

Hawaii Swimming Club
proudly presents the 78th Annual



KEO NAKAMA



INVITATIONAL SWIM MEET



July 3-5, 2026
K. Mark Takai Veterans'
Memorial Aquatic Center

Honoring Hawaii Swimming Excellence, EST. 1948

Welcome

Aloha and welcome to the 78th Annual Keo Nakama Invitational!

For nearly eight decades, this meet has brought together athletes, coaches, officials, volunteers, and families to celebrate the sport of swimming and the spirit of excellence that defines Hawai'i's rich aquatic tradition.

Founded by legendary coach Soichi Sakamoto, the Keo Nakama Invitational is the oldest continuously held swim meet in Hawai'i and remains one of the most respected competitions in the Pacific. This weekend, we gather not only to race, but also to honor the legacy of Keo Nakama—a pioneering athlete whose talent, determination, and achievements helped place Hawai'i on the world stage of competitive swimming.

We wish all swimmers and their families a wonderful weekend of great swims, cherished memories, and the spirit of aloha.

Mahalo for being part of this enduring tradition.



MARCELLE & KEITH ARAKAKI
MEET DIRECTORS



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Keo Nakama



Career Honors & Achievements

- International Swimming Hall of Fame inductee 1975
- International Marathon Swimming Hall of Fame inductee 1967
- Hawai'i Swimming Hall of Fame – inaugural induction class 2002
- Hawai'i Waterman Hall of Fame inductee 2010
- Recognized among Ohio State's all-time great swimmers, CSCAA Top 100

World Records

- World record holder in the mile swim (20:29)
- World-record-level achievements both pool and open water, the mile to ultra-distance swims
- First verified person to swim the Moloka'i → O'ahu (Kaiwi Channel) Distance: ~27 miles, Time: ~15.5 hours in 1961

International & National Championships

- 5 gold medals — 1940 Pan-American Swimming Championships (Ecuador)
- 27 United States National Swimming Titles across distances from sprint freestyle to 1500 meters.
- Australian National Championships 1939 - Swept all freestyle events + 330-yard individual medley

NCAA & Collegiate (Ohio State)

- NCAA Champion — Distance Freestyle (4 total titles) 1943-1944: 440-yard freestyle, 1500-meter freestyle
- Competed during Ohio State's NCAA Championship team 1943, 1945
- Only athlete in modern history to serve as 2-varsity sport Team Captain: swim & baseball the same year
- All-American swimmer (distance freestyle)

Big Ten & Collegiate Honors

- Six Big Ten Conference Champion titles including 220-yard freestyle and 440-yard freestyle
- National dominance across his college career, contributing to both Big Ten and NCAA team championships

Memorialized through the annual Keo Nakama Invitational - Hawai'i's longest-running swim meet!



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.



Hawai'i Pono'i

HAWAII STATE ANTHEM

HAWAIIAN LANGUAGE

Hawai`i pono`i
Nânâ i kou mô`i
Ka lani ali`i,
Ke ali`i

Hui:

Makua lani 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`iê

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



78TH ANNUAL KEO NAKAMA INVITATIONAL SWIM MEET

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



MEET LEADERSHIP

Meet Referee
Peggy Glasgow

Meet Directors
Marcelle Arakaki
Keith Arakaki

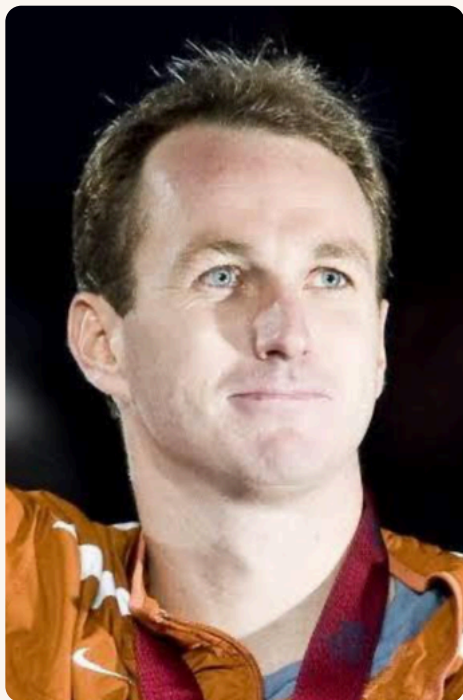
Executive Host
Lloyd Yonemura
"The Moloka'i Flash"

Admin Official
Lance Fujieki

Meet Entry Director
Peggy Glasgow

Directors of Operations
Jayson & Rachelle Saito

HONORED GUEST SPEAKER



Introducing...

Aaron Piersol

Aaron Peirsol is a three-time Olympian and one of the most accomplished backstroke swimmers in the history of the sport.

Representing the United States, he earned seven Olympic medals, including five gold, and is a former world champion and world record-holder.

A standout athlete at the University of Texas at Austin, Peirsol built a legacy defined by consistency, precision, and excellence at the highest levels of international competition.

Widely respected for his discipline and competitive focus, he brings a powerful perspective on what it takes to perform under pressure and sustain success over time.





SCHEDULE

	Friday July 3	Saturday July 4	Sunday July 5
Warm Up	11:00 AM	7:30 AM	7:30 AM
Timer's Briefing	12:20 PM	8:20 AM 8:30 AM Opening Program	8:15 AM
Races Start	Approx. 12:30 PM	Approx. 8:50 AM	8:30 AM

Afternoon Warm-Ups begin upon conclusion of morning session.
Afternoon Races begin approximately 1 hour after the start of warm ups

ORDER OF EVENTS

FRIDAY

Session 1, Friday, July 3, 2026 11:00 am Warm Up; 12:20 pm Timer's Briefing; Races start after timer's briefing (approximately 12:30 pm)			
GIRLS	DIVISIONS	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



ORDER OF EVENTS

SATURDAY

SESSION 2, Saturday, July 4, 2026

7:30 am Warm up; OPENING PROGRAM @ 8:30 am

Races start at the conclusion of the Opening Program

GIRLS	DIVISIONS	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
41	11-12	100 Breaststroke	42
43	OPEN	200 Breaststroke	44
45	11-12	200 Butterfly	46
47	13-14	400 Medley Relay	48
49	OPEN	400 Medley Relay	50
51	11-12	400 Medley Relay	52

Session 3, Saturday, July 4, 2026

Races start one hour after the conclusion of Session 2

GIRLS	DIVISIONS	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

ORDER OF EVENTS

SUNDAY



SESSION 4, SUNDAY, July 5, 2026

Warm Up Starts at 7:30 am; Races Start at the conclusion of the Timer's Briefing

GIRLS	DIVISIONS	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

NOTE: The high point award for the 11-12 Age Group will be presented prior to the Start of Session 5 Warm Up.

