

HAWAIIAN
AIRLINES.



HAWAIIAN AIRLINES
HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
CANOE PADDLING STATE CHAMPIONSHIPS
SATURDAY, FEBRUARY 4, 2023
KE`EHI LAGOON, 'OAHU

**HAWAIIAN AIRLINES / HHSAA CANOE PADDLING STATE CHAMPIONSHIPS
SATURDAY, FEBRUARY 4, 2023
KE'EHĪ LAGOON, 'OAHU**

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive DirectorChris Chun
Associate Director Russ Aoki
Director of Information Natalie Iwamoto
CoordinatorHartwell Lee Loy, Jr.
Assistant CoordinatorLapule Schultz

TOURNAMENT COMMITTEE

Host School Mid Pacific Institute
Big Island Interscholastic FederationLyle Crozier, Executive Director
..... Wallace Wong, Coordinator
Interscholastic League of Honolulu..... Blane Gaison, Executive Director
..... Scott Wagner, Coordinator
Kauai Interscholastic FederationBrent Mizutani, Executive Director
..... Greg Gonsalves, Coordinator
Maui Interscholastic LeagueJoseph Balangitao, Executive Director
..... Roderick Sumagit, Coordinator
Oahu Interscholastic Association Raymond Fujino, Executive Director
..... Edmund Kamano, Coordinator
Athletic TrainersInterscholastic League of Honolulu

SPECIAL THANKS

Hawaiian AirlinesPeter Ingram, President and Chief Executive Officer
.....Avi Mannis, Senior Vice President, Marketing

CANOE PADDLING REGATTA INFORMATION

I. TYPE OF CANOE TO BE USED IN TOURNAMENT

Ten (10) Bradley Lightning canoes will be used with the **Iolana (Eagle) Ama** for the HHSAA State Canoe Paddling Championships. Eight will be designated for racing with two extra canoes in case they are needed to replace any of the first eight racing canoes.

II. SEEDING MEETING

The seeding meeting will be in the form of lane draws at the completion of the coaches meeting.

III. COACHES' AND OFFICIALS' MEETING

Head coaches or their designee(s) are required to attend the coaches' and officials' meeting on Saturday, February 4, 2023, at 8:30 a.m. at the officials stand.

IV. FRIENDLY REMINDERS

No teams shall be allowed to practice at the race site on the day of the championships. Also, all coaches, participants, and spectators (i.e., non-official personnel) are asked to please stay out of the officials area once the championships start to ensure the successful operation and completion of the championships.

V. TOURNAMENT REPRESENTATION

(As of 1/18/2023) – check www.sportshigh.com for updated tournament rep

LEAGUE	BOYS	GIRLS	MIXED
OIA	6	6	7
ILH	3	3	2
BIIF	3	3	3
MIL	3	3	3
KIF	1	1	1
TOTAL	16	16	16

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.

VII. TOURNAMENT FORMAT AND SCHEDULE

A. Schedule - Saturday, February 4, 2023

8:30 a.m. – Coaches Meeting / Lane Draws (Official Stand)

9:30 a.m. – Opening Ceremonies (Official Stand)

10:00 a.m. – Races Begin

B. Tournament Format (15 Races Total)

Boys race first in even number years (2020, 2022, 2024, etc.); girls race first in odd number years (2021, 2023, 2025)

