



# International School Manila

Welcomes you to the

26<sup>th</sup> Annual
IASAS Swimming Competition

January 31 to February 2, 2008



Mabuhay! Welcome IASAS Swimmers, Coaches and Supporters,

It is a great pleasure for International School Manila to host this year's IASAS Swim Meet. We look forward to an exciting three days of swimming competition and to the friendly interactions and competitive rivalry between all IASAS teams.

I congratulate all team members on the hard work and dedication you have demonstrated to be selected to your school's swim team. There are long sessions of staring at the seemingly endless black line as you train and prepare yourselves for this meet. Swim training is difficult and no doubt tiresome at times but the result of your efforts will be reflected in your performance over the next three days.

I am sure that each team member will have given their best to date as far preparation goes and that your bodies are physically ready to race. In any swim meet it is often the mental preparation on race day that is so important. Can you be and give your best on race day? That is the question that will be asked of you during the days ahead. My hope is that all swimmers will be able to find their "race day form" and be able to sit at the closing ceremony happy with their individual performances and their contribution to the team.

At ISM we value all the ethics of good sportsmanship. It is important to cheer hard and loud for your own team and also to appreciate the great performances that you will see from your fellow competitors. Genuine congratulations and appreciation of a great sporting effort from individuals on opposing teams is a true reflection of an "athlete".

I would like to give a special thanks to all our ISM families that have volunteered to house the IASAS athletes. Without the generous support from our parent community events like this simply could not happen. I would also like to recognize and give my special thanks to all those that have helped with the planning, organization and running of this event.

I wish all swimmers and coaches the very best for this meet and hope that you enjoy our swimming facility and the IASAS Swim Meet in Manila 2008.

All the best,

Mark A. Pekin

Athletic & Activities Director International School Manila

had Afle.

## Special Tournament Information

Tournament Director:

Hazel Benipayo

## **Important Phone Numbers**

Mark Pekin

0917-5218610 (Cell)

Athletic Director

8408611 (Office)

Bill Brown

8408653

HS Principal

Dr. Mary Anne Bagos

8408581

ISM Physician

Joan Badiango ISM Athletic Office 8408610 (Office)

Tournament Director

0915-3281968

Hazel Benipayo

Visiting Coaches and AIC's

Makati Medical Hospital

8116888

Rennaisance Hotel

7:00pm

8159911: 8925544

Internet use for coaches will be at the HS Multi Media center.

Please ask library assistant for help.

## **Special Events**

Wednesday, January 30, 2007

7:00pm Coaches Mtg, ISM Pool Balcony

Thursday, January 31, 2007

7:15am Opening Ceremony, Fine Arts Theater

Friday, February 1, 2007

Coaches Social, venue to be announced

Saturday, February 2 2007

6-7:30pm IASAS Banquet, HS Gym

Closing Ceremonies, HS Gym

### MEDICAL PROCEDURE

In case of injury or illness – whether before, during, or after the matches – please notify the site director, tournament director, or school nurse. The nurse will be located at the main desk where the scores are posted.

An injured athlete should not leave campus for any medical care without first consulting the site or tournament director first and having communicated with the nurse. The injured athlete should be accompanied by the attending nurse and security personnet.

ISM school nurses are only permitted to issue non-prescription medication.

In case of an injury or illness resulting outside of the tournament, students should call ISM (during the school day) and talk to one of the school administrators. If it is after school hours, they should contact the tournament director immediately, as listed in the program. Also, notification to the host family should be made.

### IMPORTANT INFORMATION

### Money Changing;

There are no money changing facilities on campus. You may change your money at the airport or you can change money at various places in town and at Market Market, 500 meters from the ISM campus.

### Laundry:

Host families will wash uniforms as needed.

#### Water Bottles:

All participants should bring their own water bottles. Cups will not be provided, but there will be plenty of cold water available in coolers at each location.

#### Coaches/Admin Transportation:

We will run a daily shuttle bus/van to and from the hotel and school for the coaches and trip administrators. (see schedule)

### Flight Reconfirmation;

Joan Badiango, our ATAC Secretary, will assist you if you desire.

