

2006 WCAL Swimming & Diving Championships - 05/04/06 to 05/06/06

Results

Event 1 Girls 200 Yard Medley Relay Junior Varsity
WCAL Record: 2:00.61 * 2004 Archbishop Mitty High School
J Garcia, V Whitehill, S Collins, T Riess

Team	Relay	Finals Time	
1 SI	A	1:59.34*	40
1) Gallagher, Cassandra 10	2) O'Dea, Nicole 9		
3) Pang, Jinna 10	4) Neagle, Mia 10		
29.98 32.80	29.77 26.79		
2 SHP	A	2:01.10	34
1) Ceremsak, Kate 10	2) Dunlevie, Vee 9		
3) Bohannon, Sarah 10	4) Mordell, MJ 9		
31.62 34.93	28.63 25.92		
3 PRES	A	2:01.35	32
1) LaVelle, Ali 11	2) Korpusik, Mandy 9		
3) Medeiros, Danielle 9	4) Ramirez, Melisa 11		
31.40 33.75	29.64 26.56		
4 SFHS	A	2:04.10	30
1) Elward, Courtney 9	2) Winkler, Kristin 9		
3) Richardson, Edie 10	4) Benedetti, Kimberly 10		
32.27 33.03	32.03 26.77		
5 VC	A	2:16.42	28
1) McKinney, Lisa 9	2) Khalili, Naseem 10		
3) Tan, Rachel 10	4) Slavich, Beki 10		
34.17 42.44	31.47 28.34		
6 SHCP	A	2:28.11	26
1) Lee, Matti 11	2) Chukuntarod, Bobbie 9		
3) Platzer, Rosie 11	4) Lee, Annabelle 11		
42.21 35.69	39.50 30.71		
7 NDB	A	2:32.07	24
1) Finlayson, Shannon 9	2) Gorn, Rosie 9		
3) Boyle, Katie 9	4) Roberts, Katie 12		
38.78 41.09	40.55 31.65		
--- SFHS	B	X2:08.18	
34.49 34.14	30.88 28.67		
--- SHP	B	X2:09.02	
32.94 35.28	32.28 28.52		
--- SI	B	X2:15.61	
34.45 40.95	31.57 28.64		
--- PRES	B	XDQ	
32.87 35.51	31.32 27.27		
--- AMHS	A	DQ	
1) Kearney, Christina 10	2) Simonds, Kristen 10		
3) McComas, Kim 9	4) Baum, Natalie 10		
32.01 35.29	30.42 26.05		
--- NDB	B	XDQ	
	34.81 31.60		
--- VC	B	XDQ	
36.91 41.95	38.30 30.23		

Event 2 Boys 200 Yard Medley Relay Frosh-Soph
WCAL Record: 1:43.72 * 2003 Bellarmine College Prep.
S Jackson, M Gartner, M Rico, A MacDonell

Team	Relay	Finals Time	
1 BCP	A	1:44.19	40
1) Jackson, Steve 10	2) Bedell, James 10		
3) Yen, Adam 10	4) Wall, Danny 10		
27.55 29.52	24.53 22.59		

2 SFHS	A	1:51.84	34
1) Blackmore, Jonathan 9	2) Cole, Ryan 9		
3) Cole, Tom 9	4) Dito, Tony 9		
28.26 31.71	27.56 24.31		
3 SHP	A	1:53.14	32
1) Bausback, Michael 10	2) Wishart, Michael 10		
3) Parsons, Matt 10	4) Meisel, Kevin 10		
31.45 30.94	26.75 24.00		
4 AMHS	A	1:54.96	30
1) Hofstetter, Doug 10	2) Miller, Ryan 9		
3) Lopiccio, Adam 10	4) Andersen, Mark 10		
28.78 34.48	26.14 25.56		
5 VC	A	1:56.21	28
1) Picone, Brandon 10	2) Stephenson, Ryan 10		
3) Shemeta, Joshua 10	4) Grizzle, Jonathan 10		
30.35 33.93	26.39 25.54		
6 SI	A	1:57.60	26
1) Rose, Nick 10	2) Walsh, Cameron 10		
3) Nguyen, Nicholas 9	4) Duhn, Christopher 10		
32.92 31.64	27.18 25.86		
7 SERRA	A	2:05.96	24
1) Arms, Steven 9	2) Zuffi, Austin 10		
3) Marchette, Danny 9	4) Chierici, Zach 9		
32.48 37.07	28.74 27.67		
--- SFHS	B	X1:57.31	
29.78 34.32	29.18 24.03		
--- AMHS	B	X1:59.35	
29.81 37.56	27.25 24.73		
--- SHP	B	X2:00.78	
31.26 35.05	28.61 25.86		
--- SI	B	X2:05.82	
34.05 34.53	31.67 25.57		
--- BCP	B	XDQ	
28.60 32.16	25.16 23.82		
--- RIOR	A	DQ	
1) Nelson, Nic 9	2) Espineda, Chris 10		
3) Mateo, Virgil 10	4) Ngo, Ben 9		
41.89 36.56	37.64 29.85		

Event 3 Girls 200 Yard Medley Relay Varsity
WCAL Record: 1:51.23 * 2003 Archbishop Mitty High School
M Liu, E Liu, A Sweeney, L Knott

Team	Relay	Finals Time	
1 AMHS	A	1:50.70*	40
1) Wei, Stephanie 9	2) Garcia, Erin 12		
3) Cisar, Jamie 11	4) Isaacs, Dory 11		
27.96 31.73	26.35 24.66		
2 SI	A	1:51.14*	34
1) Dimagmaliw, Ruthie 10	2) Padilla, Lauren 10		
3) Sheppard, JC 12	4) Campbell, MacKenzie 11		
27.99 31.94	26.38 24.83		
3 VC	A	1:53.15	32
1) Yoshida, Kaylee 11	2) Okuda, Kayci 10		
3) Coetsee, Ciki 10	4) Shilling, Christina 12		
28.33 33.14	27.44 24.24		
4 PRES	A	1:53.67	30
1) Watts, Carolyn 11	2) Peters, Jenni 12		
3) Gong, Jennifer 12	4) Gong, Danielle 10		
28.71 33.38	27.37 24.21		

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(Event 3 Girls 200 Yard Medley Relay Varsity)

Team	Relay	Finals Time	
5 SFHS	A	1:54.66	28
1) Pichay, Victoria 9	2) McGraw, Maura 12		
3) Tansuwan, Melanie 12	4) Gunderson, Jenna 11		
29.43 32.16	27.81 25.26		
6 SHP	A	1:55.19	26
1) Yim, Tiffany 12	2) Maurano, Megan 11		
3) Menon, Pallavi 10	4) Culpan, Kim 11		
28.32 32.70	28.97 25.20		
7 NDB	A	2:03.69	24
1) Zakula, Katie 10	2) Lowe, Kristen 9		
3) Koo, Jackie 12	4) Wilkins, Christine 12		
30.67 36.81	29.85 26.36		
8 SHCP	A	2:04.54	22
1) Law, Nicole 12	2) Holden, Marissa 10		
3) Fong, Natalie 10	4) Rozzano, Brittany 9		
31.02 34.72	31.59 27.21		
--- SI	B	X2:04.15	
30.52 34.70	30.61 28.32		
--- SHP	B	X2:05.18	
33.67 34.53	27.99 28.99		
--- PRES	B	X2:08.27	
35.63 34.70	29.35 28.59		
--- SFHS	B	X2:09.90	
34.81 36.18	30.47 28.44		
--- NDB	B	X2:16.42	
40.88 33.33	32.86 29.35		

Event 4 Boys 200 Yard Medley Relay Varsity
WCAL Record: 1:37.42 * 2000 Bellarmine College Prep.
C Coble, C Bendetson, M Schubert, E Lee

Team	Relay	Finals Time	
1 BCP	A	1:38.38	40
1) Jackson, Scott 12	2) Sonu, James 10		
3) Buonfiglio, Nick 12	4) Talbott, Patrick 10		
24.45 28.59	23.39 21.95		
2 SHP	A	1:39.20	34
1) Navarro, Alex 10	2) Stahley, Austin 11		
3) Flores-Maxfield, Kameron	4) Rudolph, Paul 9		
26.27 26.88	24.21 21.84		
3 SERRA	A	1:39.33	32
1) Chhokar, Aaron 11	2) Griffin, Robert 12		
3) Yarranton, Chris 10	4) Hermansen, David 12		
26.12 27.26	24.13 21.82		
4 SI	A	1:40.57	30
1) Snell, Jason 12	2) Apolinario, Kevin 10		
3) Ostler, Jack 10	4) Cawley, Ryan 12		
26.09 28.60	24.16 21.72		
5 VC	A	1:43.19	28
1) Parizi, Kevin 10	2) Kikuta, Nikolas 9		
3) Langdon, Michael 9	4) Kikuta, Andrew 12		
26.06 30.56	24.92 21.65		
6 AMHS	A	1:44.65	26
1) Bugaski, Alex 12	2) Hussey, Ryan 12		
3) DelRio, Joe 10	4) Ridder, Steve 12		
27.96 29.00	25.40 22.29		

7 RIOR	A	1:53.69	24
1) Riley, Nick 11	2) Chow, Raymond 10		
3) Courey, Mark 10	4) Lau, Nelson 12		
29.66 32.82	26.13 25.08		
--- SERRA	B	X1:46.52	
27.14 29.60	25.53 24.25		
--- SI	B	X1:52.03	
28.79 29.77	26.56 26.91		
--- AMHS	B	X1:52.61	
27.53 31.24	29.25 24.59		
--- SFHS	B	X1:54.22	
29.43 34.60	25.35 24.84		
--- SHP	B	X1:55.32	
29.19 31.80	29.08 25.25		
--- VC	B	X1:59.72	
31.65 31.63	31.95 24.49		
--- BCP	B	XDQ	
25.60 29.52	24.89 21.87		
--- SFHS	A	DQ	
1) Fronczak, Sean 9	2) Wessbecher, Christof 10		
3) Brochier, Tim 10	4) Broom, Connor 11		
28.27 30.51	25.54 22.86		

Event 5 Girls 200 Yard Freestyle Junior Varsity
WCAL Record: 2:05.08 * 05/05/06 KK Clark SHP

Name	Yr School	Finals Time	
Championship Finals			
1 Clark, KK	10 SHP	2:02.19*	20
28.46 30.53	31.32 31.88		
2 Pedersen, Megan	10 AMHS	2:07.73	17
29.51 32.54	33.37 32.31		
3 Ericksen, Kelsea	10 AMHS	2:09.03	16
28.76 31.58	34.42 34.27		
4 Castagnola, Gina	11 SI	2:10.33	15
29.71 31.84	33.99 34.79		
5 Lorion, Marisa	11 PRES	2:10.57	14
29.97 32.45	34.09 34.06		
6 Caine, Lindsey	10 SFHS	2:11.37	13
29.39 32.77	34.30 34.91		
7 Medeiros, Danielle	9 PRES	2:11.93	12
30.63 32.67	34.21 34.42		
8 Baum, Natalie	10 AMHS	2:12.88	11
29.84 32.89	35.02 35.13		
Consolation Finals			
9 Arimoto, Jenny	9 SI	2:15.40	9
30.21 33.47	35.56 36.16		
10 Farley, Laura	11 AMHS	2:16.44	7
30.77 33.86	35.53 36.28		
11 Roe, Jenna	11 PRES	2:16.87	6
31.67 35.10	35.62 34.48		
12 Fuselier, Claire	9 SFHS	2:18.39	5
31.33 34.54	36.17 36.35		
13 Henderson, Hannah	10 SHP	2:18.42	4
31.97 35.18	36.56 34.71		
14 Refy, Monika	10 PRES	2:19.38	3
31.21 35.24	36.96 35.97		
15 Trindle, Thea	10 SI	2:20.24	2
32.65 35.37	36.26 35.96		

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Consolation Finals ... (Event 5 Girls 200 Yard Freestyle Junior

Name	Yr	School	Finals Time	
16 Carey, Elizabeth	9	SHP	2:23.08	1
	32.61	36.26	36.94	37.27

Event 5 Girls 200 Yard Freestyle Junior Varsity
WCAL Record: 2:05.08 * 05/05/06 KK Clark SHP

Name	Yr	School	Trials Time
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Trials				
1 Clark, KK	10	SHP	2:05.08*	
	29.38	31.88	32.02	31.80
2 Ericksen, Kelsea	10	AMHS	2:07.16	
	29.51	32.12	32.82	32.71
3 Castagnola, Gina	11	SI	2:08.92	
	30.48	31.78	33.12	33.54
4 Caine, Lindsey	10	SFHS	2:09.36	
	29.73	32.83	33.49	33.31
5 Pedersen, Megan	10	AMHS	2:10.80	
	29.62	33.16	34.62	33.40
6 Lorion, Marisa	11	PRES	2:11.55	
	29.89	33.19	34.51	33.96
7 Medeiros, Danielle	9	PRES	2:12.52	
	30.46	33.33	34.70	34.03
8 Baum, Natalie	10	AMHS	2:12.67	
	29.78	33.47	35.12	34.30
9 Arimoto, Jenny	9	SI	2:12.94	
	30.25	33.58	34.39	34.72
10 Fuselier, Claire	9	SFHS	2:15.77	
	30.58	34.77	35.78	34.64
11 Roe, Jenna	11	PRES	2:16.28	
	31.35	34.29	35.61	35.03
12 Henderson, Hannah	10	SHP	2:17.61	
	30.65	34.04	36.16	36.76
13 Farley, Laura	11	AMHS	2:18.60	
	31.36	34.56	36.20	36.48
14 Refy, Monika	10	PRES	2:20.04	
	31.62	35.62	36.59	36.21
15 Trindle, Thea	10	SI	2:20.16	
	32.32	35.13	36.24	36.47
16 Carey, Elizabeth	9	SHP	2:22.71	
	33.68	36.16	37.28	35.59
17 Salciccica, Ally	10	SFHS	2:33.71	
	34.14	37.84	40.57	41.16
18 Benanti, Alex	9	VC	2:33.75	
	32.65	38.33	41.81	40.96
19 Pleiss, Katie	10	SHP	2:37.21	
	36.17	39.64	42.49	38.91
20 Lee, Annabelle	11	SHCP	2:37.29	
	36.03	40.29	41.87	39.10
21 Gee, Melinda	11	SHCP	2:38.35	
	36.22	39.69	41.93	40.51
22 Zhang, Irma	9	SHCP	2:38.71	
	36.54	40.23	41.60	40.34
23 Chao, Melissa	9	NDB	2:39.86	
	36.05	40.08	42.54	41.19
24 Powell, Christina	10	SHP	2:40.66	
	37.17	40.15	42.15	41.19

25 Delara, Stephanie	10	SHCP	2:43.08	
	34.37	40.12	45.71	42.88
26 Sanford, Laura	10	NDB	2:44.43	
	35.57	41.69	43.49	43.68
27 Martinez, Marissa	11	NDB	2:50.53	
	38.99	48.57	1:39.78	
28 Bailey, Tara	10	VC	2:50.65	
	34.66	43.75	1:32.24	
29 O'Dowd, Stephanie	10	NDB	3:44.97	
	49.79	58.71	58.67	57.80
--- Pezzoni, Ashleigh	10	PRES	X2:25.15	
	32.42	36.41	38.14	38.18
--- Teixeira, Olivia	11	PRES	X2:30.76	
	33.81	39.13	39.39	38.43

Event 6 Boys 200 Yard Freestyle Frosh-Soph
WCAL Record: 1:46.30 * 2005 Spencer Pollard Bell

Name	Yr	School	Finals Time
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Championship Finals				
1 Schmidt, Brian	10	BCP	1:50.16	20
	25.31	27.46	28.31	29.08
2 Muir, Jake	10	BCP	1:53.13	17
	25.86	27.94	29.42	29.91
3 Akerland, Marcus	10	BCP	1:54.80	16
	26.02	28.84	29.71	30.23
4 Schilling, Ted	10	BCP	1:54.89	15
	26.36	28.61	29.86	30.06
5 Kranenburg, Pieter	9	SI	1:55.14	14
	26.26	29.13	29.75	30.00
6 Blackmore, Jonathan	9	SFHS	1:58.69	13
	27.57	29.76	30.82	30.54
7 Bausback, Michael	10	SHP	2:01.66	12
	27.76	30.72	31.70	31.48
8 Duhn, Christopher	10	SI	2:03.38	11
	28.53	30.99	32.22	31.64

Consolation Finals				
9 Franceschini, Robby	10	SFHS	2:02.54	9
	28.18	30.37	31.86	32.13
10 Grizzle, Jonathan	10	VC	2:05.48	7
	28.35	31.38	33.05	32.70
11 Murphy, Michael	10	SHP	2:07.58	6
	28.09	30.99	34.50	34.00
12 Horsley, Hunter	9	SHP	2:07.73	5
	29.63	32.57	33.75	31.78
13 Runkel, Rob	10	SHP	2:08.23	4
	28.68	31.96	33.85	33.74
14 Minnis, Josh	10	SFHS	2:08.72	3
	28.28	30.17	33.93	36.34
15 Coleman, Brad	10	SFHS	2:09.31	2
	30.83	33.51	34.03	30.94
16 Greco, Travis	10	SERRA	2:15.09	1
	29.23	32.30	36.74	36.82

Event 6 Boys 200 Yard Freestyle Frosh-Soph
WCAL Record: 1:46.30 * 2005 Spencer Pollard Bell

Name	Yr	School	Trials Time
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Trials				
1 Schmidt, Brian	10	BCP	1:51.91	
	25.71	28.00	28.79	29.41

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Trials ... (Event 6 Boys 200 Yard Freestyle Frosh-Soph)

Name	Yr	School	Trials	Time
2 Muir, Jake	10	BCP		1:53.95
26.54	29.51	29.28	28.62	
3 Akerland, Marcus	10	BCP		1:55.09
27.20	29.96	29.28	28.65	
4 Schilling, Ted	10	BCP		1:56.20
26.67	29.81	30.18	29.54	
5 Kranenburg, Pieter	9	SI		1:57.18
26.79	29.69	30.37	30.33	
6 Blackmore, Jonathan	9	SFHS		1:58.93
27.70	29.91	30.79	30.53	
7 Duhn, Christopher	10	SI		2:01.40
28.26	30.90	31.44	30.80	
8 Bausback, Michael	10	SHP		2:03.44
27.63	31.28	32.90	31.63	
9 Franceschini, Robby	10	SFHS		2:05.18
28.64	30.91	32.65	32.98	
10 Grizzle, Jonathan	10	VC		2:05.49
27.64	31.57	33.57	32.71	
11 Runkel, Rob	10	SHP		2:06.81
28.80	32.08	33.02	32.91	
12 Murphy, Michael	10	SHP		2:07.12
27.56	32.56	33.59	33.41	
13 Minnis, Josh	10	SFHS		2:07.62
28.73	30.56	33.97	34.36	
14 Coleman, Brad	10	SFHS		2:08.09
29.56	31.97	34.32	32.24	
15 Horsley, Hunter	9	SHP		2:10.29
30.02	32.55	33.65	34.07	
16 Greco, Travis	10	SERRA		2:15.68
29.31	33.17	37.53	35.67	
17 Morton, Scott	10	SERRA		2:18.08
29.55	33.58	37.11	37.84	
18 Peterson, Dennis	10	VC		2:22.38
30.28	35.44	38.79	37.87	
19 Sung, Joshua	10	VC		2:24.09
31.28	35.94	38.25	38.62	
20 Tran, Dustin	9	VC		2:49.98
21 Mah, Jonathan	9	SHCP		2:58.65
37.58	44.71	48.59	47.77	
--- Hanson, Teddy	9	BCP		X1:56.46
25.78	29.57	30.54	30.57	
--- Ebert, Robert	10	BCP		X1:59.54
27.41	30.71	31.37	30.05	
--- Garcia, Edgar	10	BCP		X2:01.89
27.93	30.75	31.88	31.33	

Event 7 Girls 200 Yard Freestyle Varsity

WCAL Record: 1:55.79 * 2005 Danielle Gong-Pres

Name	Yr	School	Finals	Time
1 Wei, Stephanie	9	AMHS		1:53.66* 20
26.46	28.30	28.82	30.08	
2 Coetsee, Ciki	10	VC		1:57.49 17
27.47	29.37	30.37	30.28	
3 Pichay, Victoria	9	SFHS		1:58.13 16
26.97	29.29	30.51	31.36	

4 Ryan, Mallory	10	SI		1:59.54 15
26.88	29.46	31.31	31.89	
5 Wells, Alex	10	VC		2:00.27 14
27.90	30.07	31.21	31.09	
6 Gunderson, Jenna	11	SFHS		2:00.30 13
28.16	30.29	31.01	30.84	
7 Still, Julia	10	PRES		2:01.18 12
28.34	30.91	31.51	30.42	
8 Oreglia, Kelley	11	PRES		2:01.20 11
28.30	30.33	31.15	31.42	

Consolation Finals

9 Mansfield, Roxanne	10	SFHS		2:01.69 9
28.60	31.08	31.80	30.21	
10 Stephens, Hannah	10	SHP		2:03.41 7
28.71	31.52	32.04	31.14	
11 Dellaria, Lyndsie	10	SI		2:04.43 6
28.21	30.87	32.01	33.34	
12 Anderson, Grace	9	VC		2:04.61 5
28.50	31.15	31.93	33.03	
13 Isaacs, Caroline	9	AMHS		2:05.47 4
29.31	31.82	32.10	32.24	
14 Roddy, Loretta	12	SI		2:05.73 3
29.30	31.53	32.83	32.07	
15 Smith, Kimberly	10	SFHS		2:08.51 2
30.44	32.99	33.06	32.02	
16 Micotti, Kristina	10	VC		2:10.04 1
30.00	33.16	33.81	33.07	

