

## ILH Pre-Season Varsity Swim - 12/5/2008

## Punahou School

## Results - Varsity Pre-Season

## Event 3 Girls 200 Yard Medley Relay

2:03.09 QUAL  
2:10.49 CONS

Team	Relay	Finals Time	
1 PAC-5-HI	A	1:58.23	QUA
1) Nakamura, Catherine SR	2) Chan, Chelsea JR		
3) Moody, Sammy JR	4) Chinen, Caylee SO		
29.76 33.86	27.79 26.82		
2 KS	B	1:58.36	QUA
1) Ontai, Allyson FR	2) Cadell, Kimberlee SR		
3) Goodness, Charlea SO	4) Garrigan, Brittney FR		
29.45 32.61	34.97 21.33		
3 PSC	A	2:00.33	QUA
1) Ng, Naomi FR	2) Simms, Christel SR		
3) Baker, Elise SR	4) Richmond, Terry SR		
30.59 32.82	29.77 27.15		
4 KS	A	2:05.20	CONS
1) Hirai, Carrone FR	2) Ragasa, Luana FR		
3) Hirai, Remy SR	4) Ai, Kehau SO		
31.52 41.62	23.93 28.13		
5 LJA	A	2:07.59	CONS
1) Anding, Erin	2) Cleghorn, Libby		
3) Kirley, Erin	4) Ing, Larisa		
30.91 39.54	28.92 28.22		
6 PAC-5-HI	B	2:07.82	CONS
1) Liu, Chelsea JR	2) Wong, Rachel SO		
3) Miyashiro, Tara SR	4) Katinszky, Jessica JR		
30.44 34.63	31.24 31.51		
7 PSC	B	2:13.26	
1) Matsuoka, Carli FR	2) Ezer, Kelsey SR		
3) Uyeno, Naomi SO	4) Ing, Lauren SR		
35.17 37.66	31.05 29.38		

## Event 4 Boys 200 Yard Medley Relay

1:53.99 QUAL  
2:01.99 CONS

Team	Relay	Finals Time	
1 PSC	A	1:44.41	QUA
1) Moy, Kevin JR	2) Okimura, Marc JR		
3) Lum, Andrew FR	4) Kiessling, Ruddy SR		
27.10 28.31	26.70 22.30		
2 KS	A	1:48.37	QUA
1) Gilliland, Auka FR	2) Pickering, Kila SR		
3) Kawano, Noel JR	4) Akiona, Kalei SO		
28.78 28.39	26.52 24.68		
3 PAC-5-HI	A	1:55.91	CONS
1) Weinhardt, Eric SR	2) Suehiro, Roshan SR		
3) Yamada, Grant SR	4) Ma, Christopher SO		
29.53 31.02	28.03 27.33		
4 PSC	B	2:00.34	CONS
1) Char, Cedric FR	2) Rogers, Chris SO		
3) Nishida, Jeff JR	4) Toba, Jared JR		
31.28 31.41	30.05 27.60		

## Event 5 Girls 200 Yard Freestyle

2:07.09 QUAL  
2:09.99 CONS

Name	Yr School	Finals Time	
1 Fujita, Rachel	JR PSC	1:59.06	QUA
25.82 29.06	31.40	32.78	
2 Randall, Rachel	LJA	2:05.27	QUA
28.97 31.70	32.79	31.81	
3 Miller, Mackenzie	LJA	2:06.26	QUA
29.21 32.11	32.76	32.18	
4 Fujiyama, Nanea	SR KS	2:07.83	CONS
27.88 31.43	34.41	34.11	
5 Chan, Chelsea	JR PAC-5-HI	2:08.17	CONS
29.22 33.05	33.81	32.09	
6 Baker, Elise	SR PSC	2:08.95	CONS
29.54 33.10	33.59	32.72	
7 Namba, Zoe	FR PSC	2:10.77	
29.65 33.19	34.26	33.67	
8 Zane, Heather	FR PSC	2:11.98	
29.57 33.49	34.81	34.11	
9 Hirai, Carrone	FR KS	2:15.30	
30.32 33.32	35.65	36.01	
10 Ai, Kehau	SO KS	2:15.91	
29.48 33.76	36.13	36.54	
11 Muilenburg, Danielle	JR PSC	2:16.56	
32.12 34.53	35.23	34.68	
12 Miyashiro, Tara	SR PAC-5-HI	2:18.82	
31.50 33.89	36.49	36.94	
13 Bigelow, Kiana	JR PSC	2:21.18	
31.30 35.80	36.88	37.20	
14 Fuller, Chimera	SO MPI-HI	2:32.51	
33.26 37.23	40.86	41.16	
15 Katinszky, Jessica	JR PAC-5-HI	2:41.93	
34.85 41.46	43.12	42.50	
16 Carias, Arielle	SR PAC-5-HI	2:46.57	
34.93 41.57	45.60	44.47	

