

JULY 17-20



2025

HAWAI'I STATE LCM CHAMPIONSHIPS



PROUDLY HOSTED BY

OAHU SWIM LEAGUE

**K. MARK TAKAI VETERANS'
MEMORIAL AQUATIC CENTER**



WELCOME TO O'AHU



Aloha State Swimmers



We are here because of something we all share:
Heart. Grit. And the unshakable belief that greatness doesn't just wait —
it rises. And this week, it has. You're here.

Across islands, teams, and lanes, you've come together — not just as
competitors, but as a community built on ho'ihi, mutual respect. That respect is
what binds us — for one another's effort, for the journey we've all taken to get
here, and for this moment we now share.

This is the best of the best in Hawai'i swimming —
gathered in one place, one purpose, one spirit.

Introducing, the 2025 Hawai'i State
Long Course Age Group Swimming Championships.



2025 LONG COURSE AGE GROUP CHAMPIONSHIPS

K. MARK TAKAI VETERANS' MEMORIAL AQUATIC CENTER
94-801 KAMEHAMEHA HWY, WAIPAHU, HAWAII 96797

Meet Leadership

Meet Referee

Anuschka De Aguiar

Meet Director

Ryan Muraoka

Referees

Saint-Marie Gough

Dean Otaka

Russell Iwamura

Admin Officials

Rene Iwamura

Rebecca Leibowitz

Hanna Nakamura

Lance Fujieki

Wenyi Zhou

Admin Referee

Peggy Glasgow

Meet Entry Director

Malcolm Cooper

Meet Schedule Summary

Thursday

July 17

Friday

July 18

Saturday

July 19

Sunday

July 20

Coach Meeting	12:45 PM	8:30 AM	If needed	If needed
Indiv & Relay Scratches	11:45 AM	1:30 PM Fri	4:30 PM Sat	4:30 PM Sun
Distance Positive Check Due	11:45 AM	1:30 PM Fri	4:30 PM Sat	4:30 PM Sun
Officials' Meeting	12:30 PM	Prelims 7:30 AM Finals 3:00 PM	Prelims 7:30 AM Finals 3:00 PM	Prelims 7:30 AM Finals 2:00 PM
Timers & Marshalls • The Meet Director(s) will assign timer and safety marshal positions to the participating clubs based on the number of participating athletes in each session. Marshalls report to meet referee BEFORE warm-ups. • All deck officials, timers, and safety marshalls are under the jurisdiction of the Meet Referee.				
Warm-ups (Prelims)	11:30 AM	7:15 AM	7:15 AM	7:15 AM
Competition (Prelims)	1:00 PM	8:45 AM	8:30 AM	8:30 AM
Warm-ups (Finals)	N/A	3:00 PM	3:00 PM	2:00 PM
Competition (Finals)	N/A	4:00 PM	4:00 PM	3:00 PM* maybe 2:30





Hawai'i Pono'i

HAWAII STATE ANTHEM



HAWAIIAN LANGUAGE

Hawai'i pono'i
Nânâ i kou mô'i
Ka lanî ali'i,
Ke ali'i

Hui:

Makua lanî ê,
Kamehameha ê,
Na kaua e pale,
Me ka ihe

Hawai'i pono'i
Nânâ i nâ ali'i
Nâ pua muli kou
Nâ pôki'i

Hawai'i pono'i
E ka lâhui e
`O kâu hana nui
E u'îê

ENGLISH TRANSLATION

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

Chorus:

Royal father
Kamehameha
Shall defend in war
With spears

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

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

Pule

BLESSING

E mālama pono i kou kino, i kou 'uhane, a me kou na'au.
Take good care of your body, your spirit, and your heart.

E kūlia i ka nu'u.
Strive always for the summit.

E ho'omau.
And above all, persevere.





Order of Events

DAY I

Thursday

July 17

Session 1

Warm Up: 11:30 AM

Races Start: 1:00 PM

Finish Time: 5:00 PM

257
Swimmers
Day 1

Event		Division	Race
1	Girls	13-14	800 Freestyle Relay +
2	Boys	13-14	
3	Girls	15-18	800 Freestyle Relay +
4	Boys	15-18	
5	Girls	11-12	400 Individual Medley ++
6	Boys	11-12	
7	Girls	13-14	1500 Freestyle ++
8	Boys	13-14	
9	Girls	15-18	1500 Freestyle ++
10	Boys	15-18	
11	Girls	11-12	400 Freestyle Relay +
12	Boys	11-12	
13	Girls	13-14	400 Freestyle Relay +
14	Boys	13-14	
15	Girls	15-18	400 Freestyle Relay +
16	Boys	15-18	



5 MIN
BREAK
AWARDS

+ Timed Final

++ Timed Final, seeded fastest to slowest. 13-14 & 15-18 will be combined for all but fastest heat and alternate girls/boys heats.



Order of Events

DAY 2

Friday
July 18

425
Swimmers
Day 2

Session 2

Warm Up: 7:15 AM

Program Start: 8:30 AM

Races Start: 8:45 AM

Finish Time: 1:18 PM

Session 3 - FINALS

Warm Up: 3:00 PM

Races Start: 4:00 PM

Finish Time: 7:36 PM

+ Timed Final

++ Timed Final, seeded fastest to slowest. 13-14 & 15-18 will be combined for all but fastest girl/boy heats.

