

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****Event 1 Girls 1 mtr Diving**

VARSITY: 442.85 # 2/11/2006 Aleia Monden

PAC-5

| Name | Yr | School | Finals Score | Points | |
|-----------------------|----|---------------------------|--------------|--------|---|
| 1 Eliazar, Chelaine | SR | Punahou School | NT | 390.00 | 6 |
| 2 Maginot, Ashley | SO | Island Pacific Academy-HI | NT | 341.70 | 4 |
| 3 Zarka, Maria | FR | St. Andrew's Priory | NT | 337.45 | 3 |
| 4 Chinn, Kathryn | SO | Punahou School | NT | 330.65 | 2 |
| 5 Lim, Cristin | SO | Iolani School | NT | 318.40 | 1 |
| 6 Schowalter, Bridget | SR | Iolani School | NT | 271.20 | |
| 7 Alliata, Allia | SO | Pac-5-HI | NT | 269.90 | |

Event 2 Boys 1 mtr Diving

VARSITY: 462.35 # 2/12/2005 Drew Wallace

Punahou

| Name | Yr | School | Finals Score | Points | |
|--------------------|----|----------------|--------------|--------|---|
| 1 Madanay, Spencer | FR | Punahou School | NT | 406.95 | 6 |
| 2 Kaye, Avi | SO | Punahou School | NT | 259.15 | 4 |

Event 3 Girls 200 Yard Medley Relay

VARSITY: 1:48.67 # 2/10/2007 Punahou School

M Yoshida, B Beauchan, M Yamamoto, K Moy

2:03.09 QUAL

2:10.49 CONS

| Team | Relay | Seed Time | Finals Time | Points |
|--|----------------------------------|-------------------------|------------------------|--------|
| 1 Punahou School | A | 1:57.92 | 1:53.71 QUAL | 12 |
| 1) Simms, Christel SR 26.89 31.98 29.33 | 2) Halemano, Brandi SO 25.51 | 3) Rask, Kendra SO | 4) Deer, LillyBelle SO | |
| 2 Pac-5-HI | A | 1:58.01 | 1:55.74 QUAL | 8 |
| 1) Nakamura, Catherine SR 29.39 33.59 27.02 | 2) Ippongi, Tyra FR 25.74 | 3) Moody, Sammy JR | 4) Chan, Chelsea JR | |
| 3 Kamehameha Schools - Kapal | A | 1:57.79 | 1:55.92 QUAL | 6 |
| 1) Hirai, Remy SR 30.00 32.23 28.49 | 2) Cadell, Kimberlee SR 25.20 | 3) Goodness, Charlea SO | 4) Fujiyama, Nanea SR | |
| 4 Iolani School | A | 1:55.87 | 1:56.70 QUAL | 4 |
| 1) Chun, Sandy FR 31.80 30.85 27.80 | 2) Calvet, Marie SR 26.25 | 3) Li, Carolyn SR | 4) Lui, Courtney JR | |
| 5 Mid-Pacific Institute-HI | A | NT | 2:13.34 | 2 |
| 1) Donlon, Erica FR 36.67 36.22 32.81 | 2) Kato, Kellie JR 27.64 | 3) Needham, Haley SO | 4) Fuller, Chimera SO | |

Event 4 Boys 200 Yard Medley Relay

VARSITY: 1:36.90 # 2002 Iolani School

Sun, Toba, Eckert, Morrissey

1:53.99 QUAL

2:01.99 CONS

| Team | Relay | Seed Time | Finals Time | Points |
|--|------------------------------|-----------------------|------------------------|--------|
| 1 Punahou School | A | 1:42.93 | 1:39.20 QUAL | 12 |
| 1) Chern, Avery SR 25.52 27.62 24.50 | 2) Okimura, Marc JR 21.56 | 3) Frifeldt, Jason JR | 4) Kiessling, Ruddy SR | |
| 2 Kamehameha Schools - Kapal | A | 1:46.99 | 1:46.76 QUAL | 8 |
| 1) Pickering, Kila SR 26.66 29.37 26.02 | 2) Uy, Evan SO 24.71 | 3) Ai, Kirby SR | 4) Gilliland, Aukai FR | |
| 3 Pac-5-HI | A | 1:53.84 | 1:53.79 QUAL | 6 |
| 1) Ching, Joshua SR 30.49 29.38 27.38 | 2) Yee, Alex SO 26.54 | 3) Yamada, Grant SR | 4) Suehiro, Roshan SR | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 4 Boys 200 Yard Medley Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|----------------------------|---------------------|------------------------|----------------------------|--------|
| 4 Mid-Pacific Institute-HI | A | 2:00.90 | 1:57.21 CONS | 4 |
| 1) Lane, Benjamin JR | 2) Fong, Dustin SR | 3) Jacinto, Stanton JR | 4) Park, Matthew SO | |
| 30.58 30.77 29.34 26.52 | | | | |
| --- Iolani School | A | 1:41.07 | DQ | |
| 1) White, Ian FR | 2) Johnson, Kacy FR | 3) Simoes, Geramiah SR | 4) Gaspar-Asaoka, Rayfe SR | |
| 26.17 26.91 23.03 21.93 | | | | |

Event 5 Girls 200 Yard Freestyle

VARSIITY: 1:51.52 # 2/10/2007 Christel Simms
2:07.09 QUAL
2:09.99 CONS

Punahou

| Name | Yr | School | Seed Time | Finals Time | Points |
|-------------------------|----|-------------------------------|-----------|--------------|--------|
| 1 Rask, Kendra | SO | Punahou School | 2:02.79 | 1:59.39 QUAL | 6 |
| 27.99 30.49 30.62 30.29 | | | | | |
| 2 Deer, LillyBelle | SO | Punahou School | 2:01.21 | 2:00.81 QUAL | 4 |
| 27.82 30.88 31.32 30.79 | | | | | |
| 3 Sasaki, Kira | JR | Iolani School | 2:00.97 | 2:00.92 QUAL | 3 |
| 28.63 30.50 30.97 30.82 | | | | | |
| 4 Miller, Mackenzie | SR | Le Jardin Academy | 2:05.43 | 2:03.43 QUAL | 2 |
| 28.80 31.99 32.18 30.46 | | | | | |
| 5 Yamashiroya, Jodie | JR | Iolani School | 2:06.81 | 2:03.90 QUAL | 1 |
| 28.68 31.05 31.80 32.37 | | | | | |
| 6 Randall, Rachel | JR | Le Jardin Academy | 2:05.10 | 2:04.09 QUAL | |
| 28.57 31.16 32.41 31.95 | | | | | |
| 7 Chun, Stephanie | SR | Iolani School | 2:03.19 | 2:07.71 CONS | |
| 28.03 30.79 33.15 35.74 | | | | | |
| 8 Cowan, Kelia | SO | Iolani School | 2:09.44 | 2:08.14 CONS | |
| 30.17 32.51 32.63 32.83 | | | | | |
| 9 Zane, Heather | FR | Punahou School | 2:11.98 | 2:09.68 CONS | |
| 28.73 33.10 34.27 33.58 | | | | | |
| 10 Hirai, Remy | SR | Kamehameha Schools - Kapalama | 2:08.47 | 2:10.24 | |
| 29.23 32.61 34.07 34.33 | | | | | |
| 11 Muilenburg, Danielle | JR | Punahou School | 2:12.87 | 2:11.16 | |
| 30.91 32.87 33.65 33.73 | | | | | |
| 12 Matsuoka, Chelsie | SR | Pac-5-HI | 2:16.68 | 2:14.41 | |
| 30.80 33.69 34.54 35.38 | | | | | |
| 13 Ai, Kehau | SO | Kamehameha Schools - Kapalama | 2:15.91 | 2:14.82 | |
| 30.35 33.75 35.24 35.48 | | | | | |
| 14 Galeai, Cara Ann | SO | Pac-5-HI | 2:24.01 | 2:21.18 | |
| 31.59 34.91 36.51 38.17 | | | | | |