## Event 6 Boys 200 Yard Freestyle

1:56.99 QUAL  
2:00.99 CONS

Name	Yr School	Finals Time	
1 Fife, Taylor	JR IPA-HI	1:46.53	QUA
25.70 27.05	26.81	26.97	
2 Fee, Thomas	JR PSC	1:49.97	QUA
24.48 26.33	29.54	29.62	
3 Kiessling, Robert	SO PSC	1:54.08	QUA
24.96 27.94	30.27	30.91	
4 Gilliland, Auka	FR KS	1:55.14	QUA
25.80 28.92	30.29	30.13	
5 Sugimoto, Tyler	JR PAC-5-HI	2:01.82	
26.94 30.52	32.12	32.24	
6 Allison, Mark	SR PSC	2:05.56	
28.10 31.67	32.75	33.04	
7 Kumashiro, Nathan	JR PAC-5-HI	2:06.16	
29.66 32.56	32.96	30.98	

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## Punahou School

## Results - Varsity Pre-Season

**(Event 6 Boys 200 Yard Freestyle)**

Name	Yr School		Finals Time	
8 Richmond, Mitchell	SO	PSC	2:07.15	
	26.13	30.55	34.74	35.73
9 Lane, Benjamin	JR	MPI-HI	2:07.34	
	29.42	32.44	33.27	32.21
10 Hung, Michael	SR	PAC-5-HI	2:26.47	
	31.30	36.53	39.60	39.04

**Event 7 Girls 200 Yard IM**

2:24.09 QUAL

2:30.39 CONS

Name	Yr School		Finals Time		
1 Cadell, Kimberlee	SR	KS	2:16.24		QUA
	29.74	35.17	39.11	32.22	
2 Anding, Erin		LJA	2:24.02		QUA
	32.52	35.51	43.57	32.42	
3 Ippongi, Tyra	FR	PAC-5-HI	2:26.62		CONS
	31.71	39.73	39.90	35.28	
4 Garrigan, Brittney	FR	KS	2:30.36		CONS
	31.16	38.75	45.06	35.39	
5 Hirai, Remy	SR	KS	2:31.70		
	31.14	38.81	45.54	36.21	
6 Wong, Rachel	SO	PAC-5-HI	2:31.78		
	31.83	41.67	44.41	33.87	
7 Colbert, Carey	JR	PSC	2:33.14		
	33.50	38.15	47.22	34.27	
8 Richmond, Terry	SR	PSC	2:37.85		
	34.63	39.91	47.63	35.68	
9 Kanapea-Aquino, Iolani	FR	PAC-5-HI	2:38.66		
	33.71	39.32	48.40	37.23	

**Event 8 Boys 200 Yard IM**

2:09.89 QUAL

2:16.19 CONS

Name	Yr School		Finals Time		
1 Pickering, Kila	SR	KS	2:04.31		QUA
	27.14	31.10	36.10	29.97	
2 Moy, Kevin	JR	PSC	2:07.12		QUA
	27.67	32.48	38.75	28.22	
3 Frifeldt, Jason	JR	PSC	2:07.22		QUA
	26.41	33.02	39.55	28.24	
4 Saunders, Ryan	SO	PSC	2:11.25		CONS
	28.32	34.72	37.87	30.34	
5 Yee, Alex	SO	PAC-5-HI	2:11.46		CONS
	28.28	35.15	36.79	31.24	
6 Weinhardt, Eric	SR	PAC-5-HI	2:12.86		CONS
	28.53	35.20	39.47	29.66	
7 Ng, Nigel	SO	PSC	2:13.67		CONS
	28.30	33.33	43.07	28.97	
8 Lum, Andrew	FR	PSC	2:17.26		
	28.22	36.38	42.96	29.70	
9 Carmody, Andrew		LJA	2:25.02		
	29.12	34.81	47.25	33.84	
10 Nishida, Jeff	JR	PSC	2:25.80		
	31.72	38.63	41.07	34.38	