Session 5, SUNDAY, July 5, 2026

Warm Up starts at the conclusion of Session 4
Races start 1 hour after the start of Warm Up

GIRLS	DIVISIONS	EVENT	BOYS
111	10-U	400 Freestyle	112
113	OPEN	400 IM	114
115	13-14	400 IM	116
117	10-U	50 Backstroke	118
119	OPEN	50 Backstroke	120
121	13-14	200 Backstroke	122
123	10-U	100 Freestyle	124
125	OPEN	200 Backstroke	126
127	10-U	50 Butterfly	128
129	OPEN	50 Butterfly	130
131	13-14	200 Medley Relay	132
133	OPEN	200 Medley Relay	134
135	10-U	200 Medley Relay	136

FLEXX

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LCM - 2025-26 HAWAIIAN SWIMMING AGE GROUP TIME STANDARDS - LCM

B		A		GIRLS		8 & U		BOYS				A		B	
0:56.39 1:09.38 1:17.76 1:09.91		0:46.99 0:57.82 1:04.80 0:58.26				50 Free 50 Back 50 Breast 50 Fly						0:47.99 1:00.95 1:05.91 1:02.42		0:57.58 1:13.14 1:19.10 1:14.89	
B	A	INVT	CHMP	AG-Z/AAA	10 & U	AG-Z/AAA	CHMP	INVT	A	B					
0:50.91	0:46.99	0:43.08	0:39.16	33.69	50 Free	32.99	0:39.98	0:43.98	0:47.99	0:51.97					
1:00.06	1:50.82	1:41.59	1:32.35	1:14.49	100 Free	1:13.19	1:33.36	1:42.70	1:52.03	2:01.37					
4:40.62	4:19.03	3:57.44	3:35.86	2:43.49	200 Free	2:38.89	3:32.28	3:53.50	4:14.74	4:35.96					
1:02.64	0:57.82	0:53.00	0:48.17	39.49	50 Back	38.99	0:50.79	0:55.87	1:00.95	1:06.02					
2:27.43	2:16.09	2:04.75	1:53.41	1:25.59	100 Back	1:24.09	1:51.10	2:02.21	2:13.32	2:24.45					
1:10.20	1:04.80	0:59.40	0:54.00	44.29	50 Breast	43.59	0:54.93	1:00.42	1:05.91	1:11.41					
2:33.44	2:21.64	2:09.83	1:58.03	1:38.09	100 Breast	1:36.29	2:01.42	2:13.57	2:25.71	2:37.86					
1:03.12	0:58.26	0:53.40	0:48.55	37.29	50 Fly	36.59	0:52.02	0:57.21	1:02.42	1:07.61					
2:39.49	2:27.22	2:14.94	2:02.68	1:26.39	100 Fly	1:25.09	2:04.29	2:16.72	2:29.15	2:41.57					
5:23.50	4:58.62	4:33.74	4:08.85	3:04.19	200 IM	3:00.79	3:59.92	4:23.92	4:47.90	5:11.89					
B	A	INVT	CHMP	AG-Z/AAA	11/12	AG-Z/AAA	CHMP	INVT	A	B					
0:44.00	0:40.62	0:37.23	0:33.84	30.49	50 Free	29.39	0:33.66	0:37.03	0:40.39	0:43.76					
1:39.89	1:32.21	1:24.53	1:16.84	1:07.19	100 Free	1:04.49	1:13.81	1:21.19	1:28.57	1:35.95					
3:38.22	3:21.43	3:04.64	2:47.86	2:26.49	200 Free	2:20.79	2:44.12	3:00.53	3:16.94	3:33.36					
8:13.92	7:35.93	6:57.94	6:19.94	5:08.69	400 Free	4:59.49	6:10.71	6:47.78	7:24.85	8:01.93					
0:53.84	0:49.70	0:45.57	0:41.41	35.19	50 Back	34.29	0:41.20	0:45.32	0:49.44	0:53.56					
1:57.67	1:48.63	1:39.57	1:30.52	1:16.89	100 Back	1:14.29	1:31.43	1:40.58	1:49.71	1:58.86					
4:24.42	4:04.07	3:43.73	3:23.39	2:43.49	200 Back	2:39.49	3:11.24	3:30.36	3:49.48	4:08.61					
0:59.15	0:54.60	0:50.05	0:45.50	39.09	50 Breast	38.09	0:45.64	0:50.21	0:54.77	0:59.33					
2:12.03	2:01.86	1:51.70	1:41.54	1:25.89	100 Breast	1:23.09	1:41.67	1:51.83	2:02.00	2:12.17					
4:54.52	4:31.87	4:09.21	3:46.57	3:06.09	200 Breast	2:59.09	3:41.68	4:03.85	4:26.02	4:48.18					
0:50.67	0:46.78	0:42.88	0:38.98	32.89	50 Fly	31.99	0:39.48	0:43.42	0:47.38	0:51.33					
2:06.23	1:56.52	1:46.81	1:37.10	1:14.79	100 Fly	1:11.69	1:33.04	1:42.34	1:51.65	2:00.95					
4:26.87	4:06.33	3:45.81	3:25.28	2:45.89	200 Fly	2:40.89	3:23.14	3:43.46	4:03.77	4:24.08					
4:12.62	3:53.18	3:33.76	3:14.32	2:45.49	200 IM	2:38.29	3:08.49	3:27.34	3:46.19	4:05.04					
8:24.11	7:45.34	7:06.56	6:27.78	5:52.69	400 IM	5:44.09	6:56.88	7:38.57	8:20.26	9:01.94					
B	A	INVT	CHMP	AG-Z/AAA	13/14	AG-Z/AAA	CHMP	INVT	A	B					
0:40.32	0:37.21	0:34.11	0:31.01	29.29	50 Free	26.89	0:28.44	0:31.28	0:34.13	0:36.99					
1:28.35	1:21.55	1:14.76	1:07.96	1:03.79	100 Free	58.99	1:03.67	1:10.03	1:16.40	1:22.79					
3:12.98	2:58.12	2:43.28	2:28.44	2:17.79	200 Free	2:08.89	2:18.58	2:32.44	2:46.29	3:00.16					
7:11.13	6:37.97	6:04.81	5:31.64	4:49.19	400 Free	4:33.79	5:09.34	5:40.27	6:11.21	6:42.14					
16:00.75	14:46.85	13:32.95	12:19.04	10:01.49	800 Free	9:26.19	11:57.87	13:09.66	14:21.44	15:33.23					
30:48.51	28:26.32	26:04.13	23:41.93	19:13.69	1500 Free	18:07.89	20:18.09	22:19.90	24:21.71	26:23.51					
48.70	44.95	41.21	37.46		50 Back		33.19	36.51	39.83	43.15					
1:43.05	1:35.13	1:27.19	1:19.27	1:10.49	100 Back	1:05.79	1:17.15	1:24.86	1:32.58	1:40.29					
3:43.75	3:26.52	3:09.31	2:52.10	2:31.89	200 Back	2:22.79	2:48.31	3:05.14	3:21.97	3:38.81					
55.61	51.34	47.06	42.78		50 Breast		36.94	40.63	44.33	48.02					
1:58.06	1:48.98	1:39.90	1:30.82	1:20.39	100 Breast	1:13.69	1:25.58	1:34.14	1:42.70	1:51.26					
4:16.29	3:56.58	3:36.86	3:17.15	2:53.09	200 Breast	2:39.39	3:05.98	3:24.58	3:43.18	4:01.77					
45.79	42.26	38.74	35.22		50 Fly		31.24	34.36	37.49	40.61					
1:44.52	1:36.48	1:28.44	1:20.40	1:08.59	100 Fly	1:03.09	1:12.96	1:20.25	1:27.55	1:34.85					
4:08.91	3:49.76	3:30.61	3:11.47	2:33.79	200 Fly	2:21.19	2:47.98	3:04.77	3:21.58	3:38.37					
3:42.84	3:25.70	3:08.55	2:51.41	2:34.89	200 IM	2:23.69	2:38.40	2:54.24	3:10.08	3:25.92					
7:55.63	7:19.04	6:42.46	6:05.87	5:28.39	400 IM	5:06.99	5:43.38	6:17.72	6:52.06	7:26.39					
B	A	INVT	SR-A	SR-Z	15-18	SR-Z	SR-A	INVT	A	B					
0:38.77	0:35.78	0:32.80	0:29.82		50 Free		0:27.31	0:30.04	0:32.77	0:35.50					
1:24.46	1:17.96	1:11.47	1:04.97		100 Free		1:00.05	1:06.06	1:12.06	1:18.07					
3:05.51	2:51.24	2:36.97	2:22.70		200 Free		2:14.17	2:27.59	2:41.00	2:54.42					
6:29.38	5:59.42	5:29.47	4:59.52		400 Free		4:43.45	5:11.80	5:40.14	6:08.49					
13:38.99	12:35.99	11:32.99	10:29.99		800 Free		9:59.99	10:59.99	11:59.99	12:59.99					
26:25.99	24:23.99	22:21.99	20:19.99		1500 Free		19:22.25	21:18.48	23:14.70	25:10.93					
0:45.01	0:41.54	0:38.08	0:34.62		50 Back		0:31.49	0:34.64	0:37.79	0:40.94					
1:40.02	1:32.33	1:24.63	1:16.94		100 Back		1:12.26	1:19.49	1:26.71	1:33.94					
3:36.42	3:19.78	3:03.13	2:46.48		200 Back		2:35.31	2:50.84	3:06.37	3:21.90					
0:50.27	0:46.40	0:42.54	0:38.67		50 Breast		0:35.35	0:38.89	0:42.42	0:45.96					
1:52.94	1:44.26	1:35.57	1:26.88		100 Breast		1:20.51	1:28.56	1:36.61	1:44.66					
4:05.15	3:46.30	3:27.44	3:08.58		200 Breast		2:56.87	3:14.56	3:32.24	3:49.93					
0:42.15	0:38.90	0:35.66	0:32.42		50 Fly		0:29.85	0:32.84	0:35.82	0:38.81					
1:35.41	1:28.07	1:20.73	1:13.39		100 Fly		1:08.30	1:15.13	1:21.96	1:28.79					
3:37.06	3:20.36	3:03.67	2:46.97		200 Fly		2:34.43	2:49.87	3:05.32	3:20.76					
3:31.95	3:15.65	2:59.34	2:43.04		200 IM		2:32.50	2:47.75	3:03.00	3:18.25					
7:30.68	6:56.02	6:21.35	5:46.68		400 IM		4:41.12	5:09.23	5:37.34	6:05.46					