Event 6 Boys 200 Yard Freestyle

VARSIITY: 1:39.04 # 2/14/2004 Mark Eckert
1:56.99 QUAL
2:00.99 CONS

Iolani

| Name | Yr | School | Seed Time | Finals Time | Points |
|-------------------------|----|---------------------------|-----------|--------------|--------|
| 1 Simoes, Geramiah | SR | Iolani School | 1:47.73 | 1:46.52 QUAL | 6 |
| 25.06 27.30 27.67 26.49 | | | | | |
| 2 Fife, Taylor | JR | Island Pacific Academy-HI | 1:46.53 | 1:46.95 QUAL | 4 |
| 25.74 27.59 27.33 26.29 | | | | | |
| 3 Kiessling, Robert | SO | Punahou School | 1:51.43 | 1:48.02 QUAL | 3 |
| 24.80 26.78 27.73 28.71 | | | | | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 6 Boys 200 Yard Freestyle)**

| Name | Yr | School | Seed Time | Finals Time | Points |
|---|----|-------------------------------|-----------|-------------|--------|
| 4 Jones, Kevin 25.45 27.93 28.28 27.05 | JR | Iolani School | 1:49.95 | 1:48.71 | QUAL 2 |
| 5 Moy, Kevin 24.63 27.92 28.93 28.11 | JR | Punahou School | 1:52.57 | 1:49.59 | QUAL 1 |
| 6 Fee, Thomas 24.82 27.23 28.90 29.59 | JR | Punahou School | 1:49.97 | 1:50.54 | QUAL |
| 7 Weinhardt, Eric 25.16 28.13 29.20 28.64 | SR | Pac-5-HI | 1:53.41 | 1:51.13 | QUAL |
| 8 Kawano, Noel 25.67 28.18 29.16 29.68 | JR | Kamehameha Schools - Kapalama | 1:52.87 | 1:52.69 | QUAL |
| 9 Gilliland, Aukai 26.08 29.16 30.04 28.95 | FR | Kamehameha Schools - Kapalama | 1:55.14 | 1:54.23 | QUAL |
| 10 Schmaltz, Aaron 25.34 27.79 29.81 32.33 | SR | Punahou School | 1:52.21 | 1:55.27 | QUAL |
| 11 Lim, David 26.65 29.86 29.54 29.27 | SO | Iolani School | 1:58.12 | 1:55.32 | QUAL |
| 12 Sugimoto, Tyler 27.74 30.89 31.35 30.89 | JR | Pac-5-HI | 1:59.09 | 2:00.87 | CONS |
| 13 Kumashiro, Nathan 28.23 30.79 31.16 31.76 | JR | Pac-5-HI | 2:02.02 | 2:01.94 | |
| 14 Pea, Ryan 27.93 31.49 32.81 32.18 | JR | Kamehameha Schools - Kapalama | 2:02.51 | 2:04.41 | |
| 15 Liu, Andrew 29.15 31.49 32.38 32.15 | SO | Pac-5-HI | 2:04.50 | 2:05.17 | |

Event 7 Girls 200 Yard IM

VARSAITY: 2:08.40 # 1978
2:24.09 QUAL
2:30.39 CONS

Kathy Shipman**Punahou**

| Name | Yr | School | Seed Time | Finals Time | Points |
|---|----|-------------------------------|-----------|-------------|--------|
| 1 Baker, Elise 30.02 36.78 40.26 32.24 | SR | Punahou School | 2:21.95 | 2:19.30 | QUAL 6 |
| 2 Lui, Courtney 31.62 35.90 40.35 32.84 | JR | Iolani School | 2:22.92 | 2:20.71 | QUAL 4 |
| 3 Halemano, Brandi 30.72 37.40 40.02 32.58 | SO | Punahou School | 2:24.88 | 2:20.72 | QUAL 3 |
| 4 Masatsugu, Lea 29.99 35.81 41.94 33.73 | SR | Iolani School | 2:22.78 | 2:21.47 | QUAL 2 |
| 5 Kaniho, Catia 31.26 37.39 39.88 33.48 | FR | Kamehameha Schools - Kapalama | 2:22.62 | 2:22.01 | QUAL 1 |
| 6 Wada, Kaylee 30.78 37.23 42.16 34.43 | JR | Kamehameha Schools - Kapalama | 2:26.42 | 2:24.60 | CONS |
| 7 Shimabukuro, Cadie 31.49 37.16 44.51 33.50 | FR | Iolani School | 2:27.16 | 2:26.66 | CONS |
| 8 Ippongi, Tyra 31.98 40.63 40.31 35.54 | FR | Pac-5-HI | 2:26.62 | 2:28.46 | CONS |
| 9 Nagata, Kelcie-lei 31.28 40.58 42.45 34.36 | JR | Iolani School | 2:31.00 | 2:28.67 | CONS |
| 10 Ontai, Allyson 32.12 36.51 44.11 36.25 | FR | Kamehameha Schools - Kapalama | 2:27.08 | 2:28.99 | CONS |
| 11 Colbert, Carey 33.05 37.07 45.14 34.15 | JR | Punahou School | 2:33.14 | 2:29.41 | CONS |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****Event 8 Boys 200 Yard IM**

VARSITY: 1:56.16 # 1995

Carl Larson

Punahou

2:09.89 QUAL

2:16.19 CONS

| Name | Yr | School | Seed Time | Finals Time | Points |
|---|----|-------------------------------|-----------|-------------|--------|
| 1 Johnson, Kacy 24.89 28.83 33.61 | FR | Iolani School | 1:54.99 | 1:54.67# | QUAL 6 |
| 2 Pickering, Kila 25.26 29.67 35.01 | SR | Kamehameha Schools - Kapalama | 2:04.31 | 2:00.11 | QUAL 4 |
| 3 Okimura, Marc 26.67 32.20 33.82 | JR | Punahou School | 2:03.09 | 2:02.93 | QUAL 3 |
| 4 Uy, Evan 28.26 32.72 36.93 | SO | Kamehameha Schools - Kapalama | 2:09.91 | 2:07.26 | QUAL 2 |
| 5 Saunders, Ryan 27.86 32.84 37.60 | SO | Punahou School | 2:08.23 | 2:08.14 | QUAL 1 |
| 6 Weber, Chase 27.28 33.98 38.91 | SR | Iolani School | 2:10.23 | 2:09.20 | QUAL |
| 7 Rounds, Kai 29.23 34.89 38.95 | JR | Punahou School | 2:14.27 | 2:13.98 | CONS |
| 8 Nishida, Jonathan 28.84 35.69 38.29 | FR | Punahou School | 2:16.73 | 2:15.88 | CONS |
| 9 Chang, Christopher 30.12 37.07 43.87 | JR | Kamehameha Schools - Kapalama | NT | 2:24.58 | |
| 10 Saito, Ryan 31.88 38.88 41.88 | SR | Kamehameha Schools - Kapalama | 2:24.56 | 2:25.40 | |
| 11 Tanaka, Bryce 31.74 40.63 40.45 | FR | Pac-5-HI | 2:28.53 | 2:26.23 | |
| --- Magota, Jonathan 31.03 42.18 40.65 | FR | Pac-5-HI | 2:27.35 | DQ | |