**Event 9 Girls 50 Yard Freestyle**

26.09 QUAL

26.99 CONS

Name	Yr School		Finals Time	
1 Chinen, Caylee	SO	PAC-5-HI	27.56	
2 Price, Shayna	JR	PSC	28.00	
3 Galeai, Cara Ann	SO	PAC-5-HI	28.38	
4 Fajota, Bryeana	SO	PAC-5-HI	28.40	
5 Behrens, Juliana		PSC	28.54	
6 Oshiro, Kelly	SR	PSC	29.03	
7 Fuller, Chimera	SO	MPI-HI	29.16	
8 Sinclair, Anna	SO	PSC	29.67	
9 Needham, Haley	SO	MPI-HI	29.70	
10 Ezer, Kelsey	SR	PSC	30.07	
11 Cleghorn, Libby		LJA	30.13	
12 Schimmelfenning, Malia	JR	PSC	30.65	
13 Wilson, Teylon	FR	KS	30.98	
14 Lau, Jaryn	SR	PAC-5-HI	31.88	
15 Barham, Morgan	SR	WLA	32.48	
16 Katinszky, Jessica	JR	PAC-5-HI	32.52	
17 Peterson, Ilima	JR	KS	36.58	

**Event 10 Boys 50 Yard Freestyle**

23.29 QUAL

23.99 CONS

Name	Yr School		Finals Time		
1 Taylor, Troy	SO	PSC	23.58		CONS
2 Blau, Jacob		LJA	23.85		CONS
3 Imada, Brandon	FR	PSC	24.58		
4 Nishida, Jonathan	FR	PSC	25.09		
5 Liu, Andrew	SO	PAC-5-HI	25.27		
6 Yamada, Grant	SR	PAC-5-HI	25.36		
7 Suehiro, Roshan	SR	PAC-5-HI	25.44		
8 Elsen, Josh	JR	IPA-HI	25.59		
9 Blau, Jeremy		LJA	25.71		
10 Marr, Teddy		LJA	26.93		
11 Akin, Kai	FR	PSC	27.11		
12 Fong, Dustin	SR	MPI-HI	27.35		
13 Jacinto, Stanton	JR	MPI-HI	27.45		
14 Campbell, Colton		LJA	27.77		
15 Yamaguchi, Ian	JR	MPI-HI	30.01		
16 Langer, Matthew	SO	PAC-5-HI	30.83		
17 Cheung, Alexander		PSC	31.29		

**Event 11 Girls 100 Yard Butterfly**

1:04.99 QUAL

1:08.19 CONS

Name	Yr School		Finals Time		
1 Goodness, Charlea	SO	KS	1:03.06		QUA
	29.55	33.51			
2 Nakamura, Catherine	SR	PAC-5-HI	1:03.38		QUA
	29.60	33.78			
3 Moody, Sammy	JR	PAC-5-HI	1:03.92		QUA
	30.27	33.65			
4 Kirley, Erin		LJA	1:04.03		QUA
	29.56	34.47			

## ILH Pre-Season Varsity Swim - 12/5/2008

## Punahou School

## Results - Varsity Pre-Season

**(Event 11 Girls 100 Yard Butterfly)**

Name	Yr	School	Finals Time	
5 Uyeno, Naomi	SO	PSC	1:07.45	CONS
31.91	35.54			
6 Liu, Chelsea	JR	PAC-5-HI	1:07.95	CONS
30.57	37.38			
7 Woolley, Monica	FR	PSC	1:08.90	
32.69	36.21			
8 Wong, Rachel	SO	PAC-5-HI	1:09.70	
31.70	38.00			
9 Miyashiro, Tara	SR	PAC-5-HI	1:11.53	
32.64	38.89			

**Event 12 Boys 100 Yard Butterfly**

**58.99 QUAL**  
**1:02.49 CONS**

Name	Yr	School	Finals Time	
1 Yamada, Grant	SR	PAC-5-HI	1:01.97	CONS
28.42	33.55			
2 Nishida, Jonathan	FR	PSC	1:04.86	
29.83	35.03			
3 Nishida, Jeff	JR	PSC	1:07.35	
31.83	35.52			