Event	Division	Race
17	Girls	11-12
18	Boys	11-12
19	Girls	13-14
20	Boys	13-14
21	Girls	15-18
22	Boys	15-18
23	Girls	10 & U
24	Boys	10 & U
25	Girls	11-12
26	Boys	11-12
27	Girls	13-14
28	Boys	13-14
29	Girls	15-18
30	Boys	15-18
31	Girls	10 & U
32	Boys	10 & U
33	Girls	11-12
34	Boys	11-12
35	Girls	13-14
36	Boys	13-14
37	Girls	15-18
38	Boys	15-18
39	Girls	10 & U
40	Boys	10 & U
41	Girls	11-12
42	Boys	11-12
43	Girls	13-14
44	Boys	13-14
45	Girls	15-18
46	Boys	15-18
47	Girls	10 & U
48	Boys	10 & U
49	Girls	11-12
50	Boys	11-12
51	Girls	13-14
52	Boys	13-14
53	Girls	15-18
54	Boys	15-18
55	Girls	10 & U
56	Boys	10 & U
57	Girls	13-14
58	Girls	15-18
59	Boys	13-14
60	Boys	15-18
61	Girls	11-12
62	Boys	11-12
63	Girls	13-14
64	Boys	13-14
65	Girls	15-18
66	Boys	15-18



Order of Events

DAY 3

Event	Division	Race
67	Girls 11-12	200 Butterfly +
68	Boys 11-12	
69	Girls 13-14	50 Backstroke
70	Boys 13-14	
71	Girls 15-18	50 Backstroke
72	Boys 15-18	
73	Girls 10 & U	50 Backstroke +
74	Boys 10 & U	
75	Girls 11-12	50 Backstroke
76	Boys 11-12	
77	Girls 13-14	200 Backstroke
78	Boys 13-14	
79	Girls 15-18	200 Backstroke
80	Boys 15-18	
81	Girls 10 & U	100 Backstroke +
82	Boys 10 & U	
83	Girls 11-12	100 Breaststroke
84	Boys 11-12	
85	Girls 13-14	100 Freestyle
86	Boys 13-14	
87	Girls 15-18	100 Freestyle
88	Boys 15-18	
89	Girls 10 & U	100 Freestyle +
90	Boys 10 & U	
91	Girls 11-12	100 Freestyle
92	Boys 11-12	
93	Girls 13-14	200 Individual Medley
94	Boys 13-14	
95	Girls 15-18	200 Individual Medley
96	Boys 15-18	
97	Girls 10 & U	200 Medley Relay +
98	Boys 10 & U	
99	Girls 11-12	400 Freestyle ++
100	Boys 11-12	
101	Girls 13-14	800 Freestyle +++
102	Girls 15-18	
103	Boys 13-14	400 Individual Medley ++
104	Boys 15-18	
105	Girls 11-12	200 Medley Relay
106	Boys 11-12	
107	Girls 13-14	200 Medley Relay
108	Boys 13-14	
109	Girls 15-18	200 Medley Relay
110	Boys 15-18	

Saturday July 19

Session 4

Warm Up: 7:15 AM

Races Start: 8:30 AM

Finish Time: 1:24 PM

Session 5 - FINALS

Warm Up: 3:00 PM

Races Start: 4:00 PM

Finish Time: 6:54 PM

324
Swimmers
Day 3

+ Timed Final.

++ Timed Final, seeded fastest to slowest.
10&U & 11-12 and 13-14 & 15-18 will be combined for all but fastest heat and alternate girls/boys heats.

+++ Timed Final, seeded fastest to slowest



Order of Events

DAY 4

Sunday
July 20

316
Swimmers
Day 4

Session 6

Warm Up: 7:15 AM

Races Start: 8:30 AM

Finish Time: 12:44 PM

Session 7 - FINALS

Warm Up: 2:00 PM

Races Start: 3:00 PM

(possibly 2:30 PM)

Finish Time: 5:25 PM

+ Timed Final.

++ Timed Final, seeded fastest to slowest. 10&U & 11-12 and 13-14 & 15-18 will be combined for all but fastest heat and alternate girls/boys heats.

+++ Timed Final, seeded fastest to slowest

Event	Division	Race
111	Girls 11-12	200 Backstroke +
112	Boys 11-12	
113	Girls 13-14	50 Freestyle
114	Boys 13-14	
115	Girls 15-18	50 Freestyle
116	Boys 15-18	
117	Girls 10 &U	200 Individual Medley +
118	Boys 10 &U	
119	Girls 11-12	200 Individual Medley
120	Boys 11-12	
121	Girls 13-14	200 Butterfly
122	Boys 13-14	
123	Girls 15-18	200 Butterfly
124	Boys 15-18	
125	Girls 10 &U	50 Freestyle +
126	Boys 10 &U	
127	Girls 11-12	50 Freestyle
128	Boys 11-12	
129	Girls 13-14	100 Backstroke
130	Boys 13-14	
131	Girls 15-18	100 Backstroke
132	Boys 15-18	
133	Girls 10 &U	100 Butterfly +
134	Boys 10 &U	
135	Girls 11-12	100 Butterfly
136	Boys 11-12	
137	Girls 13-14	200 Breaststroke
138	Boys 13-14	
139	Girls 15-18	200 Breaststroke
140	Boys 15-18	
141	Girls 13-14	400 Freestyle ++
142	Boys 13-14	
143	Girls 15-18	400 Freestyle ++
144	Boys 15-18	
145	Girls 11-12	200 Freestyle Relay
146	Boys 11-12	
147	Girls 13-14	200 Freestyle Relay
148	Boys 13-14	
149	Girls 15-18	200 Freestyle Relay
150	Boys 15-18	

5 MIN
BREAK

Wai Kai *Oahu's* NEWEST DESTINATION SURF. PADDLE. PLAY. DINE. SHOP.

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Play Your Way is the ideal way to enjoy your time on our protected 52-acre Wai Kai Lagoon. For one hour, sweep and try out multiple watercraft like a kayak, SUP, pedal board, pedal boat, or hydro bike. While you're out on the lagoon, paddle out to the Aquaduna floating cabanas for a quick break or hang out on the loungers at the lagoon waterfront!

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More!



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Visit Guest Services at The Lagoon Launch or call (808) 515-SURF (7873) to schedule your day of fun!

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91-1621 Keoneula Blvd, Ewa Beach, HI 96706
WaiKai.com

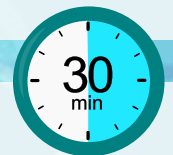


Meet Format

Meet format will be Prelims, Timed Finals, and Finals.