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PRESENTING THE TEAMS & ATHLETES

19 Teams

AAA-HI	Aloha Aquatics Association
ARA-HI	American Renaissance Academy
AUL-HI	Aulea Swim Club
COMM-CA	✧ Commerce Aquatics Swim Team
FAST-CO	✧ Fort Collins Area Swim Team
GO-ZZ	✧ Greater Ottawa Kingfish SC
HSC-HI	Hawaii Swimming Club Maui
IOL-HI	Iolani Swim Club
KSC-HI	Kamehameha Swim Club
MAN-HI	Manoa Aquatics
ALTO-PC	✧ Pc-Alto Swim Club
PCA-HI	Pearl City Aquatics
PAQ-HI	Punahou Aquatics
BOWS-HI	Rainbow Aquatics
SWAT-GU	✧ Southwestern Aquatics Team
SPL-HI	Splash Aquatics
TEAM-OR	✧ Team Eugene Aquatics
TSC	✧ Tsunami Swim Club Guam
WAC-CA	✧ Whittier Aquatic Club

380 Athletes

Aulea Swim Club-HI

	Name	Sex	Age
1	Bonilla, Juan-Sebastian	M	16
2	Burik, Kailee	F	15
3	Calia, Victoria	F	12
4	Campbell, Kai	M	13
5	Fitzgerald, Megan	F	15
6	Glenn, Maya	F	14
7	Hadfield, Blake	M	10
8	Hadfield, Evan	M	17
9	Hudson, Mei	F	11
10	Husson, Chase	M	14
11	Johansen, Caleb	M	16
12	Johansen, Dez	M	9
13	Johansen, Michael	M	12
14	Keogh, Erin	F	15
15	Kidani, Cade	M	18
16	Loomis, Liam	M	12
17	Magana, Emme	F	12
18	McIntyre, Caed	M	18
19	Mierzwa, Kieran	M	13
20	Mulcahy, Aiden	M	10
21	Pederson, Kona	F	14
22	Perera, Cole	M	14
23	Perry, Charlotte	F	11
24	Perry, Jack	M	13
25	Phillips, Jasmine	F	14
26	Quam, Cora	F	11
27	Regula, Emerson	F	10
28	Regula, Everett	M	10
29	Regula, Quinn	F	15
30	Yamashiro, Hunter	M	14

Aloha Aquatics Association-HI

	Name	Sex	Age
1	Basco, Rysten	M	15
2	Bir, Amelia	F	11
3	Cua, Matteo	M	11
4	Cullen, Kason	M	10
5	Ellis, Campbell	F	13
6	Fremming, Rowan	M	13
7	Garcia, Chloe	F	17
8	Gatbonton, Jasmine	F	12
9	Guzman, Ken	M	18
10	Lessary, Makana	M	17
11	Miyasato, Maddison	F	16
12	Miyasato, Maysen	F	15
13	Sare, Oakley	F	17
14	Stachel, Curryn	F	12
15	Yamamoto, Riki	M	15
16	Yoneda, Chloe	F	11



ATHLETE ROSTER

American Renaissance Academy-HI

	Name	Sex	Age
1	Matthews, Athena	F	12
2	Reppen, Cyrill	M	10
3	Yu, Kevin	M	18

California, USA

Commerce Aquatics Swim



	Name	Sex	Age
1	Artiga, Isabella	F	12
2	Artiga, Liliana	F	14
3	Carcamo, Melvin	M	16
4	Fagiani, Steven	M	14
5	Gonzalez, Xabi	M	11
6	Leos, Eli	M	15
7	Mani, Yair	M	14
8	Martinez, Katie	F	16
9	Mascorro, Eli	M	14
10	Mascorro, Olivia	F	10
11	Moon, Jacob	M	13
12	Moon, Jace	M	10
13	Rouse, Alyson	F	18
14	Tagorda, Arsenio	M	15
15	Tagorda, Eli	M	12
16	Villa, Harlow	F	11