**Event 13 Girls 100 Yard Freestyle**

**57.49 QUAL**  
**59.39 CONS**

Name	Yr	School	Finals Time	
1 Moody, Sammy	JR	PAC-5-HI	55.89	QUA
27.43	28.46			
2 Chinen, Caylee	SO	PAC-5-HI	1:01.83	
29.45	32.38			
3 Miller, Courtney	FR	PSC	1:02.29	
29.90	32.39			
4 Tsuruda, Paige	JR	WLA	1:02.42	
29.28	33.14			
5 Kanapea-Aquino, Iolani	FR	PAC-5-HI	1:03.63	
31.26	32.37			
6 Matsuoka, Chelsie	SR	PAC-5-HI	1:03.72	
30.44	33.28			
7 Won, Courtney	SO	PSC	1:04.03	
30.12	33.91			
8 Ing, Lauren	SR	PSC	1:04.18	
30.95	33.23			
9 Hatakeyama, Caitlin	FR	PSC	1:05.12	
31.37	33.75			
10 Shibata, Sarina	FR	PSC	1:05.16	
31.46	33.70			
11 Kawano, Katherine	FR	KS	1:05.24	
30.88	34.36			
12 Omija, Rikki	SO	KS	1:06.04	
32.35	33.69			
13 Needham, Haley	SO	MPI-HI	1:07.52	
31.48	36.04			
14 Yamamoto, Mariah	SO	KS	1:07.70	
33.07	34.63			

15 Loui, Taylor	JR	KS	1:07.74	
1:08.29				
16 Ellis-Lui-Kwan, Kai	FR	KS	1:08.13	
32.67	35.46			
17 Tanigawa, Sara	JR	PAC-5-HI	1:08.64	
31.66	36.98			

**Event 14 Boys 100 Yard Freestyle**

**52.29 QUAL**  
**53.39 CONS**

Name	Yr	School	Finals Time	
1 Weinhardt, Eric	SR	PAC-5-HI	52.41	CONS
25.11	27.30			
2 Blau, Jacob		LJA	52.92	CONS
25.44	27.48			
3 Smart, Jay	SO	PSC	54.46	
25.83	28.63			
4 Char, Cedric	FR	PSC	54.76	
26.08	28.68			
5 Akiona, Kalei	SO	KS	55.12	
26.00	29.12			
6 Lum, Andrew	FR	PSC	55.44	
26.60	28.84			
7 Rogers, Chris	SO	PSC	55.70	
27.03	28.67			
8 Kamisugi, Chad	SO	PSC	56.36	
27.35	29.01			
9 Kumashiro, Nathan	JR	PAC-5-HI	57.04	
28.33	28.71			
10 Amina, Tyler	JR	KS	57.72	
11 Elsen, Josh	JR	IPA-HI	59.60	
27.89	31.71			
12 Marr, Teddy		LJA	1:02.28	
29.20	33.08			
13 Toba, Jared	JR	PSC	1:02.72	
29.54	33.18			
14 Campbell, Colton		LJA	1:03.85	
30.46	33.39			
15 Hung, Michael	SR	PAC-5-HI	1:04.84	
30.89	33.95			
16 Yamaguchi, Ian	JR	MPI-HI	1:05.34	
32.17	33.17			

**Event 15 Girls 500 Yard Freestyle**

**5:45.99 QUAL**  
**5:55.59 CONS**

Name	Yr	School	Finals Time	
1 Simms, Christel	SR	PSC	5:13.76	QUA
28.27	30.79	32.08	32.60	
32.48	28.92	31.23	32.33	
33.43	31.63			
2 Deer, LillyBelle	SO	PSC	5:27.67	QUA
29.26	32.67	33.66	33.53	
33.52	32.42	34.57	33.85	
32.97	31.22			

