



LOCAL MOTION  
SWIMMING & DIVING STATE CHAMPIONSHIPS  
FEBRUARY 13-14, 2009  
VETERANS' MEMORIAL AQUATIC CENTER - OAHU

**LOCAL MOTION SWIMMING & DIVING STATE CHAMPIONSHIPS**  
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**VETERANS' MEMORIAL AQUATIC CENTER - OAHU**

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION**

HHSAA Executive Director ..... Keith Amemiya  
Director of Information..... Natalie Iwamoto  
Administrative Assistant.....Ryan Hirata  
Swimming Coordinators .....Joe Whitford & Ken Watanabe  
Diving Coordinator .....Keala Watson

**TOURNAMENT COMMITTEE**

Host School..... Island Pacific Academy  
Tournament Director .....Ron Tsuchiya & Colleen Carington  
ILH Executive Director .....Don Botelho  
Meet Referee..... Dave Coleman  
Clerk-of-Course .....Gwen Tomiyoshi & Lynne Nakamura  
Facility Coordinator..... Glenn Pang  
Rules Committee ..... Joe Whitford, Ken Watanabe, Keala Watson & Ron Tsuchiya  
Electronic Timing Equipment..... City & County of Honolulu  
Starter..... Miles Nakamura  
Entries and Seeding ..... Lynne Nakamura, Joe Whitford, Ken Watanabe, Keala Watson & Gwen Tomiyoshi  
Swimming Officials.....Miles Nakamura, Keala Simoes, Lisa Hendrickson, Keith Miyashiro, Tammy Miyashiro & Lynn Liu  
Diving Officials .....Keala Watson  
Announcers .....Lloyd Yonemura & Dain Kane  
Awards and Ceremony..... Island Pacific Academy  
Committee Room..... ILH  
National Anthem & Hawaii Pono'i..... Dain Kane

**SPECIAL THANKS**

Local Motion .....Koji Minami, President  
Island Pacific Academy .....Daniel White, Headmaster  
..... Stuart Hirstein, Associate headmaster  
.....Ron Tsuchiya, Athletic Director  
City & County of Honolulu ..... Mufi Hannemann, Mayor  
..... Glenn Kajiwara, Central Oahu Regional Park  
..... Glenn Pang, Veterans' Memorial Aquatic Center

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VETERANS' MEMORIAL AQUATIC CENTER**

**TOURNAMENT INFORMATION**

**I. HHSAA SWIMMING & DIVING REGULATIONS**

HHSAA Swimming & Diving Regulations may be found in the HHSAA Handbook (see attached).

**II. ENTRIES**

Entry deadline is the Sunday prior to the qualifying date of the meet. Entries must be received no later than **8 a.m., Sunday, February 8, 2009.**

Team roster, Team Manager entry file, Master entry form(s) and signed Diving sheets must be submitted to:

HHSAA  
P.O. Box 62029, Honolulu, HI 96839  
Phone: (808) 587-4495 · Fax: (808) 587-4496

The league representative must submit Team Manager entry file/Entry forms prior to the seeding meeting.

Inquiries pertaining to **diving** may be referred to:

Ms. Keala Watson, Diving Coordinator  
550 Paokano Loop, Kailua, HI 96734  
Home: 262-0706 · Work: 723-7812 · Cell: 286-4893  
E-mail: [kwatson@honolulu.gov](mailto:kwatson@honolulu.gov)

Inquiries pertaining to **swimming** may be referred to:

Mr. Joe Whitford, Swimming Coordinator  
Kahuku High School  
56-490 Kamehameha Highway, Kahuku, HI 96731  
Phone: 293-8950 · Fax: 293-8960 · Cell: 384-4028  
E-mail: [joe\\_whitford@notes.k12.hi.us](mailto:joe_whitford@notes.k12.hi.us)

Mr. Ken Watanabe, Swimming Coordinator  
45-205 Kokokahi Place, Kaneohe, HI 96744  
Phone: 247-0338 · Cell: 384-5497  
E-mail: [kc.watanabe@hawaiiantel.net](mailto:kc.watanabe@hawaiiantel.net)

### III. SEEDING COMMITTEE MEETING

The seeding committee meeting is scheduled for **Sunday, February 8, 2009**  
**at 9:00 a.m., at the HHSAA Office.**

HHSAA  
Stevenson Middle School, Room A201  
1202 Prospect Street  
Honolulu, HI 96822

### IV. TOURNAMENT SCHEDULE

#### Thursday, February 12, 2009

Diving Practice: 2:00 p.m. – 8:00 p.m.  
Pool Depth is 13 feet

Diving Coaches' Meeting: 6:00 p.m. by the diving board  
Mandatory attendance for all school representatives.

#### Friday, February 13, 2009

Pool Availability: 7:00 a.m.

Swimming Warm-up: (All Teams)

Practice Pool: 7:00 a.m.-8:45 a.m.

Diving Warm-up: 7:00 a.m. - 8:45 a.m.

Preliminary Round: 9:00 a.m. - 11:00 a.m.

Practice 11:00 a.m. - 12:45 p.m.

Swimming Warm-up: (Please leave immediately after use.)

Meet Pool Practice 1:30 p.m. - 3:00 p.m.

**MIL / BIIF: 1:30 p.m. – 2:00 p.m.**

**OIA: 2:00 p.m. – 2:30 p.m.**

**ILH / KIF: 2:30 p.m. – 3:00 p.m.**

Note: During the last ten (10) minutes of each practice time, Lanes 1-2 and 9-10  
will be used for one-way dive sprints.

