



Hawaii Swimming Club proudly presents
the 77th Annual

Keo Nakama Invitational Swim Meet

- ★ **July 4 - 6, 2025**
- ★ **K. Mark Takai Veterans'
Memorial Aquatic Center**

WELCOME



Aloha and thank you for being here with us to celebrate our 77th Anniversary of the Keo Nakama Invitational Swim Meet.

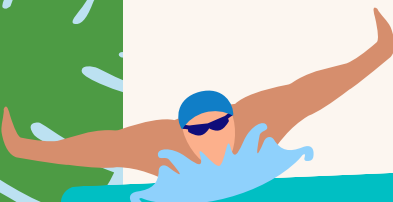
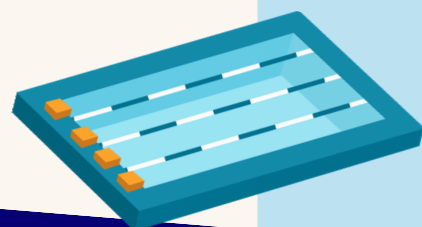
Coach Soichi Sakamoto began this meet in 1946, to honor his swimmer, Keo Nakama who was only in his 20s at the time; but Coach Sakamoto wanted to honor the hard work and amazing dedication this humble athlete put forth, and all of his successes, under the adversities of the time in history. Since then, the Keo Nakama Invitational has been held annually, having to cancel only twice for the years Coach Sakamoto attended the Olympics.



Today, we are proud to honor both Coach Sakamoto and Keo Nakama and their legacies. We feel it is important for our swimmers to know and be aware of the long history of swimming in Hawaii and the many great swimmers who have represented Hawaii on so many worldwide stages yesterday, today, and with many more to come.

Mahalo Nui Loa,

MARCELLE & KEITH ARAKAKI
MEET DIRECTORS



To all the swimmers:
Good Luck, Swim Hard,
we wish you many new
personal best and State
Qualifying Times!

Aloha and Mahalo to all the staff at
Veterans' Memorial Aquatic Center
for supporting our Hawaiian
Swimming Age Group swim
program every year!
-Coaches, Swimmers, Parents &
Supporters of Hawaii Swimming Club

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'ie

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

WELCOMING our GUESTS OF HONOR

to our opening ceremony of the 77th annual
Keo Nakama Invitational Swim Meet

Kacy Nakama-Kushiyama

&

Joey Nakama

Representing Family of Keo Nakama



In memory of Keo Nakama's legacy.

- 1967 inducted into the **International Marathon Swimming Hall of Fame**
- 1975 inducted into the **International Swimming Hall of Fame**
- 1979 inducted into the **Ohio State Athletic Hall of Fame**
- 1998 inducted into the **Hawaii Sports Hall of Fame**
- 2002 inducted into the **Hawaii Swimming Hall of Fame**
- 2010 inducted into the **Hawaii Waterman Hall of Fame**



Thank You

for purchasing the 77th Anniversary
Keo Nakama Invitational Swim Meet
Souvenir Program!



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KEO NAKAMA

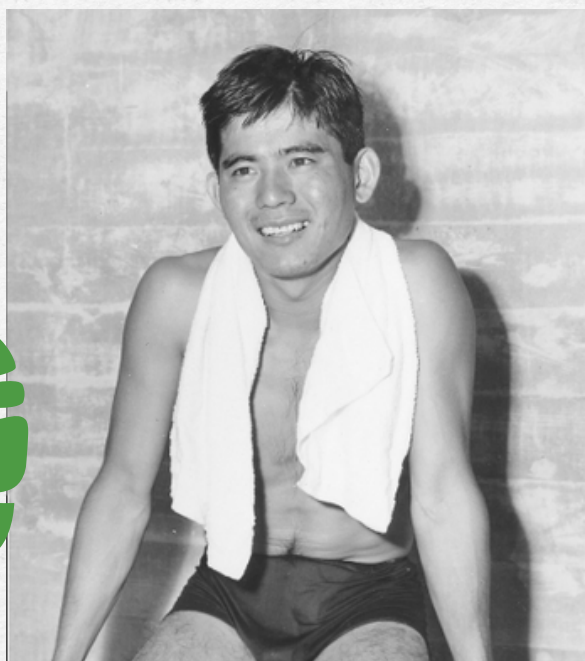
Kiyoshi Nakama

May 21, 1920 – September 8, 2011

Born in Pu'unene, Maui – Hawaii

American freestyle competitive swimmer, set a world record in the mile, All American at Ohio State, later served as a High School swim coach, teacher and 10-yr member of the Hawaii State House of Representatives.