Colorado, USA

Fort Collins Area Swim Team-CO



	Name	Sex	Age
1	Dollarhide, Raleigh	F	16

Ontario, Canada

Greater Ottawa Kingfish SC-ZZ



	Name	Sex	Age
1	Le, Brandon	M	11

Iolani Swim Club-HI

	Name	Sex	Age
1	Barton Lambert, Makoa	M	11
2	Ebisu, Maddie	F	13
3	Fudge, Hunter	M	13
4	Gonzalez, Gabi	F	15
5	Kim, LeeAnn	F	13
6	Lambert, Liko	M	16
7	Lin, Jade	F	13
8	Miyashita, Chloe	F	11
9	Mora, Ale	F	14
10	Moses, Kaila	F	14
11	Posey, Max	M	13
12	Shin, River	M	12

California, USA



Pc-Alto-PC

	Name	Sex	Age
1	Dudenko, Jacqueline	F	10
2	Dudenko, Sebastian	M	9

Pearl City Aquatics-HI

	Name	Sex	Age
1	Dolan, Hana	F	10
2	Dolan, Ru	M	15
3	Ho, Logan	M	12
4	Isawa, Lily	F	14
5	Isawa, Naomi	F	17
6	Kahele, Hannah	F	18
7	Lim, Nathaniel	M	10
8	Matsushige, Jake	M	14
9	Nakashima, Lia	F	16
10	Nakashima, Logan	M	13
11	Nishikawa, Kei	F	19
12	Santiago, Axton	M	10
13	Santiago, Xayden	M	12
14	Tauanuu, Emi	F	14
15	Tobalado, Natsuki	F	13



YOUR HOST TEAM - ATHLETE ROSTER

Hawaii Swimming Club Maui-HI

	Name	Sex	Age
1	Agustin, Arah London	F	12
2	Bethke, Brycen	M	12
3	Boyle, Evelyn	F	11
4	Bunmeema, Basil	F	14
5	Centeno, Jayden	M	14
6	Centeno, Jiliane	F	15
7	Chang, Mitchell	M	16
8	Chou, Elijah	M	16
9	Chou, Noah	M	12
10	Chun, Connor	M	16
11	Chun, Tyler	M	14
12	Della, Gabby	F	14
13	Di Lillo, Alexis	F	15
14	Duquette, Ezri	F	9
15	Duquette, Harlon	M	11
16	Duquette, Remy	F	16
17	Ettlich, Hope	F	14
18	Frano, Julia	F	11
19	Fritz, Ezra	M	11
20	Ganancial, Elijah Dean	M	13
21	Ganancial, Elliott Dean	M	10
22	Hamilton, Ali'i	M	12
23	Hamilton, Maka	M	14
24	Hutter, Richard	M	13
25	Ikeda, Victoria	F	11
26	Ikeda, Wyatt	M	13
27	Imperial, Chloe	F	15
28	Javar-Salas, Akolea	F	12
29	Jenkins, Quinten	M	16
30	Kennedy, Zofia	F	12
31	Layco, Duke	M	10
32	Layco, Kai	F	7
33	Madamba, Justice	F	10

	Name	Sex	Age
34	Marsi, Eric	M	12
35	Massenburg, Amerie	F	11
36	Mo, Khloe	F	10
37	Olson, Alexa	F	11
38	Olson, Avary	F	13
39	Piano, Yzyn	F	13
40	Pupillo, Carina	F	15
41	Pupillo, Katryna	F	15
42	Richardson, Lilly	F	13
43	Richardson, Lucas	M	10
44	Robinson, Sadie	F	15
45	Sadaya, Lila	F	9
46	Saito, Aaron	M	23
47	Saito, Hope	F	16
48	Sare, Summer	F	12
49	Sato, Everly	F	10
50	Sato, Paityn	F	14
51	Serrano, Jagger	M	13
52	Soriano, Brayden	M	17
53	Soriano, Bryce	M	24
54	Statiukha, Roman	M	15
55	Swanson, Aika	F	18
56	Swanson, Taj	M	14
57	Tagupa, Erin	F	13
58	Tagupa, Levi	M	11
59	Tagupa, Rev	M	16
60	Takahashi, Elizabeth	F	10
61	Tan, Aiden	M	16
62	Tan, Ethan	M	11
63	Tan, Owen	M	9
64	Von Kriegenbergh, Ryker	M	13
65	Wang, Leona	F	11
66	Wang, Shinee	F	12
67	Weaver, Dominic	M	15
68	Yahata, Tyzo	M	14
69	Yamada, Maddox	M	12
70	Zymin, Nicholas	M	14



ATHLETE ROSTER

Kamehameha Swim Club-HI

	Name	Sex	Age
1	Aiwohi, Karmyn	F	10
2	Aiwohi, Krissy	F	12
3	Awong, Leihalia	F	12
4	Balaji, Naiya	F	11
5	Britos, Lucas	M	14
6	Britos, Noah	M	17
7	Bui, Bridgette	F	11
8	Burton, Bryce	F	17
9	Cambra, Miyabi	F	11
10	Cambra, Prince	M	14
11	Campbell, Gameela	F	11
12	Campbell, Kinzie	F	9
13	Chang, Amari	F	16
14	Chang Aiwohi, Kyzen	M	13
15	Cole, Clover	F	10
16	Coughlin, Ben	M	10
17	Cox, Alison	F	13
18	Cox, Kawika	M	11
19	Cox, Ren	F	15
20	Duarte, Kealaula	F	11
21	Farah, Corey	F	17
22	Flanagan, Isla	F	14
23	Flanagan, Kai	F	21
24	Flanagan, Saela	F	12
25	Freiberg, Asher	M	10
26	Gracey, M?lia	F	13
27	Green, Henry	M	12
28	Green, Madeline	F	10
29	Hamlin, Riley	F	12
30	Holsaeter, Bastian	M	9
31	Johnston, June	F	10
32	Johnston, Meara	F	11
33	Joyce, Kallen	M	9
34	Joyce, Kyna	F	15
35	Jun, David	M	12
36	Jun, Evan	M	9
37	Kim, Jia	F	12
38	Kim, Jinu	M	15