Swimming Coaches & Team Captain(s) Meeting 3:00 p.m.

Coaches - meet at Clerk-of-Course

Captains - meet under the scoreboard

Mandatory attendance for all school representatives.

Start Swimming Trials 3:30 p.m.

Diving practice to follow Swimming Trials until 8:30 p.m.

## **Saturday, February 14, 2009**

|                     |                                |
|---------------------|--------------------------------|
| Diving Warm-up:     | 7:00 a.m. - 8:15 a.m.          |
| Semis & Finals      | 8:30 a.m. - 11:00 a.m.         |
| Swimming – Warm Up: | 11:00 a.m.                     |
| Meet Pool Practice  | 11:00 a.m. - 12:30 p.m.        |
| <b>ILH / KIF:</b>   | <b>11:00 a.m. – 11:30 a.m.</b> |
| <b>OIA:</b>         | <b>11:30 a.m. – 12:00 p.m.</b> |
| <b>MIL / BIIF:</b>  | <b>12:00 p.m. – 12:30 p.m.</b> |

Note: During the last ten (10) minutes of each practice time, Lanes 1-2 and 9-10 will be used for one-way dive sprints.

The trials warm-up schedule will be used with any needed adjustments.

Swimming Coaches Meeting            12:30 p.m.

Start Swimming Finals                1:00 p.m.

**TEAMS WILL BE PERMITTED TO ENTER THE POOL ONLY DURING THE DESIGNATED HOURS.**

## **V. CODE OF CONDUCT**

The coach shall have direct responsibility for conduct of team members prior to, during and after tournament competition (in the hotel, in public, at the tournament, transporting to and from sites).

The HHSAA Executive Director may establish a common curfew hour as necessary.

The drinking of alcoholic beverages, smoking, drug use, loud, unruly or destructive behavior will not be tolerated.

Coaches are requested to inform their athletes of hotel rules and regulations. Please emphasize the importance of appropriate conduct and behavior and consideration for other hotel guests. Schools and students will be charged for any damages incurred by them at the hotel.

It is recommended that schools inform parents regarding the code-of-conduct in writing.

## **VI. STATE TOURNAMENT DISQUALIFICATION RULE**

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

## **SWIMMING AND DIVING TOURNAMENT**

### **I. Specific Objectives**

- A. To determine the state individual and team championships for boys and girls.
- B. To recognize the combined efforts of all the individual participants and participating schools in the state tournament.
- C. To encourage the highest principles and standards of general behavior.
- D. To promote the highest principles of citizenship in interscholastic athletics for swimming and diving.

### **II. Officials**

- A. Volunteers shall be selected by the Sport Coordinator or his/her designee. Selections, whenever possible, should be made from a list of USSI officials.
  - 1. The Sport Coordinator shall arrange with host school or league for officials well in advance of the state meet.
  - 2. There shall be a Clerk of Course for trials and finals.
  - 3. Coaches shall act as officials whenever designated officials are not available. Coaches will be assigned by the Sport Coordinator or designee.
- B. All officials are requested to meet with the Sport Coordinator and Meet Referee one hour prior to the meet to review the rules and regulations and also to review their respective duties and responsibilities.
- C. All schools entering divers are expected to supply at least one judge. The person's name and qualifications as a judge must accompany the school's diving entry. The Sport Coordinator and Diving Coordinator shall select the judges and a referee from the list provided.

### **III. Eligibility**

Each contestant must be eligible under the rules of his or her league and also under the requirements specified by the HHSAA Handbook.

### **IV. Rules Governing Tournament**

- A. National Federation Rules shall prevail with modification of rules by HHSAA.
- B. All photographers must receive permission from the Sport Coordinator to take pictures.
- C. The championship will follow recommendations by the National Federation on procedures for relay events when doing a card-less meet.

### **V. Entries**

- A. Entry deadline: League coordinators shall verify their league's entries and submit all such entries to the HHSAA office by 4:00 pm on the Friday of the week prior to the state meet.
- B. Each league shall purchase the appropriate computer disks, which will be used to input their individual and team relay qualifiers for the State Swimming and Diving Championships.
- C. Qualifying standards:
  - 1. The Sport Coordinator shall appoint an Entry Committee to evaluate the qualifying times prior to the start of the practice meets. One month prior to the state meet, standards are to be re-evaluated. Schools are to be notified of any standards that need to be modified to assure twenty-four (24) competitors for each event.

2. Qualifying standards for diving events using degree of difficulty plus total scores may be evaluated prior to practice season and one month prior to championships.
  3. A diver will qualify for participation in the state championship in diving as long as the diver meets the degree of difficulty and total scoring requirements for participation.
  4. Only times and scores made during the present high school season may be submitted for entry. A touch pad time on the first leg of a relay (leadoff swimmer) shall be allowed. No conglomerrated time allowed.
  5. When there are more than twenty-four (24) qualifiers meeting state standards, any open lanes for trials will be filled with swimmers meeting the state consideration standards.
  6. Schools or leagues hosting sanctioned dual, triangular or quadrangle practice meets, divisional, sectional and league championships upon completion of meet, must send a copy of meet results to the Sport Coordinator or the HHSAA Executive Director.
- D. Number of events: National Federation Rules to prevail. A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events.
- E. When a competitor is below the cut mark of 24 and is not given the opportunity to compete in the preliminaries of the HHSAA State Swimming and Diving Championship Meet, the competitor will not be assessed a charge for that event. This will not give the swimmer the opportunity to enter another individual event, but will allow the athlete (by selection of his/her school) to be eligible as a competitor on the school's relay team. This allows the individual the opportunity to compete in a full complement of events as allowed under HHSAA Swimming and Diving participation rules (e.g., two individual and two relay events or one individual and three relay events).
- F. There shall be a full complement of eight swimmers in the finals. In the event of a no-show or withdrawal, the heats are to be re-seeded by the Clerk. Two alternates shall be named for this purpose.