- A prodigy from Pu'unene, Maui, who trained in irrigation ditches under Coach Soichi Sakamoto's renowned "Three-Year Swim Club"
- Set a world record of 20:29 in the mile swim at age 22, dominating U.S. and international competitions (27 U.S. titles, Pan Am, Australian nationals)
- Swam for Ohio State University, earning multiple Big Ten, NCAA, and AAU titles and captaining both swim and baseball teams
- Became the first person to swim Hawai'i's treacherous Molokai–Oahu Kaiwi Channel—27 miles—in 1961 at age 41 (15½ hours)
- Inducted into the International Swimming Hall of Fame (1975), Hawaii Waterman Hall of Fame (2010), and Hawaii Sports Hall of Fame (1998)
- After earning his master's degree and teaching at Ohio State, Keo returned to Hawaii and taught/coached at:
 - Farrington High School
 - Leilehua High School
 - Washington Intermediate School
 - Jarrett Intermediate School
- He served as a high school teacher, athletic director, occasional swim coach, passing along his expertise and aloha to countless students
- Keo transitioned from pool to politics, being elected to the Hawaii State House of Representatives, where he served five terms (1964–1974)



Keo Nakama 1942

courtesy of Wikimedia Commons

The Two Coaches of KEO NAKAMA



COACH SOICHI SAKAMOTO, COACH MICHAEL PEPPE & KEO NAKAMA

Recipient of
**Swimming
Hall of Fame**
1966

COACH

SOICHI SAKAMOTO

AGE GROUP

- Pioneering Coach: Soichi Sakamoto is credited as “the great coach responsible for modern Hawaiian swimming success.”
- Revived a Legacy: After a golden era that ended with Buster Crabbe’s 1932 Olympic win, Sakamoto reignited Hawaiian swimming during a competitive drought.
- Innovative Training: He began coaching children in an irrigation ditch, using a metronome to develop new techniques focused on pace and rhythm.
- Developed Champions: His swimmers—such as Hirose, Nakama, Smith, Konno, Oyakawa, and others—became national champions and Olympic team members in 1948, 1952, and 1956.
- Global Influence: Swimmers from around the world came to Hawaii to learn from him, drawn by his “technique, method, dedication and conditioning.”
- Demystified Success: Sakamoto emphasized, “It’s not magic!”—highlighting that excellence came from methodical training, not mystique.
- Coaching Philosophy:
 - “The swimming stroke is a ~ working tool... 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... The light of success comes only when everything seems hopeless and wasted.”

—S. Sakamoto, *Swimming Hall of Fame, FL*

Recipient of
**Swimming
Hall of Fame**
1966

COACH

MICHAEL PEPPE

COLLEGE

- Legendary Diving Coach: Known globally as “the coach of more Olympic divers than any other man.”
- Olympic Success: Coached 20 divers who won 96 of 125 national titles, including 2 gold, 4 silver, and 3 bronze Olympic medals across the 1948, 1952, 1956, and 1960 Games.
- Ohio State Legacy:
 - Graduated from Ohio State in 1927 and earned a Master’s from Columbia in 1928.
 - Became Ohio State’s first and only head swimming coach from 1931 to 1962.
 - Led the team to 33 major championships: 12 Big Ten, 11 NCAA, and 10 NAAU titles.
 - Achieved a dual meet record of 173 wins and 37 losses, with 12 undefeated seasons.
 - Record-Breaking Achievements:
 - Coached athletes to 312 individual and relay championships.
 - Produced 5 Olympic gold medals and 19 Olympic team berths.
 - In both 1947 and 1956, his divers swept the NCAA boards 1st through 4th.
- Olympic & Pan Am Coach:
 - U.S. Olympic diving coach in 1948 (London) and 1952 (Helsinki).
 - Head coach for swimming and diving at the 1951 Pan American Games in Buenos Aires.
- Ohio State’s Olympic Pipeline: From WWII to his retirement, 19 of 92 U.S. Olympic team members came from Ohio State, including 9 of 25 on the 1952 team.
- Reputation: Described as “the bantam master of the boards and the water at Ohio State.”