Event 7 Girls 200 Yard Freestyle Varsity

WCAL Record: 1:55.79 * 2005 Danielle Gong-Pres

Name	Yr	School	Trials	Time
1 Wei, Stephanie	9	AMHS		1:56.86
27.15	29.24	29.97	30.50	
2 Ryan, Mallory	10	SI		1:57.54
27.41	29.44	30.23	30.46	
3 Pichay, Victoria	9	SFHS		1:57.88
27.26	29.28	29.91	31.43	
4 Coetsee, Ciki	10	VC		1:59.52
27.90	29.87	30.57	31.18	
5 Wells, Alex	10	VC		1:59.91
28.04	30.31	31.01	30.55	
6 Gunderson, Jenna	11	SFHS		2:01.06
29.00	30.93	30.75	30.38	
7 Still, Julia	10	PRES		2:01.97
28.79	31.03	31.01	31.14	
8 Oreglia, Kelley	11	PRES		2:03.72
28.25	30.44	32.43	32.60	
9 Anderson, Grace	9	VC		2:04.09
28.16	30.55	32.19	33.19	
10 Mansfield, Roxanne	10	SFHS		2:04.19
29.18	31.48	31.81	31.72	
11 Stephens, Hannah	10	SHP		2:04.49
29.53	31.54	32.33	31.09	
12 Dellaria, Lyndsie	10	SI		2:05.85
28.58	31.79	32.73	32.75	
13 Roddy, Loretta	12	SI		2:05.93
29.23	32.19	32.63	31.88	

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Trials ... (Event 7 Girls 200 Yard Freestyle Varsity)

Name	Yr	School	Trials Time
14 Smith, Kimberly	10	SFHS	2:06.65
30.22	31.91	32.18	32.34
15 Isaacs, Caroline	9	AMHS	2:07.59
29.38	32.14	33.24	32.83
16 Micotti, Kristina	10	VC	2:08.50
29.73	31.98	33.13	33.66
17 Lowe, Kristen	9	NDB	2:08.70
28.84	32.11	33.82	33.93
18 Ericksen, Kristina	12	AMHS	2:08.74
30.40	32.52	32.70	33.12
19 Thomas, Emily	11	AMHS	2:08.85
29.79	32.10	33.48	33.48
20 Bacon, Ruth	12	SHP	2:09.01
30.45	32.72	33.13	32.71
21 Kirchessger, Kristina	12	SI	2:12.67
31.40	34.33	34.44	32.50
22 Heinisch, Amanda	12	SFHS	2:15.76
30.91	35.07	34.97	34.81
23 Adams, Taylor	10	SHCP	2:20.66
31.99	35.23	36.82	36.62
24 Doudell, Christine	12	PRES	2:20.93
31.78	35.20	37.43	36.52
25 Koo, Jackie	12	NDB	2:26.29
32.04	36.85	39.28	38.12
26 Mah, Kimberly	11	SHCP	2:27.52
33.50	36.34	38.72	38.96
27 Pastore, Alyssa	11	NDB	2:29.35
33.87	37.10	39.28	39.10
28 Mah, Katherine	12	SHCP	2:30.33
33.24	38.23	39.90	38.96
29 Tarling, Morgan	12	NDB	2:33.44
35.74	40.54	40.28	36.88
30 Hoag, Blaise	11	NDB	2:33.50
35.32	38.62	40.61	38.95
31 Geyton, Dior	12	NDB	2:36.97
36.74	40.60	41.21	38.42

Event 8 Boys 200 Yard Freestyle Varsity

WCAL Record: 1:40.97 * 2004 Chris Talbott Bell

Name	Yr	School	Finals Time
Championship Finals			
1 Smith, Taylor	11	BCP	1:41.22 20
23.72	25.81	26.13	25.56
2 Navarro, Alex	10	SHP	1:42.10 17
24.01	25.95	26.41	25.73
3 Mix, Zach	12	BCP	1:46.38 16
24.84	26.69	27.22	27.63
4 Muir, Jonny	12	BCP	1:46.51 15
24.67	26.26	27.55	28.03
5 Pollard, Spencer	11	BCP	1:47.45 14
23.74	26.97	28.08	28.66
6 Kuo, David	10	SFHS	1:49.97 13
24.32	27.54	29.15	28.96
7 Kristofferson, Jun	11	SHP	1:52.04 12
25.50	28.22	29.49	28.83

8 Coetsee, Abram	12	VC	1:52.84 11
25.90	28.62	29.03	29.29

Consolation Finals

9 Vo, Cory	12	SFHS	1:52.10 9
25.71	27.85	28.86	29.68
10 Smith, Matt	11	VC	1:52.45 7
26.21	28.75	29.24	28.25
11 Norton, Tim	10	SHP	1:54.39 6
25.83	28.58	29.87	30.11
12 Yam, Robert	12	SI	1:54.53 5
25.83	28.05	29.20	31.45
13 Kolenda, David	11	SI	1:57.02 4
26.62	29.59	30.74	30.07
14 Fry, Brad	11	AMHS	1:57.43 3
26.89	29.36	30.53	30.65
15 Lenihan, Aidan	10	VC	1:57.75 2
26.76	29.60	30.66	30.73
16 Guslani, Ryan	10	SFHS	1:58.10 1
26.21	29.83	31.17	30.89

Event 8 Boys 200 Yard Freestyle Varsity

WCAL Record: 1:40.97 * 2004 Chris Talbott Bell

Name	Yr	School	Trials Time
Trials			
1 Smith, Taylor	11	BCP	1:41.91
23.70	26.07	26.27	25.87
2 Navarro, Alex	10	SHP	1:43.85
24.22	26.24	27.07	26.32
3 Muir, Jonny	12	BCP	1:45.83
24.66	26.22	27.50	27.45
4 Pollard, Spencer	11	BCP	1:46.68
24.70	26.09	27.83	28.06
5 Mix, Zach	12	BCP	1:47.08
25.19	26.94	27.56	27.39
6 Kuo, David	10	SFHS	1:48.94
24.60	27.22	28.86	28.26
7 Kristofferson, Jun	11	SHP	1:52.50
25.89	28.10	29.25	29.26
8 Coetsee, Abram	12	VC	1:53.08
26.08	28.23	29.35	29.42
9 Yam, Robert	12	SI	1:53.27
26.56	28.50	28.96	29.25
10 Norton, Tim	10	SHP	1:54.25
26.43	28.80	29.98	29.04
11 Kolenda, David	11	SI	1:56.18
26.77	29.45	30.07	29.89
12 Vo, Cory	12	SFHS	1:56.81
26.81	29.93	30.23	29.84
13 Smith, Matt	11	VC	1:57.75
26.08	29.65	31.39	30.63
14 Lenihan, Aidan	10	VC	1:58.75
27.00	29.99	31.49	30.27
15 Guslani, Ryan	10	SFHS	1:58.87
		33.44	
16 Fry, Brad	11	AMHS	1:59.76
26.41	29.44	32.53	31.38
17 McEnery, Ryan	11	SERRA	1:59.97
27.20	30.71	31.86	30.20

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Trials ... (Event 8 Boys 200 Yard Freestyle Varsity)

Name	Yr	School	Trials Time
18 Mahoney, Brendan	11	SI	2:01.34
	28.29	30.28	31.27 31.50
19 Wang, Kevin	11	AMHS	2:01.90
	27.68	30.27	31.52 32.43
20 Kirmse, Matt	11	AMHS	2:02.06
	28.01	30.64	32.91 30.50
21 Woodward, Ryan	12	AMHS	2:03.53
	18.20	39.60	28.78 36.95
22 Opray, Jonathan	10	VC	2:03.69
	28.29	31.68	32.47 31.25
23 Mailloux-Beauchemin,	10	SFHS	2:03.82
	28.38	31.07	32.34 32.03
24 Aldrette, Andrew	10	VC	2:05.03
	28.23	31.24	33.23 32.33
25 Johnson, Alex	11	SI	2:07.34
	28.29	32.12	33.47 33.46
26 Handley, Spencer	10	RIOR	2:18.78
	30.26	34.61	37.03 36.88
27 Ngo, Martin	11	RIOR	2:37.73
	33.12	38.06	43.49 43.06
--- Shields, Matt	11	BCP	X1:51.85
	25.45	27.54	29.31 29.55
--- Partin, Chris	11	BCP	X1:52.88
	25.70	29.11	29.61 28.46

Event 9 Girls 100 Yard IM Junior Varsity

WCAL Record: 1:04.98 * 2004 Darcie Campbell-SI

Name	Yr	School	Finals Time
Championship Finals			
1 Korpusik, Mandy	9	PRES	1:06.81 20
	32.15	34.66	
2 Kerstens, Annemieke	9	PRES	1:07.11 17
	31.16	35.95	
3 Pang, Jinna	10	SI	1:07.40 16
	30.91	36.49	
4 Winkler, Kristin	9	SFHS	1:07.97 15
	32.19	35.78	
5 O'Dea, Nicole	9	SI	1:08.53 14
	32.37	36.16	
6 Jaquier, Carly	9	SI	1:09.25 13
	31.70	37.55	
7 Proceviat, Laina	10	SFHS	1:09.38 12
	31.71	37.67	
8 McComas, Kim	9	AMHS	1:10.91 11
	31.67	39.24	
Consolation Finals			
9 Child, Laura	10	SHP	1:09.97 9
	33.72	36.25	
10 Vogt, Adriana	11	SHP	1:10.28 7
	32.60	37.68	
11 Ceremsak, Kate	10	SHP	1:10.50 6
	31.33	39.17	
12 Simonds, Kristen	10	AMHS	1:10.51 5
	32.44	38.07	
13 Chukuntarod, Bobbie	9	SHCP	1:11.23 4
	33.23	38.00	

14 Dewitt, Lauren	9	PRES	1:12.34 3
	32.53	39.81	
15 Landefeld, Claire	10	SI	1:12.46 2
	33.11	39.35	
16 Richardson, Edie	10	SFHS	1:12.83 1
	33.97	38.86	

Event 9 Girls 100 Yard IM Junior Varsity

WCAL Record: 1:04.98 * 2004 Darcie Campbell-SI

Name	Yr	School	Trials Time
Trials			
1 Kerstens, Annemieke	9	PRES	1:06.90
	31.35	35.55	
2 Korpusik, Mandy	9	PRES	1:07.06
	32.37	34.69	
3 Pang, Jinna	10	SI	1:07.24
	30.63	36.61	
4 Jaquier, Carly	9	SI	1:08.37
	31.46	36.91	
5 Proceviat, Laina	10	SFHS	1:08.43
	31.44	36.99	
6 O'Dea, Nicole	9	SI	1:08.68
	32.54	36.14	
7 Winkler, Kristin	9	SFHS	1:09.30
	32.76	36.54	
8 McComas, Kim	9	AMHS	1:09.78
	31.85	37.93	
9 Child, Laura	10	SHP	1:10.30
	33.78	36.52	
10 Vogt, Adriana	11	SHP	1:10.71
	32.40	38.31	
11 Ceremsak, Kate	10	SHP	1:10.85
	30.75	40.10	
12 Simonds, Kristen	10	AMHS	1:11.23
	33.17	38.06	
13 Chukuntarod, Bobbie	9	SHCP	1:11.79
	34.03	37.76	
14 Landefeld, Claire	10	SI	1:11.91
	32.16	39.75	
15 Richardson, Edie	10	SFHS	1:12.22
	33.77	38.45	
16 Dewitt, Lauren	9	PRES	1:12.35
	32.54	39.81	
17 Fisher, Kelsey	11	PRES	1:13.83
	35.15	38.68	
18 McKinney, Lisa	9	VC	1:14.39
	34.58	39.81	
19 Nguyen, Joyce	9	PRES	1:14.49
	33.60	40.89	
20 Carey, Elizabeth	9	SHP	1:14.57
	35.41	39.16	
21 Needham, Jennifer	10	AMHS	1:14.93
	35.04	39.89	
22 Covarrubias, Casey	11	PRES	1:15.07
	34.07	41.00	
23 Weller, Emily	10	PRES	1:15.21
	34.62	40.59	

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Trials ... (Event 9 Girls 100 Yard IM Junior Varsity)

Name	Yr	School	Trials Time
24 Aquino, Nina	9	AMHS	1:15.22
34.27	40.95		
25 Kidd, Natalie	11	AMHS	1:15.56
35.33	40.23		
26 Law, Allison	10	SFHS	1:16.63
34.83	41.80		
27 Carey, Michelle	11	SHP	1:16.82
35.46	41.36		
28 Vasquez, Marlana	9	AMHS	1:17.48
36.68	40.80		
29 Pham, Rosemary	10	PRES	1:18.14
34.02	44.12		
30 West, Marie	9	SFHS	1:18.91
36.91	42.00		
31 Fredrich, Bridget	10	PRES	1:19.08
36.39	42.69		
32 Pham, Angelina	10	SFHS	1:19.11
36.06	43.05		
33 Fiorio, Hannah	10	PRES	1:19.15
37.56	41.59		
34 Pabinguit, Kathryn	9	SFHS	1:20.43
37.48	42.95		
35 Collins, Nicole	9	PRES	1:21.87
37.44	44.43		
36 Robledo, Rachel	9	PRES	1:22.39
38.86	43.53		
37 Fordyce, Jennie	9	SFHS	1:22.85
41.10	41.75		
38 Jimenz, Pamela	9	PRES	1:22.99
36.50	46.49		
39 Jensen, Caitlin	9	VC	1:23.16
38.25	44.91		
40 Whalen, Caitlin	10	PRES	1:23.55
39.22	44.33		
41 Montanari, Kristin	10	SFHS	1:23.74
39.67	44.07		
42 Soghoyan, Angela	9	AMHS	1:24.21
38.00	46.21		
43 MacDonnell, Megan	9	SFHS	1:25.93
39.10	46.83		
44 deSilva, Gabby	9	PRES	1:26.11
40.71	45.40		
45 Yeider, Corinne	10	PRES	1:26.36
41.94	44.42		
45 DeNeffe, Holly	9	SFHS	1:26.36
39.66	46.70		
47 Hofer, Erika	9	PRES	1:27.04
40.48	46.56		
48 Frederick, Sarah	10	PRES	1:28.09
42.01	46.08		
49 Razzak, Zaireen	11	NDB	1:28.34
40.25	48.09		
50 Lunzer, Amanda	10	SFHS	1:28.64
41.39	47.25		
51 Fiato, Melissa	11	PRES	1:29.74
40.97	48.77		

52 Lee, Cheryl	10	VC	1:29.88
38.86	51.02		
53 Cannon, Natasha	10	PRES	1:30.25
42.12	48.13		
54 Nelson, Jordan	9	PRES	1:31.44
44.67	46.77		
55 Mahoney, Jordan	9	PRES	1:33.24
44.24	49.00		
56 Scanlon, Moira	9	SFHS	1:34.34
43.43	50.91		
57 Boyle, Katie	9	NDB	1:35.65
43.34	52.31		
58 Lee, Esther	9	NDB	1:46.19
49.11	57.08		
59 Pham, Tiffany	11	PRES	1:46.22
50.35	55.87		
--- Mestice, Nicole	9	AMHS	DQ
42.37	44.61		

Event 10 Boys 100 Yard IM Frosh-Soph

WCAL Record: 54.23 * 2003 Nick Buonfiglio Bells

Name	Yr	School	Finals Time
Championship Finals			
1 Yen, Adam	10	BCP	58.87 20
26.77	32.10		
2 Wall, Danny	10	BCP	1:00.10 17
28.45	31.65		
3 Nguyen, Harold	10	BCP	1:01.46 16
28.60	32.86		
4 Kutzscher, Michael	10	SI	1:01.86 15
28.65	33.21		
5 Hofstetter, Doug	10	AMHS	1:01.98 14
27.98	34.00		
6 Walsh, Cameron	10	SI	1:03.84 13
30.60	33.24		
--- Martin de Bustamante,	9	SFHS	DQ
30.07	35.31		
--- Song, Steve	10	BCP	DQ
29.16	32.48		
Consolation Finals			
9 Child, Andrew	10	SHP	1:04.27 9
30.39	33.88		
10 Villeneuve, Grant	9	SHP	1:04.33 7
30.05	34.28		
11 Marchette, Danny	9	SERRA	1:05.67 6
30.69	34.98		
12 Lopiccolo, Adam	10	AMHS	1:05.93 5
29.44	36.49		
13 Nguyen, Nicholas	9	SI	1:05.97 4
30.21	35.76		
14 Lotz, Jace	10	SFHS	1:06.24 3
30.45	35.79		
15 Wagner, Doug	10	VC	1:08.31 2
31.46	36.85		
--- Shemeta, Joshua	10	VC	DQ
29.10	35.47		

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Event 10 Boys 100 Yard IM Frosh-Soph				
WCAL Record: 54.23 * 2003		Nick Buonfiglio Bells		
Name	Yr	School	Trials Time	
Trials				
1 Yen, Adam	10	BCP	58.37	
			26.13	32.24
2 Wall, Danny	10	BCP	1:00.27	
			28.26	32.01
3 Song, Steve	10	BCP	1:01.61	
			29.48	32.13
4 Nguyen, Harold	10	BCP	1:01.78	
			28.72	33.06
5 Kutzscher, Michael	10	SI	1:02.82	
			28.37	34.45
6 Hofstetter, Doug	10	AMHS	1:03.22	
			28.59	34.63
7 Walsh, Cameron	10	SI	1:03.24	
			29.79	33.45
8 Martin de Bustamante,	9	SFHS	1:03.85	
			28.89	34.96
9 Child, Andrew	10	SHP	1:04.66	
			30.43	34.23
10 Shemeta, Joshua	10	VC	1:05.09	
			29.31	35.78
11 Marchette, Danny	9	SERRA	1:05.14	
			30.13	35.01
12 Villeneuve, Grant	9	SHP	1:05.27	
			30.18	35.09
13 Lotz, Jace	10	SFHS	1:06.13	
			30.36	35.77
14 Lopiccolo, Adam	10	AMHS	1:06.37	
			30.06	36.31
15 Nguyen, Nicholas	9	SI	1:07.52	
			31.19	36.33
16 Wagner, Doug	10	VC	1:08.36	
			31.65	36.71
17 Chang, Colin	10	SHP	1:08.83	
			31.18	37.65
18 McGrouther, David	10	SFHS	1:09.88	
			31.37	38.51
19 Arms, Steven	9	SERRA	1:10.23	
			32.22	38.01
20 Bohrer, Madison	9	SFHS	1:12.13	
			33.77	38.36
21 Empey, Tyler	10	SERRA	1:12.65	
			32.94	39.71
22 Callas, Will	9	AMHS	1:12.97	
			34.56	38.41
23 Wang, Nova	9	AMHS	1:14.66	
			34.22	40.44
24 Lindgren, Andrew	10	SERRA	1:15.94	
			35.58	40.36
25 Yun, Thomas	10	SHCP	1:18.75	
			37.02	41.73
26 Lin, Timothy	9	VC	1:21.83	
			38.50	43.33

---	Tu, Matt		9	BCP	X1:04.05
		30.36	33.69		
---	Givens, Greg		9	BCP	X1:05.74
		31.39	34.35		
---	Glass, Ken		10	AMHS	DQ
		31.95	36.48		
---	Lin, Larry		10	VC	DQ
		35.62	41.18		

Event 11 Girls 200 Yard IM Varsity				
WCAL Record: 2:05.02 * 2004		Erica Liu-Mitty		
Name	Yr	School	Finals Time	

Championship Finals					
1	Delisle, Laurence	9	AMHS	2:07.29	20
		28.58	31.56	37.29	29.86
2	Gong, Jennifer	12	PRES	2:08.66	17
		28.71	32.23	37.40	30.32
3	Dimagmaliw, Ruthie	10	SI	2:12.09	16
		29.08	33.24	39.23	30.54
4	Yim, Tiffany	12	SHP	2:12.26	15
		29.63	34.66	38.06	29.91
5	Vo, Anya	9	SFHS	2:15.60	14
		30.08	35.12	38.48	31.92
6	Power, Kyla	12	VC	2:16.07	13
		29.29	33.56	41.89	31.33
7	Garcia, Erin	12	AMHS	2:17.18	12
		29.92	35.12	40.18	31.96
8	Padilla, Lauren	10	SI	2:17.61	11
		30.47	35.46	39.68	32.00

Consolation Finals					
9	Miller, Melissa	11	PRES	2:18.23	9
		30.47	35.74	39.61	32.41
10	Quan, Lauren	9	SI	2:18.41	7
		30.90	34.91	40.20	32.40
11	Canonica, Kandis	11	SI	2:19.14	6
		30.23	34.16	41.94	32.81
12	Okuda, Kelsi	12	VC	2:19.89	5
		29.59	37.24	41.13	31.93
13	Okuda, Kayci	10	VC	2:20.83	4
		30.54	38.15	40.48	31.66
14	Power, Kelsey	10	VC	2:21.52	3
		31.27	36.15	42.24	31.86
15	Sutherland, Katie	11	SHP	2:22.70	2
		31.22	38.02	41.21	32.25
16	Bone, Jen	10	SFHS	2:23.25	1
		31.57	35.86	41.47	34.35

Event 11 Girls 200 Yard IM Varsity				
WCAL Record: 2:05.02 * 2004		Erica Liu-Mitty		
Name	Yr	School	Trials Time	

Trials				
1	Delisle, Laurence	9	AMHS	2:09.98
		29.07	32.47	38.17
2	Gong, Jennifer	12	PRES	2:10.51
		29.22	33.13	37.70
3	Yim, Tiffany	12	SHP	2:14.26
		29.65	35.21	38.78
4	Dimagmaliw, Ruthie	10	SI	2:14.74
		29.37	34.00	39.62
				31.75