Event 9 Girls 50 Yard Freestyle

VARSITY: 23.86 # 2/11/2006

Christel Simms

Punahou

26.09 QUAL

26.99 CONS

| Name | Yr | School | Seed Time | Finals Time | Points |
|-----------------------|----|-------------------------------|-----------|-------------|--------|
| 1 Fujita, Rachel | JR | Punahou School | 24.62 | 24.38 | QUAL 6 |
| 2 Moody, Sammy | JR | Pac-5-HI | 25.76 | 25.37 | QUAL 4 |
| 3 Fujiyama, Nanea | SR | Kamehameha Schools - Kapalama | 25.81 | 25.55 | QUAL 3 |
| 4 Chan, Chelsea | JR | Pac-5-HI | 25.87 | 26.00 | QUAL 2 |
| 5 Chun, Sandy | FR | Iolani School | 26.24 | 26.14 | CONS 1 |
| 6 Ayabe, Asia | JR | Iolani School | 26.55 | 26.25 | CONS |
| 7 Namba, Zoe | FR | Punahou School | 26.56 | 26.37 | CONS |
| 8 Li, Carolyn | SR | Iolani School | 26.26 | 26.40 | CONS |
| 9 Kirley, Erin | SR | Le Jardin Academy | 27.09 | 26.69 | CONS |
| 10 Liu, Chelsea | JR | Pac-5-HI | 26.84 | 26.79 | CONS |
| 11 Chinen, Caylee | SO | Pac-5-HI | 26.77 | 27.17 | |
| 12 Richmond, Terry | SR | Punahou School | 27.24 | 27.23 | |
| 13 Kheradpey, Shireen | SO | Iolani School | 27.35 | 27.34 | |
| 14 Garrigan, Brittney | FR | Kamehameha Schools - Kapalama | 26.70 | 27.38 | |
| 15 Kato, Kellie | JR | Mid-Pacific Institute-HI | 27.37 | 27.80 | |
| 16 Fuller, Chimera | SO | Mid-Pacific Institute-HI | 28.71 | 27.98 | |
| 17 Ing, Larisa | JR | Le Jardin Academy | 28.24 | 28.64 | |
| 18 Loui, Taylor | JR | Kamehameha Schools - Kapalama | 28.73 | 28.94 | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 9 Girls 50 Yard Freestyle)**

| Name | Yr | School | Seed Time | Finals Time | Points |
|--------------------|----|-------------------------------|-----------|-------------|--------|
| *19 Needham, Haley | SO | Mid-Pacific Institute-HI | 29.70 | 29.00 | |
| *19 Oshiro, Kelly | SR | Punahou School | 28.76 | 29.00 | |
| 21 Cleghorn, Libby | JR | Le Jardin Academy | 29.36 | 29.41 | |
| 22 Ebia, Renee | SR | Kamehameha Schools - Kapalama | 30.25 | 30.26 | |
| 23 Barham, Morgan | SR | Word of Life Academy | 31.79 | 31.44 | |

Event 10 Boys 50 Yard Freestyle

VARSIITY: 20.92 # 2/11/2006 Davis Kane
 23.29 QUAL
 23.99 CONS

KS-Kapalama

| Name | Yr | School | Seed Time | Finals Time | Points |
|------------------------|----|-------------------------------|-----------|-------------|--------|
| 1 Kiessling, Ruddy | SR | Punahou School | 22.40 | 22.11 | QUAL 6 |
| 2 Gaspar-Asaoka, Rayfe | SR | Iolani School | 22.98 | 22.53 | QUAL 4 |
| 3 Frifeldt, Jason | JR | Punahou School | 23.15 | 22.68 | QUAL 3 |
| 4 Ai, Kirby | SR | Kamehameha Schools - Kapalama | 23.29 | 23.35 | CONS 2 |
| 5 Chow, Randal | FR | Punahou School | 23.56 | 23.50 | CONS 1 |
| 6 Nichols, Chris | SO | Iolani School | 23.91 | 23.80 | CONS |
| 7 Smart, Jay | SO | Punahou School | 23.91 | 24.20 | |
| 8 Lim, Vincent | SR | Iolani School | 24.41 | 24.40 | |
| 9 Alapa, Tiloi | JR | Kamehameha Schools - Kapalama | 24.05 | 24.55 | |
| 10 Elsen, Josh | JR | Island Pacific Academy-HI | 24.77 | 24.57 | |
| 11 Amina, Tyler | JR | Kamehameha Schools - Kapalama | 25.01 | 24.64 | |
| 12 Ching, Joshua | SR | Pac-5-HI | 25.04 | 24.76 | |
| 13 Yamada, Grant | SR | Pac-5-HI | 24.68 | 25.06 | |
| 14 Blau, Jeremy | SR | Le Jardin Academy | 25.71 | 25.39 | |
| 15 Carmody, Andrew | FR | Le Jardin Academy | 25.59 | 25.44 | |
| 16 Fong, Dustin | SR | Mid-Pacific Institute-HI | 25.20 | 25.79 | |
| *17 Campbell, Colton | SO | Le Jardin Academy | 26.71 | 26.56 | |
| *17 Park, Matthew | SO | Mid-Pacific Institute-HI | 26.93 | 26.56 | |
| 19 Tancayo, Kaelin | SR | Kamehameha Schools - Kapalama | 26.72 | 26.62 | |
| 20 Ma, Christopher | SO | Pac-5-HI | 27.19 | 27.03 | |
| 21 Jacinto, Stanton | JR | Mid-Pacific Institute-HI | 27.45 | 27.56 | |
| --- Blau, Jacob | SO | Le Jardin Academy | 23.07 | DQ | |