- 1) For 11-18 Individual events 200 yards and shorter, there will be a championship heat (A) and One consolation heat. (B) These 11-18 preliminary events will be championship seeded, circle-seeded (last 3 heats).
- 2) All 10u Individual events are timed finals seeded and swum slow to fast.
- 3) Timed Finals for all events 400 and longer. These events will be seeded FASTEST to SLOWEST and swum at the end of their respective Preliminary sessions and, where there are multiple heats of these events, alternating girls and boys heats of same event.
- 4) All Relays will be swum as Timed Finals. Relays will be seeded SLOWEST to FASTEST. Relays may be combined by the Meet Referee.
- 5) Athletes must be entered with their best time in the conforming course first followed by non-conforming course times (LCM, SCY, then SCM). Events will be seeded non-conforming times after conforming times (Specifically LSY), followed by bonus entries similarly seeded.
- 6) All Finals qualifiers from Preliminary heats need to declare their intention to scratch by the stated scratch deadline for that day's events.
- 7) All Finals Championship Heat (A) and Finals Heat (B) must check in at the designated site and official. Athletes not checked in by the start of the prior event Finals Championship Heat (A) will be a "NO SHOW." Announcements to check in WILL NOT be provided. The NO SHOW athlete will be replaced by the subsequent finalist from the Finals Heats and subject to the championship NO SHOW rules.
- 8) Finals Ready Room/Area may be designated for individual Finals Championship Heat (A). Athletes may be paraded to the blocks. Athletes will be announced by their respective blocks.
- 9) Awards will be presented to athletes at this event. Final details will be announced at the General Meeting.
- The USA Swimming National Championship scratch procedure and no-show rules will be used at this meet. These rules are described in USA Swimming Rule 207.11.6 in the current Rulebook.

Scratch Procedures



Scratch Deadline for ALL Preliminary and Timed Finals Events, including Relays, the 1500/1650 Freestyles, and the 800/1000 Freestyles will be 30 minutes after the start of Finals of the day PRIOR to the event being swum.

- Athletes are considered checked in for all Preliminary and Timed Final individual events unless scratched.
- All scratches for preliminary and timed finals events will be done by the athlete entered in the event or the team coach by submitting a scratch slip to the Admin Referee.
- Any athlete who does not properly scratch and fails to compete in a preliminary heat of an individual event or a timed finals individual event will be barred from all further individual and relay events for that day and must check in with the Admin Referee prior to the scratch deadline each day for the remainder of the meet.

Scratches from Finals

All scratches from Finals must be completed within the deadlines specified by the USA Swimming Rule 207.11.6 and must be made on-site with the Administrative Referee or their designee at their pool site at the meet.

- Athletes, or their coach have **30 minutes** following the announcement of the combined preliminary results of their event in which to scratch or declare their intention to scratch in person with the Administrative Referee at their pool site.
- Any athlete who does not properly scratch and is seeded in a Finals heat of an individual event and fails to compete will be barred from all further competition for the remainder of the meet.

RELAYS will follow the same scratch procedures as Individual Events.

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K. MARK TAKAI, VETERANS' MEMORIAL AQUATIC CENTER

FACILITY RULES

**ALL ATHLETES AND SWIMMERS NEED TO SHOWER
BEFORE ENTERING THE POOL**

NO FOOD OR DRINKS ON MAIN POOL DECK

Except for Meet Officials, Volunteers, and Coaches during scheduled competition events, Spectators and event participants may have food and drinks in bleacher and grass area where team tent are set up. Athletes may use plastic water bottles for re-hydration on pool deck.

BULK HEADS ARE OFF LIMITS TO ALL SPECTATORS AND SWIMMERS

Only Meet Officials, Facility Personnel and Coaches are permitted on the bulkhead during the course of the meet and scheduled practice times.

Exception: swimmers who are assisting during distance events.

DIVING WELL IS CLOSED DURING SWIMMING EVENTS

Only during short course season.

All Diving Boards are closed except for diving competitions and practice.

**BLEACHER AREA, PLEASE KEEP A 3 - 4 FOOT WALK PATH
ALONG HAND RAIL**

Championship Time Standards

Earning a **AAA time** in USA Swimming
isn't just fast — it's elite.

It ranks you among the top age-group swimmers
across the nation, a true mark of dedication and talent.

- Earning AAA status places you in the top 6% of more than 400,000 swimmers nationwide — fewer than 1 in 15 reach this level.
- You're not just fast — you're part of an elite group ranked among Hawai'i's top 50 swimmers, many breaking into the nation's top 100.
- Behind every stroke is a story of dedication: early mornings, sacrifices, setbacks overcome, and a drive that never quits.
- This is why college coaches and Olympic scouts take notice: AAA isn't just a qualifying time — it's a mark of relentless grit, passion, and unwavering commitment.



HI SUPREME

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LCM - 2024-27 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