	Name	Sex	Age
39	Kinimaka, Maikah	M	12
40	Kwong, Ariel	F	10
41	Leauanae, Talimanaia	M	17
42	Lorge, Sky	F	9
43	Lorge, Tim	M	18
44	Maniaci, Lyon	M	14
45	Mannis-Young, Elliott	M	13
46	Marotta-Cerwonka, Gavin	M	17
47	Marotta-Cerwonka, Logan	M	17
48	Matsuoka, Kai	M	14
49	Matsuoka, Mana	F	14
50	Maumausolo-Sale,	M	9
51	Mort, Emmerson	F	13
52	Moura, Arden	F	9
53	Navarro, Christopher	M	11
54	Nguyen, Jack	M	13
55	Nishimura, Mason	M	15
56	O'Neill, Porter	M	14
57	Paia, Brooke	F	11
58	Patterson, Zane	M	9
59	Peters, Maxwell	M	13
60	Richardson, Raleigh	F	12
61	Rivera, Kaleb	M	13
62	Rodriguez, Cheveyo	M	15
63	Rutka, Ina	F	12
64	Rutka, Tea	F	9
65	Sanders, Hannah	F	15
66	Schar, Kaia	F	12
67	Shitaoka, Lorren	M	13
68	Sjoblom, Aina	F	18
69	Sjoblom, Iona	F	13
70	Smith, Camden	M	15
71	Stuemke, Maddie	F	16
72	Tongg, Alyssa	F	16
73	Tongg, Brianna	F	14



ATHLETE ROSTER

Guam



Punahou Aquatics-HI

	Name	Sex	Age
1	Agresti, Maximus	M	9
2	Agresti, Valentino	M	9
3	Anderson, Lucy	F	14
4	Bae, Isaac	M	14
5	Ball, Mira	F	13
6	Barnes, Shelby	F	14
7	Begonia, Carson	F	13
8	Dacumos, Mia	F	14
9	Doctolero-Alana, Nawai	F	12
10	Dong, Jinghuan	F	14
11	Duffy, Jasmine	F	13
12	Hanson, Amory	M	16
13	Hanson,	M	10
14	Jo, Kacey	F	14
15	Jo, Kai	M	11
16	Kang, Ian	M	11
17	Kobayashi, Leila	F	12
18	Makekau, Rynn	F	14
19	Matthews, Kaylie	F	14
20	Mottl, Pepi	M	18
21	Muniz, Jacob	M	12
22	Nagel, Emma	F	13
23	Nakamura, Cole	M	15
24	Partelow, Zelda	F	11
25	Perez, Elle	F	13
26	Schmutz, Dianna	F	14
27	Schonhardt, Noah	M	16
28	Stuursma, Aaron	M	17
29	Sweeney, Mikayla	F	9
30	Tanaka, Risha	F	13
31	Tran, Bella	F	13
32	Wakisaka, Kenta	M	14
33	Wang, Felix	M	16
34	Wilcox, Thames	M	14
35	Wong, Taj	M	14
36	Woo, Elsie	F	10
37	Yoshizawa, Cade	M	14
38	Zhang, James	M	14
39	Zhang, Josh	M	16

Southwestern Aquatics Team - S-GU

	Name	Sex	Age
1	Basanta, Elizabeth	F	11
2	Basanta, Ethan	M	14
3	Campbell, Colin	M	13
4	Campbell, Nathan	M	9
5	Chen, Alison	F	12
6	Han, Eddie	M	13
7	Hiew, Hailey	F	14
8	Jone, Vivian	F	14
9	Lee, Vanessa	F	15
10	Nguyen, Annabelle	F	9
11	Nguyen, Brandon	M	12
12	Pham, Ben	M	14
13	Pham, Catherine	F	10
14	Ramirez, Rene	M	14
15	Rodriguez, Daniel	M	11
16	Rodriguez, Samuel	M	13
17	Russell, Oliver	M	13
18	Sassen, Owen	M	15
19	Tse, Michael	M	13
20	Zhang, Owen	M	17

Manoa Aquatics-HI

	Name	Sex	Age
1	Aoki, Ethan	M	12
2	Aoki, Kyle	M	16
3	Arakawa, Tyger	F	12
4	Bataluna, Marshall	M	19
5	Crabbe, Daniel	M	11
6	Dong, Koa	M	11
7	Ishimi, Dillon	M	22
8	Kakesako, Kalina	F	12
9	Kauano, Kyle	M	12
10	Kawakami, Alex	M	12
11	Kawakami, Max	M	15
12	Koren, Maya	F	10
13	Lavatai, Solomon	M	12
14	Lum, Ida	F	11



ATHLETE ROSTER

Rainbow Aquatics-HI

	Name	Sex	Age
1	Barrett, Timothy	M	13
2	Copeland-Fellezs,	M	9
3	Dallaire, Daniel	M	14
4	Do, Keira	F	12
5	Doi-Parilla, Joseph	M	16
6	Haugen, Branson	M	11
7	Haugen, Zoe	F	9
8	Helfer, Mia	F	12
9	Kobayashi, Parker	M	13
10	Matsui, Marcus	M	13
11	Meyer, Pono	M	14
12	Miyatake, Kylie	F	14
13	Otake, Riina	F	13
14	Perez, Rie	F	14
15	Riley, Aukahi	F	11
16	Rodrigues, Finn	M	9
17	Rodrigues, Teru	M	11
18	Slye, Emily	F	12
19	Slye, Lucy	F	10
20	Suehisa, Colin	M	14

Splash Aquatics-HI

	Name	Sex	Age
1	Arasaki, Paige	F	14
2	Barnes, Connor	M	14
3	Bitterman, Peyton	F	18
4	Chu, Logan	M	14
5	Dang, Addy	F	15
6	Fujino, Max	M	11
7	Funakoshi, Airi	F	11
8	Hashimoto, Kaimana	M	10
9	Hirao Perreira, Damon	M	15
10	Hirata, Danielle	F	14
11	Hirata, Kolten	M	14
12	Hong-Matsuki, Rayden	M	13
13	Kaneshiro, Kendall	F	9
14	Kelii, Lana	F	12
15	Kim, Daria	F	13
16	Kinney, Ben	M	14
17	Kinney, David	M	12
18	Leung, Aiden	M	14
19	Light, Leilani	F	10
20	Lim, Lacey	F	12
21	Lum, Blake	M	14
22	Miwa, Kaylee	F	9
23	Nishikawa, Emma	F	14
24	Otake, Landri	F	18
25	Otomo, Ryan	M	14
26	Peroff, Milena	F	13
27	Peroff, Vaiva	F	14
28	Sato, Kacie	F	12
29	Takao, Allyson	F	13
30	Takara, Blayke	M	15
31	Tatsutani, Ava	F	13
32	Timm, Robby	M	14
33	Toma, Kaimana	M	14
34	Toma, Quinn	F	14
35	Uy, Carrissa	F	17
36	Villanueva, Andie	F	9
37	Villanueva, Anson	M	11
38	Watari, Brooke	F	15
39	Wong, Hailey	F	14
40	Wong, Hilda	F	11
41	Yamada, Sumie	F	16

Tsunami Swim Club Guam

Guam

	Name	Sex	Age
1	Campus, Ocean	M	17
2	Cruz, Zoie	F	11
3	Klocek, Cecilia	F	8
4	Klocek, Philip	M	10
5	Kobayashi, Cassey	F	12

Team Eugene Aquatics-OR

Oregon, USA

	Name	Sex	Age
1	O'Brien, Aidan	M	17

Whittier Aquatic Club-CA

California, USA

	Name	Sex	Age
1	Ceja, Alejandro	M	21



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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.