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Trials ... (Event 11 Girls 200 Yard IM Varsity)				
Name	Yr	School	Trials	Time
5 Power, Kyla	12	VC	2:15.80	
29.69	33.66	41.89	30.56	
6 Garcia, Erin	12	AMHS	2:16.15	
30.21	35.36	39.50	31.08	
7 Vo, Anya	9	SFHS	2:16.50	
30.30	35.67	38.62	31.91	
8 Padilla, Lauren	10	SI	2:17.67	
29.98	35.04	39.62	33.03	
9 Miller, Melissa	11	PRES	2:18.88	
30.65	35.84	40.28	32.11	
10 Quan, Lauren	9	SI	2:19.61	
31.70	35.39	40.02	32.50	
11 Canonica, Kandis	11	SI	2:20.18	
30.41	35.33	41.53	32.91	
12 Sutherland, Katie	11	SHP	2:20.74	
30.32	36.52	41.24	32.66	
13 Okuda, Kelsi	12	VC	2:21.12	
29.58	37.54	41.17	32.83	
14 Okuda, Kayci	10	VC	2:21.42	
29.98	37.59	40.90	32.95	
15 Bone, Jen	10	SFHS	2:21.57	
31.22	35.82	40.51	34.02	
16 Power, Kelsey	10	VC	2:23.12	
30.90	36.11	43.22	32.89	
17 Enriquez, Nicolyna	11	SFHS	2:23.29	
31.87	37.76	41.20	32.46	
18 Smith, Danielle	10	AMHS	2:24.70	
32.54	37.91	40.40	33.85	
19 Silver, Allison	10	SFHS	2:27.52	
32.55	35.99	45.84	33.14	
20 Holden, Marissa	10	SHCP	2:27.87	
30.68	36.77	43.48	36.94	
21 Morris, Kelsey	11	SI	2:28.84	
32.18	36.96	44.73	34.97	
22 Law, Nicole	12	SHCP	2:28.98	
33.31	36.64	44.46	34.57	
23 Darby, Sally	11	SFHS	2:34.49	
32.63	38.11	47.98	35.77	

Event 12 Boys 200 Yard IM Varsity				
WCAL Record: 1:52.30 * 1997 Rob Canales-Bells				
Name	Yr	School	Finals	Time
Championship Finals				
1 Stahley, Austin	11	SHP	1:55.04	20
25.07	28.12	33.91	27.94	
2 Buonfiglio, Nick	12	BCP	1:57.78	17
25.14	29.73	34.76	28.15	
3 Flores-Maxfield,	11	SHP	1:58.71	16
25.14	29.99	34.98	28.60	
4 Chhokar, Aaron	11	SERRA	2:00.29	15
25.43	31.64	35.29	27.93	
5 Shilling, Brandon	9	BCP	2:00.86	14
25.84	30.24	36.29	28.49	
6 Yarranton, Chris	10	SERRA	2:03.89	13
25.85	31.81	37.79	28.44	

7 Chan, Chris	11	BCP	2:05.33	12
25.63	32.11	37.23	30.36	
--- Parizi, Kevin	10	VC	DQ	
Consolation Finals				
9 Sonu, James	10	BCP	2:04.04	9
27.89	32.62	35.22	28.31	
10 Apolinario, Kevin	10	SI	2:04.76	7
27.95	31.97	35.17	29.67	
11 Fronczak, Sean	9	SFHS	2:06.39	6
28.88	31.72	36.54	29.25	
12 Fronczak, Ian	12	AMHS	2:08.66	5
28.78	32.89	37.11	29.88	
13 Kikuta, Nikolas	9	VC	2:11.67	4
29.38	32.60	38.57	31.12	
14 Brochier, Tim	10	SFHS	2:11.74	3
26.95	33.89	37.90	33.00	
15 McMillan, Ernest	10	SFHS	2:13.13	2
27.56	33.49	40.08	32.00	
16 Sims, John	11	SERRA	2:13.84	1
28.98	34.62	38.54	31.70	

Event 12 Boys 200 Yard IM Varsity				
WCAL Record: 1:52.30 * 1997 Rob Canales-Bells				
Name	Yr	School	Trials	Time
Trials				
1 Stahley, Austin	11	SHP	1:55.33	
25.42	28.65	34.09	27.17	
2 Buonfiglio, Nick	12	BCP	1:58.83	
25.28	30.39	34.96	28.20	
3 Flores-Maxfield,	11	SHP	1:59.26	
25.42	31.30	33.97	28.57	
4 Shilling, Brandon	9	BCP	2:01.20	
26.38	30.22	36.03	28.57	
5 Parizi, Kevin	10	VC	2:02.17	
26.63	29.88	37.19	28.47	
6 Chan, Chris	11	BCP	2:03.75	
25.73	31.37	37.13	29.52	
7 Chhokar, Aaron	11	SERRA	2:04.14	
25.66	31.87	36.68	29.93	
8 Yarranton, Chris	10	SERRA	2:04.55	
25.50	31.20	38.48	29.37	
9 Sonu, James	10	BCP	2:05.16	
27.92	33.10	35.58	28.56	
10 Apolinario, Kevin	10	SI	2:06.18	
27.79	33.03	35.24	30.12	
11 Fronczak, Sean	9	SFHS	2:06.78	
28.64	31.98	37.12	29.04	
12 Fronczak, Ian	12	AMHS	2:07.21	
28.69	32.72	36.75	29.05	
13 Brochier, Tim	10	SFHS	2:09.79	
26.66	33.63	37.93	31.57	
14 Kikuta, Nikolas	9	VC	2:10.54	
29.71	32.62	37.63	30.58	
15 Sims, John	11	SERRA	2:13.03	
28.66	35.09	37.95	31.33	
16 McMillan, Ernest	10	SFHS	2:13.91	
27.16	32.55	41.56	32.64	

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Trials ... (Event 12 Boys 200 Yard IM Varsity)

Name	Yr	School	Trials	Time
17 Lee, Nico	11	SI		2:15.32
			29.85	36.89
			36.38	32.20
18 Brickley, Matt	11	SERRA		2:16.45
			29.00	36.00
			40.71	30.74
19 Chee, Craig	11	SI		2:17.47
			29.03	35.68
			40.86	31.90
20 Langdon, Jonathan	11	VC		2:19.89
			30.24	34.71
			40.03	34.91
21 Courey, Mark	10	RIOR		2:19.99
			27.68	36.64
			44.59	31.08
22 Yam, Johnny	11	SI		2:22.69
			30.18	37.76
			40.88	33.87
23 Zhao, Kevin	10	SFHS		2:23.83
			30.93	37.13
			41.10	34.67
24 Wiekking, Ruari	12	AMHS		2:26.62
			29.94	35.14
			48.23	33.31
25 McKennan, Dustin	9	VC		2:29.68
			30.27	40.02
			44.20	35.19
--- Poggetti, Nick	11	SERRA		DQ
			26.82	32.75
			37.56	31.44

Event 13 Girls 50 Yard Freestyle Junior Varsity
WCAL Record: 25.81 * 05/05/06 MJ Mordell SHP

Name	Yr	School	Finals	Time
Championship Finals				
1 Mordell, MJ	9	SHP		26.11 20
2 Conley, Kelly	11	SI		26.58 17
3 Ramirez, Melisa	11	PRES		27.00 16
4 Baum, Natalie	10	AMHS		27.24 15
5 Neagle, Mia	10	SI		27.32 14
6 Sandlin, Courtney	9	SFHS		27.36 13
7 Benedetti, Kimberly	10	SFHS		27.51 12
8 Zellner, Alexandra	10	PRES		27.67 11
9 Bohannon, Sarah	10	SHP		27.56 9
10 Riley, Jane	10	PRES		27.73 7
11 Child, Laura	10	SHP		27.84 6
12 Keane, Delaney	10	AMHS		27.91 5
13 Summa, Madeline	9	SI		28.22 3.5
13 Brezinski, Maggie	10	SHP		28.22 3.5
15 Tobias, Liz	11	PRES		28.56 2
16 Gonia, Lisa	10	SFHS		28.95 1

Event 13 Girls 50 Yard Freestyle Junior Varsity
WCAL Record: 25.81 * 05/05/06 MJ Mordell SHP

Name	Yr	School	Trials	Time
Trials				
1 Mordell, MJ	9	SHP		25.81*
2 Conley, Kelly	11	SI		26.09
3 Ramirez, Melisa	11	PRES		27.04
4 Sandlin, Courtney	9	SFHS		27.29
5 Benedetti, Kimberly	10	SFHS		27.34
6 Baum, Natalie	10	AMHS		27.36
7 Neagle, Mia	10	SI		27.40
8 Zellner, Alexandra	10	PRES		27.49
9 Riley, Jane	10	PRES		27.59

10 Bohannon, Sarah	10	SHP		28.02
11 Keane, Delaney	10	AMHS		28.07
12 Tobias, Liz	11	PRES		28.11
12 Child, Laura	10	SHP		28.11
14 Gonia, Lisa	10	SFHS		28.17
15 Summa, Madeline	9	SI		28.22
16 Brezinski, Maggie	10	SHP		28.66
17 Moscone, Zea	10	SI		28.80
18 Kaufmann, Stephanie	9	SFHS		28.96
19 Henson, Hillary	10	PRES		29.19
20 Miller, Brittany	9	SFHS		29.22
21 Groh, Susannah	9	SI		29.23
22 Simard, Christina	10	PRES		29.34
23 Maki, Jenna	10	SFHS		29.36
24 Hansen, Annmarie	10	SI		29.43
25 Drumm, Brianna	11	PRES		29.49
26 Jackson, Samantha	9	AMHS		29.72
27 Villeneuve, Nicole	11	SHP		29.83
28 White, Wren	11	PRES		29.86
29 Huang, Kat	9	SI		29.96
30 Pabinguit, Kathryn	9	SFHS		29.97
31 Nguyen, Michelle	9	SFHS		29.98
32 Halla, Shannon	11	PRES		30.23
33 Pfaff, Janelle	9	PRES		30.58
33 Siewit, Lisa	10	PRES		30.58
35 Harper, Sarah	9	PRES		30.70
36 Keohane, Christina	10	SFHS		30.71
37 Konecny, Chirstina	9	SFHS		30.76
37 Chapa, Rachel	10	AMHS		30.76
39 Ackley, Mia	9	SFHS		30.90
40 Lydon, Jess	9	SFHS		30.92
40 Heinisch, Erica	9	SFHS		30.92
42 Coquillard, Michaela	9	SFHS		31.05
43 Kelleher, Julie	9	AMHS		31.35
44 Parellesenti, Katie	9	PRES		31.37
45 Hethcoat, Jessie		AMHS		31.44
46 Razzak, Zaireen	11	NDB		31.48
47 Canova, Sofia	9	SFHS		31.56
48 YU, Vivian	11	SHCP		31.60
49 Hendry, Chloe	9	AMHS		31.61
50 Roberts, Katie	12	NDB		31.79
51 Naumann, Elizabeth	10	SFHS		31.85
52 Spitzer, Kirsten		AMHS		32.16
53 LaRue, Kelly	9	SHP		32.18
54 Sullivan, Katie	9	SFHS		32.31
55 West, Marie	9	SFHS		32.33
56 Lipp, Lindsey	10	SFHS		32.37
57 D'Amico, Christie	9	SFHS		32.40
57 Emmitt, Nicole	11	AMHS		32.40
59 Poulsen, Amanda	9	PRES		32.41
59 McTaggart, Megan	10	NDB		32.41
61 Nakamoto, Tanya		AMHS		32.53
62 Leaf, Christine	10	AMHS		32.71
63 Scheierling, Suzie	10	NDB		32.85
64 Fry, Stephanie	9	SFHS		32.90
65 Vuong, Gelene	11	SHCP		32.92
66 Broxon, Alyssa	9	SFHS		33.02
67 Andaya, Lauren	9	SHCP		33.07

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Trials ... (Event 13 Girls 50 Yard Freestyle Junior Varsity)

Name	Yr School	Trials Time
68 Plasterer, Kelley	10 SFHS	33.08
69 Mansker, Kaitlyn	10 PRES	33.09
70 Urbisci, Laura	10 PRES	33.13
71 Adams, Sarah	10 AMHS	33.29
72 Witmer, Michelle	9 VC	33.40
73 Bui, Thy	9 PRES	33.59
74 Milner, Joanna	9 SHP	33.61
75 Moffitt, Jamie	10 SFHS	33.79
76 Kelly, Genevieve	10 AMHS	33.83
77 Kruberg, Laura	11 SHP	33.98
78 Castillo, Stephanie	10 PRES	34.05
79 Khalili, Naseem	10 VC	34.28
79 Crowley, Emily	9 SFHS	34.28
81 Sanford, Laura	10 NDB	34.42
82 Guercio, Katherine	11 PRES	34.44
83 Frederick, Sarah	10 PRES	34.48
84 Gorn, Rosie	9 NDB	34.59
85 Brownfield, Claire	10 PRES	34.85
86 Dominion, Katie	9 PRES	34.88
87 Kunze, Sarah	9 SFHS	35.06
88 Plummer, Michelle	10 SFHS	35.14
89 Walker, Rochelle	10 PRES	35.19
90 Hoffman, Patrice	11 AMHS	35.22
91 Nelson, Jordan	9 PRES	35.42
92 Gahagan, Claire	10 PRES	35.51
92 Houle, Haley	9 SFHS	35.51
94 Esperenza, Rachel	11 VC	35.77
95 Chan, Irene	10 SHCP	36.03
96 Caserza, Rachel	9 PRES	36.41
97 McHugh, Lauren	9 PRES	36.54
98 Parks, Bristin	FR PRES	36.57
99 Kreuger, Laura	10 VC	36.61
100 Clifton, Juliana	9 SFHS	37.00
101 Branch, Ashley	10 PRES	37.14
102 Smith, Allison	9 SFHS	37.17
103 Laine, Julia	9 SFHS	37.32
104 Le, Shannon	10 PRES	37.44
105 Valdovinos, Marisa	10 PRES	37.62
106 Nasraty, Neelaab	11 PRES	37.65
107 Martinez, Marissa	11 NDB	37.90
108 Ghadiri, Katrina	10 VC	38.29
109 Iaconis, Andrea	10 PRES	38.32
110 Colonna, Brianna	9 PRES	38.37
111 Alvarez, Rebecca	11 PRES	38.43
112 Singh, Lanise	9 VC	38.57
113 Samuel, Ashley	10 PRES	38.61
114 Dupre, Danielle	11 VC	38.79
115 Aiyaswamy, Sruti	9 PRES	39.16
116 Singhal, Surina	9 PRES	39.46
117 Fisher, Theresa	10 SFHS	39.56
118 Faridnia, Shireen	10 PRES	39.82
119 Prevot, Elyse	9 SFHS	41.39
120 Menon, Meera	9 SFHS	41.67
121 Baxter, Hannah	10 PRES	42.15
122 Pham, Tiffany	11 PRES	42.16
123 Holland, Kim Lan	9 SFHS	44.12
124 Todd, Cailin	9 SFHS	44.66

125 Virginia, Jessica	10 PRES	45.00
--- Pearson, Diana	10 PRES	X28.36

Event 14 Boys 50 Yard Freestyle Frosh-Soph

WCAL Record: 21.86 * 1998 Eric Lee - Bells

Name	Yr School	Finals Time
Championship Finals		
1 Brown, Ryan	10 AMHS	23.38 20
2 Louie, Jason	10 BCP	23.39 17
3 Espiritu, Julius	9 BCP	23.47 16
4 Nicholas, Denzel	10 SI	23.69 15
5 Bernosky, Devin	10 AMHS	24.22 14
6 Schlitz, Kevin	10 SFHS	24.33 13
7 Dito, Tony	9 SFHS	24.54 12
8 Meisel, Kevin	10 SHP	24.86 11
Consolation Finals		
9 Dugoni, Andrew	9 BCP	24.12 9
10 Olson, Michael	10 SFHS	24.13 7
11 D'Arienzo, CJ	10 AMHS	24.38 6
12 Cole, Tom	9 SFHS	25.01 5
13 Randall, Greg	10 SHP	25.37 4
14 Butler, John	9 SI	25.52 3
15 Chierici, Zach	9 SERRA	25.58 2
16 Andersen, Mark	10 AMHS	25.89 1

Event 14 Boys 50 Yard Freestyle Frosh-Soph

WCAL Record: 21.86 * 1998 Eric Lee - Bells

Name	Yr School	Trials Time
Trials		
1 Brown, Ryan	10 AMHS	23.54
2 Louie, Jason	10 BCP	23.73
3 Espiritu, Julius	9 BCP	23.98
4 Nicholas, Denzel	10 SI	24.00
5 Schlitz, Kevin	10 SFHS	24.23
6 Bernosky, Devin	10 AMHS	24.37
7 Dito, Tony	9 SFHS	24.47
8 Meisel, Kevin	10 SHP	24.54
9 Olson, Michael	10 SFHS	24.58
10 D'Arienzo, CJ	10 AMHS	24.76
11 Dugoni, Andrew	9 BCP	24.85
12 Cole, Tom	9 SFHS	24.90
13 Chierici, Zach	9 SERRA	25.15
14 Butler, John	9 SI	25.19
15 Randall, Greg	10 SHP	25.43
16 Andersen, Mark	10 AMHS	25.56
17 MacGregor, Robert	9 SHP	25.68
18 Gould, Danny	9 BCP	25.71
19 Marusiak, David	10 BCP	25.80
20 Back, Michael	9 AMHS	25.84
21 Miller, Ryan	9 AMHS	25.87
22 Gericke, AJ	10 BCP	26.05
23 DeMedieros, John	9 BCP	26.10
24 Kim, Evan	10 SI	26.13
25 Prozidenza, Mike	10 SI	26.20
26 Wishart, Michael	10 SHP	26.41
27 Vu, Christian	9 BCP	26.49
28 Nguyen, James	9 BCP	26.51
29 Kerstens, Maarten	10 BCP	26.58

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Trials ... (Event 14 Boys 50 Yard Freestyle Frosh-Soph)

Name	Yr	School	Trials Time
30 Harn-Oram, David	10	VC	26.66
31 Cole, Ryan	9	SFHS	27.01
32 Ho, Jayson	10	SHP	27.13
33 VanBrunt, Warren	10	VC	27.15
34 Mason, Jimmy	9	SHP	27.26
35 Gomes, Alex	10	SERRA	27.32
36 Kenihan, Ryan	9	SI	27.33
36 Lee, Daniel	10	VC	27.33
38 Rey, John	10	SI	27.37
39 Shannon, Devin	10	SFHS	27.46
40 Valdez, Devin	9	VC	27.83
41 Laird, Peter	9	BCP	27.84
42 Lunetta, Jordan	9	BCP	27.85
43 Zuffi, Austin	10	SERRA	28.00
44 Chang, Ken	10	AMHS	28.02
45 George, Michael	9	SERRA	28.06
46 Bettencourt, Nicholas	10	VC	28.09
47 O'Sullivan, TJ	9	SI	28.48
48 Baldwin, Michael	9	AMHS	28.56
49 Schaadt, Peter	9	BCP	28.63
50 Mai, Lam	9	BCP	28.68
51 Ferrari, Peter	9	BCP	28.70
52 McKay, Shawn	10	AMHS	28.71
53 Pessah, Chandler	9	SERRA	28.79
54 Patel, Vikash	9	SFHS	28.95
55 Blickenstaff, John	9	SERRA	28.98
56 Sample, John	9	SFHS	29.06
57 Swingle, Seiji	9	SHCP	29.13
58 Vu, Cody	9	BCP	29.30
59 Brenton, Christopher	10	VC	29.42
60 Strong, Johnny	9	SFHS	29.61
61 Lunzer, Michael	9	SFHS	29.66
62 Deggleman, John	9	SHP	29.71
63 Martina, Matthew	9	SFHS	29.81
64 Ngo, Ben	9	RIOR	30.13
65 Vu, Kevin	9	BCP	30.15
66 Rioja, Ralph	10	RIOR	30.20
67 Uht, Nick	9	AMHS	30.35
68 Chuang, York	9	SFHS	30.54
69 Brown, David	9	SFHS	30.87
70 Saso, Andrew	9	SFHS	31.00
71 Kundtz, Ross	9	SFHS	31.73
72 Lozinski, Nolan	9	BCP	31.85
73 Nguyen, Tim	9	BCP	31.87
74 Kahoush, Brandon	9	BCP	31.94
75 Huey, Gregory	9	SHCP	32.07
76 Faoro, Ben	9	SERRA	32.36
77 Berthoud, Dorian	9	AMHS	32.59
78 Davis, Ian	9	AMHS	32.65
79 Espineda, Chris	10	RIOR	32.68
80 Flanigan, Ryan	9	AMHS	33.20
81 Dean, Bryan	9	AMHS	35.13
82 Remington, Tom	9	SFHS	35.37
83 Mah, Jonathan	9	SHCP	35.47
84 Maloney, Keenan	9	RIOR	37.56
85 Ly, Jackson	10	RIOR	38.20
86 Lai, Willy	10	RIOR	41.55

87 Morales, Alex	9	RIOR	45.97
--- Dixit, Harish	10	AMHS	DQ
--- Kircher, Ryan	9	SI	DQ

Event 15 Girls 50 Yard Freestyle Varsity

WCAL Record: 24.38 * 2005 Francesca Lollini-SI

Name	Yr	School	Finals Time	
Championship Finals				
1 Shilling, Christina	12	VC	24.64	20
2 Isaacs, Dory	11	AMHS	25.02	17
3 Tansuwan, Melanie	12	SFHS	25.27	16
4 Sheppard, JC	12	SI	25.40	15
5 Campbell, Darcie	11	SI	25.54	14
6 Campbell, MacKenzie	11	SI	25.58	13
7 Lohrey, Sasza	10	SI	25.61	12
8 McGraw, Maura	12	SFHS	25.66	11