## **VI. Tournament Format and Site**

### **A. Format**

1. An established set of entry standard time will determine the number of entrants.
2. There shall be eight contestants in each final event.
3. Races are numbered according to event.
4. Notice for a declared false start shall be given to the referee prior to the time the swimmer is called to the blocks by the starter.

### **B. Diving Competition Format**

Divers shall follow the National Federation of State High School Association Diving Rules.

1. Choice of dives shall consist of 5 voluntary dives and 6 optional dives
  - a. The 5 voluntary dives shall come from each of the 5 groups. Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD.
  - b. The five voluntary dives shall come from each of the five groups, with their assigned DD and have a sum total of 9.0 or less.
  - c. All five groups must be represented in the first eight rounds.
  - d. The 6 optional dives shall include at least 1 chosen from each of the 5 groups. No more than 1 optional dive from the same group is permitted through semifinals.



- e. The dives to be performed during each round of competition shall be as follows:
 

|          |      |                                    |
|----------|------|------------------------------------|
| (Prelim) | Dive | #1-5: any 2 voluntary & 3 optional |
| (Semi)   | Dive | #6-8: 2 voluntary & 1 optional     |
| (Final)  | Dive | #9-11: 1 voluntary & 2 optional    |
- 2. Divers will submit 2 diving forms. Forms are to be filled out in pencil. Voluntary dives shall be designated on the form by placing a “v” to the left of the listed dive.
- 3. All forms shall be signed by the diver and coach. Coaches are to put their telephone numbers on the form.
- 4. In accordance with NFHS Swimming & Diving Rule 9-3:

**Penalty:**

- 1. **For not submitting a complete diving scoresheet at the specified time and place, the diver is disqualified from the event.**
- 2. **For not completing the official description of a dive on the diving scoresheet, the diver is charged with a failed dive (exception in 9-3-5).**
- 5. **All diving head coaches must judge the diving competition unless excused by the Diving Referee.**

C. Facility

- 1. The HHSAA Executive Director and the Sport Coordinator and/or their designees shall select the facility.
- 2. Chairs should be set up for all timers behind the starting blocks.
- 3. Where lighting is inadequate, trials and finals will be held in the afternoon.
- 4. The designated pool shall be an eight-lane pool with a separate warm-up pool, whenever possible.

D. Site

- 1. Trials will be held on Friday and Finals on Saturday, whenever possible.
- 2. The time schedule shall be left to the discretion of the Sport Coordinator and approved by the HHSAA Executive Director.
- 3. The Meet Director shall accommodate teams with a staggered warm-up time schedule with definite lane assignments. The Host school shall provide the schedule to all participating teams or distribute it to the coaches before the meet.
- 4. Diving trials shall be held prior to the start of the swimming finals at a site recommended by the Tournament Director and Sport Coordinator and approved by the HHSAA Executive Director.
- 5. The top three winners in the girls and boys diving events may perform an exhibition during the finals.

E. Scoring

- 1. Scoring shall be for five places as recommended in the National Federation Rule Book.

|             |            |
|-------------|------------|
| Individual: | 6-4-3-2-1  |
| Relay:      | 12-8-6-4-2 |

**VII. Size of Team in Tournament**

A school may send any number of swimmers or divers that meet the entry qualifications.

## **VIII. Seeding**

- A. National Federation Rule Book procedures are to be followed.
- B. Seeding Committee shall consist of:
  - 1. HHSAA Executive Director, Chairperson
  - 2. Sport Coordinator
  - 3. Tournament Director
  - 4. Other personnel selected by the Sport Coordinator
- C. Seeding shall be done on Oahu even if meet is held on a neighbor island.

## **IX. Uniforms**

- A. Pursuant to NFHS Rule 3.3, Art. 1, "it is recommended all swimmers and divers on the team wear suits of identical coloring and pattern."
- B. Body markings are not allowed and tattoos with a negative message or gesture must be covered up before participating.

## **X. Awards**

- A. Permanent trophies for boys and girls championship teams.
- B. Permanent trophies for boys and girls runner-up teams.
- C. Medals shall be awarded to the first five place winners in individual and relay events.
- D. 20 medals shall be awarded to the boys and girls championship teams.

Note: An award stand should be used for the presentation of awards.

## **XI. Transportation**

Participating schools are responsible for their own ground and air transportation arrangements.

## **XII. Evaluation**

The Sport Coordinator is to submit a complete report to the HHSAA Executive Director within two weeks after the state meet. This report should include an update of all meet results. Coaches are to submit evaluation reports to the Sport Coordinator no later than one week following the tournament.

## **XIII. Admission**

No admission charge at Veterans' Memorial Aquatic Center.

# Operational Guidelines of VMAC for sporting events and/or practice

1. **ALL ATHLETES AND SWIMMERS NEED TO SHOWER BEFORE ENTERING THE POOL:**
  - a. Certified Coach needs to be on the main pool deck at all times to supervise their athletes during all sporting events and/or practice sessions.
  - b. Coaches and athletes are required to abide by all DPR Rules and Regulations while on City property.
  - c. Coaches are asked to assist lifeguards by enforcing all DPR Rules and Regulations during all competition events and/or practice sessions.
  - d. Coaches will follow their own Governing Body Rules and Regulations for Safety Protocol.
  