### Other Miscellaneous Information:

The Opening Ceremony will take place on Thursday, January 31 at 7:15am in the Fine Arts Theater (FAT). Team photos will be taken on the stage immediately after the ceremony according to photo schedule.

Coaches Social will be scheduled on Friday evening; Venue to be announced.

On Saturday evening the IASAS scheduled banquet will be held in the High School Gym.

### **General Information**



Canteen Site High School/Middle School Canteen

front of Middle School Office Open (7am to 5pm, Thurs to Sat)

Clinic/Infirmary Front of Swimming Pool, 2<sup>nd</sup> Floor

Athletes' Rest Area AMR, near HS Canteen

Opening ceremony Fine Arts Theater, 2<sup>nd</sup> Floor

Coaches Lounge Rm. 1136

Results Will be posted by the pool Area

Tournament T-Shirts Shirts will be available at a table near the Pool Area. Price:

P500.00 or ATAC office

Tournament Headquarters Athletics and Activities Office at the Middle School Gym

## **Arrivals and Departures**

Arrivals: Wednesday, January 30, 2008

School	At NAIA (Fight/Arrival Time)	at ISN
ISB	TG620 / 1320	1500
JIS	SQ074 / 1715	1830
ISKL	MH704 / 1410	1530
SAS	SQ912 / 1655	1800
TAS	TG620 / 1500	1335

Departure: Sunday, February 3, 2008

School	From ISM	From NAIA (Flight/ Departure Time )
ISB	1100	TG621 / 1420
JIS	520	SQ071 / 820
ISKL	1350	MH705 / 1650
SAS	1100	SQ917 / 1420
TAS	1100	TG621 / 1430

# **COACHES TRANSPORTATION SCHEDULE**

Jan 30 to Feb 2, 2008

Jan 30 to	reb 2, 200		
Time	From	To	Transportation
Jan 30			
8:30PM	ISM	HOTEL	Coaster
Jan 31			50 50 50 30
6:30AM	HOTEL	ISM	Coaster
6:15PM	ISM	HOTEL '	Coaster
Feb 1		Yangayar, gaylaganga banayar	ing provide the state of the st
7:15AM	HOTEL	ISM	Coaster
		Coaches Social	
6:30PM	ISM	Venue (TBA)	2 Vans
Feb 2			
7:15AM	HOTEL	ISM	Coaster
After			
Awards	ISM	HOTEL	Coaster
Feb 3		The second second second second	
	HOTEL		
JIS	4:45AM	ISM	Van (Starex)
	HOTEL		
SAS	10:30AM	ISM	Coaster
	HOTEL		
ISB	10:30AM	ISM	Coaster
	HOTEL		
TAS	10:30AM	ISM	Coaster
	HOTEL	1014	
ISKL	10:30AM	ISM	Van (Starex)

Coaster and Van ISM Pick-up will be in front of Track & Field driveway, front of ATM Machine

# 26<sup>th</sup> IASAS SWIMMING CHAMPIONSHIPS January 31 to February 2, 2008

Januar	/ 31.	2008

Event#	Event	Stroke	M/ F	Heat	Consolation	Final
1	200m	Freestyle	М	10:00am	3:00pm	3:10pm
2	200m	Freestyle	F			
3	100m	Breaststroke	М	10:30am	3:20pm	3:40pm
4	100m	Breaststroke	F			
5	50m	Butterfly	M	11:00am	3:40pm	4:10pm
6	50m	Butterfly	F			
7	100m	Backstroke	М	11:30am	4:00pm	4:40pm
8	100m	Backstroke	F			
		15 minute warm-up		-		4:20pm
		time				
9	400m	Individual Medley	М			5:15pm
10	400m	Individual Medley	F			
·,		15 minute warm-up				5:40pm
		time				
11	Relay	4x50m Freestyle Relay	М			5:55pm
12	Relay	4x50m Freestyle Relay	F			

		repruary 1, 2	UUD			
Event#	Event	Stroke	M/ F	Heat	Consolation	Final
13	200m	Individual Medley	М	10:00am	3:00pm	3:15pm
14	200m	Individual Medley	F			
15	800m	Freestyle	M	10:30am	Timed	3:30pm
16	800m	Freestyle	F		Finals	<u> </u>
17	200m	Breaststroke	М	15 min	4:00pm	4:15pm
18	200m	Breaststroke	F	after event 16		
19	100m	· Freestyle	M		4:30pm	4:40pm
20	100m	Freestyle	F			
	1	15 minute warm-up time				4:50pm
21	Relay	4x100 Medley Relay	M			5:10pm
22	Relay	4x100 Medley Relay	F			