Consolation Finals

9 Culpan, Kim	11	SHP	25.58	9
10 Cutler, Lauren	10	VC	25.65	7
11 Collins, Sara	11	AMHS	25.95	6
12 Wilkins, Christine	12	NDB	26.23	5
13 Gause, Kelley	11	PRES	26.40	4
14 Gamlen, Victoria	10	SFHS	26.44	3
15 Zakula, Katie	10	NDB	26.53	2
16 Menon, Pallavi	10	SHP	26.61	1

Event 15 Girls 50 Yard Freestyle Varsity

WCAL Record: 24.38 * 2005 Francesca Lollini-SI

Name	Yr	School	Trials Time
Trials			
1 Shilling, Christina	12	VC	24.86
2 Sheppard, JC	12	SI	25.02
3 Tansuwan, Melanie	12	SFHS	25.30
4 Isaacs, Dory	11	AMHS	25.54
5 Campbell, MacKenzie	11	SI	25.55
6 Lohrey, Sasza	10	SI	25.57
7 Campbell, Darcie	11	SI	25.58
8 McGraw, Maura	12	SFHS	25.62
9 Culpan, Kim	11	SHP	25.98
9 Collins, Sara	11	AMHS	25.98
11 Cutler, Lauren	10	VC	26.10
12 Wilkins, Christine	12	NDB	26.33
13 Gause, Kelley	11	PRES	26.49
14 Zakula, Katie	10	NDB	26.58
15 Menon, Pallavi	10	SHP	26.63
16 Gamlen, Victoria	10	SFHS	26.73
17 McGanney, Shayne	12	SHP	27.03
18 Mort, Allison	11	AMHS	27.13
19 Garcia, Jessica	12	AMHS	27.15
20 Sclafani, Emilia	11	VC	27.16
21 Miller, Melanie	11	VC	27.25
21 Hays, Heather	12	PRES	27.25
23 Sheridan, Kirsten	10	SHP	27.42
24 Rouleau, Lizzie	12	SFHS	27.44
25 Rozzano, Brittany	9	SHCP	27.59
26 Wargo, Toni	12	NDB	27.95
27 Morikawa, Michelle	12	SFHS	28.01
28 Larwood, Emily	11	SFHS	28.15

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Trials ... (Event 15 Girls 50 Yard Freestyle Varsity)

Name	Yr School	Trials Time
29 Wing, Kelli	12 PRES	28.24
30 Bunzel, Brianna	11 SFHS	28.26
31 Allen, Katie	11 VC	28.42
32 Villamil, Katie	12 PRES	28.44
33 Darby, Sally	11 SFHS	28.52
34 Lind, Jenna	12 SI	28.68
35 Keane, Meghan	12 AMHS	28.72
36 Groh, Maxie	12 SI	28.78
37 Tran, Jenny	12 PRES	28.91
38 Simunovich, Sarah	12 PRES	28.92
39 Dennis, Madi	10 VC	29.05
40 Konecny, Ally	11 SFHS	29.09
41 Leung, Cerena	12 AMHS	29.37
42 Thayer, Brittany	11 NDB	29.44
43 Hussey, Katelyn	12 AMHS	29.68
44 Tarling, Morgan	12 NDB	29.79
45 Draeger, Christina	11 SFHS	29.82
46 Smith, Blair	12 SFHS	30.62
47 Panagotides, Athina	10 NDB	30.63
48 Rivas, Andrea	12 NDB	30.72
49 Delfs, Katie	10 NDB	30.82
50 Grosso, Julianne	11 SFHS	31.39
51 Atwood, Lisa	12 SFHS	31.63
52 Koukis, Lea	9 SFHS	31.71
53 Hann, Deanna	11 VC	31.72
54 Brennan, Danielle	11 SFHS	31.88
55 Fouts, Betsy	11 SFHS	31.89
56 Freschet, Danielle	11 SFHS	32.00
57 Gessert, Shannon	12 SFHS	32.96
58 Mitchell, Kelly	12 PRES	33.30
59 Powers, Taryn	11 SFHS	34.06
60 Milan-Zapeda, Milani	12 VC	34.29
61 Nunes, Kelly Marie	11 SFHS	35.35
62 Rankin, Emily	11 PRES	36.87
63 Figlia, Francesca	11 SFHS	37.57
64 Austin, Cherie	12 PRES	40.35

Event 16 Boys 50 Yard Freestyle Varsity

WCAL Record: 20.70 * 1998 **Leffie Crawford Serra**

Name	Yr School	Finals Time
Championship Finals		
1 Talbott, Patrick	10 BCP	21.82 20
2 Benedetti, Brian	12 SFHS	22.12 17
3 Ang, Randy	12 SHP	22.42 16
4 Wasson, Grant	11 BCP	22.46 14.5
4 MacDonell, JohnPaul	12 BCP	22.46 14.5
6 Cawley, Ryan	12 SI	22.86 13
7 Rudolph, Paul	9 SHP	23.18 12
8 Griffin, Robert	12 SERRA	24.14 11
Consolation Finals		
9 Hermansen, David	12 SERRA	22.29 9
10 Ridder, Steve	12 AMHS	22.81 7
11 Jackson, Scott	12 BCP	22.86 6
12 Bruno, John	12 SI	22.88 5
13 Broom, Connor	11 SFHS	23.51 4
14 Hussey, Ryan	12 AMHS	23.87 3

15 Brown, Evan	12 AMHS	23.96 2
16 Leese, Hunter	11 SI	24.15 1

Event 16 Boys 50 Yard Freestyle Varsity

WCAL Record: 20.70 * 1998 **Leffie Crawford Serra**

Name	Yr School	Trials Time
Trials		
1 Benedetti, Brian	12 SFHS	22.10
2 Talbott, Patrick	10 BCP	22.13
3 Wasson, Grant	11 BCP	22.40
4 Ang, Randy	12 SHP	22.47
5 MacDonell, JohnPaul	12 BCP	22.52
5 Rudolph, Paul	9 SHP	22.52
7 Cawley, Ryan	12 SI	22.54
7 Griffin, Robert	12 SERRA	22.54
9 Jackson, Scott	12 BCP	22.56
10 Hermansen, David	12 SERRA	22.63
11 Bruno, John	12 SI	22.73
12 Ridder, Steve	12 AMHS	22.99
13 Brown, Evan	12 AMHS	23.47
14 Montalvo III, Robert	12 SFHS	23.81
15 Leese, Hunter	11 SI	23.82
16 Broom, Connor	11 SFHS	23.86
17 Gray, Ryan	12 VC	23.93
18 Hussey, Ryan	12 AMHS	24.21
19 Dellinger, Evan	9 SFHS	24.24
20 Raisch, Mitchell	11 AMHS	24.34
21 Wessbecher, Christof	10 SFHS	24.63
22 MacDonell, Patrick	11 BCP	24.64
23 Moodie, John	12 SERRA	24.66
24 Taylor, Robert	10 BCP	24.67
24 Ebert, Daniel	11 BCP	24.67
26 Krautkramer, Tristan	11 SHP	24.79
27 Masuda, Cameron	12 AMHS	24.82
28 Miller, Jackson	10 VC	24.98
29 Lazar, Attila	12 SHP	25.01
30 Reynolds, Robert	12 BCP	25.02
31 Urich, Will	11 SERRA	25.08
32 Lenihan, Aidan	10 VC	25.16
33 Lau, Nelson	12 RIOR	25.17
34 Bickam, Travis	11 SFHS	25.20
35 Wong, John	12 SFHS	25.44
36 Van Zanten, Garrett	11 SHP	25.45
37 Fleming, Michael	11 AMHS	25.46
38 Mullin, Tyler	11 SFHS	25.48
39 O'Connell, Nick	12 SI	25.59
40 Muscat, Jared	11 SI	25.77
41 Silva, Andrew	12 AMHS	25.81
42 Martyn, Andrew	12 RIOR	25.84
43 Samuels, Elliott	10 SHP	25.85
44 Valentini, Dominic	12 SI	26.09
45 Tuttle, Nick	11 BCP	26.46
46 Bujalski, Danny	12 AMHS	26.61
47 Brusilo, Tomas	12 SERRA	26.81
48 Dunham, Troy	11 VC	26.84
49 Oesar, Nick	11 SERRA	26.91
50 Chow, Raymond	10 RIOR	27.02
51 Lorenz, Chris	12 SERRA	27.35

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Results

Trials ... (Event 16 Boys 50 Yard Freestyle Varsity)

Name	Yr School	Trials Time
52 Kustel, Sam	11 SI	27.39
53 Pollano, Michael	11 SFHS	27.53
54 O'Neil, David	11 SFHS	27.59
55 Handley, Spencer	10 RIOR	28.10
56 Stashak, Eric	12 VC	28.16
57 Aung, Lawrence	11 SHCP	28.29
58 Runkel, John	11 SHP	28.31
59 Huynh, Phong	12 VC	28.37
60 Harders, Chris	12 SI	28.47
61 Ngo, Martin	11 RIOR	28.54
62 Nguyen, Brian	11 BCP	29.81
63 Vu-Nguyen, Chris	11 BCP	29.95
64 Mahoney, Michael	11 SHP	32.95
65 Lilittham, Terapan	11 SHCP	35.87
--- Zappel, Jase	11 BCP	X22.81
--- Wilson, Finlay	11 BCP	X23.22
--- MacDonell, Eric	11 BCP	X23.48
--- Gericke, Kevin	12 BCP	X23.50
--- Barsan, Valentin	12 BCP	X23.76
--- Diangson, Steve	12 BCP	X24.01
--- Dunnam, Jamie	11 BCP	X24.26
--- Sih-Choi, Stephen	12 BCP	X24.62

Event 17 Girls 1 mtr Diving Junior Varsity

WCAL Record: 179.30 * 05/06/06 Caty Chung SF

Name	Yr School	Finals Score
1 Chung, Caty	9 SFHS	179.30* 20
2 Joyce, Kelly	10 SFHS	149.10 17
3 Selby, Taylor	9 SFHS	146.15 16
4 Bucher, Emily	AMHS	142.40 15
5 Masten, Lauren	10 SFHS	130.20 14
6 Pitman, Becca	SO VC	126.10 13
7 Barulich, Kathryn	10 SI	124.60 12
8 Ferdon, Alex	10 SFHS	x115.50
9 Chung, Mandy	AMHS	109.90 11
10 Wong, Alisa	10 SI	107.55 9
11 Downing, Franny	11 SI	104.95 7
12 Mahoney, Erin	9 SI	100.50 6
13 Bauer-Domurat, Veronica	9 SI	x84.70
14 Palazzolo, Liz	11 SI	x69.15

Event 18 Boys 1 mtr Diving Frosh-Soph

WCAL Record: 181.75 * 2005 Brendan Healey-SF

Name	Yr School	Finals Score
1 Kenihan, Ryan	9 SI	127.00 20
2 Orvick, Ken	AMHS	126.45 17

Event 19 Girls 1 mtr Diving Varsity

WCAL Record: 479.35 * 2004 Michelle Morikawa-SF

Name	Yr School	Finals Score
1 Morikawa, Michelle	12 SFHS	400.20 20
2 Brennan, Danielle	11 SFHS	354.65 17
3 Koukis, Lea	9 SFHS	348.30 16
4 Bogart, Amy	11 SFHS	346.30 15
5 Holcomb, Katie	12 AMHS	342.35 14
6 Hirose, Courtney	10 AMHS	284.65 13
7 D'Hondt, Aimee	12 VC	265.65 12
8 Cunningham, Jillian	12 SI	256.55 11

9 Bidegainberry, Aimee	10 SI	230.10 9
10 Schreader, Olivia	10 SI	217.30 7
11 Gobright, Jamie	11 VC	216.05 6
12 Hann, Deanna	11 VC	209.05 5

Event 20 Boys 1 mtr Diving Varsity

WCAL Record: 585.90 * 2001 Adam Peterson-SF

Name	Yr School	Finals Score
1 Taylor, Robert	10 BCP	394.30 20
2 Scott, Christopher	11 SI	374.85 17
3 Everhart, Blake	11 SFHS	317.35 16
4 Neil, Nick	12 VC	306.00 15
5 McKinley, Matt	12 SFHS	260.50 14
6 Kerth, Trevor	10 VC	255.35 13
7 Freedman, Alex	10 SI	195.00 12

Event 21 Girls 50 Yard Butterfly Junior Varsity

WCAL Record: 29.42 * 2004 Sara Collins-Mitty

Name	Yr School	Finals Time
Championship Finals		
1 Pang, Jinna	10 SI	29.35* 20
2 LaVelle, Ali	11 PRES	29.76 17
3 Schwartz, Emily	11 SI	29.77 16
4 Kearney, Christina	10 AMHS	30.38 15
5 Moscone, Zea	10 SI	30.41 14
6 McComas, Kim	9 AMHS	31.41 13
7 Richardson, Edie	10 SFHS	32.00 12

Consolation Finals

9 Schurz, Elizabeth	9 SFHS	30.60 9
10 Nguyen, Joyce	9 PRES	31.34 7
11 Pham, Rosemary	10 PRES	31.63 6
12 Tan, Rachel	10 VC	31.93 5
13 Shapero, Sara	10 PRES	32.18 4
14 Carey, Michelle	11 SHP	32.21 3
15 Chukuntarod, Bobbie	9 SHCP	32.57 2
16 Ackley, Mia	9 SFHS	33.44 1

Event 21 Girls 50 Yard Butterfly Junior Varsity

WCAL Record: 29.42 * 2004 Sara Collins-Mitty

Name	Yr School	Trials Time
Trials		
1 Bohannon, Sarah	10 SHP	29.50
2 Schwartz, Emily	11 SI	29.60
3 Pang, Jinna	10 SI	29.65
4 LaVelle, Ali	11 PRES	29.79
5 Richardson, Edie	10 SFHS	30.52
6 Kearney, Christina	10 AMHS	30.58
7 Moscone, Zea	10 SI	30.74
8 McComas, Kim	9 AMHS	31.01
9 Schurz, Elizabeth	9 SFHS	31.80
10 Pham, Rosemary	10 PRES	31.91
11 Shapero, Sara	10 PRES	32.28
12 Nguyen, Joyce	9 PRES	32.41
12 Carey, Michelle	11 SHP	32.41
14 Tan, Rachel	10 VC	33.08
15 Chukuntarod, Bobbie	9 SHCP	33.34
16 Ackley, Mia	9 SFHS	34.47
17 Heinisch, Erica	9 SFHS	34.80

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Trials ... (Event 21 Girls 50 Yard Butterfly Junior Varsity)

Name	Yr School	Trials Time
18 Miller, Brittany	9 SFHS	34.81
19 Hallagan, Erin	10 AMHS	34.97
20 Mahoney, Erin	9 SI	35.55
21 Cashin, Megan	9 SFHS	35.84
22 Micciche, Alyssa	9 PRES	35.95
23 Pham, Angelina	10 SFHS	36.02
24 Marino, Mia	9 SHP	36.50
25 Chapa, Rachel	10 AMHS	36.68
26 Jimenz, Pamela	9 PRES	36.79
27 Bui, Thy	9 PRES	37.36
28 D'Amico, Christie	9 SFHS	37.52
29 Lunzer, Amanda	10 SFHS	37.83
30 Jones, Rachel	9 PRES	37.85
31 Mansker, Kaitlyn	10 PRES	38.57
32 Ajlouny, Karissa	11 VC	39.34
33 Houle, Haley	9 SFHS	39.50
34 Platzter, Rosie	11 SHCP	39.97
35 Finlayson, Shannon	9 NDB	40.14
36 Boyle, Katie	9 NDB	40.53
37 Fiato, Melissa	11 PRES	41.64
38 Scanlon, Moira	9 SFHS	42.46
39 Wolf, Jordie	11 PRES	42.69
40 Guercio, Katherine	11 PRES	42.71
41 Brownfield, Claire	10 PRES	42.85
42 Luna, Priscilla	9 AMHS	43.29
43 Lau, Pamela	9 SFHS	45.46
44 Martell, Bianca	11 PRES	49.17
45 Pushkarna, Prakriti	10 SFHS	50.37
--- Drogos, Danielle	9 PRES	X32.80
--- Carrillo, Erika	11 PRES	X33.67
--- Lucitt, Katie	11 PRES	X34.68
--- Harper, Sarah	9 PRES	X34.79
--- Fredrich, Bridget	10 PRES	X35.07
--- Halla, Shannon	11 PRES	X35.14
--- Pfaff, Janelle	9 PRES	X35.28

Event 22 Boys 50 Yard Butterfly Frosh-Soph

WCAL Record: 24.32 * 2005 Bryan McCoid-Bells

Name	Yr School	Finals Time
Championship Finals		
1 Yen, Adam	10 BCP	25.17 20
2 Muir, Jake	10 BCP	25.59 17
3 Shemeta, Joshua	10 VC	26.68 16
4 Lopiccicolo, Adam	10 AMHS	26.92 15
5 Nguyen, Harold	10 BCP	26.99 14
6 Garcia, Edgar	10 BCP	27.13 13
7 Cole, Tom	9 SFHS	27.43 12
8 Parsons, Matt	10 SHP	28.00 11
Consolation Finals		
9 Nguyen, Nicholas	9 SI	28.04 9
10 Glass, Ken	10 AMHS	28.44 7
11 Wagner, Doug	10 VC	28.52 6
12 Marchette, Danny	9 SERRA	28.63 5
13 Chang, Colin	10 SHP	28.94 4
14 McGrouther, David	10 SFHS	29.50 3
15 Lotz, Jace	10 SFHS	29.68 2

16 Rose, Nick	10 SI	30.55	1
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Event 22 Boys 50 Yard Butterfly Frosh-Soph

WCAL Record: 24.32 * 2005 Bryan McCoid-Bells

Name	Yr School	Trials Time
Trials		
1 Yen, Adam	10 BCP	25.08
2 Muir, Jake	10 BCP	25.89
3 Nguyen, Harold	10 BCP	26.69
4 Shemeta, Joshua	10 VC	26.74
5 Garcia, Edgar	10 BCP	27.44
6 Parsons, Matt	10 SHP	27.53
7 Lopiccicolo, Adam	10 AMHS	27.55
8 Cole, Tom	9 SFHS	27.66
9 Marchette, Danny	9 SERRA	28.10
10 Nguyen, Nicholas	9 SI	28.30
11 Chang, Colin	10 SHP	28.44
12 Wagner, Doug	10 VC	28.57
13 Glass, Ken	10 AMHS	28.69
14 Lotz, Jace	10 SFHS	29.16
15 McGrouther, David	10 SFHS	30.17
16 Rose, Nick	10 SI	30.55
17 Peterson, Dennis	10 VC	31.21
18 Haverly, Danny	10 SERRA	31.31
19 Bohrer, Madison	9 SFHS	32.07
20 Wang, Nova	9 AMHS	32.60
21 Mateo, Virgil	10 RIOR	35.00
22 Faoro, Ben	9 SERRA	36.07
--- Song, Steve	10 BCP	X27.89
--- Parsons, Jeff	10 BCP	X28.38
--- Mai, Lam	9 BCP	X33.58

Event 23 Girls 100 Yard Butterfly Varsity

WCAL Record: 56.32 * 2005 Michelle Liu-Mitty

Name	Yr School	Finals Time
Championship Finals		
1 Liu, Michelle	12 AMHS	57.34 20
26.78	30.56	
2 Cisar, Jamie	11 AMHS	58.18 17
27.41	30.77	
3 Sheppard, JC	12 SI	59.30 16
27.78	31.52	
4 Coetsee, Ciki	10 VC	1:00.40 15
28.25	32.15	
5 Tansuwan, Melanie	12 SFHS	1:00.71 14
28.77	31.94	
6 Watts, Carolyn	11 PRES	1:01.70 13
29.32	32.38	
7 Yoshida, Kaylee	11 VC	1:02.85 12
29.16	33.69	
8 Naruns, Natalie	9 SFHS	1:05.06 11
30.18	34.88	
Consolation Finals		
9 Menon, Pallavi	10 SHP	1:03.76 9
29.75	34.01	
10 Sclafani, Emilia	11 VC	1:05.24 7
30.19	35.05	

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Consolation Finals ... (Event 23 Girls 100 Yard Butterfly Varsity)

Name	Yr	School	Finals Time	
11 Brandl, Kathleen	9	SFHS	1:05.34	6
30.60	34.74			
12 McCanney, Shayne	12	SHP	1:05.69	5
29.97	35.72			
13 Bacon, Ruth	12	SHP	1:05.85	4
31.20	34.65			
14 Anderson, Grace	9	VC	1:06.22	3
30.92	35.30			
15 Billiet, Jen	11	SFHS	1:07.42	2
31.96	35.46			
16 Shorroch, Micaela	12	SI	1:07.98	1
31.15	36.83			

Event 23 Girls 100 Yard Butterfly Varsity
WCAL Record: 56.32 * 2005 Michelle Liu-Mitty

Name	Yr	School	Trials Time
Trials			
1 Liu, Michelle	12	AMHS	58.47
26.82	31.65		
2 Sheppard, JC	12	SI	58.77
27.45	31.32		
3 Cisar, Jamie	11	AMHS	58.90
27.43	31.47		
4 Tansuwan, Melanie	12	SFHS	1:00.38
28.37	32.01		
5 Watts, Carolyn	11	PRES	1:00.59
28.70	31.89		
6 Coetsee, Ciki	10	VC	1:01.26
28.71	32.55		
7 Yoshida, Kaylee	11	VC	1:02.12
29.10	33.02		
8 Naruns, Natalie	9	SFHS	1:03.76
29.79	33.97		
9 Menon, Pallavi	10	SHP	1:04.23
29.98	34.25		
10 McCanney, Shayne	12	SHP	1:05.87
29.90	35.97		
11 Sclafani, Emilia	11	VC	1:05.93
30.13	35.80		
12 Anderson, Grace	9	VC	1:06.26
30.44	35.82		
13 Brandl, Kathleen	9	SFHS	1:06.58
31.22	35.36		
14 Shorroch, Micaela	12	SI	1:06.64
30.67	35.97		
15 Bacon, Ruth	12	SHP	1:06.76
31.35	35.41		
16 Billiet, Jen	11	SFHS	1:08.76
32.52	36.24		
17 Wing, Kelli	12	PRES	1:09.17
32.05	37.12		
18 Morris, Kelsey	11	SI	1:09.18
32.22	36.96		
19 Koo, Jackie	12	NDB	1:09.21
33.04	36.17		

