

ILH Varsity Swim & Dive Championships - 1/29/2016 to 1/30/2016
Swim Trials 1/29..Swim Finals 1/30 at Punahou
Dive Meet 1/30 at `Iolani

VARSDITY - Records

1	Girls 1 mtr Diving	447.95	1/30/2016	Deborah Wen - Punahou
2	Boys 1 mtr Diving	544.50	1/30/2016	Jacob Cornish - Punahou
3	Girls 200 Medley Relay	1:44.72	1/25/2014	Punahou L Foster, M Balish, J Mau, R Kiessling
4	Boys 200 Medley Relay	1:36.59	1/30/2016	Iolani School - Iolani A Jun, A Lee, S Lee, C Nakamura
5	Girls 200 Free	1:50.62	1/28/2012	Jasmine K Mau - Punahou
6	Boys 200 Free	1:37.19	1/29/2016	Aukai Lileikis - Punahou
7	Girls 200 IM	2:03.46	1/26/2013	Jasmine K Mau - Punahou
8	Boys 200 IM	1:49.86	2/7/2015	Aukai Lileikis - Punahou
9	Girls 50 Free	23.03	1/25/2014	Jasmine K Mau - Punahou
10	Boys 50 Free	20.35	2/7/2015	Kanoa Kaleoaloha - KSK -HI
11	Girls 100 Fly	52.83	1/25/2014	Jasmine K Mau - Punahou
12	Boys 100 Fly	48.90	1/30/2016	M.J. Mao - PAC5 -HI
13	Girls 100 Free	50.50	2/10/2007	Christel Simms - Punahou
14	Boys 100 Free	45.00	2/7/2015	Kanoa Kaleoaloha - KSK -HI
15	Girls 500 Free	4:58.26	1986	Diane Williams - Iolani
16	Boys 500 Free	4:29.96	2/14/2004	Noa Sakamoto - Punahou
17	Girls 200 Free Relay	1:36.85	2/9/2008	Punahou School M Yoshida, R Cote, C Simms, K Moy
18	Boys 200 Free Relay	1:26.01	1/26/2013	Kamehameha Schools Kapalama K Kaleoaloha, K Naone, P Delos Santos, R Stack
19	Girls 100 Back	56.91	1/30/2016	Lia Foster - Punahou
20	Boys 100 Back	49.71	2001	Hong Zhe Sun - Iolani
21	Girls 100 Breast	1:03.62	1/25/2014	Maddie Balish - Punahou
22	Boys 100 Breast	56.91	1/30/2016	Aukai Lileikis - Punahou
23	Girls 400 Free Relay	3:33.54	2/10/2007	Punahou School M Yoshida, R Cote, B Beauchan, C Simms
24	Boys 400 Free Relay	3:10.09	1/30/2016	Punahou - Punahou A Lileikis, T Kawakami, J Gaughan, M Hampton