**ILH Pre-Season Varsity Swim - 12/5/2008**

**Punahou School**

**Results - Varsity Pre-Season**

**(Event 15 Girls 500 Yard Freestyle)**

Name	Yr	School	Finals Time	QUA
3 Rask, Kendra	SO	PSC	5:31.46	QUA
29.72	32.65	33.61	33.78	
34.21	31.77	35.20	34.35	
33.77	32.40			
4 Hirose-Hulbert, Brailey	SO	PSC	5:33.64	QUA
30.37	33.45	34.22	33.79	
33.66	34.17	33.95	34.30	
33.64	32.09			
5 Miller, Mackenzie	LJA		5:33.79	QUA
31.14	34.39	34.39	34.41	
34.22	34.03	34.02	33.78	
32.68	30.73			
6 Randall, Rachel	LJA		5:45.95	QUA
30.67	34.28	35.16	35.12	
35.23	34.85	35.22	35.54	
1:09.88				
7 Steele, Megan	PSC		5:56.62	
31.10	35.66	36.49	36.41	
35.38	36.60	36.11	36.36	
36.80	35.71			

**Event 16 Boys 500 Yard Freestyle**

**5:18.99 QUAL**  
**5:39.99 CONS**

Name	Yr	School	Finals Time	QUA
1 Fife, Taylor	JR	IPA-HI	4:57.91	QUA
27.92	29.65	29.84	30.97	
30.66	29.76	30.99	31.71	
28.97	27.44			
2 Schmaltz, Aaron	SR	PSC	4:59.31	QUA
27.66	30.32	30.31	30.21	
30.12	28.94	30.45	30.27	
30.19	30.84			
3 Kawano, Noel	JR	KS	5:10.76	QUA
25.97	28.66	30.08	31.36	
31.99	32.28	33.05	33.01	
32.07	32.29			
4 Kiessling, Ruddy	SR	PSC	5:14.42	QUA
26.79	30.47	31.55	32.59	
32.06	29.33	34.44	33.95	
33.97	29.27			
5 Okimura, Marc	JR	PSC	5:16.86	QUA
27.66	30.71	31.66	31.95	
32.04	28.57	34.27	34.18	
33.87	31.95			
6 Chow, Randal	FR	PSC	5:21.39	CONS
27.66	31.59	32.92	33.25	
33.54	33.30	33.53	33.56	
32.51	29.53			
7 Chern, Avery	SR	PSC	5:22.29	CONS
26.51	30.14	32.79	32.35	
32.77	32.47	33.94	34.94	
35.09	31.29			

8 Sugimoto, Tyler	JR	PAC-5-HI	5:22.54	CONS
28.12	31.29	32.63	33.68	
32.96	33.11	33.04	32.73	
33.43	31.55			
9 Rounds, Kai	JR	PSC	5:25.94	CONS
29.53	33.39	33.90	33.02	
33.23	32.99	32.55	32.86	
32.73	31.74			

**Event 17 Girls 200 Yard Freestyle Relay**

**1:48.99 QUAL**  
**1:55.79 CONS**

Team	Relay	Finals Time	QUA
1 PAC-5-HI	A	1:49.68	CONS
1) Wong, Rachel SO	2) Liu, Chelsea JR		
3) Fajota, Bryeana SO	4) Chan, Chelsea JR		
29.04	27.12	27.85	25.67
2 PSC	A	1:49.99	CONS
1) Steele, Megan	2) Colbert, Carey JR		
3) Zane, Heather FR	4) Deer, LillyBelle SO		
28.61	28.69	27.10	25.59
3 PAC-5-HI	B	1:52.15	CONS
1) Galeai, Cara Ann SO	2) Ippongi, Tyra FR		
3) Matsuoka, Chelsie SR	4) Chinen, Caylee SO		
27.86	28.39	28.73	27.17
4 LJA	A	1:52.39	CONS
1) Anding, Erin	2) Cleghorn, Libby		
3) Ing, Larisa	4) Kirley, Erin		
27.16	29.85	29.07	26.31
5 KS	A	1:54.25	CONS
1) Fujiyama, Nanea SR	2) Agoot, Keyah JR		
3) Pidot, Clare SR	4) Kaniho, Catia FR		
26.00	30.83	30.59	26.83
6 PSC	B	1:55.86	
1) Oshiro, Kelly SR	2) Behrens, Juliana		
3) Woolley, Monica FR	4) Bigelow, Kiana JR		
29.35	29.09	28.24	29.18
7 KS	B	2:00.01	
1) Omija, Rikki SO	2) Yamamoto, Mariah SO		
3) Ebia, Renee SR	4) Loui, Taylor JR		
30.25	30.39	59.37	