1	Prelim 1	Girls	(1 st and 2 nd to Finals, 3 rd to S1, 4 th to S2, 5 th to S2, 6 th to S1, 7 th to S1, 8 th to S2)
2	Prelim 2	Girls	(1 st and 2 nd to Finals, 3 rd to S2, 4 th to S1, 5 th to S1, 6 th to S2, 7 th to S2, 8 th to S1)
3	Prelim 1	Boys	(1 st and 2 nd to Finals, 3 rd to S1, 4 th to S2, 5 th to S2, 6 th to S1, 7 th to S1, 8 th to S2)
4	Prelim 2	Boys	(1 st and 2 nd to Finals, 3 rd to S2, 4 th to S1, 5 th to S1, 6 th to S2, 7 th to S2, 8 th to S1)
5*	Prelim 1	Mixed	(1 st and 2 nd to Finals, 3 rd to S1, 4 th to S2, 5 th to S2, 6 th to S1, 7 th to S1, 8 th to S2)
6	Prelim 2	Mixed	(1 st and 2 nd to Finals, 3 rd to S2, 4 th to S1, 5 th to S1, 6 th to S2, 7 th to S2, 8 th to S1)
7*	Semi 1	Girls	(1 st and 2 nd Finals, 3 rd - 6 th eliminated)
8	Semi 2	Girls	(1 st and 2 nd Finals, 3 rd - 6 th eliminated)
9	Semi 1	Boys	(1 st and 2 nd Finals, 3 rd - 6 th eliminated)
10	Semi 2	Boys	(1 st and 2 nd Finals, 3 rd - 6 th eliminated)
11*	Semi 1	Mixed	(1 st and 2 nd Finals, 3 rd - 6 th eliminated)
12	Semi 2	Mixed	(1 st and 2 nd Finals, 3 rd - 6 th eliminated)
13*	Finals	Girls	(Lane Drawing based on Best Place/Times (Preliminary then Semifinal times))
14	Finals	Boys	(Lane Drawing based on Best Place/Times (Preliminary then Semifinal times))
15*	Finals	Mixed	(Lane Drawing based on Best Place/Times (Preliminary then Semifinal times))

*Note: Paddler transfer from a finishing canoe to a canoe in the following races will be allowed: 5, 7, 11, 13, 15

Girls Format

Preliminary 1: 1____ 4____ 5____ 8____ 9____ 12____ 13____ 16____
Preliminary 2: 2____ 3____ 6____ 7____ 10____ 11____ 14____ 15____

Semifinals 1: _____
P1-3 P2-4 P2-5 P1-6 P1-7 P2-8

Semifinals 2: _____
P2-3 P1-4 P1-5 P2-6 P2-7 P1-8

Finals: _____

(P1-1, P2-1, P1-2, P2-2, S1-1, S2-1, S1-2, S2-2)***

Lane Drawing Based on Times in the order of Preliminary then Semifinal Place/Times.

Boys Format

Preliminary 1: 1____ 4____ 5____ 8____ 9____ 12____ 13____ 16____
Preliminary 2: 2____ 3____ 6____ 7____ 10____ 11____ 14____ 15____

Semifinals 1: _____
P1-3 P2-4 P2-5 P1-6 P1-7 P2-8

Semifinals 2: _____
P2-3 P1-4 P1-5 P2-6 P2-7 P1-8

Finals: _____

(P1-1, P2-1, P1-2, P2-2, S1-1, S2-1, S1-2, S2-2)***

Lane Drawing Based on Times in the order of Preliminary then Semifinal Place/Times.

Mixed Format

Preliminary 1: 1____ 4____ 5____ 8____ 9____ 12____ 13____ 16____
Preliminary 2: 2____ 3____ 6____ 7____ 10____ 11____ 14____ 15____

Semifinals 1: _____
P1-3 P2-4 P2-5 P1-6 P1-7 P2-8

Semifinals 2: _____
P2-3 P1-4 P1-5 P2-6 P2-7 P1-8

Finals: _____

(P1-1, P2-1, P1-2, P2-2, S1-1, S2-1, S1-2, S2-2)***

Lane Drawing Based on Times in the order of Preliminary then Semifinal Place/Times

HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
**OUTRIGGER CANOE PADDLING STATE CHAMPIONSHIPS
TOURNAMENT HANDBOOK**

I. SPECIFIC OBJECTIVES

- A. To select state outrigger canoe paddling champions for boys, girls, and mixed through competition.
- B. To recognize the combined efforts of all the participating teams in the tournament.
- C. To encourage the highest principles and standards of general behavior.
- D. To emphasize respect for opponents relative to organized cheering activities.
- E. To promote the highest principles of citizenship in competition.
- F. To promote Hawaii's official "State Team Sport" within Hawaii's educational system.
- G. To educate Hawaii's youth about this culturally significant sport.
- H. To perpetuate the Hawaiian sport of outrigger canoe racing.

II. OFFICIALS

- A. The Sport Coordinator and the Officials Coordinator shall select the tournament officials with the approval of the HHSAA Executive Director.

III. ELIGIBILITY

- A. Each participant must be eligible under the rules of his/her league and under the eligibility requirements specified by the HHSAA.