February 2, 2008

Event#	Event	Stroke	M/ F	Heat	Consolation	Final
23	400m	Freestyle	M	10:00am	3:00pm	3:15pm
24	400m	Freestyle	F			
25	100m	Butterfly	M	10:30am	3:20pm	3:40pm
26	100m	Butterfly	F			
27	200m	Backstroke	M	11:00am	3:40pm	4:05pm
28	200m	Backstroke	F			
29	50m	Freestyle	M	11:30am	4:00pm	4:30pm
30	0 50m Freestyle		F			
		15 minute warm-up time	<u> </u>			4:45pm
31	Relay	4x100m Freestyle Relay	M			5:00pm
32	Relay	4x100m Freestyle Relay	F			

The times shown in this schedule are a guide. The meet may run ahead of time

### IASAS Swimming - Warm-up Schedule

Thursday, January 31

11101000,,,		·						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	September 1997	Lane 7	Lane 8
8:00-8:45	SAS	SAS	SAS	ISM	ISM	ISM	ISKL	ISKL
8:45-9:30	JIS	JIS	JIS	TAS	TAS	TAS	ISB	ISB
9:30-9:50	sprint 25	SAS	JIS	ISM	TAS	ISKL	ISB	sprint 25
1:15-2:15	sprint 25	JIS	SAS	TAS	ISM	ISB	ISKL	sprint 25
2:15-2:45	sprint 25	free swim	free swim	free swim	pace 25	pace 50	pace 100	sprint 25

Friday, February 1

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
8:00-8:45	ISB	ISB	ISB	JIS	JIS	JIS	TAS	TAS
8:45-9:30	ISKL	ISKL	ISKL	SAS	SAS	SAS	ISM	ISM
9:30-9:50	sprint 25	ISB	ISKL	JIS	SAS	ISM	TAS	sprint 25
1:15-2:15	sprint 25	ISKL	ISB	SAS	JIS	TAS	ISM	sprint 25
2:15-2:45	sprint 25	free swim	free swim	free swim	pace 25	pace 50	расе 100	sprint 25

Sat, February 2

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lanc 6	Lane 7	Lane 8
8:00-8:45	ISM	ISM	ISM	ISKL	ISKL	ISKL	SAS	SAS
8:45-9:30	TAS	TAS	TAS	ISB	ISB	ISB	JIS	IIS
9:30-9:50	spnnt 25	ISM	TAS	ISKL	ISB	SAS	JIS	sprint 25
1:15-2:15	sprint 25	TAS	ISM	ISB	ISKL	JIS	SAS	sprint 25
2:15-2:45	sprint 25	free swim	free swim	free swim	pace 25	pace 50	расе 100	sprint 25

### Afternoon Warm-ups All 3 days:

- A. Open warm-up 1 pm to 2:45 (5/02). Each school assigned a lane. (5/92)
- B. There will be a 15 minute warm-up before 400IM on day 1; medley relay on day 2; and freestyle relay on day 3. (10/00)
- C. The Meet Director(s) may at their discretion, allow a warm-up after event and 24. (5/98)
- D. This is a recommended time schedule to serve as a guide only. Internal recovery time is to remain constant. If local conditions and schedules permit, add an additional half hour to the lunch break.
- E. In the event there is not a separate pool for warm-ups or cool-downs, 5 minute cool
  down and/or warm-up sessions will be built into the schedule after the completion of
  the boys/girls races in each ecent.
  - F. During the fine-minute open-pool between events, any swimmer may use the pool; this open-pool is not event exclusive. (4/04)