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Andreas Kurt Pirl, Pharm.D.
Kalani High School 1976
B.A. University of Hawaii 1983
Pharm.D., University of Illinois 1989

Stuart Edward McElhaney, Pharm.D.
Kalani High School 1981
B.A. University of Hawaii 1986
Pharm.D., University of Pacific 1990

Rosemarie Pirl McElhaney, PH.D. – Partner
B.S. University of Hawaii 1980
M.S. University of Hawaii 1985
Ph.D. University of Hawaii Plant Pathology 1991

Donna Rodrigues
Chief Pharmacy Technician

Member of:
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Association
Hawaii Independent Pharmacies
Hawaii Pharmaceutical Association
Alliance of Hawaii Pharmacies

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

*In memory of
James Lee McElhaney, P.D.
~The Head Pill~*



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HONORING

COACH SOICHI SAKAMOTO



FOUNDER OF **HAWAII SWIMMING CLUB**



SOICHI SAKAMOTO

JAN 23, 1906 - AUG 2, 1997

Coaching Tenure

- Hawaii Swim Club (1946–1981)
- University of Hawaii (1946–1961)
- U.S. Olympic Team Coach (1952 & 1956)

Athlete Development

Coached numerous national champions and five Olympic medalists, including:

- 🏅 Bill Smith – Olympic gold medalist
- 🏅 Bill Woolsey – Olympic gold medalist
- 🏅 Thelma Kalama – Olympic bronze medalist
- 🏅 Evelyn Kawamoto – Olympic bronze medalist
- 🏅 Burwell Jones – Olympic bronze medalist

Pioneering Innovator

- Developed and popularized interval training and resistance training in swimming—methods now standard in competitive swim programs worldwide.
- Famously began coaching in an irrigation ditch, using a metronome to teach pace and rhythm—an early example of biomechanical precision in coaching.

Legacy of Excellence

- His swimmers dominated U.S. national and international competitions in the 1940s–1950s.
- Many of his athletes came from public schools and went on to swim for powerhouse collegiate programs like Ohio State and Indiana.
- Mentored a generation of swimmers who competed in the 1948, 1952, and 1956 Olympic Games.

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HOW IT ALL BEGAN...

as written by
Coach Soichi Sakamoto

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.



Star Bulletin: A souvenir program from the 1946 Kei Nakama Swimming Meet

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.

Continued...

...Continued. 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 titleist); 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 Weissmuller and Duke Kahanamoku), and the presence and appearance of movie stars—Edward G. Robinson, John Wayne, Danny Kaye, and Caroline Kennedy when she was 9 ys 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, where outstanding as the permanent and temporary bleachers were packed solid with standing room only. Hawaii will long remember Keo Nakama, a combination athlete – a swimmer and a baseball player!



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MEMBER

LEGENDARY STORY ABOUT **MAUI SWIM COACH & DITCH KIDS** NOW A SCREENPLAY



Maui's Olympic champion Bill Smith trains in a Puunene irrigation ditch under the watchful eye of legendary coach Soichi Sakamoto (hat) and another coach. Hawaii Swim Club photo



- A screenplay based on Julie Checkoway's book *The Three-Year Swim Club*—the inspiring true story of legendary Maui coach Soichi Sakamoto—has been completed by Academy Award-nominated screenwriter Iris Yamashita (*Letters from Iwo Jima*) and is currently seeking a studio to bring it to life.