IV. RULES GOVERNING TOURNAMENT

- A. The **regatta** shall be governed by the following race rules as follows:
 - B. General Rules
 - 1. A racing crew shall consist of no more than six (6) paddlers.
 - 2. Each canoe must start and finish a race with a full crew of six (6) paddlers. Boys and girls team rosters may consist of up to ten (10) paddlers and mixed team rosters may consist of up to ten (10) paddlers. However, the rosters for the mixed crew events shall be limited to a maximum of five (5) girls and five (5) boys. All paddlers listed on the official team rosters shall be allowed to participate in their designated races.
 - 3. No use of amplification devices such as, but not limited to, bullhorns, whistles, drums, etc., by participating schools during the races. Also, coaches/paddlers will not be allowed to run along the course to give cadence to pace their team during the races.
 - C. Equipment
 - 1. Six-person canoe: The canoe shall weigh no less than 400 pounds. Canoes shall be weighed by the Race Committee and/or League Host every year before the canoe is used in the regatta. The League Host must provide 10 canoes with the same design type ama for the tournament. The rigging standards shall be set at 68" in the front with a ½" tow in the back. Quick straps are allowed in place of the traditional rigging (*Rev 06/2016*). The rigging of all canoes shall be identical.

If one canoe has seat cushions for each seat, all canoes shall have seat cushions for each seat.
(Adopted 06/2018)

More specifically, the Race Committee shall be responsible for ensuring that all canoes are rigged according to the specifications and standards set. They shall also be responsible to ensure that all the canoes weigh the same. The canoes that need to have weight added shall add the weight to the underside of seats 2 through 5. If any team is caught using a canoe that doesn't weigh the agreed upon specifications/weight because they altered it in some way, they shall be immediately disqualified from the tournament.

2. Type of canoe: Ten (10) Bradley Lightning canoes will be used with the Iolana (Eagle) Ama for the HHSAA Canoe Paddling State Championships. Eight will be designated for racing with two extra canoes in case they are needed to replace any of the first eight racing canoes.
3. Paddles: The paddle must be single-bladed and shaped of wood only. However, the paddle used for racing may have a protective or supportive (strengthening) covering which may be fibrous, Kevlar, carbon fiber, etc. The paddle may have an edging or prosthesis for protection on the bottom or sides. The paddle may have laminated (horizontally or vertically) synthetic materials (Kevlar, etc.) for strength and support. **ANYONE CAUGHT WITH AN ILLEGAL PADDLE SHALL BE DISQUALIFIED. IF AN ILLEGAL PADDLE IS USED IN THE TOURNAMENT THE ENTIRE CREW WILL BE DISQUALIFIED. EXTRA PADDLES MAY BE CARRIED IN EACH CANOE DURING THE RACE.**

D. Course

1. The official HHSAA race course shall be $\frac{1}{4}$ mile in length and shall be laid out in equal lanes that are ninety (90) feet wide. Each lane shall be designated by two (2) flags of the same color, with one at each end of the course. All flags shall have a minimum dimension of thirty (30) inches, shall be made of lightweight, quick-drying cloth, and as much as possible, shall be covered with colors such that no two (2) adjacent lanes shall have the same colored flag.
2. In addition to participant canoes, only official boats are allowed on the course during the Tournament. Furthermore, these boats must comply with the shore water permit.

E. Starts and Finishes:

1. All starts shall be in accordance with the starter's instructions.
2. A yellow flag will be displayed from the official boat for a maximum of three (3) minutes, as soon as the last canoe from the previous race reaches shore. Then, the yellow flag will be waved for approximately five (5) seconds. When the yellow flag is dropped, the red flag will be raised. Simultaneously with the dropping of the red flag, the green flag will be raised to signify the start of the race.
3. A canoe not on the starting line in time for the official start shall have no right to protest on the grounds of an unfair start.
4. Each canoe in the race may have no more than two (2) canoe holders in the water at the start. The holders are not allowed to push and/or pull the canoe forward on the start.
5. Racing crews shall be disqualified at the start of the race for the following reasons:

- a. The canoe extends over the starting line.
 - b. The canoe is in the wrong lane.
 - c. Failing to start with six (6) paddlers.
 - d. Having more than two (2) canoe holders in the water or if the canoe holders push and/or pull the canoe forward on the start.
 - e. Touching the start flag (unless determined by the Race Rules Committee, per Section I-2
6. All canoes must finish the race in their assigned lane or be disqualified. Once the bow crosses the finish line, any part of the canoe may touch the flag.
 7. All racing crews must finish the race with six (6) paddlers. Failing to do so will result in disqualification.
 8. Crews shall be disqualified for re-entering the race course prior to the last canoe in the event crossing the finish line.

