

LOCAL MOTION
SWIMMING & DIVING STATE CHAMPIONSHIPS
FEBRUARY 12-13, 2010
KAMEHAMEHA SCHOOLS-HAWAII - NAE'OLE POOL

LOCAL MOTION SWIMMING & DIVING STATE CHAMPIONSHIPS
FEBRUARY 12-13, 2010
KAMEHAMEHA SCHOOLS-HAWAII – NAE’OLE POOL

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

HHSAA Executive Director..... Keith Amemiya
Director of Information Natalie Iwamoto
Swimming Coordinator Joe Whitford
Diving Coordinator Keala Watson

TOURNAMENT COMMITTEE

Host School Kamehameha Schools-Hawaii
Tournament Director Dan Lyons
BIIF Executive Director Lyle Crozier
Meet Referee Audrey Kagawa
Clerk-of-Course Gwenn Tomiyoshi
Facility Coordinator Dan Lyons
Rules Committee Joe Whitford, Keith Amemiya & Keala Watson
Electronic Timing Equipment Big Island Swimming
Starter Dave Purcell
Entries and Seeding Lynne Nakamura, Joe Whitford, Keala Watson & Gwenn Tomiyoshi
Swimming Officials BIIF
Diving Officials Keala Watson
Announcers Lloyd Yonemura & Dain Kane
Awards and Ceremony Kamehameha Schools-Hawaii
Committee Room BIIF
National Anthem & Hawaii Pono’i Dain Kane

SPECIAL THANKS

Local Motion Koji Minami, President
Kamehameha Schools-Hawaii Stan Fortuna, Headmaster
..... Ninia Aldrich, Principal
..... Bob Wagner, Athletic Director
..... Dan Lyons, Aquatics Director

LOCAL MOTION SWIMMING AND DIVING STATE CHAMPIONSHIPS
FEBRUARY 12-13, 2010
KAMEHAMEHA SCHOOLS-HAWAII – NAE’OLE POOL

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 **8:00 p.m., Saturday, February 6, 2010**.

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: kealawatson@hotmail.com

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

III. SEEDING COMMITTEE MEETING

The seeding committee meeting is scheduled for **Sunday, February 7, 2010, 9:00 a.m., at Punahou School's Athletic Department Office:**

Punahou School
1601 Punahou Street
Honolulu, HI 96822

IV. TOURNAMENT SCHEDULE

Thursday, February 11, 2010

Diving Practice: 2:00 p.m. – 7:00 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 12, 2010

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 13, 2010

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.
ILH / KIF:	11:00 a.m. – 11:30 a.m.
OIA:	11:30 a.m. – 12:00 p.m.
MIL / BIIF:	12:00 p.m. – 12:30 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.

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 8:00 pm on the Saturday 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 (20) 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 conglomerated time allowed.
 5. 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 20 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.**
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.

OFFICIAL HHSAA TOURNAMENT ROSTER
SPORT: SWIMMING & DIVING

(school name)

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

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

Principal:
Assistant Coaches:
Athletic Director's Signature: _____

Athletic Director:
Athletic Trainer:

Head Coach:
Managers:

DEADLINE: Monday, February 8, 2010, 4:00 p.m.

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

HHSAA Local Motion Swimming and Diving Championship 2009-2010 Proposed Time Standards

GIRLS

	Auto	Cons
1 M Diving	DD 10.6 Sc of 260(a) or 250(a)	
200 Med Rel	2:00.79	2:10.49
200 Free	2:03.89	2:09.99
200 IM	2:21.39	2:28.59
50 Free	25.59	26.59
100 Fly	1:03.89	1:07.49
100 Free	56.69	59.09
500 Free	5:30.89	5:45.09
200 Free Rel	1:46.39	1:54.09
100 Back	1:04.09	1:08.39
100 Breast	1:12.29	1:15.89
400 Free Rel	3:56.19	4:16.99