20 Allen, Kim	9	SFHS	1:09.45
31.52	37.93		
21 Murray, Sarah	12	PRES	1:09.90
32.25	37.65		
22 Peters, Jenni	12	PRES	1:12.52
32.41	40.11		
23 Wishart, Carmen-Rosa	12	SHP	1:13.51
34.25	39.26		
24 Fong, Natalie	10	SHCP	1:14.22
33.04	41.18		
25 Solis, Melissa	12	PRES	1:20.93
35.74	45.19		
26 Brooks, Bree	12	PRES	1:24.36
37.59	46.77		

Event 24 Boys 100 Yard Butterfly Varsity
WCAL Record: 51.25 * 1997 Leffie Crawford Serra

Name	Yr	School	Finals Time
Championship Finals			
1 Kikuta, Andrew	12	VC	52.13
24.49	27.64		
2 Courey, Mark	10	RIOR	53.54
25.49	28.05		
3 Muir, Jonny	12	BCP	53.90
25.51	28.39		
4 Chan, Chris	11	BCP	53.98
25.26	28.72		
5 Flores-Maxfield,	11	SHP	54.26
25.51	28.75		
6 Ostler, Jack	10	SI	54.53
25.24	29.29		
7 Garcia, Ryan	10	BCP	54.78
25.95	28.83		
8 Langdon, Michael	9	VC	56.02
25.89	30.13		
Consolation Finals			
9 Yarranton, Chris	10	SERRA	54.98
25.58	29.40		
10 Poggetti, Nick	11	SERRA	55.54
25.47	30.07		
11 Hvidt, Scott	12	SFHS	56.26
26.12	30.14		
12 Vu, Matt	11	BCP	57.10
25.96	31.14		
13 Soghoyan, Kengo	12	AMHS	57.20
26.78	30.42		
14 DelRio, Joe	10	AMHS	58.11
26.48	31.63		
15 Vo, Cory	12	SFHS	58.25
26.58	31.67		
16 Brochier, Tim	10	SFHS	59.51
27.08	32.43		

Event 24 Boys 100 Yard Butterfly Varsity
WCAL Record: 51.25 * 1997 Leffie Crawford Serra

Name	Yr	School	Trials Time
Trials			
1 Kikuta, Andrew	12	VC	53.14
24.92	28.22		

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Trials ... (Event 24 Boys 100 Yard Butterfly Varsity)			
Name	Yr	School	Trials Time
2 Muir, Jonny	12	BCP	53.62
25.58	28.04		
3 Chan, Chris	11	BCP	54.41
25.39	29.02		
4 Flores-Maxfield,	11	SHP	54.51
25.66	28.85		
5 Courey, Mark	10	RIOR	54.57
26.15	28.42		
6 Ostler, Jack	10	SI	54.80
25.80	29.00		
7 Langdon, Michael	9	VC	54.91
25.88	29.03		
8 Garcia, Ryan	10	BCP	55.14
26.26	28.88		
9 Yarranton, Chris	10	SERRA	55.79
25.39	30.40		
10 Soghoyan, Kengo	12	AMHS	56.48
26.60	29.88		
11 Hvidt, Scott	12	SFHS	56.94
26.53	30.41		
12 Vu, Matt	11	BCP	56.98
26.13	30.85		
13 DelRio, Joe	10	AMHS	57.73
26.53	31.20		
14 Brochier, Tim	10	SFHS	58.14
26.92	31.22		
15 Vo, Cory	12	SFHS	58.46
26.87	31.59		
16 Poggetti, Nick	11	SERRA	59.21
27.22	31.99		
17 Chee, Craig	11	SI	59.83
27.90	31.93		
18 Reynolds, Chris	11	AMHS	1:01.03
27.64	33.39		
19 Weiss, Taylor	12	AMHS	1:01.36
28.31	33.05		
20 Clapham, Jared	10	VC	1:02.60
28.70	33.90		
21 Yam, Johnny	11	SI	1:05.90
30.19	35.71		
22 Miano, Takeshi	12	AMHS	1:06.49
30.80	35.69		
--- Pollard, Spencer	11	BCP	X57.70
26.55	31.15		
--- Keifer, Bob	11	BCP	X58.47
26.88	31.59		
--- Madigan, Fred	11	SI	DQ
27.64	34.25		

Event 25 Girls 100 Yard Freestyle Junior Varsity			
WCAL Record: 56.85 * 05/05/06 KK Clark SHP			
Name	Yr	School	Finals Time
1 Clark, KK	10	SHP	56.28* 20
27.54	28.74		

2 Conley, Kelly	11	SI	57.90	17
27.83	30.07			
3 Mordell, MJ	9	SHP	58.34	16
28.32	30.02			
4 Pedersen, Megan	10	AMHS	58.89	15
28.35	30.54			
5 Ericksen, Kelsea	10	AMHS	59.20	14
28.69	30.51			
6 Lorion, Marisa	11	PRES	59.26	13
28.68	30.58			
7 Herrerias, Michelle	11	SI	59.70	12
28.58	31.12			
8 Zellner, Alexandra	10	PRES	1:01.66	11
28.98	32.68			

Consolation Finals				
9 Sandlin, Courtney	9	SFHS	59.47	9
28.91	30.56			
10 Ramirez, Melisa	11	PRES	59.87	7
28.70	31.17			
11 Dorst, Lindsay	10	SHP	1:00.01	6
28.77	31.24			
12 Proceviat, Laina	10	SFHS	1:00.64	5
29.32	31.32			
13 Soares, Jen	10	SFHS	1:01.15	4
29.99	31.16			
14 Neagle, Mia	10	SI	1:01.35	3
28.86	32.49			
15 Arimoto, Jenny	9	SI	1:01.78	2
29.87	31.91			
16 Tobias, Liz	11	PRES	1:02.79	1
30.24	32.55			

Event 25 Girls 100 Yard Freestyle Junior Varsity			
WCAL Record: 56.85 * 05/05/06 KK Clark SHP			
Name	Yr	School	Trials Time
Trials			
1 Clark, KK	10	SHP	56.85*
27.36	29.49		
2 Conley, Kelly	11	SI	57.11
27.12	29.99		
3 Mordell, MJ	9	SHP	57.15
27.79	29.36		
4 Ericksen, Kelsea	10	AMHS	58.59
28.15	30.44		
5 Herrerias, Michelle	11	SI	59.38
28.39	30.99		
6 Lorion, Marisa	11	PRES	59.55
28.96	30.59		
7 Zellner, Alexandra	10	PRES	59.69
28.43	31.26		
7 Pedersen, Megan	10	AMHS	59.69
28.13	31.56		
9 Sandlin, Courtney	9	SFHS	59.83
29.40	30.43		
10 Proceviat, Laina	10	SFHS	1:00.13
29.19	30.94		
10 Dorst, Lindsay	10	SHP	1:00.13
29.20	30.93		

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Trials ... (Event 25 Girls 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Trials Time
12 Ramirez, Melisa	11	PRES	1:00.17
28.89	31.28		
13 Arimoto, Jenny	9	SI	1:01.36
29.44	31.92		
14 Neagle, Mia	10	SI	1:01.39
29.28	32.11		
15 Soares, Jen	10	SFHS	1:01.60
30.15	31.45		
16 Tobias, Liz	11	PRES	1:02.08
29.79	32.29		
17 Berry, Valentina	9	SFHS	1:02.34
29.52	32.82		
18 Farley, Laura	11	AMHS	1:02.74
29.76	32.98		
19 Keane, Delaney	10	AMHS	1:03.51
30.46	33.05		
20 Kaufmann, Stephanie	9	SFHS	1:03.52
30.24	33.28		
21 Hansen, Annmarie	10	SI	1:03.71
30.40	33.31		
22 Drumm, Brianna	11	PRES	1:05.02
30.46	34.56		
23 Henson, Hillary	10	PRES	1:05.12
32.09	33.03		
24 Gonia, Lisa	10	SFHS	1:05.57
31.34	34.23		
25 Siewit, Lisa	10	PRES	1:06.38
31.62	34.76		
26 Jackson, Samantha	9	AMHS	1:06.65
31.87	34.78		
27 Slavich, Beki	10	VC	1:07.02
31.30	35.72		
28 Whitney, Lauren	11	PRES	1:07.56
32.01	35.55		
29 Needham, Jennifer	10	AMHS	1:08.25
31.85	36.40		
30 Maki, Jenna	10	SFHS	1:08.38
31.89	36.49		
31 Soliemannjad, Rose	9	PRES	1:08.86
31.82	37.04		
32 Lucitt, Katie	11	PRES	1:08.91
33.64	35.27		
33 Coquillard, Michaela	9	SFHS	1:09.32
33.54	35.78		
34 Naumann, Elizabeth	10	SFHS	1:09.74
34.35	35.39		
35 Hendry, Chloe	9	AMHS	1:09.77
34.06	35.71		
36 Roberts, Katie	12	NDB	1:10.70
33.02	37.68		
37 Keohane, Christina	10	SFHS	1:10.79
34.33	36.46		
38 Spitzer, Kirsten		AMHS	1:11.69
34.92	36.77		
39 Delara, Stephanie	10	SHCP	1:11.88
33.13	38.75		

40 Micciche, Alyssa	9	PRES	1:12.27
34.92	37.35		
41 Konecny, Chirstina	9	SFHS	1:12.65
32.88	39.77		
42 Carrillo, Erika	11	PRES	1:12.72
33.67	39.05		
43 Sullivan, Katie	9	SFHS	1:12.98
34.52	38.46		
44 Pleiss, Katie	10	SHP	1:13.38
35.09	38.29		
45 Chao, Melissa	9	NDB	1:13.57
34.69	38.88		
46 Poulsen, Amanda	9	PRES	1:13.61
36.66	36.95		
47 Roque, Camille	10	PRES	1:13.69
34.49	39.20		
48 LaRue, Kelly	9	SHP	1:13.78
34.99	38.79		
49 Urbisci, Laura	10	PRES	1:13.96
36.57	37.39		
50 Hethcoat, Jessie		AMHS	1:14.14
33.68	40.46		
51 Kelly, Genevieve	10	AMHS	1:14.26
35.41	38.85		
52 Adams, Sarah	10	AMHS	1:14.40
35.34	39.06		
53 Leaf, Christine	10	AMHS	1:14.46
34.70	39.76		
54 YU, Vivian	11	SHCP	1:14.48
55 Pinedo-Kee, Kristine	9	SFHS	1:14.61
35.28	39.33		
56 O'Hara, Bridget	10	PRES	1:15.12
35.92	39.20		
56 Brunello, Ashley	9	SFHS	1:15.12
33.68	41.44		
58 Nakamoto, Tanya		AMHS	1:15.58
35.85	39.73		
59 Nguyen, Mai-Ann	9	SFHS	1:15.67
36.19	39.48		
60 Fry, Stephanie	9	SFHS	1:15.84
36.95	38.89		
61 Powell, Christina	10	SHP	1:15.85
36.71	39.14		
62 Broxon, Alyssa	9	SFHS	1:16.18
35.36	40.82		
63 Scheierling, Suzie	10	NDB	1:16.39
35.81	40.58		
64 Kruberg, Laura	11	SHP	1:17.54
36.55	40.99		
65 Lee, Matti	11	SHCP	1:17.68
37.41	40.27		
66 VanDomelen, Angie	11	PRES	1:17.95
37.27	40.68		
67 Lee, Cheryl	10	VC	1:19.63
34.75	44.88		
68 Esperenza, Rachel	11	VC	1:20.04
37.02	43.02		
69 Mahoney, Jordan	9	PRES	1:20.14
38.06	42.08		

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Results

Trials ... (Event 25 Girls 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Trials Time
70 Moffitt, Jamie	10	SFHS	1:20.90
36.34	44.56		
71 Plasterer, Kelley	10	SFHS	1:21.39
37.67	43.72		
72 Chan, Irene	10	SHCP	1:21.53
38.42	43.11		
73 Khoury, Tamara	10	NDB	1:21.70
38.24	43.46		
74 Plummer, Michelle	10	SFHS	1:22.11
37.41	44.70		
75 DePalmo, Claire	9	PRES	1:22.21
39.69	42.52		
76 Pittman, Becca	10	VC	1:22.30
38.43	43.87		
77 Dominion, Katie	9	PRES	1:23.23
38.51	44.72		
78 McHugh, Lauren	9	PRES	1:23.25
40.90	42.35		
79 Clifton, Juliana	9	SFHS	1:23.72
39.20	44.52		
80 Valdovinos, Marisa	10	PRES	1:24.17
40.15	44.02		
81 Smith, Allison	9	SFHS	1:24.90
40.47	44.43		
82 Branch, Ashley	10	PRES	1:26.46
38.76	47.70		
83 Dupre, Danielle	11	VC	1:26.78
40.13	46.65		
84 Iaconis, Andrea	10	PRES	1:27.07
40.50	46.57		
85 Parks, Bristin	FR	PRES	1:27.29
41.13	46.16		
86 Singh, Lanise	9	VC	1:27.40
42.32	45.08		
87 Singhal, Surina	9	PRES	1:27.72
42.34	45.38		
88 Naghavi, Pareesa	10	SFHS	1:30.23
42.02	48.21		
89 Alvarez, Rebecca	11	PRES	1:30.30
41.46	48.84		
90 Colonna, Brianna	9	PRES	1:31.84
42.70	49.14		
91 Martell, Bianca	11	PRES	1:48.36
51.49	56.87		
--- Summa, Madeline	9	SI	X1:01.69
30.34	31.35		
--- Benedetti, Kimberly	10	SFHS	X1:02.60
29.97	32.63		

Event 26 Boys 100 Yard Freestyle Frosh-Soph

WCAL Record: 47.79 * 2004 Nick Buonfiglio Bell

Name	Yr	School	Finals Time
Championship Finals			
1 Schmidt, Brian	10	BCP	50.31 20
24.11	26.20		
2 Espiritu, Julius	9	BCP	50.46 17
24.11	26.35		

3 Louie, Jason	10	BCP	50.84 16
23.99	26.85		
4 Kranenburg, Pieter	9	SI	52.14 15
25.09	27.05		
5 Brown, Ryan	10	AMHS	52.23 14
25.14	27.09		
6 Nicholas, Denzel	10	SI	52.45 13
25.35	27.10		
7 Hanson, Teddy	9	BCP	52.86 12
25.53	27.33		
8 D'Arienzo, CJ	10	AMHS	54.87 11
25.89	28.98		

Consolation Finals

9 Olson, Michael	10	SFHS	53.36 9
26.46	26.90		
10 Dito, Tony	9	SFHS	54.52 7
26.55	27.97		
11 Parsons, Matt	10	SHP	54.56 6
26.40	28.16		
12 Picone, Brandon	10	VC	55.14 5
26.28	28.86		
13 Randall, Greg	10	SHP	55.15 4
26.49	28.66		
14 Back, Michael	9	AMHS	55.45 3
26.18	29.27		
15 Meisel, Kevin	10	SHP	55.59 2
26.63	28.96		
16 Coleman, Brad	10	SFHS	56.93 1
26.39	30.54		

Event 26 Boys 100 Yard Freestyle Frosh-Soph

WCAL Record: 47.79 * 2004 Nick Buonfiglio Bell

Name	Yr	School	Trials Time
Trials			
1 Schmidt, Brian	10	BCP	50.20
24.09	26.11		
2 Louie, Jason	10	BCP	51.13
24.06	27.07		
3 Espiritu, Julius	9	BCP	51.18
24.69	26.49		
4 Brown, Ryan	10	AMHS	52.48
24.98	27.50		
5 Kranenburg, Pieter	9	SI	52.63
25.40	27.23		
6 Nicholas, Denzel	10	SI	52.71
25.34	27.37		
7 Hanson, Teddy	9	BCP	52.96
25.36	27.60		
8 D'Arienzo, CJ	10	AMHS	54.18
25.72	28.46		
9 Olson, Michael	10	SFHS	54.64
26.21	28.43		
10 Picone, Brandon	10	VC	54.73
25.76	28.97		
11 Randall, Greg	10	SHP	54.89
26.43	28.46		
12 Parsons, Matt	10	SHP	55.24
26.20	29.04		

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Results

Trials ... (Event 26 Boys 100 Yard Freestyle Frosh-Soph)

Name	Yr	School	Trials Time
13 Dito, Tony	9	SFHS	55.71
27.17	28.54		
14 Meisel, Kevin	10	SHP	55.72
26.07	29.65		
15 Back, Michael	9	AMHS	56.42
27.02	29.40		
16 Coleman, Brad	10	SFHS	56.67
27.33	29.34		
17 Chierici, Zach	9	SERRA	56.78
26.63	30.15		
18 Whitney, Scott	10	SFHS	57.64
28.04	29.60		
19 Gould, Danny	9	BCP	57.71
28.22	29.49		
20 Kerstens, Maarten	10	BCP	58.08
27.82	30.26		
21 Dunne, Paddy	10	SI	58.27
28.02	30.25		
22 Nguyen, James	9	BCP	58.62
27.76	30.86		
23 Runkel, Rob	10	SHP	58.78
28.01	30.77		
24 Horsley, Hunter	9	SHP	58.81
28.73	30.08		
25 Higginson, Sean	10	AMHS	59.12
27.59	31.53		
25 Prozidenza, Mike	10	SI	59.12
28.65	30.47		
27 Andersen, Mark	10	AMHS	59.24
27.78	31.46		
28 Mason, Jimmy	9	SHP	59.47
28.58	30.89		
29 MacGregor, Robert	9	SHP	59.85
28.64	31.21		
30 Greco, Travis	10	SERRA	59.92
27.99	31.93		
31 Harn-Oram, David	10	VC	1:00.53
28.88	31.65		
32 Schlitz, Kevin	10	SFHS	1:00.60
28.78	31.82		
33 Laird, Peter	9	BCP	1:00.61
29.24	31.37		
34 Morton, Scott	10	SERRA	1:00.70
28.18	32.52		
35 Gomes, Alex	10	SERRA	1:01.25
28.78	32.47		
36 Schaadt, Peter	9	BCP	1:01.35
29.00	32.35		
37 Zuffi, Austin	10	SERRA	1:01.68
29.66	32.02		
38 Shannon, Devin	10	SFHS	1:01.88
29.58	32.30		
39 Lunetta, Jordan	9	BCP	1:02.41
29.31	33.10		
40 Ferrari, Peter	9	BCP	1:03.05
30.57	32.48		

41 Corrales, Jerney	9	VC	1:03.32
30.08	33.24		
42 Lee, Daniel	10	VC	1:04.00
30.28	33.72		
43 VanBrunt, Warren	10	VC	1:04.13
30.96	33.17		
44 Stephenson, Ryan	10	VC	1:04.55
31.21	33.34		
45 Baldwin, Michael	9	AMHS	1:04.72
31.05	33.67		
46 Vu, Cody	9	BCP	1:04.77
31.14	33.63		
47 McKay, Shawn	10	AMHS	1:04.81
30.72	34.09		
48 Brenton, Christopher	10	VC	1:04.88
29.92	34.96		
49 Callas, Will	9	AMHS	1:05.26
31.66	33.60		
50 Swingle, Seiji	9	SHCP	1:06.11
32.13	33.98		
51 Kircher, Ryan	9	SI	1:06.57
32.08	34.49		
52 Vu, Kevin	9	BCP	1:07.30
32.40	34.90		
53 Lazar, Arpad	9	SHP	1:07.79
30.43	37.36		
54 Strong, Johnny	9	SFHS	1:07.85
31.56	36.29		
55 George, Michael	9	SERRA	1:08.05
33.87	34.18		
56 Lunzer, Michael	9	SFHS	1:08.08
32.31	35.77		
57 Blickenstaff, John	9	SERRA	1:08.81
32.69	36.12		
58 Martina, Matthew	9	SFHS	1:08.95
32.54	36.41		
59 Nguyen, Tim	9	BCP	1:09.30
33.07	36.23		
60 Pessah, Chandler	9	SERRA	1:09.36
32.01	37.35		
61 Ngo, Ben	9	RIOR	1:09.42
33.33	36.09		
62 Kahoush, Brandon	9	BCP	1:09.62
33.32	36.30		
63 Chuang, York	9	SFHS	1:09.70
33.49	36.21		
64 Nelson, Nic	9	RIOR	1:09.99
33.75	36.24		
65 Lozinski, Nolan	9	BCP	1:11.11
33.94	37.17		
66 Rioja, Ralph	10	RIOR	1:11.15
33.50	37.65		
67 Huey, Gregory	9	SHCP	1:11.58
35.38	36.20		
68 Kundtz, Ross	9	SFHS	1:11.60
34.08	37.52		
69 Brown, David	9	SFHS	1:12.36
34.03	39.12		
70 Berthoud, Dorian	9	AMHS	1:13.15

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Trials ... (Event 26 Boys 100 Yard Freestyle Frosh-Soph)