- The film follows how Sakamoto, a science teacher with no formal swimming background, trained children of sugar plantation workers in Pu'unēnē irrigation ditches with the dream of sending them to the 1940 Tokyo Olympics. "If you can imagine these plantation kids, no shoes, just going to school, and some guy comes along and teaches them how to swim," said Keith Arakaki, coach of the Hawaii Swim Club, the successor to Sakamoto's original team.
- Despite the cancellation of the 1940 Games due to World War II, Sakamoto's swimmers went on to become national and Olympic champions. He coached six national champions and helped produce an NCAA, world, and Olympic champion. His training methods—like resistance swimming and interval pacing—were revolutionary. "He'd be watching fish swim in the water and birds flying. Everything was related to Coach," Arakaki recalled.
- The film is described as "more about the story" than star power, with Maui County Film Commissioner Tracy Bennett calling it "Maui's feather in the cap". Hollywood producers have already scouted locations like Sakamoto Pool and the old Wailuku Pool, though concerns remain about the availability of sugarcane fields for filming since the closure of Hawaiian Commercial & Sugar.
- Hall of Fame coach James Counsilman once said Sakamoto "was never really recognized, even when he had the majority of swimmers on the team," and credited him in his book *The Science of Swimming* for pioneering training techniques that reshaped the sport.
- The legacy lives on through coaches like Reid Yamamoto, who trained under Sakamoto and now leads the Hawaii Swim Club. "It doesn't matter if you swim in a ditch or a four-lane pool," Yamamoto said. "As long as you have water, you can work and perfect your craft and become a great swimmer. It's just the attitude you take".



We were part of the movie "Go For Broke." Coach Sakamoto and the 3-year swim club training in the irrigation ditch.



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26.3 g CARBOHYDRATES

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

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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!

'Ulu Chocolate Mousse:



4 to 8 weeks

Baby 'Ulu

Flavor and texture resembles artichoke hearts. Great for pickles!



Firm & Starchy



Mashed 'Ulu

Fire Roasted 'Ulu

Fried 'Ulu Wedges

'Ulu Hummus

'Ulu Patties

'Ulu in Beef Stew



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I STILL CALL HIM 'COACH'

Written by Coach Keith 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.

HAWAII SWIMMING CLUB

COACH: KEO NAKAMA



Asst. Coach Keith Arakaki



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.

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.

(Continued...)

(...Continued)

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.

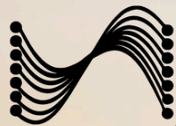
“My swimming coach, was Coach Sakamoto,” Coach Nakama said. “He taught me how to swim fast and he can help you.” “I would like all of you to swim for him and represent Hawaii Swimming Club.”

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 Kaimuku 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.



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RECORDS AND TITLES FOR
HALL OF FAME SWIMMER
KEO NAKAMA

WORLD

RECORD

ONE MILE
20:29.00

RECORD

1500 Freestyle

1943 Ohio State:
19:18.6
1944: Ohio State:
20:02.2

RECORD

**440 Yard
Freestyle**

1943: Ohio State
4:43.2
1944: Ohio State
4:47.0

WORLD

RECORD

Extended from mile
at Now Havel at age
22 to 27-mile Molokai
Channel

**NCAA Mens
Swimming
Champs**

Swim Team Captain
Ohio State University

**Swimming
Hall of Fame**

1967

**International
Swimming Hall of
Fame**

1975

US Nationals

27 Titles
(110 yrd
to 1500 m)

Australia National

8 Titles

**Pan American
Games**

5 Titles

Big Ten Champs

Swim Team Captain
Ohio State University
1943

Big Ten Champs

Baseball Team
Captain & Swim
Team Captain Ohio
State University
1944

**Pan American
Swimming
Champs**

5 Gold Medals
1940

PIONEER

**1st to swim
Molokai
(Kaiwi Channel)**

1961 Age 41
32 Miles

Big Ten

8 Titles



HONORING KEO NAKAMA

IT'S NOT JUST ABOUT REMEMBERING HIS ACHIEVEMENTS, BUT ABOUT LIVING OUT THE SPIRIT HE EMBODIED – GRIT, HUMILITY, AND PRIDE IN ONE'S ROOTS.

SWIM WITH HEART NOT JUST FOR MEDALS

Keo trained in sugarcane irrigation ditches- He swam because he loved it and believed in the dream, even when others doubted him.

KEEP IN YOUR HEART

"It's not where you begin, but how hard you work with what you have that defines your path."

REPRESENT HAWAII WITH PRIDE

Keo always competed with aloha. Whether he was in Ohio, Australia, or the Kaiwi Channel, he never forgot where he came from.

KEEP IN YOUR HEART

"Whereever you go, carry your island in your heart with pride – and share aloha with every one you meet."

EMBRACE TOUGH CONDITIONS

Keo swam the Kaiwi Channel – 27 miles of snarky, current-heavy waters – at AGE 41, just because no one else had. He proved strength isn't just in muscles, but in mindset.