2. **NO FOOD OR DRINKS ARE ALLOWED ON THE MAIN POOL DECK:**

Except for Meet Officials, Volunteers, and Coaches during scheduled competition events.

Since VMAC has an assign food concessionaire – No outside food is permitted inside the facility.

Event participants/spectators may have food and drinks in bleacher/grass area where the team tent is set up.

Athletes may have plastic water bottles for re-hydration during practice sessions.
  
3. **BULK HEADS ARE OFF LIMITS TO ALL SPECTATORS AND SWIMMERS:**

Only Facility Personnel, Meet Officials, and Coaches during the course of the meet and/or scheduled practice session may access the bulkhead to communicate with their athletes.
  
4. **DIVING WELL IS CLOSED DURING PUBLIC LAP SWIM HOURS:**

All Diving Boards are closed except for diving practice and competitions. A certified Diving Coach is required to be on main pool deck to use the diving boards.
  
5. **BLEACHER AREA:**

Keep a FOUR (4) FOOT WALK PATH, between the bleachers and the guardrail, clear of any items that may impede a person from passing through.
  
6. **ADDITIONAL DUTIES FOR HOST TEAM:**

Host team is required to police and clean the facility throughout the day.

Pull all trash bags and replace bags during your event as needed. Place full rubbish bags next to service gate located behind swimming pool pump room.

CHECK shower locker room, REMOVE rubbish and turn in lost and found items to VMAC Staff.

CHECK restrooms, REMOVE rubbish, replace toilet paper as needed, and turn in lost and found items to VMAC Staff.

CHECK pool deck, REMOVE rubbish and turn in lost and found items to VMAC Staff.

SECURE and RETURN facility equipment and amenities to their original storage area.

7. **HOST TEAM PROVIDES SUPERVISION IN PARKING LOT AREA:**

1. Instruct patrons to park in marked stalls fronting the aquatic center and tennis courts **first**, then allow overflow on gravel road.
2. NO PARKING ON GRASS.
3. The roundabout is ONLY for dropping off and picking up.
2. User groups are responsible for set up, break down, and must return all facility equipment and amenities to their original placement by the end of your permitted time upon leaving the facility.
3. User groups are not to infringe on public patrons during posted lap swim hours. (As a user group you are given exclusive time to utilize the facility during normal operational hours.) The posted lap swim hours are to accommodate the general public as part of our scheduled operation.
4. Groups will not be permitted to request the use of facility before 6:30 am and after 9:30 pm for exclusive use. This will include set up, break down and re-setting pool back to its original configuration.
5. Group representative shall inform his or her group to park in marked stalls, and not to park or drive on the grass. (Parking shall be permitted along gravel service road located to the west of the Aquatic Center as an overflow parking during scheduled events.)
6. Groups are responsible to police and dispose of all trash generated by their event.
7. Group representative and VMAC facility staff will perform a walkthrough at the end of the event to ensure all conditions were complied with.

**DPR lifeguards will always be the primary guards on duty. The lifeguards with the user groups will assist the DPR guards with supervisory and safety requirements.**

**OFFICIAL HHSAA TOURNAMENT ROSTER**  
**SPORT: SWIMMING & DIVING**

**(school name)**

| BOYS PARTICIPANTS<br>(Alphabetical Order, Last Name First) | DATE OF BIRTH<br>(MM/DD/YY) | DATE OF 1st ENTRY<br>INTO 9th GRADE |
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| GIRLS PARTICIPANTS<br>(Alphabetical Order, Last Name First) | DATE OF BIRTH<br>(MM/DD/YY) | DATE OF 1st ENTRY<br>INTO 9th GRADE |
|---|-----------------------------|-------------------------------------|
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|   |                             |                                     |

Principal:

Assistant Coaches:

Athletic Director's Signature: \_\_\_\_\_

Athletic Director:

Athletic Trainer:

Send/Fax To: HHSAA Office, P.O. Box 62029, Honolulu, HI 96839 Fax: 587-4496

Head Coach:

Managers:

**DEADLINE: Sunday, February 8, 2009, 8:00 a.m.**

**2008-09 HHSAA Swimming & Diving Championships  
State and Consideration Standards**

| No | Event                      | Gender | State                       | Consideration               |
|----|----------------------------|--------|-----------------------------|-----------------------------|
| 1  | 1 Meter Diving             | Girls  | <b>DD10.6 Sc of 260.00</b>  | <b>DD 10.6 Sc of 250.00</b> |
| 2  | 1 Meter Diving             | Boys   | <b>DD 11.4 Sc of 275.00</b> | <b>DD 11.4 Sc of 260.00</b> |
| 3  | 200 Yard Medley Relay      | Girls  | <i>2:03.09</i>              | <i>2:10.49</i>              |
| 4  | 200 Yard Medley Relay      | Boys   | <i>1:53.99</i>              | <i>2:01.99</i>              |
| 5  | 200 Yard Freestyle         | Girls  | <i>2:07.09</i>              | <i>2:09.99</i>              |
| 6  | 200 Yard Freestyle         | Boys   | <i>1:56.99</i>              | <i>2:00.99</i>              |
| 7  | 200 Yard Individual Medley | Girls  | <i>2:24.09</i>              | <i>2:30.39</i>              |
| 8  | 200 Yard Individual Medley | Boys   | <i>2:09.89</i>              | <i>2:16.19</i>              |
| 9  | 50 Yard Freestyle          | Girls  | <i>26.09</i>                | <i>26.99</i>                |
| 10 | 50 Yard Freestyle          | Boys   | <i>23.29</i>                | <i>23.99</i>                |
| 11 | 100 Yard Butterfly         | Girls  | <i>1:04.99</i>              | <i>1:08.19</i>              |
| 12 | 100 Yard Butterfly         | Boys   | <i>58.99</i>                | <i>1:02.49</i>              |
| 13 | 100 Yard Freestyle         | Girls  | <i>57.49</i>                | <i>59.39</i>                |
| 14 | 100 Yard Freestyle         | Boys   | <i>52.29</i>                | <i>53.39</i>                |
| 15 | 500 Yard Freestyle         | Girls  | <i>5:45.99</i>              | <i>5:55.59</i>              |
| 16 | 500 Yard Freestyle         | Boys   | <i>5:18.99</i>              | <i>5:39.99</i>              |
| 17 | 200 Yard Freestyle Relay   | Girls  | <i>1:48.99</i>              | <i>1:55.79</i>              |
| 18 | 200 Yard Freestyle Relay   | Boys   | <i>1:38.89</i>              | <i>1:47.49</i>              |
| 19 | 100 Yard Backstroke        | Girls  | <i>1:06.49</i>              | <i>1:10.39</i>              |
| 20 | 100 Yard Backstroke        | Boys   | <i>1:03.19</i>              | <i>1:07.09</i>              |
| 21 | 100 Yard Breaststroke      | Girls  | <i>1:15.29</i>              | <i>1:17.79</i>              |
| 22 | 100 Yard Breaststroke      | Boys   | <i>1:06.99</i>              | <i>1:09.19</i>              |
| 23 | 400 Yard Freestyle Relay   | Girls  | <i>4:01.09</i>              | <i>4:24.99</i>              |
| 24 | 400 Yard Freestyle Relay   | Boys   | <i>3:42.89</i>              | <i>3:59.99</i>              |

\* Italicized times indicate a change from last year's standards.

## 2009 HHSAA OFFICIAL ENTRY FOR SWIMMING AND DIVING

|                |                 |                |
|----------------|-----------------|----------------|
| <b>SCHOOL:</b> | <b>COACHES:</b> | <b>PAGE OF</b> |
|----------------|-----------------|----------------|

For individual entry, enter entry time, meet and date in the event block for the individual. For relay entry, enter info in the event block for any swimmer - optional to indicate sequence 1, 2, 3, 4 and alternates (alt).

| G I R L S<br>(Alphabetical) | Grade | 1             | 3            | 5           | 7          | 9          | 11         | 13          | 15          | 17            | 19          | 21            | 23            |
|-----------------------------|-------|---------------|--------------|-------------|------------|------------|------------|-------------|-------------|---------------|-------------|---------------|---------------|
|                             |       | 1 M<br>Diving | 200<br>Med R | 200<br>Free | 200<br>I M | 50<br>Free | 100<br>Fly | 100<br>Free | 500<br>Free | 200<br>Free R | 100<br>Back | 100<br>Breast | 400<br>Free R |
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|                             |       |               |              |             |            |            |            |             |             |               |             |               |               |
|                             |       |               |              |             |            |            |            |             |             |               |             |               |               |
|                             |       |               |              |             |            |            |            |             |             |               |             |               |               |
| Qualifying Times:           |       | 10.6 / 260    | 2:03.09      | 2:07.09     | 2:24.09    | 26.09      | 1:04.99    | 57.49       | 5:45.99     | 1:48.99       | 1:06.49     | 1:15.29       | 4:01.09       |
| Consideration:              |       | 10.6 / 250    | 2:10.49      | 2:09.99     | 2:30.39    | 26.99      | 1:08.19    | 59.39       | 5:55.59     | 1:55.79       | 1:10.39     | 1:17.79       | 4:24.99       |

## 2009 HHSAA OFFICIAL ENTRY FOR SWIMMING AND DIVING

|                |                 |                  |
|----------------|-----------------|------------------|
| <b>SCHOOL:</b> | <b>COACHES:</b> | <b>PAGE   OF</b> |
|----------------|-----------------|------------------|

For individual entry, enter entry time, meet and date in the event block for the individual. For relay entry, enter info in the event block for any swimmer - optional to indicate sequence 1, 2, 3, 4 and alternates (alt).

| BOYS<br>(Alphabetical) | Grade | 2             | 4            | 6           | 8          | 10         | 12         | 14          | 16          | 18            | 20          | 22            | 24            |
|------------------------|-------|---------------|--------------|-------------|------------|------------|------------|-------------|-------------|---------------|-------------|---------------|---------------|
|                        |       | 1 M<br>Diving | 200<br>Med R | 200<br>Free | 200<br>I M | 50<br>Free | 100<br>Fly | 100<br>Free | 500<br>Free | 200<br>Free R | 100<br>Back | 100<br>Breast | 400<br>Free R |
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|                        |       |               |              |             |            |            |            |             |             |               |             |               |               |
| Qualifying Times:      |       | 11.4 / 275    | 1:53.99      | 1:56.99     | 2:09.89    | 23.29      | 58.99      | 52.29       | 5:18.99     | 1:38.89       | 1:03.19     | 1:06.99       | 3:42.89       |
| Consideration:         |       | 11.4 / 260    | 2:01.99      | 2:00.99     | 2:16.19    | 23.99      | 1:02.49    | 53.39       | 5:39.99     | 1:47.49       | 1:07.09     | 1:09.19       | 3:59.99       |