FEMALE

MALE

FEMALE		8 & U		MALE	
B	A				
0:54.35	0:45.29		50 Free		0:45.41
1:06.08	0:55.07		50 Back		0:55.52
1:13.06	1:00.88		50 Breast		1:03.30
1:03.27	0:52.73		50 Fly		0:54.83
					1:05.81
B	A	INVT	CHMP	AG-Z	10 & U
0:49.06	0:45.29	0:41.51	0:37.74	35.69	50 Free
1:51.35	1:42.78	1:34.22	1:25.65	1:18.49	100 Free
4:05.24	3:46.37	3:27.51	3:08.64	2:51.49	200 Free
0:59.65	0:55.07	0:50.48	0:45.89	41.49	50 Back
2:09.14	1:59.20	1:49.27	1:39.34	1:29.59	100 Back
1:05.96	1:00.88	0:55.81	0:50.74	46.29	50 Breast
2:26.19	2:14.94	2:03.70	1:52.46	1:42.09	100 Breast
0:57.12	0:52.73	0:48.33	0:43.93	39.29	50 Fly
2:21.67	2:10.77	1:59.88	1:48.98	1:30.39	100 Fly
4:34.63	4:13.52	3:52.37	3:31.25	3:12.19	200 IM
B	A	INVT	CHMP	AG-Z	11/12
0:43.35	0:40.01	0:36.68	0:33.35	32.49	50 Free
1:34.36	1:27.10	1:19.84	1:12.58	1:11.19	100 Free
3:26.10	3:10.25	2:54.40	2:38.54	2:34.49	200 Free
7:15.87	6:42.34	6:08.82	5:35.29	5:08.69	400 Free
0:50.31	0:46.43	0:42.56	0:38.70	37.19	50 Back
1:49.51	1:41.09	1:32.66	1:24.24	1:20.89	100 Back
4:06.47	3:47.51	3:28.55	3:09.59	2:51.49	200 Back
0:56.21	0:51.89	0:47.56	0:43.24	41.09	50 Breast
2:02.88	1:53.42	1:43.98	1:34.52	1:29.89	100 Breast
4:44.53	4:22.64	4:00.75	3:38.87	3:14.09	200 Breast
0:47.95	0:44.27	0:40.58	0:36.89	34.89	50 Fly
1:48.78	1:40.41	1:32.04	1:23.68	1:18.79	100 Fly
4:19.88	3:59.88	3:39.89	3:19.90	2:53/89	200 Fly
3:55.09	3:37.01	3:18.93	3:00.84	2:53.49	200 IM
8:41.42	8:01.31	7:21.20	6:41.09	5:52.69	400 IM
B	A	INVT	CHMP	AG-Z	13/14
0:42.38	0:39.12	0:35.86	0:32.60	31.29	50 Free
1:31.97	1:24.87	1:17.80	1:10.73	1:07.79	100 Free
3:19.05	3:03.73	2:48.42	2:33.11	2:25.79	200 Free
6:58.93	6:26.70	5:54.47	5:22.25	4:49.19	400 Free
14:23.44	13:17.03	12:10.61	11:04.19	10:01.49	800 Free
27:32.01	25:24.93	23:17.86	21:10.78	19:13.69	1500 Free
46.46	42.89	39.31	35.74		50 Back
1:42.77	1:34.85	1:26.95	1:19.04	1:14.49	100 Back
3:43.50	3:26.31	3:09.11	2:51.92	2:39.89	200 Back
52.18	48.17	44.15	40.14		50 Breast
1:58.22	1:49.13	1:40.04	1:30.94	1:24.39	100 Breast
4:13.53	3:54.03	3:34.52	3:15.02	3:01.09	200 Breast
43.60	40.25	36.89	33.54		50 Fly
1:39.25	1:31.61	1:23.97	1:16.34	1:12.59	100 Fly
4:17.62	3:57.81	3:37.98	3:18.17	2:41.79	200 Fly
3:43.59	3:26.39	3:09.19	2:51.99	2:42.89	200 IM
8:00.36	7:23.41	6:46.47	6:09.51	5:28.39	400 IM
B	A	INVT	CHMP	SR-Z	15-18
0:41.56	0:38.36	0:35.17	0:31.97		50 Free
1:30.46	1:23.48	1:16.54	1:09.57		100 Free
3:14.76	2:59.78	2:44.80	2:29.82		200 Free
6:49.46	6:17.97	5:46.47	5:14.97		400 Free
14:06.68	13:01.54	11:56.42	10:51.29		800 Free
27:06.30	25:01.20	22:56.10	20:51.00		1500 Free
45.01	41.54	38.08	34.62		50 Back
1:39.78	1:32.10	1:24.43	1:16.75		100 Back
3:35.20	3:18.65	3:02.10	2:45.54		200 Back
50.27	46.40	42.54	38.67		50 Breast
1:53.64	1:44.91	1:36.16	1:27.41		100 Breast
4:06.62	3:47.65	3:28.68	3:09.71		200 Breast
42.15	38.90	35.66	32.42		50 Fly
1:37.53	1:30.02	1:22.52	1:15.02		100 Fly
3:53.68	3:35.70	3:17.73	2:59.75		200 Fly
3:39.18	3:22.32	3:05.46	2:48.60		200 IM
7:45.95	7:10.11	6:34.27	5:58.43		400 IM



Eat BREADFRUIT

Lutein
powerful
antioxidant

Pota-
ssium

Calcium

Gluten
Free

Vitamin
C

Vitamin
A

Magne-
sium

100 g cooked 'ulu contains

2.6 g PROTEIN

Has all the essential amino acids our bodies need.

26.3 g CARBOHYDRATES

Low-to-moderate glycemic index rating (47-72).

16 g AMYLOSE

Contributes to feelings of fullness and helps regulate weight.

16 to 20 weeks

Mature 'Ulu

Can be substituted for potatoes in virtually any recipe - ideal for fries, chips, stews, hummus, casseroles, salads and poke.

Flesh is firm and can be boiled, baked, steamed, roasted or fried.

Soft &
Sweet

1-3 days after harvest

Ripe 'Ulu

Turns sweet as starches convert to sugars. Flavor and texture is similar to pumpkin or banana - making it perfect for desserts!

4 to 8 weeks

Baby 'Ulu

Flavor and texture resembles artichoke hearts. Great for pickles!

Firm & Starchy

'Ulu Chocolate Mousse:



Mashed 'Ulu

Fire Roasted 'Ulu

Fried 'Ulu Wedges

'Ulu Hummus

'Ulu Patties

'Ulu in Beef Stew



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Team Roster

498 Swimmers
22 Clubs
1 Ohana



- Academy Swim Club
- Aloha Aquatics Association
- Aulea Swim Club
- Hawaii Swimming Club *
- Hickham Hurricanes
- Hilo Aquatic Club
- Iolani Swim Club
- Island Aquatics
- Kamehameha Swim Club
- Kona Aquatics Club
- Lahaina Swim Club
- Manoa Aquatics
- Maui Dolphins Swim Club
- Maui Swim Club
- Pearl City Aquatics
- Podium Swim Club
- Punahou Aquatics
- Rainbow Aquatics
- Splash Aquatics
- Swim Kauai Aquatics
- Waikoloa Swim Club
- Warrior Aquatics