Name	Yr	School	Trials Time
71 Lee, Brian	10	RIOR	1:14.02
34.76	39.26		
72 Saso, Andrew	9	SFHS	1:15.12
34.81	40.31		
73 Davis, Ian	9	AMHS	1:15.36
36.62	38.74		
74 Tran, Dustin	9	VC	1:15.91
34.52	41.39		
75 Flanigan, Ryan	9	AMHS	1:19.61
76 Dean, Bryan	9	AMHS	1:21.69
1:21.75			
77 Mateo, Virgil	10	RIOR	1:23.36
37.95	45.41		
78 Ly, Jackson	10	RIOR	1:25.61
39.10	46.51		
79 Lai, Willy	10	RIOR	1:30.60
80 Maloney, Keenan	9	RIOR	1:33.09
42.01	51.08		
--- Orlando, Brian	10	BCP	X53.26
25.77	27.49		
--- Schilling, Ted	10	BCP	X53.35
25.60	27.75		
--- Dooley, Stuart	9	BCP	X55.09
27.07	28.02		
--- Dugoni, Andrew	9	BCP	X55.99
26.61	29.38		
--- Tu, Matt	9	BCP	X57.16
27.53	29.63		

Event 27 Girls 100 Yard Freestyle Varsity

WCAL Record: 52.45 * 2004 Michelle Liu-Mitty

Name	Yr	School	Finals Time
Championship Finals			
1 Shilling, Christina	12	VC	53.16 20
25.79	27.37		
2 Cisar, Jamie	11	AMHS	53.57 17
26.03	27.54		
3 Isaacs, Dory	11	AMHS	54.42 16
26.49	27.93		
4 Gong, Jennifer	12	PRES	54.61 15
26.51	28.10		
5 Campbell, MacKenzie	11	SI	55.05 14
26.46	28.59		
6 Lohrey, Sasza	10	SI	55.25 13
26.53	28.72		
7 Gunderson, Jenna	11	SFHS	55.91 12
27.23	28.68		
8 Collins, Sara	11	AMHS	56.42 11
27.45	28.97		
Consolation Finals			
9 Cutler, Lauren	10	VC	56.10 9
26.99	29.11		
10 Culpán, Kim	11	SHP	56.54 7
26.66	29.88		
11 Gamlen, Victoria	10	SFHS	56.68 6
27.35	29.33		

12 Oreglia, Kelley	11	PRES	56.72 5
27.99	28.73		
13 Stephens, Hannah	10	SHP	56.86 4
27.83	29.03		
14 Zakula, Katie	10	NDB	57.71 3
27.51	30.20		
15 Dellaria, Lyndsie	10	SI	58.00 2
27.35	30.65		
16 Ericksen, Kristina	12	AMHS	58.33 1
27.86	30.47		

Event 27 Girls 100 Yard Freestyle Varsity

WCAL Record: 52.45 * 2004 Michelle Liu-Mitty

Name	Yr	School	Trials Time
Trials			
1 Shilling, Christina	12	VC	53.72
25.73	27.99		
2 Cisar, Jamie	11	AMHS	54.33
26.42	27.91		
3 Isaacs, Dory	11	AMHS	54.66
26.78	27.88		
4 Gong, Jennifer	12	PRES	55.20
26.94	28.26		
5 Campbell, MacKenzie	11	SI	55.28
26.51	28.77		
6 Gunderson, Jenna	11	SFHS	55.50
27.04	28.46		
7 Lohrey, Sasza	10	SI	55.88
26.82	29.06		
8 Collins, Sara	11	AMHS	56.81
27.59	29.22		
9 Cutler, Lauren	10	VC	57.01
27.41	29.60		
10 Gamlen, Victoria	10	SFHS	57.24
27.53	29.71		
11 Dellaria, Lyndsie	10	SI	57.26
27.26	30.00		
12 Stephens, Hannah	10	SHP	57.31
27.93	29.38		
13 Culpán, Kim	11	SHP	57.35
27.47	29.88		
14 Oreglia, Kelley	11	PRES	58.16
28.71	29.45		
15 Zakula, Katie	10	NDB	58.50
27.94	30.56		
16 Ericksen, Kristina	12	AMHS	59.05
28.15	30.90		
17 Miller, Melanie	11	VC	59.12
28.22	30.90		
18 Wilkins, Christine	12	NDB	59.18
28.64	30.54		
19 Gause, Kelley	11	PRES	59.68
28.93	30.75		
20 Micotti, Kristina	10	VC	1:00.25
28.95	31.30		
21 Hays, Heather	12	PRES	1:00.47
28.97	31.50		

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Trials ... (Event 27 Girls 100 Yard Freestyle Varsity)

Name	Yr	School	Trials Time
22 Dayao, Raquel	12	SI	1:00.65
29.47	31.18		
23 Sheridan, Kirsten	10	SHP	1:01.01
28.95	32.06		
24 Garner, Mary Kate	11	SFHS	1:01.33
29.83	31.50		
25 Bunzel, Brianna	11	SFHS	1:01.46
30.22	31.24		
26 Heinisch, Amanda	12	SFHS	1:01.56
30.11	31.45		
27 Wargo, Toni	12	NDB	1:02.50
29.84	32.66		
28 Leung, Cerena	12	AMHS	1:03.44
30.29	33.15		
29 Villamil, Katie	12	PRES	1:03.55
29.54	34.01		
30 Larwood, Emily	11	SFHS	1:03.63
30.23	33.40		
31 Keane, Meghan	12	AMHS	1:03.96
30.84	33.12		
32 Thayer, Brittany	11	NDB	1:05.16
31.42	33.74		
33 Boesiger, Molly	11	SFHS	1:05.17
30.76	34.41		
34 Draeger, Christina	11	SFHS	1:06.55
31.57	34.98		
35 Mah, Kimberly	11	SHCP	1:06.78
32.08	34.70		
36 Chaplin, Lauren	12	VC	1:06.98
31.59	35.39		
37 Wishart, Carmen-Rosa	12	SHP	1:07.33
33.05	34.28		
38 Grosso, Julianne	11	SFHS	1:09.49
33.53	35.96		
39 Delfs, Katie	10	NDB	1:09.58
33.07	36.51		
40 Refy, Amanda	12	PRES	1:09.66
32.88	36.78		
41 Fouts, Betsy	11	SFHS	1:09.83
33.64	36.19		
42 Rivas, Andrea	12	NDB	1:10.93
33.16	37.77		
43 Garagozzo, Katie	12	SFHS	1:12.17
34.67	37.50		
44 Powers, Taryn	11	SFHS	1:12.39
35.30	37.09		
45 Freschet, Danielle	11	SFHS	1:13.63
35.28	38.35		
46 Datu, Catherine	12	PRES	1:14.96
35.88	39.08		
47 Gessert, Shannon	12	SFHS	1:15.12
36.10	39.02		
48 Ladcani, Stephanie	12	NDB	1:15.22
36.50	38.72		
49 Milan-Zapeda, Milani	12	VC	1:15.55
34.98	40.57		

50 Cart, Chelsea	12	PRES	1:15.77
34.78	40.99		
51 Gluck, Abby	11	NDB	1:19.35
36.26	43.09		
52 Nunes, Kelly Marie	11	SFHS	1:24.24
39.40	44.84		
53 McInnis, Lizzie	12	PRES	1:24.29
39.01	45.28		
54 Austin, Cherie	12	PRES	1:25.13
41.16	43.97		

Event 28 Boys 100 Yard Freestyle Varsity

WCAL Record: 46.54 * 1998 Leffie Crawford Serra

Name	Yr	School	Trials Time
Championship Finals			
1 Chhokar, Aaron	11	SERRA	48.20 20
23.04	25.16		
2 Buonfiglio, Nick	12	BCP	48.40 17
24.15	24.25		
3 Ang, Randy	12	SHP	48.92 16
23.77	25.15		
4 Zappel, Jase	11	BCP	48.95 15
23.39	25.56		
5 Schmidt, Kevin	12	BCP	49.19 14
24.05	25.14		
6 MacDonell, JohnPaul	12	BCP	49.40 13
23.52	25.88		
7 Cawley, Ryan	12	SI	49.52 12
23.98	25.54		
8 Kikuta, Andrew	12	VC	49.97 11
24.32	25.65		
Consolation Finals			
9 Hermansen, David	12	SERRA	48.83 9
23.11	25.72		
10 Bruno, John	12	SI	49.33 7
23.53	25.80		
11 Ridder, Steve	12	AMHS	50.78 6
24.26	26.52		
12 Benedetti, Brian	12	SFHS	50.84 5
24.44	26.40		
13 Kristofferson, Jun	11	SHP	50.91 4
24.43	26.48		
14 Zakula, Nick	11	SERRA	51.04 3
24.21	26.83		
15 Rudolph, Paul	9	SHP	51.19 2
24.59	26.60		
16 Broom, Connor	11	SFHS	51.85 1
25.02	26.83		

Event 28 Boys 100 Yard Freestyle Varsity

WCAL Record: 46.54 * 1998 Leffie Crawford Serra

Name	Yr	School	Trials Time
Trials			
1 Buonfiglio, Nick	12	BCP	48.61
24.03	24.58		
2 Kikuta, Andrew	12	VC	49.03
24.33	24.70		
3 Zappel, Jase	11	BCP	49.04
23.53	25.51		

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Trials ... (Event 28 Boys 100 Yard Freestyle Varsity)

Name	Yr	School	Trials	Time
4 Schmidt, Kevin	12	BCP		49.13
			24.16	24.97
5 MacDonell, JohnPaul	12	BCP		49.24
			23.77	25.47
6 Cawley, Ryan	12	SI		49.58
			24.31	25.27
7 Ang, Randy	12	SHP		49.62
			23.88	25.74
8 Chhokar, Aaron	11	SERRA		49.67
			23.59	26.08
9 Hermansen, David	12	SERRA		50.12
			23.51	26.61
10 Bruno, John	12	SI		50.16
			23.95	26.21
11 Benedetti, Brian	12	SFHS		50.23
			24.57	25.66
12 Rudolph, Paul	9	SHP		50.72
			24.18	26.54
13 Kristofferson, Jun	11	SHP		51.07
			24.42	26.65
14 Ridder, Steve	12	AMHS		51.20
			24.15	27.05
15 Healy, Zach	10	SFHS		51.93
			24.61	27.32
16 Zakula, Nick	11	SERRA		52.23
			24.27	27.96
17 Broom, Connor	11	SFHS		52.37
			25.00	27.37
18 Leese, Hunter	11	SI		52.45
			25.32	27.13
19 Yam, Robert	12	SI		52.47
			25.50	26.97
20 Wasson, Grant	11	BCP		52.69
			24.77	27.92
21 Strawbridge, Andrew	11	BCP		52.99
			25.55	27.44
22 Diangson, Steve	12	BCP		53.02
			25.38	27.64
23 Gray, Ryan	12	VC		53.49
			25.15	28.34
24 Slugocki, Andy	10	AMHS		53.55
			25.77	27.78
25 Brickley, Matt	11	SERRA		53.62
			25.43	28.19
26 Weiss, Taylor	12	AMHS		53.73
			25.68	28.05
27 Bugaski, Alex	12	AMHS		53.80
			25.16	28.64
28 Guslani, Ryan	10	SFHS		53.87
			25.58	28.29
29 Raisch, Mitchell	11	AMHS		54.32
			25.61	28.71
30 Ebert, Daniel	11	BCP		54.33
			26.18	28.15

31 Fry, Brad	11	AMHS		54.47
			25.78	28.69
32 MacDonell, Patrick	11	BCP		54.51
			26.27	28.24
33 Gustaveson, Tommy	11	AMHS		54.56
			25.51	29.05
34 Masuda, Cameron	12	AMHS		54.61
			25.83	28.78
35 Dawkins, Kevin	10	SFHS		54.67
			26.08	28.59
36 Brown, Evan	12	AMHS		54.73
			25.47	29.26
37 Keifer, Bob	11	BCP		54.86
			26.62	28.24
38 Dellinger, Evan	9	SFHS		55.27
			25.32	29.95
39 Sih-Choi, Stephen	12	BCP		55.47
			26.35	29.12
40 O'Connell, Nick	12	SI		55.66
			26.72	28.94
41 O'Dea, Ryan	10	SI		55.85
			25.88	29.97
42 Bickam, Travis	11	SFHS		55.86
			26.72	29.14
43 Muscat, Jared	11	SI		55.97
			27.01	28.96
44 Martyn, Andrew	12	RIOR		55.99
			26.79	29.20
45 Wong, John	12	SFHS		56.29
			27.22	29.07
46 Stanley, John	11	SI		57.07
			27.38	29.69
47 Miller, Jackson	10	VC		57.26
			57.33	
48 Able, Brian	11	VC		57.46
			26.81	30.65
49 Young, Daniel	11	VC		58.45
			27.02	31.43
50 Deggelman, Kevin	12	SHP		58.52
			28.19	30.33
51 Oesar, Nick	11	SERRA		58.65
			28.21	30.44
52 Van Zanten, Garrett	11	SHP		58.77
			29.14	29.63
53 Fleming, Michael	11	AMHS		59.01
			27.70	31.31
54 Silva, Andrew	12	AMHS		59.27
			27.50	31.77
55 Valentini, Dominic	12	SI		59.48
			28.66	30.82
56 Lorenz, Chris	12	SERRA		1:00.33
			29.12	31.21
57 Aldrich, Matt	11	SFHS		1:00.97
			28.84	32.13
58 Kustel, Sam	11	SI		1:01.11
			29.16	31.95
59 Bujalski, Danny	12	AMHS		1:01.55
			29.23	32.32

2006 WCAL Swimming & Diving Championships - 05/04/06 to 05/06/06

Results

Trials ... (Event 28 Boys 100 Yard Freestyle Varsity)			
Name	Yr	School	Trials Time
60 O'Neil, David	11	SFHS	1:01.68
29.19	32.49		
61 Miano, Takeshi	12	AMHS	1:01.94
29.85	32.09		
62 Aung, Lawrence	11	SHCP	1:02.78
30.28	32.50		
63 Huynh, Phong	12	VC	1:03.36
30.06	33.30		
64 Harders, Chris	12	SI	1:04.37
30.68	33.69		
65 Vu-Nguyen, Chris	11	BCP	1:05.60
31.43	34.17		
66 Mahoney, Michael	11	SHP	1:09.50
32.83	36.67		
67 Nguyen, Brian	11	BCP	1:10.66
32.84	37.82		
--- Talbott, Patrick	10	BCP	X49.56
24.38	25.18		
--- MacDonell, Eric	11	BCP	X50.76
24.61	26.15		
--- Wilson, Finlay	11	BCP	X51.72
24.53	27.19		
--- Gericke, Kevin	12	BCP	X52.40
24.82	27.58		

Event 29 Girls 500 Yard Freestyle Junior Varsity			
WCAL Record: 5:43.08 * 05/05/06 Gina Castagnola SI			
Name	Yr	School	Finals Time
Championship Finals			
1 Elward, Courtney	9	SFHS	5:41.44* 20
31.17	33.89	34.96	35.67
35.01	34.55	34.58	35.18
34.42	32.01		
2 Dunlevie, Vee	9	SHP	5:42.65* 17
31.20	34.02	34.87	34.78
35.45	34.54	34.78	34.92
34.70	33.39		
3 Medeiros, Danielle	9	PRES	5:47.37 16
31.50	34.07	34.84	35.33
35.21	35.46	35.63	35.70
35.65	33.98		
4 Caine, Lindsey	10	SFHS	5:47.47 15
31.63	33.85	34.79	35.32
35.73	35.37	35.58	35.97
36.18	33.05		
5 Vogt, Adriana	11	SHP	5:47.49 14
31.98	34.25	34.98	35.54
35.59	36.14	35.25	35.45
35.32	32.99		
6 Castagnola, Gina	11	SI	5:51.46 13
31.23	34.24	35.20	35.91
35.58	35.60	35.88	36.19
36.25	35.38		
7 Shapero, Sara	10	PRES	6:06.71 12
33.13	35.97	36.93	37.16
36.98	37.37	37.84	37.83
37.62	35.88		

8 Fuselier, Claire	9	SFHS	6:11.92 11
32.98	37.41	38.36	37.97
37.69	38.30	37.96	37.84
37.63	35.78		
Consolation Finals			
9 Roe, Jenna	11	PRES	6:04.78 9
32.82	35.59	36.49	36.88
37.00	37.38	37.76	37.83
37.47	35.56		
10 Brezinski, Maggie	10	SHP	6:09.87 7
34.31	37.25	37.69	38.13
38.15	37.82	37.52	37.95
36.74	34.31		
11 Wellman, Katie	9	AMHS	6:10.03 6
33.73	37.18	37.74	37.96
38.39	37.80	37.50	37.55
36.87	35.31		
12 Gallagher, Cassandra	10	SI	6:10.28 5
31.95	35.58	36.62	37.22
37.68	38.01	38.34	38.92
38.90	37.06		
13 Refy, Monika	10	PRES	6:11.45 4
33.02	36.32	37.18	37.67
37.19	38.21	38.94	38.50
38.25	36.17		
14 Shaffer, Emily	9	AMHS	6:12.43 3
34.19	38.17	37.01	38.33
38.54	37.01	37.98	37.79
37.59	35.82		
15 Trindle, Thea	10	SI	6:17.92 2
33.15	36.09	37.36	38.43
38.45	38.89	39.07	39.51
39.03	37.94		
16 Salciccia, Ally	10	SFHS	6:46.93 1
36.15	39.22	39.97	41.17
41.84	42.28	42.14	42.50
41.70	39.96		

Event 29 Girls 500 Yard Freestyle Junior Varsity			
WCAL Record: 5:43.08 * 05/05/06 Gina Castagnola SI			
Name	Yr	School	Trials Time
Trials			
1 Castagnola, Gina	11	SI	5:43.08*
31.61	34.07	34.63	35.55
35.27	34.78	34.55	34.49
34.44	33.69		
2 Dunlevie, Vee	9	SHP	5:43.24
30.99	33.38	33.75	34.48
34.71	35.05	35.43	35.39
35.72	34.34		
3 Elward, Courtney	9	SFHS	5:45.48
31.27	34.88	35.45	35.06
35.27	35.12	35.08	35.62
34.65	33.08		
4 Caine, Lindsey	10	SFHS	5:46.62
31.83	34.50	34.85	35.42
35.28	35.16	35.58	35.60
34.88	33.52		

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Results

Trials ... (Event 29 Girls 500 Yard Freestyle Junior Varsity)				
Name	Yr	School	Trials Time	
5 Medeiros, Danielle	9	PRES	5:46.66	
			32.20	33.94
			35.13	35.22
			35.12	33.71
6 Vogt, Adriana	11	SHP	5:47.93	
			30.81	33.34
			35.35	35.59
			36.25	35.79
7 Shapero, Sara	10	PRES	6:00.07	
			32.59	35.44
			36.85	36.64
			36.72	35.39
8 Fuselier, Claire	9	SFHS	6:05.93	
			33.36	37.01
			37.87	37.36
			36.39	35.05
9 Gallagher, Cassandra	10	SI	6:06.03	
			31.46	35.05
			36.83	37.05
			38.76	37.48
10 Trindle, Thea	10	SI	6:08.43	
			33.33	35.42
			37.49	37.37
			37.86	37.23
11 Roe, Jenna	11	PRES	6:09.04	
			33.39	35.68
			37.51	38.00
			37.92	36.13
12 Refy, Monika	10	PRES	6:16.10	
			33.35	36.60
			37.77	38.69
			38.85	35.96
13 Shaffer, Emily	9	AMHS	6:18.91	
			33.63	37.32
			39.11	38.86
			38.95	37.20
14 Brezinski, Maggie	10	SHP	6:20.56	
			32.70	35.21
			38.14	39.21
			41.02	40.49
15 Wellman, Katie	9	AMHS	6:21.53	
			33.57	37.96
			39.03	39.04
			39.36	36.65
16 Salciccia, Ally	10	SFHS	6:45.06	
			37.89	40.54
			40.00	41.41
			41.35	41.07
17 Gee, Melinda	11	SHCP	7:02.22	
			36.05	40.01
			44.07	44.23
			43.41	41.19
18 McTaggart, Megan	10	NDB	7:04.21	
			35.86	40.95
			43.26	43.50
			43.56	41.98

19 Grant, Molly	10	PRES	7:08.61	
			37.16	42.26
			43.10	43.63
			45.40	40.11
20 Lee, Annabelle	11	SHCP	7:14.64	
			37.60	41.84
			44.63	44.52
			45.32	40.92
21 O'Dowd, Stephanie	10	NDB	9:20.13	
			48.50	56.87
			56.01	56.53
			56.36	56.34
--- Simard, Christina	10	PRES	X6:33.45	
			33.28	37.20
			40.25	41.12
			41.75	39.71

Event 30 Boys 500 Yard Freestyle Frosh-Soph
WCAL Record: 4:42.04 * 2004 Taylor Smith-Bells

Name	Yr	School	Finals Time	
Championship Finals				
1 Bedell, James	10	BCP	5:06.01 20	
			28.34	30.32
			31.54	31.37
			30.40	29.35
2 Ebert, Robert	10	BCP	5:17.65 17	
			28.74	31.52
			32.80	32.31
			31.83	30.97
3 Parsons, Jeff	10	BCP	5:29.22 16	
			29.25	32.55
			33.83	33.77
			33.30	32.73
4 Marusiak, David	10	BCP	5:30.32 15	
			29.51	32.14
			34.03	34.02
			33.92	30.88
5 Villeneuve, Grant	9	SHP	5:30.96 14	
			28.58	30.87
			34.53	34.88
			34.25	32.67
6 Duhn, Christopher	10	SI	5:31.45 13	
			29.58	32.40
			33.97	34.51
			33.86	31.31
7 McCavitt, Kit	10	SHP	5:36.17 12	
			30.43	33.13
			34.54	34.91
			34.20	31.87
8 Franceschini, Robby	10	SFHS	5:37.54 11	
			29.57	32.41
			34.33	34.53
			35.53	34.30
Consolation Finals				
9 Butler, John	9	SI	5:34.79 9	
			29.42	33.14
			33.92	34.65
			34.19	31.01

