



K. Mark Takai
SWIMMING & DIVING STATE CHAMPIONSHIPS
February 14, 2025
Duke Kahanamoku Swimming Complex
University of Hawaii at Manoa

K. MARK TAKAI SWIMMING & DIVING STATE CHAMPIONSHIPS
FEBRUARY 14 - 15, 2025
DUKE KAHANAMOKU SWIMMING COMPLEX
UNIVERSITY OF HAWAII AT MANOA

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

HHSAA Executive DirectorChris Chun
Office Manager Russell Aoki
Director of Information..... Natalie Iwamoto
General Manager Luther Beck
Swimming Coordinator..... Jeff Meister
Diving Coordinator Keala O’Sullivan

TOURNAMENT COMMITTEE

Host School..... Punahou School
Tournament Directors Jeff Meister and Stephanie Monahan
ILH Executive Director Blane Gaison
ILH Swimming & Diving Coordinator.....Michelle Arnold
Meet Referee..... David Coleman
Administrative Referee Saint Marie Gough
Clerk-of-Course Gwenn Tomiyoshi
Facility Manager Daniel Arakaki
Rules Committee Jeff Meister, Keala O’Sullivan & Chris Chun
Electronic Timing Equipment Rene Iwamura
Deck Referees Dean Otaka (Girl’s) and Eugene Dryzmala (Boy’s)
Starter..... Russell Iwamura (Girl’s) and Kevin Nakamoto (Boy’s)
Entries and Seeding Jeff Meister, Gwenn Tomiyoshi, and Keala O’Sullivan
Swimming Officials Reid Cummings, Shannon Bitterman, Rene Nakamura,
Andrea Fitzgerald, Courtney Davis, Kim Kaneshiro,
Vaness Tsang-Lee, Ruthie Nishikawa, Kimi Regula,
Dev Devery, Leslie Lin, James Lin, Jan Lee, Wenyi Zhou,
Hannah Nakamura, Debbie Faildo
Chief Judges Amanda Wilson (Lead), Marcelle Arakaki, Brad Takara
Diving Officials Keala O’Sullivan, Christine Dahlquist, David (DJ) Freedman
Announcers Linda Aki
Awards and Ceremony..... ILH
Hospitality ILH

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TOURNAMENT INFORMATION

I. HHSAA SWIMMING & DIVING REGULATIONS

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

II. ENTRIES

Entries for swimming and diving must be received no later than **2:00 p.m. on Sunday, February 9, 2025.**

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

All entries and subsequent swims are the responsibility of the coach. A coach should refer to Rule 3 Section 2 of the NFHS Rule Book for clarification of any questions. Officials will run an exceptions report prior to the start of competition and inform a coach of over-entries. Once competition has begun, it is the responsibility of the coach to monitor a swimmer's entries - including relay participation. Note that in accordance with the NFHS Rules Book, Trials and Finals are considered the same meet.

For SWIMMING: Team roster, the Master entry form and the Team Manager entry file including proof of time must be submitted:

Punahou School Athletic Department
1601 Punahou Street, Honolulu, HI 96822
Phone: (808) 944-5816 Fax: (808) 944-5864
E-mail: jmeister@punahou.edu

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

Jeff Meister, Swimming Coordinator
Punahou School Athletic Department
1601 Punahou Street, Honolulu, HI 96822
Phone: (808) 944-5816 · Fax: (808) 944-5864
E-mail: jmeister@punahou.edu

For DIVING: 1) Registration form and Diving sheets must be submitted via the divemeets.com website
2) In addition, dive sheets need to be emailed to Keala by the same deadline:

Ms. Keala O'Sullivan, Diving Coordinator
Cell: (808) 286-4893
E-mail: Keala.Osullivan@hotmail.com

III. TOURNAMENT SCHEDULE

Thursday, February 13, 2025

Diving Practice: Pool available from 4:00 p.m. to 8:00 p.m. for practice

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

Swimming Practice: 5:30 p.m. to 8:00 p.m. in the Diving well only. NOTE: Limited lane space as the Diving Well will be shared with divers .

Friday, February 14, 2025

Diving: Warm-up: 7:00 a.m. - 8:30 a.m.
Prelim - Semi Final Rounds: 8:45 a.m. - 12:00 p.m.

Swimming: Warm-up: Competition Pool (Assigned)
ILH/KIIF: 12:30 p.m. – 12:55 p.m.
MIL/BIIF: 12:55 p.m. – 1:20 p.m.
OIA: 1:20 p.m. – 1:45 p.m.
Open Dive Sprints 1:45 p.m. – 1:55 p.m.

Non-Competition Pool (50m pool) opens at 8:00am NOTE: Limited lane space (2 ½ lanes) between 1:45pm and 4:45pm due to UH Women's Water Polo practice

Coach's Meeting: 11:45 a.m. (Mandatory Attendance)

Competition Starts: 2:30 p.m.

Saturday, February 15, 2025

Diving : Warm-up: 7:30 a.m. - 8:15 a.m.
Finals 8:30 a.m. - 9:30 a.m.

Swimming Warm-up: Competition Pool (Unassigned)
9:45 a.m. – 11:15 a.m.
*Dive lanes open at 10:45 a.m.

Non-Competition Pool (50m pool) opens at 8:30am. NOTE: Limited lane space (2 ½ lanes) between 7:00am and 10:00am due to UH Women's Water Polo practice.

Coaches Meeting 10:00 a.m.

Competition Starts: 11:30 a.m.