REPRESENTING
BIG ISLAND



Hilo Aquatic Club

6 ATHLETES

- Cameron, Lewis - M - 10
- Gervais, Bayo - M - 17
- Hwang, Liya - F - 10
- Michelson, Zadok - M - 17
- Rogers, Raya - F - 16
- Tollett, Alana - F - 13

Waikoloa Swim Club

- Aono, Tyrie - F - 13
- Besana, Celina - F - 8
- Gustavson, Kenzi - F - 13
- Gustavson, Bear - M - 11
- Nearman, Kaya - F - 14
- Rostau, Brooke - F - 10

6 ATHLETES

Kona Aquatics Club

SHOWER
BEFORE
SWIMMING

KONA
AQUATICS

14 ATHLETES

- Arrindell, Emily - F - 11
- Grigore, Gemma - F - 12
- Hammer, Grant - M - 12
- Jiang, Jerry - M - 14
- Jiang, Kerry - M - 11
- Kaawa, Lai - F - 8
- Koenigs, Norah - F - 12

- Maday, Koa - M - 9
- Monfort-Chang, Izzy - F - 9
- Monfort-Chang, Sofia - F - 13
- Montz, Asher - M - 10
- Oka, Miki - F - 13
- Tracy, Gideon - M - 12
- Tracy, Kaleigh - F - 14



REPRESENTING
BIG ISLAND



Warrior Aquatic Club

3 ATHLETES

- Barna, Charlotte - F - 12
- Vincent, Kamaka - M - 13
- Vincent, Mawdsley - F - 9

Academy Swim Club

8 ATHLETES

- Buscher, Jace - M - 11
- Evanovich, Samuel - M - 9
- Goldsborough, Pax - M - 9
- Kennedy, Kai - M - 9
- Kennedy, Kali - F - 13
- Norbu, Pemma - F - 17
- Pooda, Coleson - M - 17
- Schad, Beaudin - M - 17

Island Aquatics

18 ATHLETES

- Apostolides, Zoe - F - 10
- Bardenhagen, Blake - M - 9
- Baxter, Estelle - F - 13
- Bogard, Savannah - F - 13
- Chang, Zeke - M - 15
- Elleby, Barron - M - 10
- Gaggero, Isabel - F - 15
- Greene, Hazel - F - 10
- Hoag, Alyssa - F - 12
- Hollenbeck, Kiana - F - 12
- Keahi, Halo - F - 12
- McLaughlin, Rowan - F - 9
- Peterson, Oriana - F - 10
- Richardson, Avery - F - 13
- Rochon, Maverick - M - 15
- Starmer, Amalia - F - 14
- Starmer, Eva - F - 15
- Zupner, Charlie - F - 11

REPRESENTING

KAUA'I



Swim Kauai Aquatics



27 ATHLETES

- Becker, Blake - M - 15
- Becker, Dean - M - 10
- Cole, Moana - F - 12
- Cole, Tyler - M - 15
- Juvan, Liam - M - 16
- Koerte, Peyton - F - 12
- Lagather, Anna - F - 11
- Lim, Matt - M - 9
- Lim, Wes - M - 9

- Lin, Brandon - M - 16
- Lin, Griffin - M - 10
- Lin, Ryder - M - 13
- Lottermoser, Sean - M - 14
- Lucy, Dylan - M - 12
- Lucy, Naia - F - 12
- Lucy, Sailor - F - 8
- Maeda, Sierra - F - 10
- Moises, Shealee - F - 15

- Morales-Widmer, Xochitl - F - 14
- Mottley, Addy - F - 14
- Mottley, Max - M - 13
- Paterson, Kai - M - 14
- Paterson, Mika - F - 10
- Ranis, Isabella - F - 14
- Rapp, Charlie - M - 13
- Rapp, Eva-Rose - F - 15
- Tataipu, Addie - F - 10



REPRESENTING

MAUI



Lahaina Swim Club

12 ATHLETES

- Acantilado, Anden - M - 11
- Aly, Kealani - F - 12
- Caiserman, Halia - F - 15
- Hazlet, Eli - M - 16
- Hazlet, Muriel - F - 14
- Randle, Ryder - M - 10
- Richard, Noah - M - 17
- Richard, Tristan - M - 14
- Somers, Miranda - F - 16
- Stoddart, Levi - M - 15
- Stoddart, Lila - F - 12
- Storer, Cruz - M - 15

REPRESENTING

MAUI



Maui Dolphins Swim Club

3 ATHLETES

- Ka'a'a, Nakoa - M - 11
- Ka'a'a, Noa - M - 15
- Thorson, Chloe - F - 12



Maui Swim Club

11 ATHLETES

- Ai, Sophie - F - 12
- Almiron, Aliesha - F - 14
- Almiron, Nick - M - 13
- Fukuda, Austin - M - 10
- Fukuda, Maddy - F - 13
- Ong, Ryan - M - 16
- Pardee, Ario - M - 9
- Stevens, Jett - M - 11
- Stevens, Viola - F - 14
- Ventura, Alexa - F - 14
- Ventura, Connor - M - 12





REPRESENTING

O'AHU



Aulea Swim Club

56 ATHLETES

- Barker, Keith - M - 10
- Barker, Maddie - F - 13
- Barker, Sammy - M - 12
- Belting, Hudson - M - 12
- Bonilla, Juan-Sebastian - M - 15
- Bruyere, Domi - M - 18
- Burik, Brianna - F - 12
- Burik, Kailee - F - 14
- Campbell, Kai - M - 12
- Crosson, Caleb - M - 13
- Ferandin, Jack - M - 16
- Glenn, Maya - F - 13
- Hudson, Mia - F - 15
- Hudson, Mei - F - 10
- Husson, Chase - M - 13
- Joca, Molly - F - 17
- Joca, Amelia - F - 14