KEEP IN YOUR HEART

"Lean into discomfort- it's where growth begins and resilience is built."

COMPETE WITH ALOHA

Swim fierce and lead with kindness. Hawai'i's swim culture is rooted in aloha – tight-knit, encouraging, and deeply respectful.

KEEP IN YOUR HEART

"Leave it all in the water, and leave people better than you found them."

YOU ARE A PART OF HISTORY

Learning about Keo, your coaches, and other legends in our community: understand you are a part of a long line of warriors in the water. Many look like you, train like you, and make history, just like you will.

KEEP IN YOUR HEART

"Know your history, because carrying the torch forward begins with understanding the fire that lit the path."



LIFT OTHERS WHILE YOU RISE

Keo went on to coach, teach, and serve in the legislature. He didn't hoard success – he passed it on.

KEEP IN YOUR HEART

"Be someone others look up to. Not just on the podium, but on the pool deck, too. When you lift others, you raise the whole team."





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**

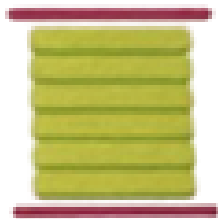


Waikiki Natatorium

Hosts the 1st Keo Nakama Swim Invitational

The Waikīkī War Memorial Natatorium was built in 1927 as a living memorial to honor 101 Hawai'i residents who died and nearly 10,000 who served in World War I, funded by the 1921 Territorial Legislature with \$250,000. The 100 x 40 meter saltwater pool opened on August 24, 1927—Olympic champion and surfing legend Duke Kahanamoku's birthday—with Duke himself diving in for the first ceremonial swim before a cheering crowd. During its prime, the Natatorium hosted world-renowned swimmers like Esther Williams, Buster Crabbe, and Johnny Weissmuller, and was used by Department of Education for its Learn to Swim program. Hawai'i's last Olympic swimmer learned to swim there. Despite its historic significance, the Natatorium was closed in 1979 due to decades of neglect, with the last major maintenance investment made in 1949. It is listed on both the National and State Registers of Historic Places and was named to the National Trust for Historic Preservation's "11 Most Endangered" list in 1995. A 1997 study by the team behind the Ko Olina Lagoons concluded that full restoration with a re-engineered, ADA-accessible saltwater pool was the most viable option—preserving its legacy while making it inclusive for all swimmers.