# Medal Awarding

<u>Event</u>	Coach from team
200m Freestyle Girls	SAS
200m Freestyle Boys	ISB
100m Breaststroke Girls	ISKL
100m Breaststroke Boys	ISM
50m Butterfly Girls	JIS
50m Butterfly Boys	TAS
100m Backstroke Girls	SAS
100m Backstroke Boys	ISB
400m IM Girls	ISKL
400m IM Boys	ISM
4 x 50 Free Relay Girls	JIS
4 x 50 Free Relay Boys	TAS
200m IM Girls	SAS
200m IM Boys	ISB
800m Freestyle Girls	ISKL
800m Freestyle Boys	ISM
200m Breaststroke Girls	JIS
200m Breaststroke Boys	TAS
100m Freestyle Girls	SAS
100m Freestyle Boys	ISB
4 x 100 Medley Relay Girls	ISKL
4 x 100 Medley Relay Boys	ISM
400m Freestyle Girls	JIS
400m Freestyle Boys	TAS
100m Butterfly Girls	SAS
100m Butterfly Boys	ISB
200m Backstroke Girls	ISKL
200m Backstroke Boys	ISM
50m Freestyle Girls	JIS
50m Freestyle Boys	TAS
4 x 100 Freestyle Relay Girls	SAS
4 x 100 Freestyle Relay Boys	ISB

### **IASAS Team Photos**

(After Opening Ceremony)

January 31, 2008

8:00AM

WARM-UPS BEGIN FOR SAS, ISM, ISKL

Photo Schedule

8:00AM

JIS Boys & Girls

8:10AM

TAS Boys & Girls

8:20AM

ISB Boys & Girls

8:45AM

WARM-UPS BEGIN FOR ISB, JIS, TAS

Photo Schedule

8:50AM

SAS Boys & Girls

9:00AM 9:10AM ISM Boys & Girls ISKL Boys & Girls

Traveling uniform or Team Track Suit to be worn for photos please.

## IASAS Swimming - Seating Rotation

Jan 31

Feb 1 Feb 2

		В	L	Е	A	С	Н	E	R	S
	SAS		JIS	'	TAS	1	SKL	IS	M	ISB
ĺ	TAS	I	SKL		ISM	I	SB	SA	\S	JIS
	ISM		ISB		SAS		IS	T	AS	ISKL

wading pool

Pool Office

P O O L



## PREVIOUS IASAS CHAMPIONS

YEAR	BOYS	GIRLS
1982-1983	SAS	SAS
1983-1984	SAS	SAS
1984-1985	ISM	SAS
1985-1986	JIS	SAS
1986-1987	JIS	ISM
1987-1988	SAS	SAS
1988-1989	JIS	SAS
1989-1990	JIS	JIS
1990-1991	JIS	JIS
1991-1992	JIS	SAS
1992-1993	JIS	JIS
1993-1994	SAS	JIS
1995-1996	ISKL	JIS
1996-1997	SAS/ISKL	JIS
1997-1998	SAS	ISKL
1998-1999	SAS	ISKL
1999-2000	SAS	SAS
2000-2001	TAS	SAS
2001-2002	SAS	SAS
2002-2003	JIS	SAS
2003-2004	SAS	SAS
2004-2005	SAS	SAS
2005-2006	SAS	SAS
2006-2007	SAS	SAS

# INTERNATIONAL SCHOOL MANILA

	Name		Grade	Nationality
1	George	Go *	11	Philippines
2	Hisashi	Yoshida #	12	Japan
3	Thor	Olesen	11	Denmark
4	Kenley	Tan	11	USA
5	Genzo	Dones	10	Philippines
6	Jong Hyun (Daniel)	Han	10	Korea
7	Tatsuro	lrie	10	Japan
8	Jung Sun (Darren)	Lee ´	10	Korea
9	Kyung Taek (Terry)	Lee	10	Korea
10		Koo	10	Korea
11	Woo Seok	Byun	9	Korea