- Jones, Konoske - M - 14
- Jones, Melody - F - 16
- Joyner, Tre - M - 13
- Keogh, Erin - F - 14
- Kidani, Cade - M - 17
- Koch, Allie - F - 12
- Koch, Olivia - F - 17
- Kumai, Madison - F - 13
- Lee, Keahi - M - 11
- Leibowitz, Maiya - F - 16
- Maldarelli, Emma - F - 15
- Marotta-Cerwonka, Gavin - M - 16
- Marotta-Cerwonka, Logan - M - 16
- Matsco, Charlotte - F - 12
- McIntyre, Caed - M - 17
- Melish, Luka - F - 12
- Mierzwa, Kieran - M - 12
- Mulcahy, Aiden - M - 9
- Parker, Tyson - M - 14
- Pederson, Kona - F - 13

- Perry, Charlotte - F - 10
- Perry, Jack - M - 12
- Phillips, Jasmine - F - 13
- Quam, Cora - F - 10
- Regula, Emerson - F - 9
- Regula, Everett - M - 9
- Regula, Quinn - F - 14
- Rigg, Mia - F - 16
- Ruiz, Hiwa - F - 14
- Rupp, Lyla - F - 12
- Schiltz, Sadie - F - 11
- Serrano, Ocean - M - 14
- Slusher, Liam - M - 13
- Slye, Emily - F - 11
- Stothers, Arina - F - 16
- Verderame, Tanya - F - 16
- Wiechmann, Iris - F - 11
- Word, Liam - M - 10
- Yamashiro, Hunter - M - 13

REPRESENTING

O'AHU



Aloha Aquatics Association

30 ATHLETES

- Bir, Amelia - F - 11
- Cua, Matteo - M - 10
- DesRoches, Taj - M - 11
- DesRoches, Tyde - M - 11
- D'Sena, Shane - M - 17
- Easton, Asana - F - 15
- Edwards, Jax - M - 12
- Ellis, Campbell - F - 12
- Etrata, Neil - M - 15
- Ferreira, Yoshi - M - 15
- Fremming, Rowan - M - 12
- Ganancial, Elijah - M - 12
- Ganancial, Elliott - M - 9
- Garcia, Chloe - F - 16
- Gentry, Alana - F - 15

- Guzman, Ken - M - 17
- Iida, Sydney - F - 16
- Lee-Agustin, Edward - M - 16
- Lessary, Makana - M - 16
- Lessary, Kala - M - 10
- Malone, Amelia - F - 17
- Malone, Annabelle - F - 15
- Malone, Avery - F - 12
- Miyasato, Mackensie - F - 11
- Miyasato, Maddison - F - 15
- Miyasato, Maysen - F - 14
- Myers, Lincoln - M - 10
- Sare, Ethan - M - 18
- Sare, Oakley - F - 16
- Sare, Summer - F - 11



REPRESENTING

O'AHU



Iolani Swim Club



38 ATHLETES

- Barton Lambert, Makoa - M - 10
- Campbell, Chloe - F - 14
- Chen, Bel - F - 15
- Clark, Alyssa - F - 18
- Cummings, Quintin - M - 17
- Ebisu, Maddie - F - 12
- Fudge, Hunter - M - 12
- Gonzalez, Gabi - F - 14
- Hunsaker, Lia - F - 15
- Kaahaaina, Kamakana - F - 15
- Kealoha, Rhys - F - 14
- Ketchen, Cooper - M - 13
- Lee, Kaiden - M - 16

- Lin, Jade - F - 12
- Loh, Alex - M - 12
- Loh, Ryan - M - 15
- Miller, Sage - F - 17
- Miller, Skye - F - 16
- Miyashita, Chloe - F - 10
- Mora, Ale - F - 13
- Morikami, Kiani - F - 16
- Moses, Kaila - F - 13
- Nihei, Leah - F - 14
- Nishikawa, Callie - F - 14
- Nishikawa, Kendra-Ray - F - 16
- Owen, Sophia - F - 18

- Posey, Max - M - 12
- Schmeltz, Jack - M - 12
- Schroeder, Lisa - F - 16
- Shin, Noah - M - 15
- Shin, Robyn - F - 16
- Stack, Willa - F - 15
- Tagai, Kii - F - 13
- Tenev, Alex - M - 16
- Tenev, Leo - M - 16
- Terry, Lillian - F - 14
- Tran, Jayden - M - 17
- Watanabe, Kokona - F - 18



REPRESENTING
O'AHU



47 ATHLETES

Hawaii Swimming Club

- Chang, Mitchell - M - 15
- Chun, Connor - M - 15
- Chun, Tyler - M - 13
- Chung, Leo - M - 14
- Colt, Olivia - F - 16
- Della, Gabrielle - F - 13
- Duquette, Harlon - M - 10
- Duquette, Remy - F - 15
- Filan, Lachlan - M - 10
- Fliss, Julez - F - 17
- Frano, Julia - F - 10
- Fritz, Ezra - M - 10
- Fritz, Jeremiah - M - 12
- Fujino, Max - M - 10
- Ikeda, Victoria - F - 10
- Ikeda, Wyatt - M - 12
- Imperial, Chloe - F - 14
- Layco, Duke - M - 9
- Marsi, Eric - M - 11
- Marsi, Joshua - M - 13
- Massenburg, Amerie - F - 10
- Mo, Khloe - F - 9
- Mounts, Zoe - F - 18
- Olson, Alexa - F - 10
- Olson, Avary - F - 12
- Orsey, Kathryn - F - 14
- Pupillo, Carina - F - 14
- Riehle, Logan - M - 17
- Rios, Gabe - M - 17
- Robinson, Sadie - F - 14
- Saito, Hope - F - 15
- Sato, Everly - F - 9
- Sato, Paityn - F - 13
- Soriano, Brayden - M - 16
- Swanson, Aika - F - 17
- Swanson, Taj - M - 14
- Tagupa, Erin - F - 12
- Tagupa, Levi - M - 10
- Tagupa, Rev - M - 15
- Takahashi, Liza - F - 9
- Tan, Aiden - M - 16
- Tan, Ethan - M - 10
- Tan, Owen - M - 8
- Toma, Kaimana - M - 13
- Toma, Quinn - F - 13
- Wada, Oto - F - 14
- Yamashiro, Reyn - M - 15