BOYS

	Auto	Cons
1 M Diving	DD 11.4 Sc of 275(a) or 260(c)	
200 Med Rel	1:47.79	2:01.99
200 Free	1:52.79	2:00.69
200 IM	2:08.49	2:16.19
50 Free	23.09	24.09
100 Fly	55.89	1:02.29
100 Free	50.69	53.29
500 Free	5:05.59	5:31.79
200 Free Rel	1:35.49	1:44.09
100 Back	59.79	1:05.09
100 Breast	1:04.89	1:09.19
400 Free Rel	3:32.49	3:59.99

2010 HHSAA OFFICIAL ENTRY FOR SWIMMING AND DIVING

SCHOOL:		COACHES:										PAGE OF	
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).													
GIRLS (Alphabetical)	Grade	1	3	5	7	9	11	13	15	17	19	21	23
		1 M Diving	200 Med R	200 Free	200 IM	50 Free	100 Fly	100 Free	500 Free	200 Free R	100 Back	100 Breast	400 Free R
Qualifying Times:		10.6 / 260	2:00.79	2:03.89	2:21.39	25.59	1:03.89	56.69	5:30.89	1:46.39	1:04.09	1:12.29	3:56.19
Consideration:		10.6 / 250	2:10.49	2:09.99	2:28.59	26.59	1:07.49	59.09	5:45.09	1:54.09	1:08.39	1:15.89	4:16.99

2010 HHSAA OFFICIAL ENTRY FOR SWIMMING AND DIVING

SCHOOL:	COACHES:	PAGE OF
----------------	-----------------	----------------

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).

B O Y S (Alphabetical)	Grade	2	4	6	8	10	12	14	16	18	20	22	24
		1 M Diving	200 Med R	200 Free	200 I M	50 Free	100 Fly	100 Free	500 Free	200 Free R	100 Back	100 Breast	400 Free R
Qualifying Times:		11.4 / 275	1:47.79	1:52.79	2:08.49	23.09	55.89	50.69	5:05.59	1:35.49	59.79	1:04.89	3:32.49
Consideration:		11.4 / 260	2:01.99	2:00.69	2:16.19	24.09	1:02.29	53.29	5:31.79	1:44.09	1:05.09	1:09.19	3:59.99

**LOCAL MOTION SWIMMING AND DIVING STATE CHAMPIONSHIPS
 FEBRUARY 12-13, 2010
 SOUVENIR T-SHIRT PRE-TOURNAMENT ORDER BLANK**

_____ School requests to order the following sizes of the 2010 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	
		GRAND TOTAL	

Send pre-orders to Kamehameha Schools-Hawaii (host school) by Thursday, February 11, 2010.
 Checks payable to HHSAA may be sent with pre-orders or brought to the coaches' meeting.

Bob Wagner, Athletic Director
 Kamehameha Schools-Hawaii Campus
 16-718 Volcano Road
 Keaau, HI 96749
 Phone: (808) 982-0650 · Fax: (808) 982-0655

Contact person: _____ Daytime phone: _____ Check one: <input type="checkbox"/> Check placed in mail on _____ <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
2009	Iolani	62	Brian Lee	CORP – Veterans Memorial 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	Ian White Kacy Johnson Geramiah Simoes Rayfe Gaspar-Asaoka	Iolani	1:35.97	2009
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 Hong Zhe Sun Mark Eckert 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 Damon Jones Daniel Lim 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
2009	Punahou	75	Jeff Meister	CORP – Veterans Memorial 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 Michelle Yoshida Rachel Cote 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 Brittany Beauchan Rachel Cote Michelle Yoshida	Punahou	1:35.43	2007
100 Yard Backstroke	Christel Simms	Punahou	55.73	2009
100 Yard Breaststroke	Brittany Beauchan	Punahou	1:04.04	2007
400 Yard Freestyle Relay	Tamarah Binek Marlene Yafuso Whitney Nekoba Nicole Okuna	Waiakea	3:33.49	2002
1 Meter Diving	Aleia Monden	St. Andrew's	491.05 pts.	2006

**Discontinued - 1974*