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Results

Consolation Finals ... (Event 30 Boys 500 Yard Freestyle Frosh)				
Name	Yr	School	Finals Time	
10 Grizzle, Jonathan	10	VC	5:35.06	7
29.73	32.73	34.56	34.36	
34.82	34.30	34.92	34.49	
33.90	31.25			
11 Minnis, Josh	10	SFHS	5:45.87	6
29.73	32.92	35.99	35.54	
35.56	36.23	34.91	35.01	
35.10	34.88			
12 Goodenough, Matt	9	SFHS	5:47.08	5
31.44	34.41	35.51	35.45	
35.98	35.59	35.93	34.51	
35.81	32.45			
13 Murphy, Michael	10	SHP	5:52.05	4
		34.42	35.75	
35.71	36.74	38.22	36.98	
37.13	34.88			
14 Sung, Joshua	10	VC	6:28.76	3
31.98	36.04	38.21	39.71	
40.95	40.59	40.41	41.90	
40.04	38.93			
15 Pugliese, Alexander	10	VC	6:31.10	2
34.77	38.30	39.05	39.66	
39.87	40.66	40.34	40.50	
40.05	37.90			
16 Marr, Joey	9	VC	7:13.85	1
34.84	41.75	44.03	45.26	
45.17	46.79	45.60	46.14	
43.38	40.89			

Event 30 Boys 500 Yard Freestyle Frosh-Soph
 WCAL Record: 4:42.04 * 2004 Taylor Smith-Bells

Name	Yr	School	Trials Time	
Trials				
1 Bedell, James	10	BCP	5:02.66	
26.63	29.95	30.42	30.73	
30.92	31.11	31.48	31.77	
30.39	29.26			
2 Ebert, Robert	10	BCP	5:20.17	
28.21	32.24	32.86	32.61	
33.08	32.87	32.37	32.67	
32.73	30.53			
3 Marusiak, David	10	BCP	5:26.69	
28.37	32.11	33.05	33.19	
33.13	32.79	34.31	33.80	
33.71	32.23			
4 Parsons, Jeff	10	BCP	5:31.78	
27.22	31.08	32.20	33.06	
33.66	34.74	34.98	35.00	
35.48	34.36			
5 Duhn, Christopher	10	SI	5:32.76	
29.54	32.62	33.76	33.76	
34.42	34.58	35.10	33.68	
33.48	31.82			
6 McCavitt, Kit	10	SHP	5:33.40	
30.65	32.66	33.59	34.06	
34.46	34.65	34.89	33.44	
33.63	31.37			

7 Villeneuve, Grant	9	SHP	5:35.12	
29.54	32.11	34.05	34.93	
34.42	34.25	35.39	35.15	
33.29	31.99			
8 Franceschini, Robby	10	SFHS	5:38.49	
29.18	31.73	33.20	33.80	
33.77	34.44	35.04	35.83	
36.31	35.19			
9 Butler, John	9	SI	5:39.12	
30.08	32.97	34.11	34.53	
35.31	34.71	34.97	35.73	
34.29	32.42			
10 Grizzle, Jonathan	10	VC	5:40.44	
29.53	32.47	34.16	35.30	
35.27	35.36	35.45	35.78	
34.06	33.06			
11 Murphy, Michael	10	SHP	5:42.29	
28.51	32.43	33.60	35.00	
35.39	36.41	35.96	35.81	
35.50	33.68			
12 Minnis, Josh	10	SFHS	5:45.78	
29.88	32.12	33.37	34.40	
35.65	35.86	36.10	36.91	
36.87	34.62			
13 Goodenough, Matt	9	SFHS	5:58.41	
31.15			36.19	
37.22	36.73	37.14	37.11	
36.42	35.51			
14 Pugliese, Alexander	10	VC	6:30.31	
33.00	37.00	39.02	39.37	
39.93	40.76	41.55	41.10	
40.60	37.98			
15 Sung, Joshua	10	VC	6:32.90	
33.08	37.17	38.95	39.90	
39.67	41.10	41.19	41.80	
41.07	38.97			
16 Marr, Joey	9	VC	7:11.19	
33.77	39.88	43.72	44.98	
46.13	45.10	45.82	45.40	
46.08	40.31			

Event 31 Girls 500 Yard Freestyle Varsity
 WCAL Record: 4:59.37 * 05/05/06 Danielle Gong PRES

Name	Yr	School	Finals Time	
Championship Finals				
1 Gong, Danielle	10	PRES	4:58.37*	20
27.77	29.53	29.90	30.05	
30.06	30.16	30.31	30.79	
30.29	29.51			
2 Ryan, Mallory	10	SI	5:14.21	17
28.56	30.45	31.15	31.53	
31.80	32.02	32.31	32.20	
32.33	31.86			
3 Wells, Alex	10	VC	5:17.16	16
28.93	30.94	31.70	32.01	
31.99	32.07	32.14	32.36	
32.65	32.37			

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Results

Championship Finals ... (Event 31 Girls 500 Yard Freestyle Va

Name	Yr	School	Finals Time	
4 Still, Julia	10	PRES	5:21.47	15
29.48	32.07	32.74	32.81	
32.64	32.95	32.88	32.61	
32.12	31.17			
5 Power, Kyla	12	VC	5:22.40	14
29.36	32.15	32.70	32.63	
32.27	32.36	32.71	33.17	
32.82	32.23			
6 Okuda, Kelsi	12	VC	5:28.61	13
29.65	32.00	32.50	32.65	
32.90	33.16	33.30	33.65	
34.57	34.23			
7 Mansfield, Roxanne	10	SFHS	5:34.53	12
30.29	32.44	33.27	33.81	
34.22	34.34	34.65	34.64	
34.20	32.67			
8 Power, Kelsey	10	VC	5:40.43	11
30.59	32.99	33.90	34.12	
34.43	34.48	35.18	34.96	
35.34	34.44			
Consolation Finals				
9 Naruns, Natalie	9	SFHS	5:29.15	9
29.99	32.52	32.90	32.78	
33.86	34.00	34.01	33.79	
33.25	32.05			
10 Isaacs, Caroline	9	AMHS	5:34.03	7
30.08	32.95	34.12	34.62	
34.48	34.17	33.90	34.28	
33.46	31.97			
11 Roddy, Loretta	12	SI	5:35.63	6
30.07	33.13	33.71	34.46	
34.31	34.77	34.19	1:08.42	
32.57				
12 Sutherland, Katie	11	SHP	5:35.67	5
30.80	33.94	34.72	34.24	
34.07	34.18	34.06	33.87	
33.53	32.26			
13 Smith, Kimberly	10	SFHS	5:36.68	4
31.14	33.82	33.79	34.11	
34.79	33.91	34.20	34.04	
33.75	33.13			
14 Lowe, Kristen	9	NDB	5:36.81	3
30.74	32.95	33.65	33.98	
34.77	34.16	34.72	34.39	
34.59	32.86			
15 Thomas, Emily	11	AMHS	5:40.92	2
30.84	33.34	34.25	34.81	
34.81	34.52	34.49	35.20	
34.58	34.08			
16 Kirchessger, Kristina	12	SI	5:49.59	1
31.69	34.78	34.98	35.50	
35.43	35.40	35.75	36.02	
36.15	33.89			

Event 31 Girls 500 Yard Freestyle Varsity

WCAL Record: 4:59.37 * 05/05/06 Danielle Gong PRES

Name	Yr	School	Trials Time
Trials			
1 Gong, Danielle	10	PRES	4:59.37*
28.24	30.22	30.29	30.09
30.01	29.78	30.47	30.54
30.34	29.39		
2 Ryan, Mallory	10	SI	5:15.59
27.79	30.08	30.93	31.51
32.19	32.48	32.66	32.87
32.82	32.26		
3 Power, Kyla	12	VC	5:20.20
28.72	31.86	32.45	32.58
32.51	32.50	32.42	32.61
32.90	31.65		
4 Wells, Alex	10	VC	5:21.68
29.42	31.35	32.05	32.20
32.44	32.52	33.02	32.88
33.11	32.69		
5 Still, Julia	10	PRES	5:24.49
29.61	31.85	32.76	33.16
33.09	33.00	33.03	33.19
32.61	32.19		
6 Okuda, Kelsi	12	VC	5:26.29
29.80	31.66	32.12	32.29
32.75	33.09	33.34	33.39
34.09	33.76		
7 Mansfield, Roxanne	10	SFHS	5:31.66
29.46	32.70	33.51	33.62
33.66	34.34	34.26	34.49
33.98	31.64		
8 Power, Kelsey	10	VC	5:31.82
30.32	32.98	33.33	33.61
33.64	33.32	33.61	33.87
34.03	33.11		
9 Roddy, Loretta	12	SI	5:32.20
29.78	33.03	33.32	33.60
33.95	34.00	34.02	34.25
34.07	32.18		
10 Naruns, Natalie	9	SFHS	5:33.91
30.26	33.20	33.99	34.34
33.95	34.26	34.02	34.18
33.30	32.41		
11 Sutherland, Katie	11	SHP	5:36.07
30.37	33.10	34.03	34.65
34.40	34.21	34.14	34.36
34.15	32.66		
12 Smith, Kimberly	10	SFHS	5:37.43
31.46	33.78	34.25	34.17
34.65	33.73	33.69	34.31
33.95	33.44		
13 Isaacs, Caroline	9	AMHS	5:37.58
29.51	32.67	34.00	34.59
33.80	33.86	34.94	35.06
35.59	33.56		

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Trials ... (Event 31 Girls 500 Yard Freestyle Varsity)

Name	Yr	School	Trials Time
14 Lowe, Kristen	9	NDB	5:37.91
30.40	32.90	33.72	33.79
34.03	34.59	34.56	34.68
35.16	34.08		
15 Kirchessger, Kristina	12	SI	5:45.02
32.20	34.60	34.84	34.99
35.09	35.16	34.92	35.67
34.83	32.72		
16 Thomas, Emily	11	AMHS	5:45.70
31.07	33.73	34.45	35.10
35.10	35.57	35.62	35.45
35.27	34.34		
17 Allen, Kim	9	SFHS	5:46.72
33.10	33.00	34.20	35.35
34.77	34.59	35.05	36.18
35.79	34.69		
18 Murray, Sarah	12	PRES	5:59.64
31.61	34.80	36.01	36.60
37.03	36.94	37.34	37.28
36.74	35.29		
19 Adams, Taylor	10	SHCP	6:20.13
32.54	35.17	36.60	37.64
38.30	38.67	39.35	39.46
41.35	41.05		
20 Doudell, Christine	12	PRES	6:23.43
32.40	36.96	38.33	39.20
39.81	39.62	40.12	40.58
40.18	36.23		
21 Mah, Katherine	12	SHCP	6:45.85
33.11	39.57	41.33	42.00
42.28	42.91	42.67	42.93
41.58	37.47		
22 Geyton, Dior	12	NDB	7:18.69
38.22	43.28	45.27	45.19
44.92	44.76	45.64	45.16
44.56	41.69		

Event 32 Boys 500 Yard Freestyle Varsity

WCAL Record: 4:32.79 * 05/04/06 Taylor Smith Bell

Name	Yr	School	Finals Time
Championship Finals			
1 Smith, Taylor	11	BCP	4:31.26* 20
24.61	26.99	27.54	27.21
27.37	27.60	27.75	27.99
27.33	26.87		
2 Navarro, Alex	10	SHP	4:33.77 17
25.51	27.08	27.19	27.37
27.80	27.94	27.82	27.92
27.93	27.21		
3 Mix, Zach	12	BCP	4:45.83 16
26.20	28.12	28.67	29.08
29.14	29.35	29.27	29.26
29.18	27.56		

4 Kuo, David	10	SFHS	4:54.67	15
25.95	28.67	30.16	30.70	
30.68	30.72	29.68	30.04	
30.38	27.69			
5 Partin, Chris	11	BCP	4:55.35	14
26.52	28.68	29.55	30.12	
30.20	30.37	30.25	30.28	
30.10	29.28			
6 Snell, Jason	12	SI	4:59.91	13
26.75	28.97	29.57	30.32	
30.58	30.70	30.88	31.05	
31.13	29.96			
7 Shields, Matt	11	BCP	5:01.74	12
26.52	28.53	29.48	30.33	
30.62	31.16	31.07	31.72	
31.67	30.64			
8 Norton, Tim	10	SHP	5:12.31	11
28.12	30.78	31.22	31.33	
31.91	32.04	31.91	32.80	
32.16	30.04			
Consolation Finals				
9 Smith, Matt	11	VC	5:07.00	9
28.19	31.17	31.87	31.72	
31.73	31.20	30.35	30.28	
30.85	29.64			
10 Coetsee, Abram	12	VC	5:09.83	7
26.37	29.62	30.53	31.25	
32.12	32.10	32.56	32.03	
31.63	31.62			
11 Krautkramer, Tristan	11	SHP	5:15.38	6
28.04	31.32	31.79	32.18	
32.26	32.80	32.35	32.70	
32.43	29.51			
12 Riley, Nick	11	RIOR	5:16.08	5
26.81	29.92	31.29	32.51	
32.72	33.13	32.82	33.31	
32.48	31.09			
13 Kolenda, David	11	SI	5:16.66	4
27.99	30.09	31.33	32.10	
32.21	33.03	32.83	32.95	
32.97	31.16			
14 Hosking, YD	11	SHP	5:21.69	3
28.17	31.32	32.02	32.39	
32.88	33.03	33.71	33.36	
33.86	30.95			
15 McEnery, Ryan	11	SERRA	5:22.50	2
30.38	31.44	32.55	31.90	
31.90	32.65	32.87	33.59	
33.46	31.76			
16 Reynolds, Chris	11	AMHS	5:23.42	1
28.66	31.53	32.07	32.47	
32.54	33.09	33.16	34.16	
34.06	31.68			

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Event 32 Boys 500 Yard Freestyle Varsity

WCAL Record: 4:32.79 * 05/04/06 Taylor Smith Bell

Name	Yr	School	Trials		Time
Trials					
1 Smith, Taylor	11	BCP	4:32.79*		
			24.84	27.27	27.62 27.86
			27.79	27.53	27.87 27.82
			27.78	26.41	
2 Navarro, Alex	10	SHP	4:42.15		
			25.41	28.06	28.48 28.77
			28.77	28.85	28.95 28.76
			28.65	27.45	
3 Mix, Zach	12	BCP	4:46.56		
			26.12	28.64	28.71 29.00
			29.11	29.33	29.25 29.43
			29.06	27.91	
4 Kuo, David	10	SFHS	4:52.46		
			25.27	28.05	29.05 29.48
			29.94	30.07	30.50 30.84
			30.68	28.58	
5 Partin, Chris	11	BCP	4:57.21		
			26.50	28.78	29.87 29.94
			30.01	30.14	30.44 30.64
			30.84	30.05	
6 Shields, Matt	11	BCP	5:02.31		
			27.68	29.79	30.41 30.65
			30.96	30.65	30.71 30.97
			30.97	29.52	
7 Snell, Jason	12	SI	5:02.91		
			25.89	29.00	30.40 30.46
			31.02	31.03	30.90 31.49
			31.78	30.94	
8 Norton, Tim	10	SHP	5:05.94		
			27.54	30.50	30.76 30.45
			30.54	30.99	31.03 31.99
			31.64	30.50	
9 Coetsee, Abram	12	VC	5:10.93		
			27.09	30.32	31.29 31.75
			31.85	31.99	32.02 31.83
			32.08	30.71	
10 Kolenda, David	11	SI	5:14.64		
			28.33	30.54	31.48 31.91
			32.13	32.23	32.10 32.28
			32.42	31.22	
11 Riley, Nick	11	RIOR	5:17.13		
			27.46	30.61	31.72 32.47
			32.92	32.23	32.37 32.89
			32.96	31.50	
12 Krautkramer, Tristan	11	SHP	5:17.80		
			28.54	31.31	32.37 32.09
			32.69	32.45	32.55 32.68
			32.35	30.77	
13 Smith, Matt	11	VC	5:19.36		
			27.24	31.65	32.66 33.06
			32.50	32.95	32.05 32.94
			32.87	31.44	

14 Hosking, YD	11	SHP	5:20.83		
			28.30	31.28	32.10 32.74
			32.78	32.75	32.96 33.38
			32.77	31.77	
15 McEnery, Ryan	11	SERRA	5:25.42		
			28.77	31.96	34.79 34.05
			33.28	32.59	32.64 33.27
			33.41	30.66	
16 Reynolds, Chris	11	AMHS	5:30.46		
			28.79	31.51	33.27 33.86
			33.75	33.41	34.36 35.02
			34.54	31.95	
17 Johnson, Alex	11	SI	5:33.70		
			29.51	32.19	33.26 33.75
			33.58	33.98	34.67 34.46
			35.08	33.22	
18 Mahoney, Brendan	11	SI	5:34.43		
			29.98	32.10	34.31 34.70
			33.71	34.01	34.55 33.97
			33.98	33.12	
19 Aldrette, Andrew	10	VC	5:35.42		
			29.20	32.46	33.45 34.06
			34.01	33.91	34.83 34.82
			35.23	33.45	
20 Wang, Kevin	11	AMHS	5:45.42		
			29.04	32.89	34.71 35.36
			35.81	36.11	36.51 36.23
			35.82	32.94	
21 Wedig, John	11	SFHS	5:50.59		
			31.40	34.24	34.53 35.82
			36.07	36.25	36.19 36.08
			36.16	33.85	
22 Kirmse, Matt	11	AMHS	5:53.41		
			29.39	33.14	34.51 33.86
			33.72	35.09	35.62 34.75
			33.15	50.18	
23 Clapham, Jared	10	VC	5:59.79		
			28.73	32.78	34.32 34.69
			34.93	35.86	36.47 34.08
			30.97	56.96	

Event 33 Girls 200 Yard Freestyle Relay Junior Varsity

WCAL Record: 1:46.25 * 2005 St. Ignatius College Prep.

S Lohrey, M Herrerias, K Conley, R Dayao

Team	Relay	Finals Time
1 PRES	A	1:47.42 40
1) Kerstens, Annemieke 9	2) Lorion, Marisa 11	
3) Zellner, Alexandra 10	4) Ramirez, Melisa 11	
	26.80 27.01 26.69 26.92	
2 SHP	A	1:47.43 34
1) Mordell, MJ 9	2) Child, Laura 10	
3) Henderson, Hannah 10	4) Clark, KK 10	
	27.36 27.51 27.40 25.16	
3 SI	A	1:47.76 32
1) Neagle, Mia 10	2) Castagnola, Gina 11	
3) Herrerias, Michelle 11	4) Conley, Kelly 11	
	27.30 27.53 27.01 25.92	

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(Event 33 Girls 200 Yard Freestyle Relay Junior Varsity)

Team	Relay	Finals Time	
4 AMHS	A	1:50.07	30
1) Silveria, Marilee 11	2) Pedersen, Megan 10		
3) Keane, Delaney 10	4) Ericksen, Kelsea 10		
27.84 27.40	27.66 27.17		
5 SFHS	A	1:54.03	28
1) Sandlin, Courtney 9	2) Soares, Jen 10		
3) Proceviat, Laina 10	4) Benedetti, Kimberly 10		
27.69 29.21	29.18 27.95		
6 VC	A	1:59.61	26
1) McKinney, Lisa 9	2) Tan, Rachel 10		
3) Benanti, Alex 9	4) Slavich, Beki 10		
30.64 28.46	31.62 28.89		
7 NDB	A	2:12.05	24
1) Chao, Melissa 9	2) Scheierling, Suzie 10		
3) Sanford, Laura 10	4) Razzak, Zaireen 11		
33.38 33.70	33.86 31.11		
--- PRES	B	X1:53.85	
28.41 28.73	29.63 27.08		
--- SFHS	B	X1:54.80	
28.21 28.77	29.07 28.75		
--- SHP	B	X1:56.03	
29.33 28.86	29.63 28.21		
--- SI	B	X1:58.17	
28.37 30.58	29.92 29.30		
--- SHCP	B	X2:14.17	
36.69 32.69	34.37 30.42		
--- VC	B	X2:17.33	
32.83 35.36	36.53 32.61		
--- NDB	B	X2:27.02	
34.84 43.81	34.98 33.39		
--- SHCP	A	DQ	
1) Lee, Annabelle 11	2) YU, Vivian 11		
3) Lee, Matti 11	4) Chukuntarod, Bobbie 9		
32.32 30.47	35.20 28.15		

Event 34 Boys 200 Yard Freestyle Relay Frosh-Soph

WCAL Record: 1:30.41 * 2004 Bellarmine College Prep.
J MacDonell, K Schmidt, B McCoid, N Buonfiglio

Team	Relay	Finals Time	
1 BCP	A	1:31.65	40
1) Schmidt, Brian 10	2) Louie, Jason 10		
3) Wall, Danny 10	4) Espiritu, Julius 9		
23.20 22.87	22.65 22.93		
2 SI	A	1:37.50	34
1) Nicholas, Denzel 10	2) Kutzscher, Michael 10		
3) Butler, John 9	4) Kranenburg, Pieter 9		
24.54 25.49	23.66 23.81		
3 AMHS	A	1:38.23	32
1) Lopiccolo, Adam 10	2) D'Arienzo, CJ 10		
3) Brown, Ryan 10	4) Bernosky, Devin 10		
25.98 24.50	24.25 23.50		
4 SFHS	A	1:38.60	30
1) Cole, Tom 9	2) Martin de Bustamante,		
3) Dito, Tony 9	4) Olson, Michael 10		
25.24 24.78	25.05 23.53		

