA
2 PAQ-HI	A	4:20:75	

#136 Boys 15-16 400 LC Meter Freestyle Relay			
Team	Relay	Seed Time	
1 SPL-HI	A	4:12:65	AAA
2 SUNA-HI	A	4:13:72	AAA
3 HSC-HI	A	4:19:05	AAA
4 PAQ-HI	A	4:24:92	AAA
5 PCA-HI	A	4:34:81	

#137 ... (Women Open 400 LC Meter Freestyle Relay)			
Team	Relay	Seed Time	
1 SUNA-HI	A	3:44:91	AAA
6 SUNA-HI	B	4:49:33	
7 PAQ-HI	B	4:52:85	

#138 Men Open 400 LC Meter Freestyle Relay			
Team	Relay	Seed Time	
1 HSC-HI	A	3:56:08	
3 SPL-HI	A	3:56:43	
4 PAQ-HI	B	4:03:37	
5 HSC-HI	B	4:12:24	
6 PAQ-HI	B	4:22:61	
7 SPL-HI	B	4:23:56	