**Event 18 Boys 200 Yard Freestyle Relay**

**1:38.89 QUAL**  
**1:47.49 CONS**

Team	Relay	Finals Time	QUA
1 PSC	A	1:35.48	QUA
1) Chern, Avery SR	2) Chow, Randal FR		
3) Rounds, Kai JR	4) Saunders, Ryan SO		
23.89	23.74	24.03	23.82
2 KS	A	1:40.99	CONS
1) Amina, Tyler JR	2) Lee Loy, Evan SO		
3) Akiona, Kalei SO	4) Gilliland, Auka FR		
25.75	25.41	25.47	24.36

## ILH Pre-Season Varsity Swim - 12/5/2008

## Punahou School

## Results - Varsity Pre-Season

**(Event 18 Boys 200 Yard Freestyle Relay)**

Team	Relay	Finals Time	
3 LJA	A	1:43.17	CONS
1) Campbell, Colton	2) Blau, Jeremy		
3) Carmody, Andrew	4) Blau, Jacob		
28.12 25.95	25.52 23.58		
4 PAC-5-HI	B	1:49.45	
1) Ma, Christopher SO	2) Hung, Michael SR		
3) Suehiro, Roshan SR	4) Liu, Andrew SO		
27.92 29.72	26.88 24.93		
5 MPI-HI	A	1:52.25	
1) Fong, Dustin SR	2) Yamaguchi, Ian JR		
3) Jacinto, Stanton JR	4) Lane, Benjamin JR		
26.93 29.90	28.42 27.00		
--- PSC	B		DQ
1) Imada, Brandon FR			
3) Akin, Kai FR	4) Smart, Jay SO		
24.89 28.27	27.40 23.93		
--- PAC-5-HI	A		DQ
1) Kumashiro, Nathan JR	2) Yamada, Grant SR		
3) Yee, Alex SO	4) Sugimoto, Tyler JR		
25.60 25.73	25.10 25.39		

**Event 19 Girls 100 Yard Backstroke**

Name	Yr School	Finals Time	
1 Nakamura, Catherine	SR PAC-5-HI	1:03.46	QUA
30.97 32.49			
2 Ontai, Allyson	FR KS	1:06.07	QUA
31.20 34.87			
3 Anding, Erin	LJA	1:06.44	QUA
32.61 33.83			
4 Howser, Candace	SR PAC-5-HI	1:09.41	CONS
32.68 36.73			
5 Liu, Chelsea	JR PAC-5-HI	1:09.72	CONS
33.65 36.07			
6 Hatakeyama, Caitlin	FR PSC	1:14.27	
36.83 37.44			
7 Oshiro, Kelly	SR PSC	1:14.68	
35.93 38.75			
8 Matsuoka, Carli	FR PSC	1:14.94	
36.80 38.14			
9 Fajota, Bryeana	SO PAC-5-HI	1:15.45	
36.43 39.02			
10 Shibata, Sarina	FR PSC	1:18.14	
37.89 40.25			
11 Agoot, Keyah	JR KS	1:18.17	
36.79 41.38			
12 Kimi, Amanda	JR KS	1:19.22	
38.38 40.84			
13 Tanigawa, Sara	JR PAC-5-HI	1:21.78	
39.50 42.28			
14 Lau, Jarlyn	SR PAC-5-HI	1:23.43	
40.01 43.42			

**Event 20 Boys 100 Yard Backstroke**

Name	Yr School	Finals Time	
1 Kamisugi, Chad	SO PSC	1:05.21	CONS
32.28 32.93			
2 Char, Cedric	FR PSC	1:06.74	CONS
32.75 33.99			
3 Carmody, Andrew	LJA	1:07.62	
33.23 34.39			
4 Lane, Benjamin	JR MPI-HI	1:10.67	
34.24 36.43			
5 Jacinto, Stanton	JR MPI-HI	1:15.58	
36.24 39.34			
6 Toba, Jared	JR PSC	1:18.66	
38.08 40.58			