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- Maui native who trained under Coach Soichi Sakamoto's renowned "Three-Year Swim Club"
- Set a world mile record of **20:29 at age 22**
- Dominated national and international competition
 - 27 US titles
 - Pan American Games
 - Australian Nationals
- Honors & Recognition
 - International Swimming Hall of Fame (1975)
 - Hawaii Sports Hall of Fame (1998)
 - Hawaii Waterman Hall of Fame (2010)

MULTI-SPORT ALL AMERICAN ATHLETE

- Swam for Ohio State University, earning multiple Big Ten, NCAA, and AAU titles while captaining both swim and baseball teams
- First person to swim the Molokai-Oahu Kaiwi Channel (27 miles) in 1961 at age 41 (15 ½ hours)
- Inducted into the International Swimming Hall of Fame (1975), Hawaii Sports Hall of Fame (1998), and Hawaii Waterman Hall of Fame (2010)

EDUCATOR & COACH

- After earning his master's degree and teaching at Ohio State, Keo returned home to Hawaii to teach and coach at:
 - Farrington High School
 - Leilehua High School
 - Washington Intermediate School
 - Jarrett Intermediate School
- Keo served as a teacher, athletic director, and swim coach, sharing his knowledge and aloha with generations of students

PUBLIC SERVANT & COMMUNITY LEADER

- Transitioned from athletics to public service, serving in the Hawaii State House of Representatives
- Represented his community for five terms (1964-1974), continuing his lifelong commitment to leadership and service

**FROM MAUI TO THE
WORLD, KEO'S
LEGACY ENDURES**





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26.3 g CARBOHYDRATES

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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



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Coach Soichi Sakamoto, Coach Michael Peppe & Keo Nakama

Recipient of
**Swimming
Hall of Fame
1966**

Recipient of
**Swimming
Hall of Fame
1966**

COACH SOICHI SAKAMOTO

AGE GROUP

- **Pioneering Coach:** Soichi Sakamoto is regarded as the driving force behind modern Hawaiian swimming success.
- **Revived a Legacy:** After a post-1932 Olympic drought, he rebuilt Hawaii into a competitive force.
- **Innovative Coaching Methods:** Pioneered interval and resistance training—now standard in competitive swimming. Used a metronome to teach pace, rhythm, and efficiency.
- **Olympic Leadership:** Coached national champions and Olympians (1948, 1952, 1956) producing five Olympic medalists. Became the U.S. Olympic Team Coach (1952, 1956)
- **Impact on the Sport:** Swimmers dominated U.S. national and international competitions in the 1940s–1950s. Influenced athletes worldwide with disciplined technique.
- **Demystified Success:** Emphasized that excellence was not “magic,” but built through structured, methodical training.
- **Coaching Philosophy:** Swimming should be simple, efficient, and controlled—working with the water, not against it. Patience is essential; success often comes when progress feels slow or uncertain.

COACH MICHAEL PEPPE

COLLEGE

- **Legendary Diving Coach:** Known worldwide as the coach of more Olympic divers than any other.
- **Olympic Success:** Coached 20 divers who won 96 of 125 national titles and 9 Olympic medals (2 gold, 4 silver, 3 bronze) across the 1948–1960 Games.
- **Ohio State Legacy:** Ohio State graduate (1927); Master's from Columbia (1928). Head swimming coach (1931–1962), leading 33 major championships: 12 Big Ten, 11 NCAA, 10 NAAU.
- **Record-Breaking Impact:** 173–37 dual meets, including 12 undefeated seasons. Coached 312 individual and relay champions. Produced 5 Olympic gold medalists and 19 Olympic team members. His divers swept NCAA podiums (1st–4th) in 1947 and 1956.
- **Olympic & Pan Am Leadership:** U.S. Olympic diving coach (1948, 1952). Head coach for swimming and diving, 1951 Pan American Games.
- **Ohio State Pipeline:** From WWII to retirement, 19 of 92 U.S. Olympic swimmers/divers were from Ohio State (including 9 of 25 in 1952).
- **Reputation:** Known as the “bantam master of the boards and the water at Ohio State.”

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.

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...



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



...CONTINUED

Thereon, some of the world's greatest swimmers appeared from 1948–1972, including Japan's legendary Furuhashi, Olympic champion Masao Furukawa, and Shiro Hashizumi; Australia's Jon Henricks; and many of the United States' finest athletes and divers, such as Chris Von Saltzer and Olympic champions Pat McCormick and Sammy Lee—along with numerous other national and international standouts.

From 1948-1972 the Keo Meets were filled with pageanties 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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2026 ORCA AWARD HONOREE



CELEBRATING HAWAII SWIMMING EXCELLENCE

ELIZABETH TAKAHASHI

A HISTORIC FIRST FOR HAWAII'S NEXT GENERATION OF SWIMMERS

The 2026 ORCA (Outstanding Recognition of Coaching & Achievement) Awards, hosted by the International Swimming Coaches Association (ISCA) on April 17–18 in St. Petersburg, Florida, brought together some of the most inspiring leaders and rising talents in age group swimming. The event shines a spotlight on the foundation of the sport—honoring outstanding coaches and athletes who represent the future of swimming.

Among this year's honorees, Elizabeth Takahashi stands out for a truly remarkable achievement. At just 10 years old, Elizabeth became the very first athlete from Hawai'i to be nominated in the 10 & Under Girls category—an incredible milestone that reflects both her dedication and promise in the sport.

Elizabeth's nomination not only recognizes her individual talent and hard work, but highlights the growing presence of young athletes from Hawai'i on the national stage. Her accomplishment is a point of pride for her team and community, an inspiration for young Hawai'i swimmers striving for excellence.

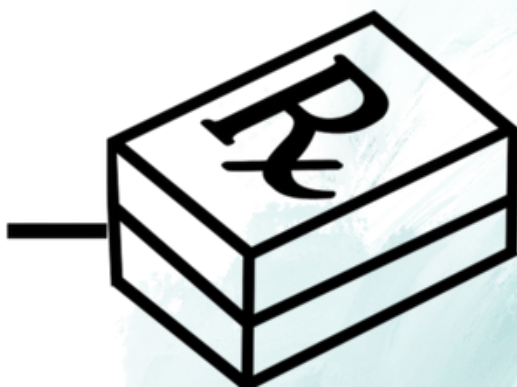


COACH SHARON MANGROBANG

Hawaii Swimming Club - Salt Lake, O'ahu

A special recognition to Coach Sharon, whose extraordinary guidance and unwavering support have shaped Elizabeth's journey—reflecting the strength of coaches across Hawai'i who continue to sustain the legacy of swimming for generations to come. Thank you Coach Sharon for all you do!