Laura's



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Laura's Stitch In Time, LLC

Laura Low

Home-Sewn Products

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

FEMALE

MALE

FEMALE		8 & U		MALE						
B	A			50 Free		0:45.41	0:54.49			
0:54.35	0:45.29			50 Back		0:55.52	1:06.65			
1:06.08	0:55.07			50 Breast		1:03.30	1:15.96			
1:13.06	1:00.88			50 Fly		0:54.83	1:05.81			
1:03.27	0:52.73									
B	A	INVT	CHMP	AG-Z	10 & U	AG-Z	CHMP	INVT	A	B
0:49.06	0:45.29	0:41.51	0:37.74	35.69	50 Free	35.99	0:37.84	0:41.63	0:45.41	0:49.20
1:51.35	1:42.78	1:34.22	1:25.65	1:18.49	100 Free	1:17.19	1:26.90	1:35.59	1:44.29	1:52.97
4:05.24	3:46.37	3:27.51	3:08.64	2:51.49	200 Free	2:46.89	3:11.86	3:31.05	3:50.23	4:09.42
0:59.65	0:55.07	0:50.48	0:45.89	41.49	50 Back	40.99	0:46.27	0:50.89	0:55.52	1:00.15
2:09.14	1:59.20	1:49.27	1:39.34	1:29.59	100 Back	1:28.09	1:42.96	1:53.25	2:03.56	2:13.85
1:05.96	1:00.88	0:55.81	0:50.74	46.29	50 Breast	45.59	0:52.75	0:58.02	1:03.30	1:08.58
2:26.19	2:14.94	2:03.70	1:52.46	1:42.09	100 Breast	1:40.29	1:54.93	2:06.42	2:17.92	2:29.41
0:57.12	0:52.73	0:48.33	0:43.93	39.29	50 Fly	38.59	0:45.70	0:50.27	0:54.83	0:59.41
2:21.67	2:10.77	1:59.88	1:48.98	1:30.39	100 Fly	1:29.09	2:08.47	2:21.32	2:34.17	2:47.01
4:34.63	4:13.52	3:52.37	3:31.25	3:12.19	200 IM	3:08.79	3:41.08	4:03.19	4:25.29	4:47.42
B	A	INVT	CHMP	AG-Z	11/12	AG-Z	CHMP	INVT	A	B
0:43.35	0:40.01	0:36.68	0:33.35	32.49	50 Free	31.99	0:33.35	0:36.68	0:40.01	0:43.35
1:34.36	1:27.10	1:19.84	1:12.58	1:11.19	100 Free	1:08.49	1:12.58	1:19.84	1:27.10	1:34.36
3:26.10	3:10.25	2:54.40	2:38.54	2:34.49	200 Free	2:28.79	2:39.80	2:55.78	3:11.76	3:27.74
7:15.87	6:42.34	6:08.82	5:35.29	5:08.69	400 Free	4:59.49	5:41.23	6:15.35	6:49.48	7:23.60
0:50.31	0:46.43	0:42.56	0:38.70	37.19	50 Back	36.29	0:39.67	0:43.63	0:47.61	0:51.57
1:49.51	1:41.09	1:32.66	1:24.24	1:20.89	100 Back	1:18.29	1:26.00	1:34.60	1:43.20	1:51.80
4:06.47	3:47.51	3:28.55	3:09.59	2:51.49	200 Back	2:47.49	3:14.96	3:34.45	3:53.96	4:13.45
0:56.21	0:51.89	0:47.56	0:43.24	41.09	50 Breast	40.09	0:44.03	0:48.43	0:52.84	0:57.24
2:02.88	1:53.42	1:43.98	1:34.52	1:29.89	100 Breast	1:27.09	1:36.22	1:45.84	1:55.46	2:05.09
4:44.53	4:22.64	4:00.75	3:38.87	3:14.09	200 Breast	3:07.09	3:32.08	3:53.29	4:14.49	4:35.71
0:47.95	0:44.27	0:40.58	0:36.89	34.89	50 Fly	33.99	0:37.03	0:40.74	0:44.43	0:48.14
1:48.78	1:40.41	1:32.04	1:23.68	1:18.79	100 Fly	1:15.69	1:27.16	1:35.87	1:44.60	1:53.31
4:19.88	3:59.88	3:39.89	3:19.90	2:53/89	200 Fly	2:48.89	3:19.30	3:39.23	3:59.16	4:19.09
3:55.09	3:37.01	3:18.93	3:00.84	2:53.49	200 IM	2:46.29	3:03.75	3:22.12	3:40.50	3:58.88
8:41.42	8:01.31	7:21.20	6:41.09	5:52.69	400 IM	5:44.09	6:47.35	7:28.08	8:08.82	8:49.57
B	A	INVT	CHMP	AG-Z	13/14	AG-Z	CHMP	INVT	A	B