F. Lanes

1. All canoes must remain in their own lanes and in no way interfere with other participating canoes. When two (2) canoes approach each other from opposite directions within the same lane, each canoe shall occupy as nearly as possible the one-half (1/2) width of the lane nearest its own line of flags so that the canoes will pass each other between adjoining flags.
2. If interference is claimed and determined, the canoe not in its assigned lane will be disqualified.

G. Turns

1. All turns shall be left (or ama) turns around assigned lane flags. Canoes may touch the flag during the turn, but if at any time the canoe causes the flag to touch the water, the crew will be disqualified.
2. When canoes assigned to adjoining lanes occupy the same lane during a turning maneuver, each canoe shall maneuver in such a way as to occupy as nearly as possible the one-half (1/2) width of the lane nearest its own line of flags so that the canoes will pass each other hull to hull.

H. Swamping

1. A canoe that swamps during a race may be bailed out by its crew and proceed in the race. There shall be a seven (7) minute time limit to do so. At the end of the seven (7) minutes, the race officials shall declare the crew disqualified and shall provide assistance to return the canoe to shore.

I. Adverse Conditions

1. In the event of adverse weather conditions, the tournament may be cancelled at the discretion of the Rules Committee.

2. In the event of heavy wind conditions, the disqualification rule on touching the flags may be waived for the start only, at the discretion of the Rules Committee.

J. Eligibility:

1. All paddlers shall be listed on the official team roster and shall meet all eligibility requirements as set forth in the HHSAA By-Laws. Use of an ineligible paddler(s) shall result in the disqualification of the entire crew.

K. Penalty

1. A crew shall be disqualified for committing the following violations: C-1, C-2, E-5(a-e), E-6, E-7, E-8, F-1, F-2, G-1, H-1, and J-1.
2. The coach shall be notified prior to the disqualification of his/her crew before an announcement is made.

L. Rules Committee and Protest Procedures

1. The Rules Committee shall be responsible for the interpretation of all race rules, the handling of protests, and overseeing officials' decisions. The Rules Committee's decision on any of the foregoing matters is final.
2. Protest: If there is a disagreement by a coach with an official's decision, the coach must submit a written protest to the Tournament Director no later than twenty (20) minutes after the completion of the disputed race. The Rules Committee must resolve all protests within one hour of the last event of the day.

M. Hawaii Canoe Racing Association

1. HHSAA tournament rules are generally patterned after the HCRA's Race Rules. Any item not specifically covered by the HHSAA rules, if applicable, shall follow the HCRA's updated Race Rules.

V. TOURNAMENT REPRESENTATION

A. Number of Participating Teams in League Number of Teams in
 ----- X State Tournament
 Number of Participating Teams in State

B. Pac-Five teams are eligible to participate in the following HHSAA state tournaments: baseball, canoe paddling, cheerleading, football, soccer, softball, and girls water polo.

C. For team-only state tournaments, a combination team shall be counted in the league representation formula as long as one of the schools in the combination team has a minimum number of players, as follows:

Volleyball – 6, Football – 11, Softball – 9, Soccer – 11, Basketball – 5, Baseball – 9, Canoe Paddling – 6, Water Polo – 7

- D. For team-only state tournaments, if a combination team qualifies for a state tournament, only players from one of the schools from the above listed minimum number shall be allowed to participate in the state tournament.

VI. TOURNAMENT FORMAT AND SCHEDULE

- A. Event Categories - There shall be three event categories, all of which shall contain 16 seeded team entries:

1. Boys (boys go first on odd numbered years)
2. Girls (girls go first on even numbered years)
3. Mixed (three boys and three girls)

- B. Racing Distance - All races shall be ½ mile.