THE pillbox PHARMACY

Pharmacists

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:
Kaimuki Business and Professional
Association
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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~



**1133 Eleventh Avenue
Honolulu, Hawaii 96816-2408**

**(808) 737-1777
Fax (808) 737-4966**

HAWAIIAN SWIMMING COACHES LEGACY

Hawaii Swimming Club recognizes coaches who have made a big impact on the sport of swimming and the swimmers they have coached

COACH MERRI WADA

Celebrating Impact, Leadership,
and Lifelong Dedication to
Hawaiian Swimming



Recently retired, Coach Merri Wada leaves behind an extraordinary legacy—reflected in the testimonials below highlight the lasting impact on the athletes and community she helped shape at Rainbow Aquatics.



Before joining Rainbow Aquatics, I actually didn't enjoy competitive swimming. My previous team lacked camaraderie, and I never felt like I truly fit in—eventually leading me to quit. That all changed when I joined Rainbow Aquatics. After some convincing, I gave it another chance, and I've never looked back. Swimming became not just a lifelong outlet, but a source of connection and growth. Much of that is thanks to Coach Merri Wada. She has a unique ability to make every swimmer feel like part of a family—offering both encouragement and accountability (often reminding us that "pain is just weakness leaving the body"). She challenged us to be better, while creating an environment that was inclusive, engaging, and genuinely fun. More than anything, Merri built a team culture rooted in support and connection. The friendships formed at Rainbow Aquatics have lasted far beyond the pool, shaping who I am today. I'm incredibly grateful to have had a coach who was not only a mentor, but also a teacher, and a lifelong source of inspiration. Her impact will continue to live on through all of us.

Sharon Wong
c/o 2014

Merri has made a tremendous impact on the Rainbow Aquatics Ohana and Hawaiian swimming. Her love and care for the swimmers changed their lives for the better and set them up for success later in life. Without her support and guidance, I would not be the person I am today.

Nathan Sellner
c/o 2017



I joined Rainbow Aquatics around the age of 10, and one of the first names I remember hearing was Merri.

At the time, I was swimming for a different coach on the team, but she was always around. It turns out that wasn't an exception—it's simply who she is.

Merri is always there for everyone whenever they need her. Whether someone is just joining the team or has been part of it for years, she makes each of us feel welcome and valued. More than that, she helps make Rainbow Aquatics feel like one big family.

Thank you for everything, Merri! There aren't enough words to express our appreciation and gratitude for all the time, effort, love, tough love, care, knowledge, and wisdom you've shared with us. We'll keep doing our best to show up and support you and Rainbow Aquatics however we can. Rainbows for life!!!

Bobby Ky
c/o 2016

I first met Merri when I joined Rainbow Aquatics as a 10-year-old, over 20 years ago, during a challenging time when Palolo Pool was being renovated. Without a home pool, it took a strong leader to keep the team together—Merri was that person. Through every rough patch, she was the steady presence we trusted to guide us, creating a team environment built on discipline, connection, and lifelong friendships.

Even years later, former swimmers and families continue to return, drawn back by the sense of community she created. Merri often credited the swimmers and parents, but it was her support, enthusiasm, and genuine care that made it all possible. As we celebrated her retirement, countless former swimmers showed up or sent messages, sharing gratitude for the friendships and life lessons they gained through Rainbow Aquatics. Merri had a rare gift for making everyone feel seen and valued. I will always be grateful for her mentorship and inspired by her years of dedication to Hawai'i swimming.

So far, she has officiated three weddings, one was mine. Three of my bridesmaids swam with me on Rainbow Aquatics, and half of the tables at the wedding reception included swimmers and parents I met through Rainbow Aquatics. I will forever be in awe of her years of dedication to the Hawaii swimming community, and I am so grateful for her continued mentorship and friendship.

Trisha Ishikawa-Tsang
c/o 2012

Freestyle Biomechanics

by Jan Prins

A Must-Read for Coaches & Athletes.
Available on **Amazon.com**

30 years of research and development and creating programming, Dr. Jan Prins has put together his findings, translating complex biomechanics into clear, actionable insights that can transform how swimmers train, move, and ultimately compete.

Freestyle Biomechanics covers the minutiae of every freestyle movement from stroke pattern, body position, flutter kick, hand entry to recover and much more.

This is an easy, digestible manual for those who want stroke technique explained simply and ways to identify and rectify swimming activity that negatively impacts performance.

Freestyle Biomechanics

The Science Behind the Strokes™



Jan Prins, PhD

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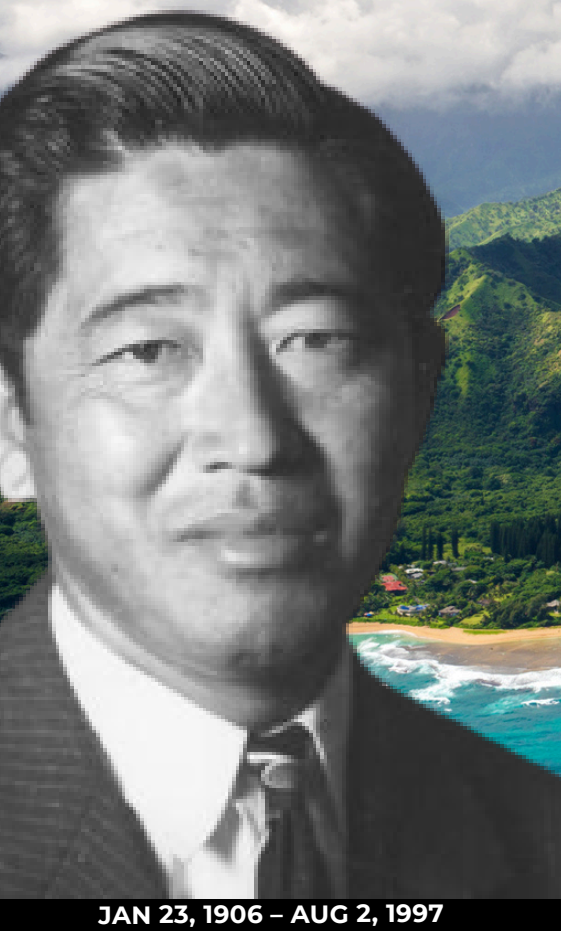
Home-Sewn Products



HOST TEAM HISTORY

FOUNDING FATHER OF

HAWAII SWIMMING CLUB



JAN 23, 1906 – AUG 2, 1997

COACH

SOICHI SAKAMOTO

Coach Soichi Sakamoto is the founding force behind the Hawaii Swimming Club.

In 1945, he built a program that transformed local Hawaii athletes like Keo Nakama into national and Olympic competitors. Beginning humbly by coaching children in an irrigation ditch, he created a structured, disciplined system rooted in opportunity and access -many swimmers from public schools.

From 1946 to 1981, he led Hawaii Swim Club while also coaching at University of Hawaii, establishing a strong pipeline from grassroots development to collegiate and elite competition. His athletes went on to powerhouse programs like Ohio State and Indiana, competing in multiple Olympic Games (1948, 1952, 1956), solidifying Hawaii's place on the global swimming stage.

Through his vision and commitment, Coach Sakamoto didn't just coach champions—he built a lasting legacy and foundation for Hawaiian swimming.

A legacy that continues today- we are so proud to be HSC!