IV. FACILITY NOTES:

CONCESSION: No concession stand is available at the facility

PARKING: Parking is limited to **ZONE 20 - Parking Structure** each day. No parking is allowed in adjacent lots or lots near the Les Murakami baseball facility or ROTC classrooms. Parking fees will range between \$5 and \$10 depending on the day.

Note that multiple events will be going on the UH Lower Campus:

Men's Basketball on Thursday @ 7:00pm and Saturday @ 7:00pm

Men's Baseball on Friday @ 6:30pm and a Double-Header on Saturday @ 1:05pm

Women's Softball: 2 games on Thursday, 3 games on Friday and 3 games on Saturday

TENTS: Tents are only allowed in the Mauka bleachers. No tents will be allowed in the Makai bleachers. Tents will not be allowed to be set up until after 8:00am on Friday. Please do not come to the facility on Thursday and try to claim a spot. No tents will be allowed to be set up or stored until after Friday morning. Note high winds in the Manoa valley when planning for securing your tents.

ADMISSION: No admission is being charged

SPECTATORS: Spectators are the responsibility of their respective school. Seating is being allowed in the Makai bleachers but no tents can be set up. The Makai bleachers are currently under construction (Water Proofing). Some areas will be coned and marked off limits.

CLEAR BAG POLICY: The Univ. of Hawaii's clear bag policy is only applicable to spectators. Coaches, athletes and officials may have their bags checked when they enter the facility but only spectators will be expected to abide by the "Clear Bag" policy. (Link below)

<https://hawaiiathletics.com/sports/2022/3/15/duke-kahanamoku-aquatic-complex-game-day-information>

NON-ATHLETE RESTROOMS: Restrooms will be on the second floor next to the DKAC classrooms.

ADA ACCOMMODATIONS: IF the upstairs ADA area is not available, an area on the pool deck under the Makai Bleacher Staircase will be made available.

V. TOURNAMENT NOTES:

i. COVID SAFETY PROTOCOLS:

POSITIVE EXPOSURE: Any athlete, coach, official or spectator who is experiencing illness or COVID-like symptoms should not come to the facility.

ii. USA SWIMMING TIMES

For those coaches who have swimmers who also compete for a USA Swimming club team, for their times to count and be used for USA Swimming events, they must include the swimmer's USA Swimming ID in their Team Manager file. The swimmer's ID is necessary for times to be electronically transmitted to the USA Swimming database. Swimmers can find their ID on their USA-Swimming website or get them from their USA club team official.

iii. RELAY JUDGING PLATFORMS:

RJPs will not be used at this tournament.

iv. STAGING AREA - "READY ROOM":

A Ready Room will be used during Finals. Athletes and Relay teams must report to the Ready Room at their appropriate call. Athletes and Relays must check in but do not need to remain in the area. It is their responsibility to be at their block at the start of their race.

VI. 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, vaping, drug use, loud, unruly or destructive behavior will not be tolerated.

Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms.

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.

VII. 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

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.
- D. 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-athletes or coaches league shall determine any appropriate penalty or sanction. (Rev. 06/2013)

V. ENTRIES

- A. Entry deadline: League coordinators shall verify their league's entries and submit all such entries to the HHSAA office, or designate, by 2:00 pm on the Sunday 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 evaluate the qualifying times prior to the start of the practice meets. Standards are set to try and assure twenty-four (24) competitors for each event. (Rev. 6/2012)
 - 2. Should more than twenty-four (24) qualifiers meet the "Automatic" standard in an event and elect to swim said event, all swimmers who achieve that standard will be allowed to swim. (Rev. 6/2012)
 - 3. HHSAA shall have the qualifying times updated and distributed to the leagues two weeks prior to the HHSAA Swimming start date. Qualified times may only be adjusted to a slower time only if needed to increase participation to the state limit no later than 4 weeks prior to the state tournament. (Rev 6/2015)
 - 4. Have just one qualifying standard for individual and relay swim events for HHSAA State Swimming entry time. (Rev. 6/2015)
 - 5. 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.
 - 6. 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.
 - 7. A diver may make changes to his/her dive score sheets in divemeets.com up until 24 hours prior to the start of competition. (Rev 6/2015)
 - 8. 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 conglomerated time allowed.
 - 9. 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. 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. All forms shall be signed by the diver and coach. Coaches are to put their telephone numbers on the form.
3. In accordance with NFHS Swimming & Diving Rule 9-3:

Penalty:

 - a. For not submitting a complete diving scoresheet *that meets the qualifying standards* at the specified time and place, the diver is disqualified from the event. (rev. 02/2018)
 - b. 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, finals will be held in the afternoon. (Rev. 6/2016)
4. The designated pool shall be an eight-lane pool with a separate warm-up pool, whenever possible.
5. HHSAA Swimming Advisor and HHSAA Administrators to continue to evaluate sites used for the HHSAA Swimming & Diving Championships. The pools should have the following as a standard for the level of HHSAA Swimming:
 - a. Warm up/down pool area
 - b. Seating for fans
 - c. Check on water clarity
 - d. Public Sound System to announce award winners and order of events
 - e. Deck space HHSAA to continue to send sport advisor to evaluate pools selected for the HHSAA Championship. (Rev. 6/2014)

6. Relay Judging Platforms (RJP) be used when available during HHSAA swimming events, trials and finals (Rev 6/2017)

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. For Trials held on Friday, 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 eight place winners in individual and relay events. (Rev. 6/2017)
- 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.