- C. Number of Lanes – All races shall consist of eight lanes.

- D. Number of Races Per Event Category:

The tournament shall consist of five races per event category, for a tournament total of 15 races.

For each event category, there shall be the following races:

1. Preliminary Heats – 2 races (16 crews total)
2. Semifinals – 2 races (12 crews total)
3. Finals – 1 race (8 crews total)

All races shall be determined by place and time.

Breaks during the state races should happen before the start of the mixed races and again after the end of the mixed races. Breaks will be as follows:

Race events 5 & 7 – 15 min.

Race events 11 & 13 – 15 min.

Race events 15 – 15 min.

- E. Preliminary Heats (Rev 6/2015)

1. The HHSAA lane draw will take place on the morning of the race.
2. Each league would pull pills to determine the order to choose heats and lanes. (5 pills for 5 leagues) on race day prior to the start of the race. Each league would take turns according to their pill numbers (1-5) choosing lanes and the heats of the league qualifiers. In each subsequent round the pick order will be reversed. For example, in the second round, the pick order will be pill 5 will pick first, pill 4 will pick second, etc., in the third round the order will be pill 1, pill 2, etc.
3. This process continues until all league representatives and lanes and heats are exhausted for the Preliminary Heats for all Divisions.
4. There will be no changes allowed once the Lane Draw is complete and the HHSAA Seeding Meeting is completed.

- F. Prelims

The prelims shall consist of three events – boys, girls and mixed (16 crews each event).

G. Semifinals

The semifinals shall consist of finishers 3-8 of the preliminaries (12 crews each event).

H. Finals

The Finals shall consist of the following:

1. The top two finishers of each prelim races (four total).
2. The top two finishers of each semifinal races (four total).

For the finals only, lanes are selected as follows:

First (1st) place preliminary finishers shall have first and second pick of lanes in order of fastest times. Second (2nd) place preliminary finishers shall have third and fourth pick of lanes in order of fastest times. First (1st) place semifinal finishers shall have the fifth and sixth pick of lanes in order of fastest times and the second (2nd) place semifinal finishers shall have the seventh and eighth pick of lanes in order of fastest times.

VII. OFFICIAL TOURNAMENT ROSTER

Names of coaches and paddlers must be listed on the official tournament roster.

VIII. SEEDING

A. The Seeding Committee shall consist of:

1. HHSAA Executive Director, Chairperson
2. Sport Coordinator
3. Tournament Director
4. Other personnel as directed by the HHSAA Executive Director

B. The duties of the Seeding Committee shall be to determine the ranking of each team entry and the guidelines regarding the placement of the team entries into each heat.

C. Seedings and heat placements shall be provided to the media (radio, TV, and newspaper) at the earliest possible date.

IX. UNIFORMS

During the entire competition, each team member must wear an identical t-shirt or tank top which contains at least one of the following on the front or back of the t-shirt or tank top: (1) school name; (2) school nickname; or (3) first letter of school name (e.g., "K" for Kaiser High School).

X. AWARDS AND TROPHIES

A. Permanent trophies for boys, girls, and mixed championship teams.

B. Second place trophies for boys, girls, and mixed championship teams.

C. 12 medals for championship team members.

- D. 12 medals for runner-up team members.
- E. Schools may order extra medals for team members at their own expense.

XI. 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.

XII. EVALUATION

An evaluation report and tournament results are to be submitted by the Sport Coordinator to the HHSAA Executive Director within two weeks after the tournament.