REPRESENTING

O'AHU



Kamehameha Swim Club

- Aiwohi, Kyzen - M - 12
- Akana, Monroe - F - 11
- Biddle, Caroline - F - 13
- Biddle, Grace - F - 18
- Biddle, Luke - M - 16
- Britos, Lucas - M - 13
- Britos, Noah - M - 16
- Burton, Bryce - F - 16
- Cambra, Miyabi - F - 10
- Campbell, Gameela - F - 10
- Chavis, Adriana - F - 15
- Chavis, Paulina - F - 18
- Chung, Deion - M - 17
- Cooper, Hannah - F - 14
- Coughlin, Natalie - F - 14
- Cox, Alison - F - 12
- Cox, Makoa - M - 17
- Cox, Ren - F - 14
- Dietz, Orion - M - 16
- Duarte, Kealaula - F - 10
- Farah, Corey - F - 16
- Flanagan, Isla - F - 13
- Flanagan, Kona - F - 17
- Flanagan, Sacla - F - 11
- Gorokhovskiy, Emily - F - 15
- Gorokhovskiy, Jacob - M - 18
- Green, Henry - M - 11
- Green, Madeline - F - 9
- Hamlin, Riley - F - 11
- Hoftiezer, Lia - F - 12
- Joyce, Kaenan - M - 16
- Joyce, Kallen - M - 8
- Joyce, Kyna - F - 14
- Jun, David - M - 12
- Jun, Evan - M - 8
- Kim, Jia - F - 11
- Kim, Jinu - M - 14
- Kim, Noah - M - 14
- Kwong, Ariel - F - 9
- Leauanae, Talimandaia - M - 16
- Lee, Emma - F - 17
- Lee, Kieran - M - 18
- Lim, Evander - M - 14
- Lorge, Tim - M - 17
- Lum, Jolie - F - 14
- Maniaci, Lyon - M - 13
- Mannis-Young, Elliott - M - 12
- Matsumoto, Ryan - M - 14
- Matsuoka, Kai - M - 13
- Matsuoka, Mana - F - 13
- Misailidis, Tai - F - 17
- Moore, MacKenzie - F - 17
- Motz, Lily - F - 14
- Navarro, Christopher - M - 10
- Nguyen, Jack - M - 12
- Nishimura, Mason - M - 14
- Ogden, Taylor - M - 15
- O'Neill, Porter - M - 13
- Paia, Brooke - F - 10
- Peters, Maxwell - M - 12
- Rivera, Kaleb - M - 12
- Rodriguez, Cheveyo - M - 14
- Rutka, Ina - F - 11
- Rutka, Tea - F - 9
- Salem, Sacha - F - 16
- San Diego, Amare - M - 15
- Sanders, Hannah - F - 14
- Schmidt, Kayden - F - 11
- Shitaoka, Lorren - M - 12
- Sjoblom, Aina - F - 17
- Sjoblom, Iona - F - 12
- Smitson, Isla - F - 10
- Stanley, Alena - F - 16
- Stanley, Evelyn - F - 13
- Steele, Declan - M - 14
- Stuemke, Maddie - F - 15
- Sunada, Leina - F - 17
- Sunada, Luke - M - 11
- Tomizawa, Evan - M - 9
- Tongg, Alyssa - F - 15
- Tongg, Brianna - F - 13
- Webster, Journey - F - 17
- Wilcox, Thames - M - 13
- Wilson, Hunter - M - 9
- Xu, Nicholas - M - 17
- Zhao, Aaron - M - 16
- Zhao, Sydney - F - 14

REPRESENTING
O'AHU



Kamehameha Swim Club



87 ATHLETES



REPRESENTING

O'AHU



Manoa Aquatics

9 ATHLETES

- Aoki, Ethan - M - 11
- Aoki, Kyle - M - 15
- Arakawa, Tyger - F - 11
- Dong, Koa - M - 10
- Kawakami, Alex - M - 11
- Kawakami, Max - M - 14
- Lauret, Jarom - M - 16
- Lauret, Jayden - M - 12
- Lum, Ida - F - 10

REPRESENTING

O'AHU



Pearl City Aquatics

13 ATHLETES

- Cummings, Elijah - M - 14
- Cummings, Winston - M - 14
- Dolan, Ru - M - 14
- Isawa, Lily - F - 13
- Kahele, Hannah - F - 17
- Kaneshiro, Kailyn - F - 15
- Nakashima, Logan - M - 12
- Nishikawa, Kei - F - 18
- Raum, Hannah - F - 13
- Raum, Caleb - M - 15
- Santiago, Axton - M - 9
- Tauanuu, Emi - F - 13
- Tobalado, Natsuki - F - 12



REPRESENTING

O'AHU



Rainbow Aquatics

10 ATHLETES

- Au, Kaulu - M - 10
- Barrett, Timothy - M - 12
- Do, Keira - F - 11
- Haugen, Branson - M - 10
- Helfer, Mia - F - 11
- Kobayashi, Parker - M - 12
- Matsui, Marcus - M - 12
- Otake, Riina - F - 12
- Riley, Aukahi - F - 10
- Vidal, Tanner - M - 14

Hickham Hurricanes

- Bevens, Hanna - F - 14
- Bonilla, Greyson - M - 9
- Stanco, Mariana - F - 10

3 ATHLETES

Podium Swim Club

4 ATHLETES

- Honda-Sato, Riley - M - 12
- Lee, Eli - M - 18
- Yu, Kevin - M - 17
- Zayco, Dominique - M - 17