Event 11 Girls 100 Yard Butterfly

VARSIITY: 57.58 # 1993 Jodi Jackson
 1:04.99 QUAL
 1:08.19 CONS

Punahou

| Name | Yr | School | Seed Time | Finals Time | Points |
|-----------------------|----|-------------------------------|-----------|-------------|--------|
| 1 Fujita, Rachel | JR | Punahou School | 59.55 | 58.71 | QUAL 6 |
| 27.34 31.37 | | | | | |
| 2 Nakamura, Catherine | SR | Pac-5-HI | 1:01.17 | 1:00.81 | QUAL 4 |
| 28.53 32.28 | | | | | |
| 3 Sasaki, Kira | JR | Iolani School | 1:02.08 | 1:02.99 | QUAL 3 |
| 29.98 33.01 | | | | | |
| 4 Li, Carolyn | SR | Iolani School | 1:03.42 | 1:03.19 | QUAL 2 |
| 29.24 33.95 | | | | | |
| 5 Goodness, Charlea | SO | Kamehameha Schools - Kapalama | 1:02.39 | 1:03.50 | QUAL 1 |
| 30.00 33.50 | | | | | |
| 6 Calvet, Marie | SR | Iolani School | 1:04.42 | 1:04.28 | QUAL |
| 29.63 34.65 | | | | | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 11 Girls 100 Yard Butterfly)**

| Name | Yr | School | Seed Time | Finals Time | Points |
|--------------------------------------|----|-------------------------------|-----------|-------------|--------|
| 7 Wada, Kaylee 29.51 34.84 | JR | Kamehameha Schools - Kapalama | 1:05.79 | 1:04.35 | QUAL |
| 8 Kirley, Erin 31.08 34.41 | SR | Le Jardin Academy | 1:04.03 | 1:05.49 | CONS |
| 9 Shimabukuro, Cadie 31.85 34.94 | FR | Iolani School | 1:06.86 | 1:06.79 | CONS |
| 10 Garrigan, Brittney 31.68 35.76 | FR | Kamehameha Schools - Kapalama | 1:05.14 | 1:07.44 | CONS |
| 11 Moy, Malina 32.42 37.11 | JR | Punahou School | 1:10.83 | 1:09.53 | |
| 12 Wong, Rachel 32.54 37.92 | SO | Pac-5-HI | 1:07.34 | 1:10.46 | |
| 13 Ogino, Jayme 33.17 37.33 | JR | Kamehameha Schools - Kapalama | 1:12.65 | 1:10.50 | |
| 14 Oshiro, Kelly 34.09 39.06 | SR | Punahou School | 1:13.42 | 1:13.15 | |

Event 12 Boys 100 Yard Butterfly

VARSIITY: 50.08 # 2002
58.99 QUAL
1:02.49 CONS

Hong Zhe Sun**Iolani**

| Name | Yr | School | Seed Time | Finals Time | Points |
|-------------------------------------|----|-------------------------------|-----------|-------------|--------|
| 1 Simoes, Geramiah 24.76 27.80 | SR | Iolani School | 53.37 | 52.56 | QUAL 6 |
| 2 Chern, Avery 24.45 28.84 | SR | Punahou School | 54.20 | 53.29 | QUAL 4 |
| 3 Frifeldt, Jason 25.56 29.69 | JR | Punahou School | 55.70 | 55.25 | QUAL 3 |
| 4 Lum, Andrew 27.44 30.66 | FR | Punahou School | 59.43 | 58.10 | QUAL 2 |
| 5 Richmond, Mitchell 26.86 31.64 | SO | Punahou School | 1:01.00 | 58.50 | QUAL 1 |
| 6 Alapa, Tiloi 28.71 31.68 | JR | Kamehameha Schools - Kapalama | 1:02.45 | 1:00.39 | CONS |
| 7 Yamada, Grant 28.40 32.23 | SR | Pac-5-HI | 1:00.27 | 1:00.63 | CONS |
| 8 Amina, Tyler 28.46 33.92 | JR | Kamehameha Schools - Kapalama | NT | 1:02.38 | CONS |
| 9 Suehiro, Roshan 28.80 34.76 | SR | Pac-5-HI | 1:02.64 | 1:03.56 | |
| 10 Tanaka, Bryce 31.85 35.92 | FR | Pac-5-HI | 1:08.53 | 1:07.77 | |
| 11 Magota, Jonathan 31.59 38.84 | FR | Pac-5-HI | 1:10.16 | 1:10.43 | |

Event 13 Girls 100 Yard Freestyle

VARSIITY: 50.50 # 2/10/2007
57.49 QUAL
59.39 CONS

Punahou

| Name | Yr | School | Seed Time | Finals Time | Points |
|----------------------------------|----|----------------|-----------|-------------|--------|
| 1 Simms, Christel 25.26 26.81 | SR | Punahou School | 52.95 | 52.07 | QUAL 6 |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 13 Girls 100 Yard Freestyle)**

| | Name | Yr | School | Seed Time | Finals Time | Points |
|----|-----------------------------------|-----------|-------------------------------|------------------|--------------------|---------------|
| 2 | Moody, Sammy 26.90 28.47 | JR | Pac-5-HI | 55.63 | 55.37 | QUAL 4 |
| 3 | Chun, Stephanie 26.91 29.36 | SR | Iolani School | 56.78 | 56.27 | QUAL 3 |
| 4 | Ng, Naomi 26.94 29.41 | FR | Punahou School | 56.80 | 56.35 | QUAL 2 |
| 5 | Anding, Erin 27.33 29.14 | JR | Le Jardin Academy | 57.72 | 56.47 | QUAL 1 |
| 6 | Yamashiroya, Jodie 27.59 29.19 | JR | Iolani School | 57.77 | 56.78 | QUAL |
| 7 | Namba, Zoe 27.98 29.52 | FR | Punahou School | 58.01 | 57.50 | CONS |
| 8 | Fujiyama, Nanea 27.46 30.87 | SR | Kamehameha Schools - Kapalama | 57.73 | 58.33 | CONS |
| 9 | Richmond, Terry 28.62 30.27 | SR | Punahou School | 58.94 | 58.89 | CONS |
| 10 | Kusao, Skye 28.76 30.96 | JR | Iolani School | 1:00.70 | 59.72 | |
| 11 | Chinen, Caylee 28.66 31.36 | SO | Pac-5-HI | 59.33 | 1:00.02 | |
| 12 | Fajota, Bryeana 29.34 31.87 | SO | Pac-5-HI | 1:02.78 | 1:01.21 | |
| 13 | Fukada, Keileen 29.40 31.97 | SO | Iolani School | 1:01.08 | 1:01.37 | |
| 14 | Tsuruda, Paige 29.59 32.21 | JR | Word of Life Academy | 1:01.95 | 1:01.80 | |
| 15 | Fuller, Chimera 30.14 32.68 | SO | Mid-Pacific Institute-HI | 1:03.36 | 1:02.82 | |
| 16 | Cleghorn, Libby 31.05 33.86 | JR | Le Jardin Academy | 1:07.10 | 1:04.91 | |
| 17 | Loui, Taylor | JR | Kamehameha Schools - Kapalama | 1:04.57 | 1:05.37 | |
| 18 | Needham, Haley 30.64 35.06 | SO | Mid-Pacific Institute-HI | 1:07.52 | 1:05.70 | |
| 19 | Ebia, Renee 32.99 36.21 | SR | Kamehameha Schools - Kapalama | 1:08.11 | 1:09.20 | |
| 20 | Pidot, Clare 36.30 37.96 | SR | Kamehameha Schools - Kapalama | 1:10.40 | 1:14.26 | |
| 21 | Pang, Kellianne 35.57 40.51 | SO | Pac-5-HI | 1:16.90 | 1:16.08 | |