HHSAA CANOE PADDLING STATE CHAMPIONS

YEAR	BOYS				GIRLS				MIXED CREW				SITE
	CHAMPION	LEAGUE	COACH	FINALS TIME	CHAMPION	LEAGUE	COACH	FINALS TIME	CHAMPION	LEAGUE	COACH	FINALS TIME	
2002	Punahou	ILH	Rocky Higgins	3:43.31	Kamehameha	ILH	Rose Lum	4:13.57	Lahainaluna	MIL	Joey Tihada	4:04.38	Keehi Lagoon
2003	'Iolani	ILH	Brian Yee	4:05.66	Kamehameha	ILH	Rose Lum	4:38.58	McKinley	OIA	Joven Asuncion	4:15.26	Keehi Lagoon
2004	'Iolani	ILH	Brian Yee	3:45.63	Kamehameha	ILH	Rose Lum	4:17.72	Kekaulike	MIL	Paul Luuwai	4:04.75	Keehi Lagoon
2005	Kamehameha	ILH	Kalama Heine	3:52.80	Kamehameha	ILH	Rose Lum	4:32.96	Castle	OIA	Stan Dixon	4:15.72	Keehi Lagoon
2006	Kamehameha	ILH	Kalama Heine	3:45.36	Punahou	ILH	Marion Lyman-Mersereau	4:21.36	KS-Maui	MIL	Robert Brede	4:02.87	Keehi Lagoon
2007	Mid-Pacific	ILH	Mark Hines	3:37.00	Kamehameha	ILH	Rose Lum	4:12.90	Kamehameha	ILH	Kalama Heine	3:54.52	Hilo Bay
2008	Kalaheo	OIA	Julian Wicker	3:43.21	Punahou	ILH	Marion Lyman-Mersereau	4:26.53	Konawaena	BIIF	Paul Daugherty	4:00.73	Keehi Lagoon
2009	KS-Maui	MIL	Robert Brede	3:45.29	Punahou	ILH	Marion Lyman-Mersereau	4:23.56	Punahou	ILH	Rocky Higgins, Marion Lyman-Mersereau	3:57.54	Hanakao'o Beach
2010	Kamehameha	ILH	Kalama Heine	3:39.69	Pac-Five	ILH	David Ahia	4:15.54	Kalaheo	OIA	Julian Wicker	3:47.31	Keehi Lagoon
2011	Kamehameha	ILH	Kalama Heine	3:32.73	Kamehameha	ILH	Kehau Meyer	4:06.40	Kamehameha	ILH	Kalama Heine, Kehau Meyer	3:49.30	Keehi Lagoon
2012	Punahou	ILH	Rocky Higgins	3:29.60	Pac-Five	ILH	David Ahia	4:01.93	Kamehameha	ILH	Kehau Meyer, Napali Woode	3:43.43	Hilo Bay
2013	Kamehameha	ILH	Napali Woode	3:41.67	Seabury	MIL	Paul Lu'uwai	4:24.37	Kamehameha	ILH	Kehau Meyer, Napali Woode	3:52.73	Keehi Lagoon
2014	Kamehameha	ILH	Napali Woode	3:35.17	Kamehameha	ILH	Kehau Meyer	4:09.31	Punahou	ILH	Rocky Higgins, Marion Lyman-Mersereau	3:49.20	Keehi Lagoon
2015	Punahou	ILH	Rocky Higgins	3:48.45	Punahou	ILH	Becky Fardal	4:36.58	Punahou	ILH	Becky Fardal, Rocky Higgins	4:01.72	Kahului Harbor
2016	Punahou	ILH	Rocky Higgins	3:31.81	Kamehameha	ILH	Kehau Meyer	4:00.23	Seabury Hall	MIL	Paul Lu'uwai	3:46.96	Keehi Lagoon
2017	Punahou	ILH	Rocky Higgins	3:31.08	Seabury	ILH	Paul Lu'uwai	4:16.80	Seabury Hall	MIL	Paul Lu'uwai	3:48.99	Keehi Lagoon
2018	Punahou	ILH	Rocky Higgins	3:45.10	Punahou	ILH	Becky Fardal	4:16.64	Seabury Hall	MIL	Paul Lu'uwai	3:57.76	Hilo Bay
2019	Kamehameha	ILH	Richard Williams	3:46.12	Punahou	ILH	Becky Fardal	4:13.26	Punahou	ILH	Rocky Higin, Becky Fardal	4:03.80	Keehi Lagoon
2020	Punahou	ILH	Rocky Higgins	3:36.52	Kamehameha	ILH	Kehau Meyer	4:12.61	Kalaheo	OIA	Chelsea Bizik, Vince Kahalepauole Bizik, April Nakayama	3:46.37	Keehi Lagoon
2022	Punahou	ILH	Rocky Higgins	3:34.56	Punahou	ILH	Becky Fardal	4:13.79	Punahou	ILH	Rocky Higin, Becky Fardal	3:44.22	Keehi Lagoon