REPRESENTING

O'AHU



Punahou Aquatics

- Anderson, Lucy - F - 13
- Bae, Isaac - M - 13
- Baker, Matt - M - 14
- Ball, Mira - F - 12
- Barnes, Shelby - F - 13
- Begonia, Carson - F - 12
- Carney, Makena - M - 12
- Dong, Jinghuan - F - 13
- Dong, Jingxin - F - 17
- Duffy, Jasmine - F - 12
- Endo, Kaita - M - 17
- Gammel, Lily - F - 10
- Hamilton, Kamakanaweloaloha - M - 13
- Hanson, Amory - M - 15
- Hanson, Kekalaholuokekaipueo - M - 9
- Hayakawa, Mao - F - 10
- Hayasaka, Naomi - F - 10
- Jo, Kacey - F - 13
- Jo, Kai - M - 10
- Joe, Kellan - M - 10
- Kaichi, Haylie - F - 18
- Kang, Ian - M - 10
- Kim, Ethan - M - 17
- Koh, Maddie - F - 14
- Lauret, Malia - F - 17
- Lee, Aiden - M - 13
- Makekau, Rynn - F - 13
- Mottl, Pepi - M - 17
- Nakamura, Cole - M - 14
- Nishikawa, Emma - F - 13
- Oseto, Hanabi - F - 17
- Regala, Max - M - 16
- Schiff, Kaila - F - 18
- Schiff, Ty - M - 15
- Schmutz, Dianna - F - 13
- Sugai, Allie - F - 13
- Temanaha, Raihau - M - 16
- Tsukazaki, Megan - F - 12
- Wang, Felix - M - 15
- Woo, Elsie - F - 9
- Yoshizawa, Cade - M - 13
- Yoza, Raiden - M - 17
- Zhang, James - M - 13
- Zhang, Josh - M - 15



REPRESENTING

O'AHU



Splash Aquatics

49 ATHLETES

- Arasaki, Paige - F - 13
- Barnes, Connor - M - 13
- Bitterman, Peyton - F - 17
- Chu, Logan - M - 13
- Colburn, Rebecca - F - 17
- Dagdagan, Wreyn - M - 17
- Dang, Addy - F - 14
- deBum, Zach - M - 17
- Fujieki, Jason - M - 16
- Funakoshi, Airi - F - 10
- Goble, Caroline - F - 17
- Hashimoto, Kaimana - M - 9
- Hirao Perreira, Damon - M - 14
- Hirata, Kolten - M - 13
- Hong-Matsuki, Rayden - M - 12
- Kelii, Lana - F - 11
- Kim, Daewon - M - 18
- Kim, Daria - F - 12
- Kimura, Emma - F - 15
- Kinney, Ben - M - 13
- Kudo, Yuto - M - 14
- Leung, Aiden - M - 13
- Light, Leilani - F - 9
- Lin, Enzo - M - 9
- Merchant, Connor - M - 13
- Nakamoto, Emma - F - 17
- Nakatsuji, Elise - F - 13
- Nekota, Kendall - F - 14
- Nishikawa, Callie - F - 17
- Nishikawa, Chloe - F - 10
- Ofsonka, Cullen - M - 13
- Otaka, Landri - F - 17
- Otomo, Ryan - M - 13
- Porter, Atticus - M - 10
- Rosario, Cassandra - F - 12
- Sato, Kacie - F - 11
- Schar, Kaia - F - 11
- Takao, Allyson - F - 12
- Takara, Blayke - M - 14
- Takara, Greydan - M - 16
- Toguchi, Madilynn - F - 18
- Uy, Carrissa - F - 16
- Villanueva, Andie - F - 9
- Villanueva, Anson - M - 10
- Vo, Kai - M - 8
- Watari, Brooke - F - 14
- Wong, Hailey - F - 13
- Wong, Hilda - F - 10
- Yamada, Sumie - F - 15





Class of 2025

HONORING OUR GRADUATES

To all our graduating seniors – congratulations on reaching this milestone! Here are just a few grad shout-outs we're honored to share. We celebrate each and every one of you, and we wish you nothing but the best in the lane ahead. The Hawai'i swimming community is cheering you on – now and always!



Hawaii
Swimming Club
O'ahu

Hoyt Fujihara
Christian Del Orbe
Sawyer Shaul



Punahou
Aquatics
O'ahu

Haylie Kaichi
Malia Lauret
Hanabi Oseto
Kaila Schiffli



Kamehameha
Swim Club
O'ahu

Grace Biddle
Max Dungg
Jacob Gorokhovskiy
Kieran Lee
Caitlyn Moore



Kei Nishikawa
Pearl City
Aquatics
O'ahu



Ethan Sare
Aloha Aquatics
Association
O'ahu



2025 GRADS



Manoa Aquatics Senior

L to R: Coach Larry Oshiro, Coach Casey Wong, Marshall Bataluna, Cara Egami, Herman Ma, Victor Sueblinvong, Coach Ky Wong, Coach Dillon Ishimi
Not Pictured: Camryn Ng

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Hawai'i Swimming Record Breaking

Hawai'i swimmers have continued to rise — breaking records and showing the world the strength of our islands.

These examples are a reflection of the everyday excellence, quiet perseverance, and shared spirit that defines our swimming community.

Griffin Lin

M - 10

(Swim Kauai Aquatics)
100 Back 2025

Connor Ventura

M - 12

(Maui Swim Club)
200 Free 2025

Cruz Storer

M - 15

(Lahaina Swim Club)
50 Free; 100 Free; 200 Free; 50 Back; 100
Back 2025; 11-12 Relay 2023

-broke 27-year-old record-
400 IM, 100 Free, 200 Back

Brandon Lin

M - 16

(Swim Kauai Aquatics)
100 Breast, 200 Breast 2023

Sage Miller

F - 17

(Iolani Swim Club)
50 Free 2024 just 0.01 sec shy of
30-year-old record



Thank You

Thank you parents, coaches and Team Representatives for donating your time and resources to making this Long Course State Championship meet a success!



Autographs



Autographs



MAHALO NUI LOA



Our Neighbor Island 'Ohana

To the swimmers, coaches, families, and supporters who made the journey to O'ahu—
Your presence made the 2025 LCM Age Group State Champs a shared memory for
one state, one Hawaiian swimming 'ohana, united in pride and heart.

A hui hou — until we meet again.