Event 14 Boys 100 Yard Freestyle

Varsity: 46.73 # 2/11/2006 Davis Kane

KS-Kapalama

52.29 QUAL

53.39 CONS

| | Name | Yr | School | Seed Time | Finals Time | Points |
|---|-------------------------------------|-----------|---------------------------|------------------|--------------------|---------------|
| 1 | Kiessling, Ruddy 23.25 25.46 | SR | Punahou School | 50.15 | 48.71 | QUAL 6 |
| 2 | Fife, Taylor 24.04 25.51 | JR | Island Pacific Academy-HI | 49.46 | 49.55 | QUAL 4 |
| 3 | White, Ian 23.97 25.72 | FR | Iolani School | 51.00 | 49.69 | QUAL 3 |
| 4 | Gaspar-Asaoka, Rayfe 24.09 25.62 | SR | Iolani School | 50.07 | 49.71 | QUAL 2 |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 14 Boys 100 Yard Freestyle)**

| | Name | Yr | School | Seed Time | Finals Time | Points |
|----|-----------------------------------|-----------|-------------------------------|------------------|--------------------|---------------|
| 5 | Kiessling, Robert 24.37 25.39 | SO | Punahou School | 50.15 | 49.76 | QUAL 1 |
| 6 | Blau, Jacob 24.89 26.32 | SO | Le Jardin Academy | 51.36 | 51.21 | QUAL |
| 7 | Weinhardt, Eric 24.47 26.87 | SR | Pac-5-HI | 51.39 | 51.34 | QUAL |
| 8 | Weber, Chase 25.08 26.52 | SR | Iolani School | 52.08 | 51.60 | QUAL |
| 9 | Chow, Randal 24.49 27.78 | FR | Punahou School | NT | 52.27 | QUAL |
| 10 | Gilliland, Aukai 25.33 27.00 | FR | Kamehameha Schools - Kapalama | 52.84 | 52.33 | CONS |
| 11 | Nichols, Chris 25.40 27.68 | SO | Iolani School | 53.67 | 53.08 | CONS |
| 12 | Yee, Alex 25.42 28.41 | SO | Pac-5-HI | 52.98 | 53.83 | |
| 13 | Ai, Kirby 25.48 29.42 | SR | Kamehameha Schools - Kapalama | 52.25 | 54.90 | |
| 14 | Richmond, Mitchell 25.99 29.03 | SO | Punahou School | 54.82 | 55.02 | |
| 15 | Liu, Andrew 26.74 28.76 | SO | Pac-5-HI | 54.88 | 55.50 | |
| 16 | Pea, Ryan 26.32 29.35 | JR | Kamehameha Schools - Kapalama | 54.93 | 55.67 | |
| 17 | Elsen, Josh 27.21 29.30 | JR | Island Pacific Academy-HI | 59.60 | 56.51 | |
| 18 | Park, Matthew 28.16 31.34 | SO | Mid-Pacific Institute-HI | 1:01.10 | 59.50 | |
| 19 | Jacinto, Stanton 28.48 31.12 | JR | Mid-Pacific Institute-HI | NT | 59.60 | |
| 20 | Tancayo, Kaelin 28.18 32.33 | SR | Kamehameha Schools - Kapalama | 1:00.29 | 1:00.51 | |
| 21 | Campbell, Colton 28.54 33.14 | SO | Le Jardin Academy | 1:00.76 | 1:01.68 | |

Event 15 Girls 500 Yard Freestyle**VARSIITY: 4:58.26 # 1986****Diane Williams****Iolani****5:45.99 QUAL****5:55.59 CONS**

| | Name | Yr | School | Seed Time | Finals Time | Points |
|---|---|-----------|-------------------------------|--|--------------------|---------------|
| 1 | Cadell, Kimberlee 27.93 30.92 32.78 34.10 32.67 | SR | Kamehameha Schools - Kapalama | 5:29.28 32.95 33.01 32.33 33.29 33.60 | 5:23.58 | QUAL 6 |
| 2 | Miller, Mackenzie 30.04 33.01 33.36 33.40 29.95 | SR | Le Jardin Academy | 5:33.79 33.32 33.43 33.19 33.49 33.64 | 5:26.83 | QUAL 4 |
| 3 | Rask, Kendra 28.95 31.58 32.93 33.72 32.60 | SO | Punahou School | 5:31.46 33.26 33.41 33.16 33.56 34.29 | 5:27.46 | QUAL 3 |
| 4 | Randall, Rachel 30.20 33.03 33.67 34.82 32.89 | JR | Le Jardin Academy | 5:37.59 33.79 34.40 34.17 34.36 34.75 | 5:36.08 | QUAL 2 |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 15 Girls 500 Yard Freestyle)**

| Name | Yr | School | Seed Time | Finals Time | Points |
|------------------------|-------|-------------------------------|-----------|-------------|--------|
| 5 Lui, Courtney | JR | Iolani School | 5:38.75 | 5:36.92 | QUAL 1 |
| 30.61 32.81 33.50 | 33.96 | 34.35 34.69 34.77 | 34.60 | | |
| 34.87 32.76 | | | | | |
| 6 Steele, Megan | JR | Punahou School | 5:44.41 | 5:41.73 | QUAL |
| 30.71 33.96 34.47 | 35.14 | 34.50 34.76 35.09 | 35.19 | | |
| 34.70 33.21 | | | | | |
| 7 Muilenburg, Danielle | JR | Punahou School | 5:49.24 | 5:43.67 | QUAL |
| 32.40 35.10 35.20 | 35.21 | 35.29 35.23 34.49 | 34.34 | | |
| 33.62 32.79 | | | | | |
| 8 Masatsugu, Lea | SR | Iolani School | 5:54.20 | 5:43.76 | QUAL |
| 30.80 34.45 34.64 | 35.22 | 35.33 35.25 35.58 | 34.96 | | |
| 34.43 33.10 | | | | | |
| 9 Goodness, Charlea | SO | Kamehameha Schools - Kapalama | 5:44.48 | 5:44.99 | QUAL |
| 30.34 34.52 35.16 | 35.20 | 35.19 35.04 34.80 | 35.60 | | |
| 35.34 33.80 | | | | | |
| 10 Zane, Heather | FR | Punahou School | 5:42.21 | 5:49.42 | CONS |
| 29.37 34.09 35.16 | 35.97 | 35.42 35.91 35.90 | 36.80 | | |
| 36.15 34.65 | | | | | |
| 11 Fukada, Keileen | SO | Iolani School | 5:48.07 | 5:52.28 | CONS |
| 32.18 34.71 34.68 | 35.43 | 35.08 35.44 35.38 | 35.87 | | |
| 36.93 36.58 | | | | | |
| 12 Miyashiro, Tara | SR | Pac-5-HI | 5:55.15 | 5:54.63 | CONS |
| 31.33 35.22 35.87 | 36.04 | 35.93 35.76 36.67 | 36.47 | | |
| 36.29 35.05 | | | | | |
| 13 Ai, Kehau | SO | Kamehameha Schools - Kapalama | 5:56.10 | 6:00.18 | |
| 31.19 34.84 35.32 | 36.36 | 36.78 37.43 37.53 | 37.79 | | |
| 37.05 35.89 | | | | | |
| 14 Saylor, Jessi | SR | Iolani School | 6:27.34 | 6:17.68 | |
| 33.87 37.55 38.59 | 38.36 | 38.21 38.46 38.05 | 38.96 | | |
| 38.44 37.19 | | | | | |