**LOCAL MOTION SWIMMING AND DIVING STATE CHAMPIONSHIPS  
 FEBRUARY 13-14, 2009  
 SOUVENIR T-SHIRT PRE-TOURNAMENT ORDER BLANK**



\_\_\_\_\_ School requests to order the following sizes of the 2009 Swimming & Diving State Championships Souvenir T-shirt(s) at \$15.00 per shirt.

| Size     | Quantity | Price/T-shirt      | Total |
|----------|----------|--------------------|-------|
| Small    |          | \$15.00            |       |
| Medium   |          | \$15.00            |       |
| Large    |          | \$15.00            |       |
| X-Large  |          | \$15.00            |       |
| XX-Large |          | \$15.00            |       |
|          |          | <b>GRAND TOTAL</b> |       |

Send pre-orders to Island Pacific Academy (host school) by Thursday, February 12, 2009.  
 Checks payable to HHSAA may be sent with pre-orders or brought to the coaches' meeting.

Ron Tsuchiya, Athletic Director  
 Island Pacific Academy  
 909 Haumea Street  
 Kapolei, HI 96707  
 Phone: (808) 674-3523 · Fax: (808) 674-3526

|  |
|--|
| Contact person: _____<br>Daytime phone: _____<br>Check one:<br><input type="checkbox"/> Check placed in mail on _____<br><input type="checkbox"/> Will drop off at Fri., coaches meeting |
|--|

**Note: Preorders must be paid in full by first day of the tournament or shirts will be released to the general public.**

HHSAA SWIMMING CHAMPIONSHIP RECORDS – BOYS

| <u>Year</u> | <u>Team Champion</u> | <u>Score</u> | <u>Coach</u>   | <u>Site</u>                             |
|-------------|----------------------|--------------|----------------|---|
| 1958        | Punahou              | 76           | Rollie Higgins | Farrington High Pool                    |
| 1959        | Punahou              | 55           | Rollie Higgins | Farrington High Pool                    |
| 1960        | Punahou              | 72           | Rollie Higgins | Farrington High Pool                    |
| 1961        | Punahou              | 75           | Tom Haine      | Waimea High Pool                        |
| 1962        | Punahou              | 106          | Tom Haine      | Kaimuki High Pool                       |
| 1963        | Punahou              | 113          | Tom Haine      | Hilo High Pool                          |
| 1964        | Punahou              | 111          | Tom Haine      | Mid Pacific Institute Pool              |
| 1965        | Punahou              | 110          | Tom Haine      | Kapaa High Pool                         |
| 1966        | Punahou              | 304          | Tom Haine      | Hilo High Pool                          |
| 1967        | Punahou              | 257 1/2      | John Mechem    | Kaimuki High Pool                       |
| 1968        | Punahou              | 299          | Tom Haine      | Kaimuki High Pool                       |
| 1969        | Punahou              | 355          | Tom Haine      | Kaimuki High Pool                       |
| 1970        | Punahou              | 305          | Tom Haine      | Hilo High Pool                          |
| 1971        | Punahou              | 288          | Tom Haine      | Kaimuki High Pool                       |
| 1972        | Punahou              | 309          | Tom Haine      | Kaimuki High Pool                       |
| 1973        | Punahou              | 297          | Tom Haine      | Hilo High Pool                          |
| 1974        | Punahou              | 392          | Steve Borowski | Kamehameha School Pool                  |
| 1975        | Punahou              | 348          | Steve Borowski | Kalani High Pool                        |
| 1976        | Punahou              | 307          | Steve Borowski | University of Hawaii Pool               |
| 1977        | Punahou              | 374          | Steve Borowski | Hilo Municipal Pool                     |
| 1978        | Punahou              | 481          | Steve Borowski | Kalani High Pool                        |
| 1979        | Punahou              | 438          | Steve Borowski | University of Hawaii Pool               |
| 1980        | Punahou              | 349          | Steve Borowski | Kaiser High Pool                        |
| 1981        | Punahou              | 384          | Steve Borowski | University of Hawaii Pool               |
| 1982        | Punahou              | 438          | Steve Borowski | War Memorial Pool                       |
| 1983        | Punahou              | 436          | Steve Borowski | Duke Kahanamoku Aquatic Complex         |
| 1984        | Punahou              | 194 1/2      | Steve Borowski | Duke Kahanamoku Aquatic Complex         |
| 1985        | Punahou              | 142          | Steve Borowski | Sparky Kawamoto Pool                    |
| 1986        | Punahou              | 112          | Steve Borowski | War Memorial Pool                       |
| 1987        | Kaiser               | 49           | Asa Tanaka     | Duke Kahanamoku Aquatic Complex         |
| 1988        | Kaiser               | 68           | Asa Tanaka     | Duke Kahanamoku Aquatic Complex         |
| 1989        | Punahou              | 68           | Mark Noetzel   | Sparky Kawamoto Aquatic Complex         |
| 1990        | Punahou              | 46           | Jeff Meister   | War Memorial Pool                       |
| 1991        | Punahou              | 75           | Jeff Meister   | Duke Kahanamoku Aquatic Complex         |
| 1992        | Punahou              | 83           | Jeff Meister   | Duke Kahanamoku Aquatic Complex         |
| 1993        | Punahou              | 102          | Jeff Meister   | Sparky Kawamoto Pool                    |
| 1994        | Punahou              | 71           | Jeff Meister   | War Memorial Pool                       |
| 1995        | Punahou              | 70           | Jeff Meister   | Duke Kahanamoku Aquatic Complex         |
| 1996        | Iolani               | 78           | Brian Lee      | Duke Kahanamoku Aquatic Complex         |
| 1997        | Punahou              | 66           | Jeff Meister   | Soichi Sakamoto Pool                    |
| 1998        | HPA                  | 52           | Mark Noetzel   | Pahoia Pool                             |
| 1999        | Punahou              | 65 1/2       | Jeff Meister   | Duke Kahanamoku Aquatic Complex         |
| 2000        | Baldwin              | 81           | Wade Hondo     | Soichi Sakamoto Pool                    |
| 2001        | Punahou              | 75           | Ken Chew       | Duke Kahanamoku Aquatic Complex         |
| 2002        | Iolani               | 91           | Brian Lee      | Kailua-Kona Aquatic Complex             |
| 2003        | Iolani               | 86           | Brian Lee      | Duke Kahanamoku Aquatic Complex         |
| 2004        | Iolani               | 64           | Brian Lee      | Soichi Sakamoto Pool                    |
| 2005        | Iolani               | 60           | Brian Lee      | Duke Kahanamoku Aquatic Complex         |
| 2006        | KS-Kapalama          | 67           | Kenny Chew     | KS-Hawaii, Naeole Aquatic Facility      |
| 2007        | Punahou              | 61           | Jeff Meister   | CORP – Veterans Memorial Aquatic Center |
| 2008        | Punahou              | 93           | Jeff Meister   | Kihei Aquatic Center                    |