0:42.38	0:39.12	0:35.86	0:32.60	31.29	50 Free	28.89	0:30.24	0:33.27	0:36.29	0:39.32
1:31.97	1:24.87	1:17.80	1:10.73	1:07.79	100 Free	1:02.99	1:06.11	1:12.72	1:19.33	1:25.94
3:19.05	3:03.73	2:48.42	2:33.11	2:25.79	200 Free	2:16.89	2:24.10	2:38.51	2:52.92	3:07.33
6:58.93	6:26.70	5:54.47	5:22.25	4:49.19	400 Free	4:33.79	5:06.66	5:37.32	6:07.99	6:38.66
14:23.44	13:17.03	12:10.61	11:04.19	10:01.49	800 Free	9:26.19	10:37.73	11:41.50	12:45.28	13:49.05
27:32.01	25:24.93	23:17.86	21:10.78	19:13.69	1500 Free	18:07.89	20:18.09	22:19.90	24:21.71	26:23.51
46.46	42.89	39.31	35.74		50 Back		33.19	36.51	39.83	43.15
1:42.77	1:34.85	1:26.95	1:19.04	1:14.49	100 Back	1:09.79	1:15.63	1:23.20	1:30.75	1:38.33
3:43.50	3:26.31	3:09.11	2:51.92	2:39.89	200 Back	2:30.79	2:44.39	3:00.83	3:17.27	3:33.71
52.18	48.17	44.15	40.14		50 Breast		36.94	40.63	44.33	48.02
1:58.22	1:49.13	1:40.04	1:30.94	1:24.39	100 Breast	1:17.69	1:23.64	1:32.00	1:40.37	1:48.73
4:13.53	3:54.03	3:34.52	3:15.02	3:01.09	200 Breast	2:47.39	3:03.74	3:22.11	3:40.48	3:58.88
43.60	40.25	36.89	33.54		50 Fly		31.24	34.36	37.49	40.61
1:39.25	1:31.61	1:23.97	1:16.34	1:12.59	100 Fly	1:07.09	1:12.71	1:19.98	1:27.25	1:34.52
4:17.62	3:57.81	3:37.98	3:18.17	2:41.79	200 Fly	2:29.19	3:01.80	3:19.98	3:38.16	3:56.36
3:43.59	3:26.39	3:09.19	2:51.99	2:42.89	200 IM	2:31.69	2:42.22	2:58.45	3:14.66	3:30.88
8:00.36	7:23.41	6:46.47	6:09.51	5:28.39	400 IM	5:06.99	5:45.02	6:19.53	6:54.03	7:28.54
B	A	INVT	CHMP	SR-Z	15-18	SR-Z	CHMP	INVT	A	B
0:41.56	0:38.36	0:35.17	0:31.97		50 Free		0:28.58	0:31.44	0:34.30	0:37.15
1:30.46	1:23.48	1:16.54	1:09.57		100 Free		1:03.25	1:09.58	1:15.90	1:22.23
3:14.76	2:59.78	2:44.80	2:29.82		200 Free		2:18.25	2:32.07	2:45.90	2:59.72
6:49.46	6:17.97	5:46.47	5:14.97		400 Free		4:53.23	5:22.55	5:51.87	6:21.20
14:06.68	13:01.54	11:56.42	10:51.29		800 Free		10:15.09	11:16.60	12:18.11	13:19.62
27:06.30	25:01.20	22:56.10	20:51.00		1500 Free		19:29.99	21:26.98	23:23.99	25:20.99
45.01	41.54	38.08	34.62		50 Back		31.49	34.64	37.79	40.94
1:39.78	1:32.10	1:24.43	1:16.75		100 Back		1:10.40	1:17.43	1:24.48	1:31.52
3:35.20	3:18.65	3:02.10	2:45.54		200 Back		2:33.65	2:49.01	3:04.38	3:19.75
50.27	46.40	42.54	38.67		50 Breast		35.25	38.78	42.30	45.83
1:53.64	1:44.91	1:36.16	1:27.41		100 Breast		1:18.95	1:26.84	1:34.73	1:42.62
4:06.62	3:47.65	3:28.68	3:09.71		200 Breast		2:54.61	3:12.07	3:29.53	3:46.99
42.15	38.90	35.66	32.42		50 Fly		29.85	32.83	35.82	38.81
1:37.53	1:30.02	1:22.52	1:15.02		100 Fly		1:06.29	1:12.92	1:19.54	1:26.18
3:53.68	3:35.70	3:17.73	2:59.75		200 Fly		2:35.33	2:50.87	3:06.39	3:21.95
3:39.18	3:22.32	3:05.46	2:48.60		200 IM		2:31.40	2:46.53	3:01.67	3:16.81
7:45.95	7:10.11	6:34.27	5:58.43		400 IM		5:21.10	5:53.21	6:25.32	6:57.43