Event 16 Boys 500 Yard Freestyle

VARSITY: 4:29.96 # 2/14/2004 Noa Sakamoto

Punahou

5:18.99 QUAL

5:39.99 CONS

| Name | Yr | School | Seed Time | Finals Time | Points |
|-------------------|-------|-------------------------------|-----------|-------------|--------|
| 1 Johnson, Kacy | FR | Iolani School | 4:41.10 | 4:49.07 | QUAL 6 |
| 24.98 28.83 29.64 | 29.53 | 29.27 29.33 29.42 | 29.65 | | |
| 29.37 29.05 | | | | | |
| 2 Moy, Kevin | JR | Punahou School | 4:55.70 | 4:51.68 | QUAL 4 |
| 26.42 28.93 29.44 | 29.55 | 29.64 29.40 29.57 | 29.79 | | |
| 29.90 29.04 | | | | | |
| 3 Jones, Kevin | JR | Iolani School | 4:58.37 | 5:00.33 | QUAL 3 |
| 25.73 28.92 30.04 | 30.54 | 30.78 31.09 31.36 | 30.59 | | |
| 30.89 30.39 | | | | | |
| 4 Kawano, Noel | JR | Kamehameha Schools - Kapalama | 5:10.76 | 5:03.31 | QUAL 2 |
| 27.07 30.17 31.21 | 31.29 | 31.11 31.20 30.65 | 30.94 | | |
| 30.38 29.29 | | | | | |
| 5 Fee, Thomas | JR | Punahou School | 5:17.55 | 5:03.68 | QUAL 1 |
| 26.67 30.01 30.86 | 31.12 | 31.45 31.20 31.39 | 31.33 | | |
| 30.92 28.73 | | | | | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 16 Boys 500 Yard Freestyle)**

| Name | Yr | School | Seed Time | Finals Time | Points |
|---------------------|-------|-------------------------------|-----------|-------------|--------|
| 6 Saunders, Ryan | SO | Punahou School | 5:08.73 | 5:08.79 | QUAL |
| 27.12 30.02 30.97 | 31.74 | 31.75 31.71 | 31.80 | 31.45 | |
| 31.51 30.72 | | | | | |
| 7 Sugimoto, Tyler | JR | Pac-5-HI | 5:14.97 | 5:14.92 | QUAL |
| 27.92 30.87 32.25 | 31.74 | 32.23 32.41 | 32.48 | 32.37 | |
| 31.91 30.74 | | | | | |
| 8 Kumashiro, Nathan | JR | Pac-5-HI | 5:31.69 | 5:32.07 | CONS |
| 30.13 32.86 33.54 | 34.34 | 34.35 34.12 | 34.48 | 33.96 | |
| 32.59 31.70 | | | | | |
| 9 Nakatsuka, Kyle | SO | Kamehameha Schools - Kapalama | 5:37.85 | 5:33.27 | CONS |
| 29.51 33.97 34.03 | 33.72 | 34.81 32.48 | 33.34 | 34.38 | |
| 34.23 32.80 | | | | | |
| 10 Lane, Benjamin | JR | Mid-Pacific Institute-HI | 5:37.15 | 5:38.52 | CONS |
| 30.18 34.37 34.92 | 34.05 | 34.00 34.13 | 34.56 | 34.68 | |
| 34.19 33.44 | | | | | |

Event 17 Girls 200 Yard Freestyle Relay

VARSAITY: 1:36.85 # 2/9/2008 Punahou School
M Yoshida, R Cote, C Simms, K Moy

1:48.99 QUAL
1:55.79 CONS

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|------------------------|--------------------------|--------------------------|---------|
| 1 Punahou School | A | 1:41.58 | 1:41.51 | QUAL 12 |
| 1) Fujita, Rachel JR | 2) Deer, LillyBelle SO | 3) Ng, Naomi FR | 4) Namba, Zoe FR | |
| 24.38 25.48 25.50 | 26.15 | | | |
| 2 Iolani School | A | 1:44.83 | 1:43.63 | QUAL 8 |
| 1) Ayabe, Asia JR | 2) Chun, Sandy FR | 3) Yamashiroya, Jodie JR | 4) Li, Carolyn SR | |
| 26.28 25.55 25.84 | 25.96 | | | |
| 3 Kamehameha Schools - Kapal | A | 1:48.52 | 1:45.53 | QUAL 6 |
| 1) Fujiyama, Nanea SR | 2) Kaniho, Catia FR | 3) Hirai, Remy SR | 4) Garrigan, Brittney FR | |
| 25.66 26.80 26.29 | 26.78 | | | |
| 4 Le Jardin Academy | A | 1:45.95 | 1:46.05 | QUAL 4 |
| 1) Anding, Erin JR | 2) Kirley, Erin SR | 3) Randall, Rachel JR | 4) Miller, Mackenzie SR | |
| 26.48 26.76 26.30 | 26.51 | | | |
| 5 Pac-5-HI | A | 1:54.98 | 1:55.41 | CONS 2 |
| 1) Ippongi, Tyra FR | 2) Tanigawa, Sara JR | 3) Lau, Jaryn SR | 4) Matsuoka, Chelsie SR | |
| 28.50 28.79 30.27 | 27.85 | | | |
| --- Mid-Pacific Institute-HI | A | 2:00.82 | DQ | |
| 1) Needham, Haley SO | 2) Donlon, Erica FR | 3) Fuller, Chimera SO | 4) Kato, Kellie JR | |
| 29.76 31.63 28.85 | 27.73 | | | |

Event 18 Boys 200 Yard Freestyle Relay

VARSAITY: 1:26.76 # 2/15/2003 Iolani School
P Morrissey, H Sun, M Eckert, D Jones

1:38.89 QUAL
1:47.49 CONS

| Team | Relay | Seed Time | Finals Time | Points |
|----------------------------|-------------------------|-----------------------|---------------------|---------|
| 1 Iolani School | A | 1:30.11 | 1:30.01 | QUAL 12 |
| 1) Gaspar-Asaoka, Rayfe SR | 2) Simoes, Geramiah SR | 3) Weber, Chase SR | 4) Jones, Kevin JR | |
| 22.82 21.60 22.97 | 22.62 | | | |
| 2 Punahou School | A | 1:32.31 | 1:30.30 | QUAL 8 |
| 1) Kiessling, Ruddy SR | 2) Kiessling, Robert SO | 3) Frifeldt, Jason JR | 4) Okimura, Marc JR | |
| 22.49 22.46 22.34 | 23.01 | | | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 18 Boys 200 Yard Freestyle Relay)**

| Team | Relay | Seed Time | Finals Time | Points |
|--|---------------------------------|-----------------------|-----------------------|--------|
| 3 Kamehameha Schools - Kapal | A | 1:35.87 | 1:32.75 QUAL | 6 |
| 1) Pickering, Kila SR 22.95 23.00 23.05 | 2) Ai, Kirby SR 23.75 | 3) Uy, Evan SO | 4) Alapa, Tiloi JR | |
| 4 Pac-5-HI | A | 1:39.22 | 1:38.97 CONS | 4 |
| 1) Liu, Andrew SO 25.17 25.03 25.26 | 2) Yamada, Grant SR 23.51 | 3) Sugimoto, Tyler JR | 4) Weinhardt, Eric SR | |
| 5 Le Jardin Academy | A | 1:43.17 | 1:39.63 CONS | 2 |
| 1) Blau, Jeremy SR 25.56 26.52 25.16 | 2) Campbell, Colton SO 22.39 | 3) Carmody, Andrew FR | 4) Blau, Jacob SO | |
| 6 Mid-Pacific Institute-HI | A | 1:47.79 | 1:50.49 | |
| 1) Fong, Dustin SR 27.50 28.65 26.85 | 2) Jacinto, Stanton JR 27.49 | 3) Park, Matthew SO | 4) Lane, Benjamin JR | |