HHSAA INDIVIDUAL SWIMMING RECORDS - BOYS

| <u>Event</u>               | <u>Name</u>  | <u>School</u> | <u>Time</u> | <u>Year</u> |
|----------------------------|--|---------------|-------------|-------------|
| 200 Yard Medley Relay      | Hong Zhe Sun<br>Daniel Toba<br>Mark Eckert<br>Joshua Anaya   | Iolani        | 1:35.98     | 2002        |
| 200 Yard Freestyle         | Mark Eckert  | Iolani        | 1:39.28     | 2002        |
| 200 Yard Individual Medley | Hong Zhe Sun   | Iolani        | 1:49.17     | 2003        |
| 50 Yard Freestyle          | Daniel Coakley   | Kealakehe     | 20.46       | 2007        |
| 100 Yard Butterfly         | Hong Zhe Sun   | Iolani        | 49.40       | 2002        |
| 100 Yard Freestyle         | Nick Borreca   | Punahou       | 45.24       | 2001        |
| *400 Yard Freestyle        | Rick Thomas  | Punahou       | 3:51.5      | 1973        |
| 500 Yard Freestyle         | Mark Eckert  | Iolani        | 4:28.60     | 2002        |
| 200 Yard Freestyle Relay   | Pat Morrissey<br>Hong Zhe Sun<br>Mark Eckert<br>Joshua Anaya | Iolani        | 1:25.22     | 2002        |
| 100 Yard Backstroke        | Mark Eckert  | Iolani        | 49.79       | 2004        |
| 100 Yard Breaststroke      | Chris Woo  | Punahou       | 55.99       | 1976        |
| 400 Yard Freestyle Relay   | Mark Eckert<br>Damon Jones<br>Daniel Lim<br>Hong Zhe Sun     | Iolani        | 3:09.71     | 2003        |
| 1 Meter Diving             | Drew Wallace   | Punahou       | 484.50 pts. | 2004        |