**Event 21 Girls 100 Yard Breaststroke**

Name	Yr School	Finals Time	
1 Kaniho, Catia	FR KS	1:11.67	QUA
33.76 37.91			
2 Chan, Chelsea	JR PAC-5-HI	1:13.51	QUA
34.99 38.52			
3 Tsuruda, Paige	JR WLA	1:18.26	
36.85 41.41			
4 Ing, Larisa	LJA	1:20.28	
37.78 42.50			
5 Woolley, Monica	FR PSC	1:20.95	
38.56 42.39			
6 Miller, Courtney	FR PSC	1:22.16	
38.07 44.09			
7 Ragasa, Luana	FR KS	1:22.44	
37.40 45.04			
8 Matsuoka, Chelsie	SR PAC-5-HI	1:23.45	
39.03 44.42			
9 Pidot, Clare	SR KS	1:24.34	
40.21 44.13			
10 Ezer, Kelsey	SR PSC	1:25.84	
40.71 45.13			
11 Ing, Lauren	SR PSC	1:26.14	
40.50 45.64			
12 Won, Courtney	SO PSC	1:28.19	
40.62 47.57			
13 Carias, Arielle	SR PAC-5-HI	1:28.28	
41.75 46.53			
14 Galeai, Cara Ann	SO PAC-5-HI	1:28.83	
40.69 48.14			
15 Cleghorn, Libby	LJA	1:29.59	
41.82 47.77			
16 Ebia, Renee	SR KS	1:31.50	
17 Barham, Morgan	SR WLA	1:35.15	
15.08 1:20.07			
--- Ippongi, Tyra	FR PAC-5-HI		DQ
34.66 38.75			

## ILH Pre-Season Varsity Swim - 12/5/2008

## Punahou School

## Results - Varsity Pre-Season

## Event 22 Boys 100 Yard Breaststroke

1:06.99 QUAL

1:09.19 CONS

Name	Yr	School	Finals Time	
1 Yee, Alex	SO	PAC-5-HI	1:04.84	QUA
30.41			34.43	
2 Imada, Brandon	FR	PSC	1:10.61	
33.45			37.16	
3 Suehiro, Roshan	SR	PAC-5-HI	1:10.87	
32.85			38.02	
4 Fong, Dustin	SR	MPI-HI	1:11.68	
34.41			37.27	
5 Rogers, Chris	SO	PSC	1:12.24	
34.63			37.61	
6 Blau, Jeremy	LJA		1:12.37	
32.25			40.12	
7 Lee Loy, Evan	SO	KS	1:12.83	
34.43			38.40	
8 Smart, Jay	SO	PSC	1:13.79	
35.37			38.42	
9 Aknin, Kai	FR	PSC	1:15.80	
35.80			40.00	
10 Liu, Andrew	SO	PAC-5-HI	1:17.29	
36.91			40.38	
11 Langer, Matthew	SO	PAC-5-HI	1:25.10	
40.00			45.10	

2 LJA A 3:53.62 CONS

1) Blau, Jeremy

2) Carmody, Andrew

3) Marr, Teddy

4) Blau, Jacob

27.97 1:00.45

28.98 58.98

28.31 1:01.60

24.45 52.59

## Event 23 Girls 400 Yard Freestyle Relay

4:01.09 QUAL

4:24.99 CONS

Team	Relay	Finals Time	
1 PAC-5-HI	A	4:02.31	CONS
1) Moody, Sammy JR	2) Fajota, Bryeana SO		
3) Ippongi, Tyra FR	4) Nakamura, Catherine SR		
27.11 55.71	30.65 1:04.36		
30.97 1:03.32	28.01 58.92		
2 LJA	A	4:07.19	CONS
1) Kirley, Erin	2) Ing, Larisa		
3) Randall, Rachel	4) Miller, Mackenzie		
28.53 59.41	31.09 1:06.77		
29.02 1:01.10	28.33 59.91		
3 PAC-5-HI	B	4:33.51	
1) Tanigawa, Sara JR	2) Lau, Jaryn SR		
3) Matsuoka, Chelsie SR	4) Miyashiro, Tara SR		
33.01 1:09.76	34.59 1:13.15		
30.97 1:06.23	30.52 1:04.37		

## Event 24 Boys 400 Yard Freestyle Relay

3:42.89 QUAL

3:59.99 CONS

Team	Relay	Finals Time	
1 PAC-5-HI	A	3:48.56	CONS
1) Sugimoto, Tyler JR	2) Ma, Christopher SO		
3) Kumashiro, Nathan JR	4) Weinhardt, Eric SR		
27.06 56.16	29.82 1:02.24		
27.56 56.36	25.20 53.80		