Coaches: Jennifer Dingrando, Head Coach

Carlos Garcia, Adam Winton, Noli Reloj & Kristen Feren

	Name		Grade	Nationality
198 <b>1</b>	Francesca (Ina)	Guingona *	11	Philippines
2	Shao-Ting (Christine)	Ko *	11	Taiwan
3	Ashleigh	Butt	11	Australia
4	Ana	Perez-Olave Santillanes	11	USA
5	Jung-In '	Oh	11	Korea
6	Natalie (Nellie)	Allingam	11	USA
7	Hyun Kyung	Park	10	Korea
8	Alix	Woldring	9	Australia
9	Karen	Lloyd	9	Australia
10	Marina (Marielle)	Jalandoni	9	Canada
11	Saaya	lkedo	9	Japan
12	Aye (Angie)	00	9	Myanmar

Coaches: Jennifer Dingrando, Head Coach

Carlos Garcia, Adam Winton, Noli Reloj & Kristen Feren

# JAKARTA INTERNATIONAL SCHOOL

	Name		Grade	Nationality
1	Kristian	Danorwayan * #	12	Indonesia
2	Matthew	Chang	12	Singapore
3	Dan	Sunga	12	Philippines
4	Adrian	Basoeki	11	Indonesia
5	Andrew	Busch	11	Australia
6	Michael	Kelley	11	United States
7	Tom	Dufficy	10	Australia
8	Hon Xing	Wong	10	Malaysia
9	Wai Pun	Kan	10	United Kingdom
10	Dimas	Sukirno	10	Indonesia
11	Dominic	Sunga	10	Philippines
12	Alexander	van Grootel	10	Netherlands

Coaches: Peter Clark AIC: Peter Roud

	Name		Grade	Nationality
1	Kelly	Buckley	12	Australia
2	Nina	Hamilton	12	United States
·: 3	Carrie	Kenrick	12	United States
4	Eleena	P'ng	12	Malaysia
5	Joanne	Round *#	12	United Kingdom
6	Ruth	Norwinda *	11	Indonesia
7	Larissa	Sidarto	11	Indonesia
8	Taryn	Akiyama	10	United States
9	Bianca	Buck	10	United States
10	Melanie	Tobias	10	United States
11	Monina	Martinez	9	Philippines
12	Tiffany	Priosoetanto	9	United States

Coaches: Linda Round

# SINGAPORE AMERICAN SCHOOL

	Name		Grade	Nationality
1	Rod	Hesh *	12	USA
3	Rishad	Irani	12	India
3	Kenny	Chan *	11	USA
4	Jeffrey	Misa	11	USA
5	Ted	Chritton	10	USA
6	Dennis	Chu	10	USA
7	Lars	Crawford	10	USA
8	Daniel	Ong	10	Singapore
9	Alex	Rossinsky	10	USA
10	Timothy	Linsell	9	Australia
11	Adon	Portman	9	Canada
12	Peter	MacArthur	10	USA

Coaches: Steve Betts, Head Coach

Julie Goode, Asst. Coach

	Name		Grade	Nationality
1	Natalie	Ong	12	Singapore
2	Mairead	Ross	12	Australia
3	Anna	Von Essen *	12	Sweden
4	Megan	Woodard #	12	USA
5	Kathy	De La Hoz	11	USA
6	Mili	Kale *	11	India
7	Maria	Lloyd	11	USA
8	Kirstie	Parkinson	11	Australia
9	Roxy	Hesh	10	USA
10	Becca	Stratton	10	USA
11	Liz	Quick	9	USA
12	Therese	Vainius	9	USA

Coaches: Steve Betts, Head Coach AIC: Fred Crawford

Julie Goode, Asst. Coach

<sup>\*</sup> Captain # 4-year Award

## INTERNATIONAL SCHOOL BANGKOK

	Name		Grade	Nationality
1	George	Chearswat	12	Thailand
2	Ben	Coulson	12	UK
3	Christian	Ferini * #	12	Italy
4	Eldar	Zer	12	Israel
5	Andy	Hostetler	11	USA
6	Nicky	Robson *	11	USA
7	Nawin	Rothanavibhata	11	Thailand
8	Shao-Hui (Leo)	Chuang	10	Taiwan
9	Joe (Yannaphol)	Kaewbaidhoon	10	Thailand
10	Nelson	Turk	10	USA
11	Haakon	Brekke	9	Norway
12	Gavin	Davies	9	Australia