Event 19 Girls 100 Yard Backstroke

VARSITY: 57.83 # 2/9/2008 Rachel Cote
1:06.49 QUAL
1:10.39 CONS

Punahou

| Name | Yr School | Seed Time | Finals Time | Points |
|--------------------------------------|----------------------------------|-----------|--------------|--------|
| 1 Simms, Christel 28.12 29.33 | SR Punahou School | 57.73 | 57.45# QUAL | 6 |
| 2 Nakamura, Catherine 30.30 31.80 | SR Pac-5-HI | 1:02.33 | 1:02.10 QUAL | 4 |
| 3 Chun, Sandy 31.78 32.18 | FR Iolani School | 1:04.60 | 1:03.96 QUAL | 3 |
| 4 Ng, Naomi 31.18 32.81 | FR Punahou School | 1:04.80 | 1:03.99 QUAL | 2 |
| 5 Liu, Chelsea 31.41 33.48 | JR Pac-5-HI | 1:05.25 | 1:04.89 QUAL | 1 |
| 6 Hirai, Remy 31.73 33.34 | SR Kamehameha Schools - Kapalama | 1:03.48 | 1:05.07 QUAL | |
| 7 Anding, Erin 32.03 33.40 | JR Le Jardin Academy | 1:04.38 | 1:05.43 QUAL | |
| 8 Cowan, Kelia 32.44 33.90 | SO Iolani School | 1:06.44 | 1:06.34 QUAL | |
| 9 Ontai, Allyson 32.62 33.98 | FR Kamehameha Schools - Kapalama | 1:06.07 | 1:06.60 CONS | |
| 10 Colbert, Carey 32.81 35.20 | JR Punahou School | 1:09.15 | 1:08.01 CONS | |
| 11 Kusao, Skye 33.77 35.09 | JR Iolani School | 1:09.57 | 1:08.86 CONS | |
| 12 Howser, Candice 33.75 35.90 | SR Pac-5-HI | 1:08.28 | 1:09.65 CONS | |
| 13 Steele, Megan 34.31 36.10 | JR Punahou School | 1:10.38 | 1:10.41 | |
| 14 Saylor, Jessi 36.50 36.97 | SR Iolani School | 1:14.75 | 1:13.47 | |
| 15 Fajota, Bryeana 35.96 38.26 | SO Pac-5-HI | 1:15.45 | 1:14.22 | |
| 16 Kimi, Amanda 37.02 38.44 | JR Kamehameha Schools - Kapalama | 1:16.35 | 1:15.46 | |
| 17 Agoot, Keyah 38.11 39.12 | JR Kamehameha Schools - Kapalama | 1:16.43 | 1:17.23 | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 19 Girls 100 Yard Backstroke)**

| | Name | Yr | School | Seed Time | Finals Time | Points |
|----|------------------------------|----|--------------------------|-----------|-------------|--------|
| 18 | Donlon, Erica 38.81 41.68 | FR | Mid-Pacific Institute-HI | 1:18.59 | 1:20.49 | |

Event 20 Boys 100 Yard Backstroke

VARSITY: 49.71 # 2001 Hong Zhe Sun Iolani
1:03.19 QUAL
1:07.09 CONS

| | Name | Yr | School | Seed Time | Finals Time | Points |
|----|-----------------------------------|----|-------------------------------|-----------|-------------|--------|
| 1 | Chern, Avery 26.85 28.09 | SR | Punahou School | 56.08 | 54.94 | QUAL 6 |
| 2 | White, Ian 27.23 28.70 | FR | Iolani School | 57.38 | 55.93 | QUAL 4 |
| 3 | Ng, Nigel 28.84 30.96 | SO | Punahou School | 59.55 | 59.80 | QUAL 3 |
| 4 | Lim, David 29.71 30.46 | SO | Iolani School | 1:02.94 | 1:00.17 | QUAL 2 |
| 5 | Allison, Mark 30.60 32.48 | SR | Punahou School | 1:03.11 | 1:03.08 | QUAL 1 |
| 6 | Lum, Andrew 31.17 32.78 | FR | Punahou School | 1:05.06 | 1:03.95 | CONS |
| 7 | Ching, Joshua 31.07 33.41 | SR | Pac-5-HI | 1:07.67 | 1:04.48 | CONS |
| 8 | Carmody, Andrew 33.03 32.28 | FR | Le Jardin Academy | 1:05.22 | 1:05.31 | CONS |
| 9 | Chang, Christopher 33.00 35.29 | JR | Kamehameha Schools - Kapalama | 1:07.73 | 1:08.29 | |
| 10 | Lane, Benjamin 33.42 35.44 | JR | Mid-Pacific Institute-HI | 1:07.76 | 1:08.86 | |
| 11 | Ma, Christopher 34.78 37.43 | SO | Pac-5-HI | 1:11.04 | 1:12.21 | |

Event 21 Girls 100 Yard Breaststroke

VARSITY: 1:04.68 # 2/10/2007 Brittany Beauchan Punahou
1:15.29 QUAL
1:17.79 CONS

| | Name | Yr | School | Seed Time | Finals Time | Points |
|---|----------------------------------|----|-------------------------------|-----------|-------------|--------|
| 1 | Halemano, Brandi 32.55 36.89 | SO | Punahou School | 1:11.10 | 1:09.44 | QUAL 6 |
| 2 | Cadell, Kimberlee 33.23 36.65 | SR | Kamehameha Schools - Kapalama | 1:11.70 | 1:09.88 | QUAL 4 |
| 3 | Chan, Chelsea 33.54 37.37 | JR | Pac-5-HI | 1:12.20 | 1:10.91 | QUAL 3 |
| 4 | Calvet, Marie 33.69 38.91 | SR | Iolani School | 1:11.96 | 1:12.60 | QUAL 2 |
| 5 | Kaniho, Catia 34.66 38.25 | FR | Kamehameha Schools - Kapalama | 1:11.67 | 1:12.91 | QUAL 1 |
| 6 | Baker, Elise 34.66 38.41 | SR | Punahou School | 1:14.58 | 1:13.07 | QUAL |
| 7 | Ayabe, Asia 35.01 38.63 | JR | Iolani School | 1:16.37 | 1:13.64 | QUAL |
| 8 | Ippongi, Tyra 35.01 39.16 | FR | Pac-5-HI | 1:14.31 | 1:14.17 | QUAL |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****(Event 21 Girls 100 Yard Breaststroke)**

| | Name | Yr | School | Seed Time | Finals Time | Points |
|-----|-----------------------------------|-----------|-------------------------------|------------------|--------------------|---------------|
| 9 | Tsuruda, Paige 35.55 40.03 | JR | Word of Life Academy | 1:15.01 | 1:15.58 | CONS |
| 10 | Nagata, Kelcie-lei 35.85 40.92 | JR | Iolani School | 1:20.10 | 1:16.77 | CONS |
| 11 | Kheradpey, Shireen 36.00 41.54 | SO | Iolani School | 1:17.86 | 1:17.54 | CONS |
| 12 | Ing, Larisa 36.69 42.30 | JR | Le Jardin Academy | 1:19.81 | 1:18.99 | |
| 13 | Kato, Kellie 37.81 42.15 | JR | Mid-Pacific Institute-HI | 1:20.88 | 1:19.96 | |
| 14 | Moy, Malina 38.81 42.05 | JR | Punahou School | 1:21.94 | 1:20.86 | |
| 15 | Carias, Arielle 42.43 44.80 | SR | Pac-5-HI | 1:28.19 | 1:27.23 | |
| 16 | Pidot, Clare 42.49 47.59 | SR | Kamehameha Schools - Kapalama | 1:24.34 | 1:30.08 | |
| 17 | Donlon, Erica 44.51 50.19 | FR | Mid-Pacific Institute-HI | 1:33.66 | 1:34.70 | |
| --- | Wong, Rachel 38.45 42.01 | SO | Pac-5-HI | 1:17.55 | DQ | |