*\*400 yd. Freestyle discontinued – 1974*

HHSAA SWIMMING CHAMPIONSHIP RECORDS – GIRLS

| <u>Year</u> | <u>Team Champion</u> | <u>Score</u> | <u>Coach</u>   | <u>Site</u>                             |
|-------------|----------------------|--------------|----------------|---|
| 1958        | Punahou              | 52           | Rollie Higgins | Farrington High Pool                    |
| 1959        | Punahou              | 76           | Rollie Higgins | Farrington High Pool                    |
| 1960        | Punahou              | 78           | Rollie Higgins | Farrington High Pool                    |
| 1961        | Punahou              | 75           | Tom Haine      | Waimea High Pool                        |
| 1962        | Punahou              | 96           | Tom Haine      | Kaimuki High Pool                       |
| 1963        | Punahou              | 116          | Tom Haine      | Hilo High Pool                          |
| 1964        | Punahou              | 125          | Tom Haine      | Mid Pacific Institute Pool              |
| 1965        | Punahou              | 121          | Tom Haine      | Kapaa High Pool                         |
| 1966        | Punahou              | 280          | Tom Haine      | Hilo High Pool                          |
| 1967        | Punahou              | 227          | John Mechem    | Kaimuki High Pool                       |
| 1968        | Punahou              | 367          | Tom Haine      | Kaimuki High Pool                       |
| 1969        | Punahou              | 361          | Tom Haine      | Kaimuki High Pool                       |
| 1970        | Punahou              | 304          | Tom Haine      | Hilo High Pool                          |
| 1971        | Punahou              | 311 1/2      | Tom Haine      | Kaimuki High Pool                       |
| 1972        | Punahou              | 241 1/2      | Tom Haine      | Kaimuki High Pool                       |
| 1973        | Kailua               | 295          | Mary Chote     | Hilo High Pool                          |
| 1974        | Punahou              | 286          | Steve Borowski | Kamehameha School Pool                  |
| 1975        | Punahou              | 290          | Steve Borowski | Kalani High Pool                        |
| 1976        | Punahou              | 344          | Steve Borowski | University of Hawaii Pool               |
| 1977        | Punahou              | 358          | Steve Borowski | Hilo Municipal Pool                     |
| 1978        | Punahou              | 358          | Steve Borowski | Kalani High Pool                        |
| 1979        | Punahou              | 433          | Steve Borowski | University of Hawaii Pool               |
| 1980        | Punahou              | 486          | Steve Borowski | Kaiser High Pool                        |
| 1981        | Punahou              | 510          | Steve Borowski | University of Hawaii Pool               |
| 1982        | Punahou              | 510          | Steve Borowski | War Memorial Pool                       |
| 1983        | Punahou              | 539          | Steve Borowski | Duke Kahanamoku Pool                    |
| 1984        | Punahou              | 116          | Steve Borowski | Duke Kahanamoku Pool                    |
| 1985        | Punahou              | 173          | Steve Borowski | Sparky Kawamoto Pool                    |
| 1986        | Punahou              | 137          | Steve Borowski | War Memorial Pool                       |
| 1987        | Punahou              | 75           | Mark Noetzel   | Duke Kahanamoku Pool                    |
| 1988        | Punahou              | 47 1/2       | Mark Noetzel   | Duke Kahanamoku Pool                    |
| 1989        | Punahou              | 81           | Mark Noetzel   | Sparky Kawamoto Pool                    |
| 1990        | Punahou              | 82           | Jeff Meister   | War Memorial Pool                       |
| 1991        | Punahou              | 96           | Jeff Meister   | Duke Kahanamoku Pool                    |
| 1992        | Punahou              | 94           | Jeff Meister   | Duke Kahanamoku Pool                    |
| 1993        | Punahou              | 72           | Jeff Meister   | Sparky Kawamoto Pool                    |
| 1994        | Punahou              | 83           | Jeff Meister   | War Memorial Pool                       |
| 1995        | Punahou              | 68           | Jeff Meister   | Duke Kahanamoku Pool                    |
| 1996        | Iolani               | 57           | Brian Lee      | Duke Kahanamoku Pool                    |
| 1997        | Punahou              | 73           | Jeff Meister   | Soichi Sakamoto Pool                    |
| 1998        | Iolani               | 68           | Brian Lee      | Pahoia Pool                             |
| 1999        | Punahou              | 77           | Jeff Meister   | Duke Kahanamoku Pool                    |
| 2000        | Punahou              | 74           | Ken Chew       | Soichi Sakamoto Pool                    |
| 2001        | Punahou              | 62           | Ken Chew       | Duke Kahanamoku Pool                    |
| 2002        | Waiakea              | 59           | Dan Lyons      | Kailua-Kona Aquatic Complex             |
| 2003        | Waiakea              | 50           | Dan Lyons      | Duke Kahanamoku Pool                    |
| 2004        | Iolani               | 60           | Brian Lee      | Soichi Sakamoto Pool                    |
| 2005        | Iolani               | 63           | Brian Lee      | Duke Kahanamoku Pool                    |
| 2006        | Punahou              | 91           | Jeff Meister   | KS-Hawaii, Naeole Aquatic Facility      |
| 2007        | Punahou              | 82           | Jeff Meister   | CORP – Veterans Memorial Aquatic Center |
| 2008        | Punahou              | 73           | Jeff Meister   | Kihei Aquatic Center                    |

HHSAA INDIVIDUAL SWIMMING RECORDS – GIRLS

| <u>Event</u>               | <u>Name</u>  | <u>School</u> | <u>Time</u> | <u>Year</u> |
|----------------------------|--|---------------|-------------|-------------|
| 200 Yard Medley Relay      | Brittany Beauchan<br>Michelle Yoshida<br>Rachel Cote<br>Christel Simms | Punahou       | 1:44.03     | 2007        |
| 200 Yard Freestyle         | Christel Simms   | Punahou       | 1:49.25     | 2007        |
| 200 Yard Individual Medley | Ashley Swart   | Kaiser        | 2:03.80     | 2002        |
| 50 Yard Freestyle          | Keiko Price  | Mililani      | 23.26       | 1994        |
| 100 Yard Butterfly         | Kathy Shipman  | Punahou       | 55.21       | 1979        |
| 100 Yard Freestyle         | Christel Simms   | Punahou       | 50.15       | 2007        |
| *400 Yard Freestyle        | Laura Hove   | Kailua        | 4:10.1      | 1973        |
| 500 Yard Freestyle         | Ashley Swart   | Kaiser        | 4:57.27     | 2002        |
| 200 Yard Freestyle Relay   | Christel Simms<br>Brittany Beauchan<br>Rachel Cote<br>Michelle Yoshida | Punahou       | 1:35.43     | 2007        |
| 100 Yard Backstroke        | Rachel Cote  | Punahou       | 56.51       | 2008        |
| 100 Yard Breaststroke      | Brittany Beauchan  | Punahou       | 1:04.04     | 2007        |
| 400 Yard Freestyle Relay   | Tamarah Binek<br>Marlene Yafuso<br>Whitney Nekoba<br>Nicole Okuna      | Waiakea       | 3:33.49     | 2002        |
| 1 Meter Diving             | Aleia Monden   | St. Andrew's  | 491.05 pts. | 2006        |

*\*Discontinued - 1974*