Coaches: Bud Rockey, Head Coach Andy Myers, Asst. Coach/AIC

	Name		Grade	Nationality
1	Carly	Thomson #	12	USA
2	Watue (Tue)	Sowaprux * #	12	Thailand
3	Jordan (Jori)	Teplitzky*	11	USA
4	Pat	Oungpasuk	11	Thailand
5	Erin	Brown	11	USA
6	Lauren	Gibbons	10	USA
7	Sarah	Dolan	10	USA
8	Jennifer	Creed	10	USA
9	Ekaterina (Kate)	Chernysheva	10	Russia
10	Farsai (Pravitra)	Chaikulngamdee	10	Thailand
11	Sthapanik	Toongtong	9	Thailand

Coaches: Gaile Rockey, Head Coach

Emily Wold, Asst. Coach

# TAIPEI AMERICAN SCHOOL

Name		Grade	Nationality
1 Michael	Yang * #	12	United States
2 Bryant	Hsu *	11	United States
3 Peter	Lee	11	United States
4 Alex	Li	11	Canada
5 Jonathan	Chen	10	United States
6 Jonathan	Lee	10	United States
7 Stephen	Wu	10	United States
8 Stephen	Chen	10	United States
9 Justin	Но	10	United States
10 Stephen	Hryshchyshyn	10	United States
11 Eugene	Tseng	10	United States
12 Allen	Bao	9	United States

Coaches: Craig Johns AIC: Michael Grande

	Name		Grade	Nationality
1	Bonnie	Chang #	12	United States
2	Debra	Liu #	12	Canada
3	Saheela	Mehrotra * #	12	India
4	Christine	Callahan	11	United States
5	Annie	Jeng ·	11	United States
6	Jody	Liu	11	United States
7	Natsuki	Sato *	11	Japan
8	Karen	Wang	11	Canada
9	Sandy	Kuo	10	Canada
10	Rhianne	Lowe	10	United States
11	Jacqueline	Rangel	10	United States
12	Rebecca	Wang	9	United States

Coaches: Craig Johns

# INTERNATIONAL SCHOOL KUALA LUMPUR

	Name		Grade	Nationality
1:00	Thomas	Airey	12	France
2	Zhafran	Osman	12	Malaysia
3.	Colin	Simmons * #	12	Canada
	Elliot	Sinclair	11	UK
4: 5	Kareem	Gibson	10	America
6	Levar	Goossen	10	Netherlands
7	Robin	Kim	10	Rep. Of Korea
8	Alex	Link	10	Germany
9	Sho	Muto	10	Japan
10	Charlie	Mosca	9	America

Coaches: Michelle Goossen, Head Coach Brian Candler, Asst. Coach

Name			.Grade	Nationality
1	Callie	Rundhammer *	12	America
2	Sarah	Wheeler *	11	America
3	Stephanie	Chan	10	Malaysia
4	Mayuri	Sriparam	10	UK
5	Anne	Terry	10	America
6	Sabrinne	Gibson	9	America
7	Hannah	Sinclair	9	UK
8	Constance	Tan	9	Singapore

Coaches: Michelle Goossen, Head Coach

Brian Candler, Asst. Coach

AIC: Leep Beng Goh

It takes a large team to organize and manage IASAS Swimming. Thank you to everyone that has had a part in this event.

Hazel Benipayo and the Swim meet officials

Triz and Joan - ATAC Office staff

ISM Parents and Faculty for housing the delegates

**Bearcat Council Students** 

Bearcat Booster Parents for manning the Beacat Booth and t-Shirt Sales

ISM Swim Team Coaches (Jennifer, Caloy, Adam, Noli, Kristen)

Jose Gonzales, IASAS Swim meet website coordinator

David Crawford, Team Photo and Video Presentation

Albergus Catering, Coaches dinner and IASAS Banquet Caterer

ISM Administration, for their support of the Athletics and Activities program