Event 22 Boys 100 Yard Breaststroke

VARSIITY: 57.69 # 1976
1:06.99 QUAL
1:09.19 CONS

Chris Woo**Punahou**

| | Name | Yr | School | Seed Time | Finals Time | Points |
|----|----------------------------------|-----------|-------------------------------|------------------|--------------------|---------------|
| 1 | Pickering, Kila 28.58 31.54 | SR | Kamehameha Schools - Kapalama | 1:00.13 | 1:00.12 | QUAL 6 |
| 2 | Okimura, Marc 28.12 32.12 | JR | Punahou School | 1:00.74 | 1:00.24 | QUAL 4 |
| 3 | Uy, Evan 30.18 33.85 | SO | Kamehameha Schools - Kapalama | 1:03.95 | 1:04.03 | QUAL 3 |
| 4 | Yee, Alex 29.71 35.05 | SO | Pac-5-HI | 1:04.84 | 1:04.76 | QUAL 2 |
| 5 | Rounds, Kai 31.18 35.71 | JR | Punahou School | 1:07.49 | 1:06.89 | QUAL 1 |
| 6 | Nishida, Jonathan 30.99 36.73 | FR | Punahou School | 1:07.93 | 1:07.72 | CONS |
| 7 | Fong, Dustin 31.43 36.79 | SR | Mid-Pacific Institute-HI | 1:08.78 | 1:08.22 | CONS |
| 8 | Lim, Vincent 31.79 38.02 | SR | Iolani School | 1:11.08 | 1:09.81 | |
| 9 | Nakatsuka, Kyle 32.95 37.44 | SO | Kamehameha Schools - Kapalama | 1:10.49 | 1:10.39 | |
| 10 | Suehiro, Roshan 32.70 38.02 | SR | Pac-5-HI | 1:09.51 | 1:10.72 | |
| 11 | Saito, Ryan 34.73 39.03 | SR | Kamehameha Schools - Kapalama | 1:14.15 | 1:13.76 | |

ILH Varsity Championship Swimming & Diving - 1/30/2009 to 1/31/2009**Iolani School****Results****Event 23 Girls 400 Yard Freestyle Relay****VARSIITY: 3:33.54 # 2/10/2007 Punahou School****M Yoshida, R Cote, B Beauchan, C Simms****4:01.09 QUAL****4:24.99 CONS**

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|-----------------------|---------------------------|-------------------------|---------------|
| 1 Punahou School | A | 3:41.64 | 3:41.05 QUAL | 12 |
| 1) Richmond, Terry SR | 2) Fujita, Rachel JR | 3) Simms, Christel SR | 4) Baker, Elise SR | |
| 28.48 58.93 24.91 | 52.55 24.70 51.64 | 27.63 57.93 | | |
| 2 Iolani School | A | 3:49.02 | 3:46.65 QUAL | 8 |
| 1) Chun, Stephanie SR | 2) Lui, Courtney JR | 3) Yamashiroya, Jodie JR | 4) Sasaki, Kira JR | |
| 27.10 56.68 27.27 | 57.10 27.14 56.36 | 27.20 56.51 | | |
| 3 Pac-5-HI | A | 4:00.00 | 3:50.03 QUAL | 6 |
| 1) Chan, Chelsea JR | 2) Chinen, Caylee SO | 3) Nakamura, Catherine SR | 4) Moody, Sammy JR | |
| 27.57 58.15 28.01 | 59.41 27.35 56.98 | 26.06 55.49 | | |
| 4 Le Jardin Academy | A | 3:52.51 | 3:53.47 QUAL | 4 |
| 1) Anding, Erin JR | 2) Kirley, Erin SR | 3) Randall, Rachel JR | 4) Miller, Mackenzie SR | |
| 27.78 58.13 27.73 | 58.05 27.82 57.84 | 27.91 59.45 | | |
| 5 Kamehameha Schools - Kapal | A | 3:52.72 | 4:00.97 QUAL | 2 |
| 1) Cadell, Kimberlee SR | 2) Wada, Kaylee JR | 3) Goodness, Charlea SO | 4) Kaniho, Catia FR | |
| 27.89 59.07 27.96 | 1:00.20 29.87 1:09.03 | 22.01 52.67 | | |

Event 24 Boys 400 Yard Freestyle Relay**VARSIITY: 3:12.49 # 2002****Iolani School****Eckert, Yamashiro, Anaya, Sun****3:42.89 QUAL****3:59.99 CONS**

| Team | Relay | Seed Time | Finals Time | Points |
|------------------------------|------------------------|------------------------|-----------------------|---------------|
| 1 Iolani School | A | 3:18.53 | 3:16.79 QUAL | 12 |
| 1) White, Ian FR | 2) Jones, Kevin JR | 3) Weber, Chase SR | 4) Johnson, Kacy FR | |
| 23.54 49.61 23.67 | 49.40 24.17 51.00 | 22.37 46.78 | | |
| 2 Punahou School | A | 3:27.75 | 3:20.47 QUAL | 8 |
| 1) Kiessling, Robert SO | 2) Moy, Kevin JR | 3) Fee, Thomas JR | 4) Chern, Avery SR | |
| 24.08 49.81 23.75 | 50.28 24.21 49.94 | 23.83 50.44 | | |
| 3 Kamehameha Schools - Kapal | A | 3:32.55 | 3:36.46 QUAL | 6 |
| 1) Kawano, Noel JR | 2) Alapa, Tiloi JR | 3) Gilliland, Aukai FR | 4) Amina, Tyler JR | |
| 25.33 53.10 26.51 | 1:02.31 46.49 1:11.98 | 29.07 | | |
| 4 Pac-5-HI | A | 3:48.56 | 3:43.09 CONS | 4 |
| 1) Liu, Andrew SO | 2) Yee, Alex SO | 3) Sugimoto, Tyler JR | 4) Weinhardt, Eric SR | |
| 26.98 55.70 26.59 | 56.34 28.00 58.83 | 24.74 52.22 | | |
| 5 Le Jardin Academy | A | 3:53.62 | 3:51.86 CONS | 2 |
| 1) Blau, Jeremy SR | 2) Campbell, Colton SO | 3) Carmody, Andrew FR | 4) Blau, Jacob SO | |
| 27.12 57.15 29.57 | 1:03.69 28.68 59.31 | 24.49 51.71 | | |