KEO NAKAMA INTIVATIONAL - ORDER OF EVENTS

Congratulations to all the swimmers who have made their qualifying times to complete at this year's 77th Annual Keo Nakama Invitational! Entry to this meet is limited to:

- Athletes who have achieved Hawaiian Swimming INVT time standard or faster for their age group in the events entered.
- Swimmers in the OPEN division must be a minimum age of 11-years old with a 15-18 INVT time standard.
- Swimmers with qualifying times may enter up to 5-individual events per day with 12 and under participants swimming in only one session per day.

DAY 1 FRI

SESSION 1, Friday, July 4, 2025 11:00 am Warm Up; 12:00 pm Program; Races start after timer's briefing (approx. 12:15 pm)			
GIRLS	DIVSIONS	EVENT	BOYS
1	OPEN	200 IM	2
3	10-U	200 IM	4
5	11-12	200 IM	6
7	13-14	200 IM	8
9	10-U	50 Freestyle	10
11	11-12	50 Freestyle	12
13	13-14	50 Freestyle	14
15	OPEN	50 Freestyle	16
17	11-12	100 Freestyle	18
19	10-U	100 Butterfly	20
21	13-14	400 Freestyle	22
23	OPEN	400 Freestyle	24
25	11-12	400 Freestyle	26

DAY 2 SAT AM

SESSION 2, Saturday, July 5, 2025 7:30 am Warm up; Races start at 8:30 am			
GIRLS	DIVSIONS	EVENT	BOYS
27	11-12	100 Butterfly	28
29	13-14	100 Butterfly	30
31	11-12	50 Breaststroke	32
33	13-14	50 Breaststroke	34
35	OPEN	100 Butterfly	36
37	11-12	200 Backstroke	38
39	13-14	200 Butterfly	40
43	OPEN	200 Breaststroke	44
45	11-12	200 Butterfly	46
47	13-14	400 Medley Relay	48
49	OPEN	400 Freestyle Relay	50
51	11-12	400 Medley Relay	52

KEO NAKAMA INTIVATIONAL - ORDER OF EVENTS (CONTINUED)

DAY 2
SAT
PM

SESSION 3, Saturday, July 5, 2025 Warm up at the Conclusion of Session 2; Races to start 1 hour after Warm up			
GIRLS	DIVSIONS	EVENT	BOYS
53	10-U	200 Freestyle	54
55	13-14	200 Freestyle	56
57	OPEN	200 Freestyle	58
59	10&U	100 Breaststroke	60
61	13-14	100 Breaststroke	62
63	OPEN	100 Breaststroke	64
65	13-14	100 Backstroke	66
67	10-U	100 Backstroke	68
69	OPEN	100 Backstroke	70
71	10&U	50 Breaststroke	72
73	OPEN	50 Breaststroke	74
75	13-14	200 Freestyle Relay	76
77	OPEN	200 Freestyle Relay	78
79	10&U	200 Freestyle Relay	80

DAY 3
SUN
AM

SESSION 4, Sunday, July 6, 2025 Warm Up at 7:30 am; Races start at 8:30 am			
GIRLS	DIVSIONS	EVENT	BOYS
81	11-12	200 Freestyle	82
83	OPEN	200 Butterfly	84
85	11-12	100 Backstroke	86
87	13-14	200 Breaststroke	88
89	11-12	50 Backstroke	90
91	13-14	50 Backstroke	92
93	11-12	400 IM	94
95	13-14	100 Freestyle	96
97	11-12	50 Butterfly	98
99	13-14	50 Butterfly	100
101	OPEN	100 Freestyle	102
103	11-12	200 Breaststroke	104
105	13-14	400 Freestyle Relay	106
107	OPEN	400 Freestyle Relay	108
109	11-12	400 Freestyle Relay	110



WE LOVE OUR TIME
together



Thank you for joining us this weekend





Mahalo Officials



You make it all possible!





HAWAII SWIMMING CLUB

Oahu & Maui

BRANCH LOCATIONS



- **K. MARK TAKAI VETERANS' MEMORIAL AQUATIC CENTER**
- **KANEOHE SHARKS**
- **KAPAOLONO**
- **KROC CENTER**
- **MAUI**
- **PEARL CITY**
- **SALT LAKE**

MAHALO NUI LOA



77 YEARS AND COUNTING

**Thank you very much to all our
donors, sponsors, & volunteers**



"Alone we can do so little, together we can do so much" - Helen Keller

From all of us to all of you, thank you to the many families for all the donations of time, talents, and manpower. You make everything possible.

Special thanks to our sponsors:

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Lloyd Yonemura, The Molokai Flash!

Gilbert & Smith Law Firm

And to the following families for their efforts coordinating from behind the scenes:

Jayson and Rachelle Saito & Family for coordinating the work efforts and food donations

Stacy Layco for assembling the Souvenir Booklet;

Lei makers: Adrienne Sato, Coach Kara Olsen, Coach Kris Durquette, Stacy Layco, Dorothy Ikeda, Maren Chun, Kathy Mo, and Tetyana Musienko.

Thank you to all the families for your time, hard work, talent, food & product donations