Meet Your Host Team



Hawaii Swimming Club

Locations: VMAC, Kaneohe, Maui, Kroc & Salt Lake



VMAC

HEAD COACH **AARON SAITO**

COACH **KAINOA YEE**





Meet Your Host Team | Hawaii Swimming Club

Kaneohe

COACH
CHIAKI OKAMURA



Not Pictured:
Lachline & Harrison

Sharks. Marine Corps. Base
Kailua, O'ahu

Maui

HSC HEAD COACH
REID YAMAMOTO

COACH **ERIK KIN**
COACH **KOBE LILIO**
COACH **MARIE WHITE**



Wailuku War Memorial Pool
Wailuku, Maui

Kroc



Kroc Center Hawaii
Kapolei, O'ahu

COACH BAILEY FRITZ
COACH JENNA BUTTS
COACH KEITH ARAKAKI
COACH KIRK FRITZ

Salt Lake

COACH BRYCE SORIANO
COACH EMMETT VIDAL
COACH JOSHUA MARSI
COACH KARA FUKUSHIMA-OLSON
COACH KRIS DUQUETTE
COACH SHARON MANGROBANG



Salt Lake District Park Pool
Moanalua, O'ahu





Hawaii Swimming Club In Action





CLASS OF 2026



HONORING OUR GRADUATES

To all our graduating seniors — congratulations on reaching this milestone!
We celebrate each and every one of you, and we wish you nothing but the best in the lane ahead.
HSC and the Hawai'i swimming community is cheering you on — now and always!

AIKA SWANSON



What age did you start swimming?

I started swimming when I was around 5 yrs old.

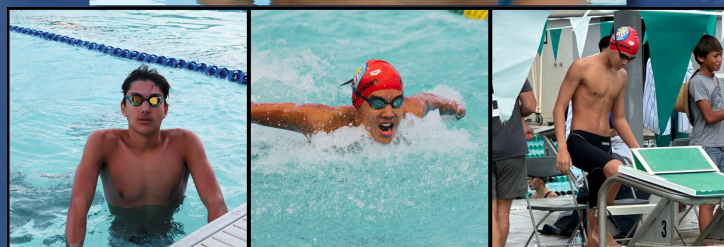
What are your plans after high school?

I plan to attend Claremont McKenna College and swim for the team as an Athena.

Any words of wisdom to your teammates?

Cherish the little moments within the sport and the experiences it gives you :)

KAI PELLETTIERI



What age did you start swimming?

When I was 5 yrs old with Learn to Swim.

What are your plans after high school?

I plan to further my education at the University of Utah, pursuing a major in business, hoping I'll be able to come back to Maui.

Any words of wisdom to your teammates?

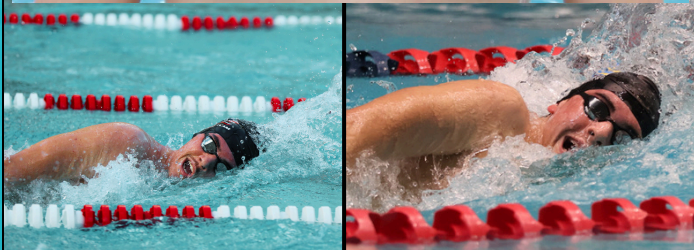
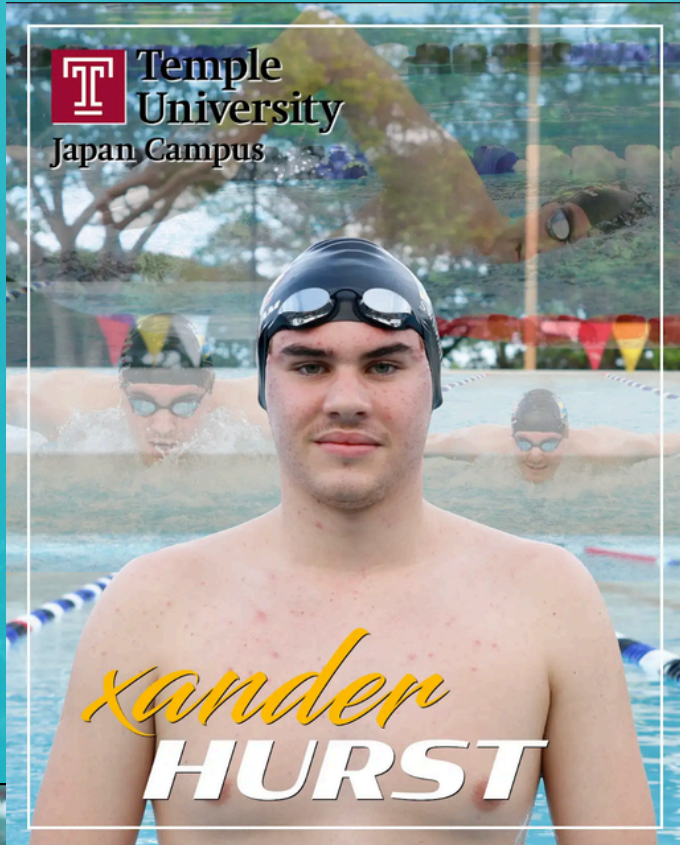
Keep pushing until the very end and enjoy every win.



CLASS OF 2026



XANDER HURST



What age did you start swimming?

I started swimming competitively when I was 13 years old.

What are your plans after high school?

I plan to study International Business at Temple University, Japan.

Any words of wisdom to your teammates?

Don't let stressing about your results prevent you from enjoying the sport.



**MILILANI
HIGH SCHOOL**



**SIERRA
KANESHIRO**



**JOSEPHINE
CAMACHO**



**Kapolei
HIGH SCHOOL**



**GENESIS
STICE**



**JULIANNA
FLISS**

GABE RIOS



What age did you start swimming?

4 years old.

What are your plans after high school?

Become a realtor.

Any words of wisdom to your teammates?

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Heartfelt Thanks

For 78 years, the heart of the Keo Nakama Invitational has been its people.

Inspired by the legacy of Keo Nakama and Coach Soichi Sakamoto, this meet continues because of the many individuals, teams, and partners who give so freely of themselves in service to the next generation of swimmers.

We are honored to recognize those whose dedication keeps this cherished tradition alive.

Officials

We are sincerely grateful for your leadership and support, which are essential to the success of every meet. Thank you for the vital role you play in our swimming community.



Hawaiian Swimming Ohana

Thank you for your spirit of aloha, sportsmanship, and shared commitment to elevating Hawai'i swimming year after year.

As we honor the legacy of Keo Nakama and Coach Sakamoto, we are reminded that their spirit lives on through each of us—carried forward in every act of service, every word of encouragement, and every swimmer inspired to dream a little bigger.



Mahalo Nui Loa



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PT Massage, Inc.
Stuart McElhaney & Family
Wai Kai

Mahalo to the entire HSC team for your food donations, monetary contributions, and the time and talents you so generously shared. We could not have done this meet without your help.

For those who traveled to be here with us this weekend, we wish you safe travels home.
A hui ho- until we meet again.