5 SHP	A	1:41.68	28
1) Randall, Greg 10	2) Parsons, Matt 10		
3) Chang, Colin 10	4) Meisel, Kevin 10		
25.91 24.63	26.23 24.91		
6 SERRA	A	1:44.61	26
1) Greco, Travis 10	2) Gomes, Alex 10		
3) Morton, Scott 10	4) Zuffi, Austin 10		
26.35 26.16	26.18 25.92		
7 VC	A	1:48.43	24
1) VanBrunt, Warren 10	2) Lee, Daniel 10		
3) Valdez, Devin 9	4) Harn-Oram, David 10		
26.53 27.34	27.93 26.63		
8 RIOR	A	2:02.40	22
1) Nelson, Nic 9	2) Mateo, Virgil 10		
3) Rioja, Ralph 10	4) Ngo, Ben 9		
31.26 29.52	30.48 31.14		
9 SHCP	A	2:09.33	18
1) Huey, Gregory 9	2) Mah, Jonathan 9		
3) Yun, Thomas 10	4) Swingle, Seiji 9		
32.25 37.31	31.08 28.69		
--- BCP	B	X1:37.63	
24.03 24.32	25.32 23.96		
--- SFHS	B	X1:44.84	
26.64 26.88	26.68 24.64		
--- SHP	B	X1:45.23	
27.16 27.04	25.18 25.85		
--- SI	B	X1:45.76	
26.84 27.56	25.81 25.55		
--- AMHS	B	X1:49.85	
28.49 29.00	26.76 25.60		
--- SERRA	B	XDQ	
28.87 28.35	26.68 26.96		

Event 35 Girls 200 Yard Freestyle Relay Varsity

WCAL Record: 1:39.49 * 2005 Archbishop Mitty High School
M Liu, J Cisar, J Hyrne, S Simonds

Team	Relay	Finals Time	
1 AMHS	A	1:38.35*	40
1) Liu, Michelle 12	2) Delisle, Laurence 9		
3) Cisar, Jamie 11	4) Isaacs, Dory 11		
24.30 24.24	24.94 24.87		
2 SI	A	1:41.00	34
1) Campbell, Darcie 11	2) Sheppard, JC 12		
3) Lohrey, Sasza 10	4) Campbell, MacKenzie 11		
25.64 25.09	25.19 25.08		
3 VC	A	1:41.72	32
1) Shilling, Christina 12	2) Cutler, Lauren 10		
3) Yoshida, Kaylee 11	4) Power, Kyla 12		
24.97 26.01	25.26 25.48		
4 SFHS	A	1:42.51	30
1) Pichay, Victoria 9	2) Gunderson, Jenna 11		
3) Tansuwan, Melanie 12	4) Gamlen, Victoria 10		
25.45 25.43	25.68 25.95		
5 PRES	A	1:44.92	28
1) Gause, Kelley 11	2) Oreglia, Kelley 11		
3) Watts, Carolyn 11	4) Still, Julia 10		
26.72 26.12	25.71 26.37		

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(Event 35 Girls 200 Yard Freestyle Relay Varsity)

Team	Relay	Finals Time	
6 SHP	A	1:45.91	26
1) Culpan, Kim 11	2) Menon, Pallavi 10		
3) Stephens, Hannah 10	4) Bacon, Ruth 12		
26.13 26.56	26.20 27.02		
7 NDB	A	1:49.58	24
1) Wilkins, Christine 12	2) Wargo, Toni 12		
3) Tarling, Morgan 12	4) Zakula, Katie 10		
26.24 27.47	29.60 26.27		
8 SHCP	A	1:53.26	22
1) Law, Nicole 12	2) Fong, Natalie 10		
3) Holden, Marissa 10	4) Rozzano, Brittany 9		
27.72 29.43	27.72 28.39		
--- VC	B	X1:46.77	
25.89 27.15	27.03 26.70		
--- SI	B	X1:47.45	
25.48 26.17	26.71 29.09		
--- SFHS	B	X1:49.94	
27.26 27.71	27.44 27.53		
--- SHP	B	X1:51.36	
26.84 27.94	27.61 28.97		
--- NDB	B	X2:03.77	
30.60 31.64	31.41 30.12		
--- PRES	B	XDQ	
28.38 28.54	27.43 27.73		

Event 36 Boys 200 Yard Freestyle Relay Varsity
WCAL Record: 1:26.63 * 2005 Bellarmine College Prep.
A MacDonell, T Watts, S Weltz, N Buonfiglio

Team	Relay	Finals Time	
1 SERRA	A	1:27.81	40
1) Griffin, Robert 12	2) Chhokar, Aaron 11		
3) Poggetti, Nick 11	4) Hermansen, David 12		
22.62 21.75	21.93 21.51		
2 BCP	A	1:28.90	34
1) Wasson, Grant 11	2) MacDonell, JohnPaul 12		
3) Talbott, Patrick 10	4) Smith, Taylor 11		
22.39 22.48	22.21 21.82		
3 SI	A	1:30.88	32
1) Bruno, John 12	2) Ostler, Jack 10		
3) Apolinario, Kevin 10	4) Cawley, Ryan 12		
23.03 22.81	22.70 22.34		
4 SHP	A	1:31.80	30
1) Rudolph, Paul 9	2) Ang, Randy 12		
3) Kristofferson, Jun 11	4) Norton, Tim 10		
22.94 22.18	22.81 23.87		
5 AMHS	A	1:32.29	28
1) Soghoyan, Kengo 12	2) Hussey, Ryan 12		
3) Brown, Evan 12	4) Ridder, Steve 12		
23.92 23.23	22.69 22.45		
6 SFHS	A	1:34.16	26
1) Dellinger, Evan 9	2) Guslani, Ryan 10		
3) Benedetti, Brian 12	4) Kuo, David 10		
22.69 23.93	24.56 22.98		
7 VC	A	1:35.60	24
1) Gray, Ryan 12	2) Smith, Matt 11		
3) Langdon, Michael 9	4) Coetsee, Abram 12		
23.52 23.97	24.11 24.00		

8 RIOR	A	1:38.45	22
1) Courey, Mark 10	2) Martyn, Andrew 12		
3) Riley, Nick 11	4) Lau, Nelson 12		
24.22 25.60	24.71 23.92		
--- BCP	B	X1:31.17	
22.86 22.66	23.53 22.12		
--- SFHS	B	X1:34.55	
23.74 24.55	23.34 22.92		
--- AMHS	B	X1:39.24	
24.80 24.32	24.74 25.38		
--- SI	B	X1:39.36	
25.22 24.87	25.90 23.37		
--- SHP	B	X1:40.49	
25.18 25.60	25.28 24.43		
--- VC	B	X1:42.00	
25.40 25.00	25.06 26.54		
--- SERRA	B	X1:44.24	
27.45 25.49	24.84 26.46		

Event 37 Girls 100 Yard Backstroke Junior Varsity
WCAL Record: 1:03.92 * 2004 Jessica Garcia-Mitty

Name	Yr School	Finals Time	
Championship Finals			
1 Gallagher, Cassandra	10 SI	1:04.37	20
31.01 33.36			
2 LaVelle, Ali	11 PRES	1:06.91	17
32.59 34.32			
3 Herrerias, Michelle	11 SI	1:07.25	16
32.91 34.34			
4 Schwartz, Emily	11 SI	1:07.39	15
33.19 34.20			
5 Kerstens, Annemieke	9 PRES	1:07.78	14
33.16 34.62			
6 Ceremsak, Kate	10 SHP	1:09.10	13
33.36 35.74			
7 Elward, Courtney	9 SFHS	1:09.15	12
34.15 35.00			
8 Simonds, Kristen	10 AMHS	1:09.63	11
34.27 35.36			

Consolation Finals

9 Dewitt, Lauren	9 PRES	1:09.91	9
34.03 35.88			
10 Henderson, Hannah	10 SHP	1:10.45	7
34.21 36.24			
11 Kearney, Christina	10 AMHS	1:11.48	6
35.03 36.45			
12 Wellman, Katie	9 AMHS	1:12.56	5
34.98 37.58			
13 Soares, Jen	10 SFHS	1:13.23	4
36.34 36.89			
14 Covarrubias, Casey	11 PRES	1:13.34	3
34.87 38.47			
15 Landefeld, Claire	10 SI	1:14.14	2
35.84 38.30			
16 Villeneuve, Nicole	11 SHP	1:16.46	1
36.70 39.76			

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Event 37 Girls 100 Yard Backstroke Junior Varsity

WCAL Record: 1:03.92 * 2004 Jessica Garcia-Mitty

Name	Yr	School	Trials	Time
Trials				
1 Gallagher, Cassandra	10	SI		1:04.49
			31.40 33.09	
2 LaVelle, Ali	11	PRES		1:06.99
			32.65 34.34	
3 Herrerias, Michelle	11	SI		1:07.96
			32.90 35.06	
4 Ceremsak, Kate	10	SHP		1:08.87
			33.29 35.58	
4 Kerstens, Annemieke	9	PRES		1:08.87
			33.69 35.18	
6 Elward, Courtney	9	SFHS		1:08.95
			33.74 35.21	
7 Schwartz, Emily	11	SI		1:09.00
			33.75 35.25	
8 Simonds, Kristen	10	AMHS		1:10.04
			34.20 35.84	
9 Henderson, Hannah	10	SHP		1:10.87
			35.29 35.58	
10 Dewitt, Lauren	9	PRES		1:11.12
			34.58 36.54	
11 Landefeld, Claire	10	SI		1:12.71
			35.30 37.41	
12 Covarrubias, Casey	11	PRES		1:12.81
			35.42 37.39	
13 Kearney, Christina	10	AMHS		1:13.09
			35.22 37.87	
14 Wellman, Katie	9	AMHS		1:13.49
			35.60 37.89	
15 Soares, Jen	10	SFHS		1:13.57
			36.30 37.27	
16 Villeneuve, Nicole	11	SHP		1:16.20
			36.95 39.25	
17 Berry, Valentina	9	SFHS		1:16.39
			36.64 39.75	
18 Aquino, Nina	9	AMHS		1:16.57
			36.90 39.67	
19 Soghoyan, Angela	9	AMHS		1:16.77
			37.25 39.52	
20 Parissenti, Katie	9	PRES		1:16.79
			37.43 39.36	
21 Law, Allison	10	SFHS		1:18.27
			38.02 40.25	
22 Jensen, Caitlin	9	VC		1:18.91
			38.97 39.94	
23 Mascoli, Anna	10	PRES		1:19.15
			38.39 40.76	
24 Shaffer, Emily	9	AMHS		1:19.71
			37.75 41.96	
25 Collins, Nicole	9	PRES		1:20.36
			38.47 41.89	
26 Ruan, Alexandra	10	SFHS		1:21.74
			39.90 41.84	

27 Teixeira, Olivia	11	PRES		1:22.02
			39.10 42.92	
28 deSilva, Gabby	9	PRES		1:22.42
			39.87 42.55	
29 Soliemannjad, Rose	9	PRES		1:23.58
30 Jones, Rachel	9	PRES		1:23.76
			40.08 43.68	
31 Wolf, Jordie	11	PRES		1:24.50
32 Finlayson, Shannon	9	NDB		1:25.39
			41.17 44.22	
33 Bailey, Tara	10	VC		1:26.29
			1:26.27 0.02	
34 Cashin, Megan	9	SFHS		1:27.14
			42.56 44.58	
35 Montanari, Kristin	10	SFHS		1:27.96
			43.49 44.47	
36 Platzter, Rosie	11	SHCP		1:28.74
			43.79 44.95	
37 MacDonnell, Megan	9	SFHS		1:28.77
			42.64 46.13	
38 Castillo, Stephanie	10	PRES		1:29.46
			42.17 47.29	
39 Lee, Matti	11	SHCP		1:31.01
			43.53 47.48	
40 Vuong, Gelene	11	SHCP		1:33.16
			44.64 48.52	
41 DePalmo, Claire	9	PRES		1:34.49
			46.25 48.24	
42 Kunze, Sarah	9	SFHS		1:35.01
			45.69 49.32	
43 Ghadiri, Katrina	10	VC		1:37.78
			1:37.69 0.09	
44 Yu, Sally	10	VC		1:40.95
			48.03 52.92	
45 Badve, Preeti	9	SFHS		1:44.06
			49.70 54.36	
46 Le, Shannon	10	PRES		1:48.77
47 Kellman, Mary	10	SFHS		1:49.99
			51.12 58.87	
48 Lee, Esther	9	NDB		1:54.49
			52.58 1:01.91	
--- Pearson, Diana	10	PRES		X1:14.13
			34.86 39.27	
--- White, Wren	11	PRES		X1:15.05
			36.58 38.47	
--- Drogos, Danielle	9	PRES		DQ
			38.93 45.13	
--- Andaya, Lauren	9	SHCP		DQ

Event 38 Boys 100 Yard Backstroke Frosh-Soph

WCAL Record: 53.55 * 2004 Scott Jackson-Bells

Name	Yr	School	Finals	Time
Championship Finals				
1 Orlando, Brian	10	BCP		59.91 20
				29.12 30.79
2 Jackson, Steve	10	BCP		1:00.34 17
				29.11 31.23
3 Blackmore, Jonathan	9	SFHS		1:00.55 16
				29.26 31.29

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Championship Finals ... (Event 38 Boys 100 Yard Backstroke F

Name	Yr	School	Finals Time	
4 Hofstetter, Doug	10	AMHS	1:01.11	15
			29.19 31.92	
5 Kutzscher, Michael	10	SI	1:03.35	14
			30.32 33.03	
6 Martin de Bustamante,	9	SFHS	1:06.62	13
			32.33 34.29	
7 Picone, Brandon	10	VC	1:07.65	12
			33.13 34.52	
--- Dooley, Stuart	9	BCP	DQ	
			31.89 31.74	

Consolation Finals

9 Whitney, Scott	10	SFHS	1:03.84	9
			32.53 31.31	
10 Higginson, Sean	10	AMHS	1:04.18	7
			30.58 33.60	
11 Vu, Christian	9	BCP	1:08.58	6
			32.27 36.31	
12 McCavitt, Kit	10	SHP	1:09.88	5
			34.09 35.79	
13 Arms, Steven	9	SERRA	1:09.93	4
			33.77 36.16	
14 Empey, Tyler	10	SERRA	1:11.52	3
15 Dunne, Paddy	10	SI	1:12.17	2
			35.07 37.10	
16 O'Sullivan, TJ	9	SI	1:14.82	1
			36.87 37.95	

Event 38 Boys 100 Yard Backstroke Frosh-Soph

WCAL Record: 53.55 * 2004 Scott Jackson-Bells

Name	Yr	School	Trials Time	
Trials				
1 Orlando, Brian	10	BCP	1:00.25	
			29.55 30.70	
2 Jackson, Steve	10	BCP	1:01.49	
			29.20 32.29	
3 Blackmore, Jonathan	9	SFHS	1:01.72	
			29.52 32.20	
4 Hofstetter, Doug	10	AMHS	1:02.27	
			29.55 32.72	
5 Kutzscher, Michael	10	SI	1:04.49	
			31.01 33.48	
6 Martin de Bustamante,	9	SFHS	1:05.11	
			31.50 33.61	
7 Dooley, Stuart	9	BCP	1:05.22	
			32.54 32.68	
8 Picone, Brandon	10	VC	1:06.43	
			32.45 33.98	
9 Whitney, Scott	10	SFHS	1:07.33	
			33.23 34.10	
10 Higginson, Sean	10	AMHS	1:08.25	
			32.66 35.59	
10 Vu, Christian	9	BCP	1:08.25	
			32.92 35.33	
12 McCavitt, Kit	10	SHP	1:10.64	
			34.75 35.89	

13 Dunne, Paddy	10	SI	1:11.58
			35.72 35.86
14 Arms, Steven	9	SERRA	1:11.79
			34.70 37.09
15 Empey, Tyler	10	SERRA	1:11.99
			34.68 37.31
16 O'Sullivan, TJ	9	SI	1:14.63
			36.68 37.95

17 Sample, John	9	SFHS	1:15.17
18 Marr, Joey	9	VC	1:16.74
			37.31 39.43

19 Pugliese, Alexander	10	VC	1:19.30
			39.24 40.06

20 Corrales, Jermey	9	VC	1:20.06
			38.67 41.39

21 Lazar, Arpad	9	SHP	1:22.11
			39.00 43.11

22 Nelson, Nic	9	RIOR	1:27.51
			43.43 44.08

--- Gericke, AJ	10	BCP	X1:09.74
			32.85 36.89

--- DeMedieros, John	9	BCP	X1:11.18
			34.64 36.54

--- Morales, Alex	9	RIOR	DQ
			55.66 1:02.39

--- Rose, Nick	10	SI	DQ
			34.92

--- Bausback, Michael	10	SHP	DQ
			34.14 35.14

Event 39 Girls 100 Yard Backstroke Varsity

WCAL Record: 57.48 * 2005 Michelle Liu-Mitty

Name	Yr	School	Finals Time	
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Championship Finals

1 Liu, Michelle	12	AMHS	57.22*	20
			28.13 29.09	

2 Wei, Stephanie	9	AMHS	58.30	17
			28.44 29.86	

3 Yoshida, Kaylee	11	VC	1:00.92	16
			29.87 31.05	

4 Yim, Tiffany	12	SHP	1:01.13	15
			30.10 31.03	

5 Pichay, Victoria	9	SFHS	1:01.91	14
			30.41 31.50	

6 Watts, Carolyn	11	PRES	1:02.56	13
			30.85 31.71	

7 Canonica, Kandis	11	SI	1:04.66	12
			31.55 33.11	

8 Shorrock, Micaela	12	SI	1:05.55	11
			31.74 33.81	

Consolation Finals

9 Garcia, Jessica	12	AMHS	1:04.08	9
			30.77 33.31	

10 Law, Nicole	12	SHCP	1:05.65	7
			32.35 33.30	

11 Bone, Jen	10	SFHS	1:06.37	6
			32.88 33.49	

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Consolation Finals ... (Event 39 Girls 100 Yard Backstroke Var

Name	Yr	School	Finals Time	
12 Silver, Allison	10	SFHS	1:07.40	5
			33.20	34.20
13 Rouleau, Lizzie	12	SFHS	1:08.90	4
			34.13	34.77
14 Fong, Natalie	10	SHCP	1:09.90	3
			34.62	35.28
15 Lind, Jenna	12	SI	1:11.69	2
			34.78	36.91
16 Rozzano, Brittany	9	SHCP	1:12.24	1
			35.46	36.78

Event 39 Girls 100 Yard Backstroke Varsity
WCAL Record: 57.48 * 2005 Michelle Liu-Mitty

Name	Yr	School	Trials Time
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Trials

1 Liu, Michelle	12	AMHS	58.01	
			28.42	29.59
2 Wei, Stephanie	9	AMHS	59.02	
			28.62	30.40
3 Yoshida, Kaylee	11	VC	1:01.35	
			29.66	31.69
4 Yim, Tiffany	12	SHP	1:01.63	
			29.96	31.67
5 Watts, Carolyn	11	PRES	1:01.76	
			30.07	31.69
6 Pichay, Victoria	9	SFHS	1:02.60	
			30.34	32.26
7 Canonica, Kandis	11	SI	1:03.71	
			31.41	32.30
8 Shorrock, Micaela	12	SI	1:04.95	
			31.49	33.46
9 Law, Nicole	12	SHCP	1:05.28	
			31.97	33.31
10 Silver, Allison	10	SFHS	1:05.36	
			32.47	32.89
11 Garcia, Jessica	12	AMHS	1:06.15	
			31.54	34.61
12 Bone, Jen	10	SFHS	1:06.41	
			32.81	33.60
13 Rouleau, Lizzie	12	SFHS	1:10.11	
			34.48	35.63
14 Fong, Natalie	10	SHCP	1:11.01	
			34.85	36.16
15 Lind, Jenna	12	SI	1:12.33	
			35.39	36.94
16 Rozzano, Brittany	9	SHCP	1:12.60	
			35.00	37.60
17 Chaplin, Lauren	12	VC	1:14.30	
			35.76	38.54
18 Simunovich, Sarah	12	PRES	1:17.20	
			37.23	39.97
19 Solis, Melissa	12	PRES	1:17.56	
			37.62	39.94
20 Panagotides, Athina	10	NDB	1:17.84	
			37.53	40.31

21 Celaya, Shayna	10	NDB	1:19.19	
			38.70	40.49
22 Pastore, Alyssa	11	NDB	1:21.50	
			40.33	41.17
23 Brooks, Bree	12	PRES	1:23.66	
			39.81	43.85
24 Refy, Amanda	12	PRES	1:27.02	
25 Cart, Chelsea	12	PRES	1:31.25	
			44.19	47.06
26 Gluck, Abby	11	NDB	1:31.95	
			44.76	47.19
27 Harmssen, Brooke	12	PRES	1:53.71	
			53.87	59.84
--- Konecny, Ally	11	SFHS	X1:15.05	
			36.01	39.04
--- Datu, Catherine	12	PRES	DQ	
			45.01	48.26
--- Dimagmaliw, Ruthie	10	SI	DQ	

Event 40 Boys 100 Yard Backstroke Varsity
WCAL Record: 51.45 * 2005 Tim Watts-Bells

Name	Yr	School	Finals Time
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Championship Finals

1 Jackson, Scott	12	BCP	51.76	20
			25.48	26.28
2 Stahley, Austin	11	SHP	52.74	17
			25.74	27.00
3 Garcia, Ryan	10	BCP	54.29	16
			26.49	27.80
4 Parizi, Kevin	10	VC	55.28	15
			26.89	28.39
5 Snell, Jason	12	SI	55.53	13.5
			26.95	28.58
5 Shilling, Brandon	9	BCP	55.53	13.5
			27.21	28.32
7 Ostler, Jack	10	SI	57.57	12
			27.28	30.29
8 Dunnam, Jamie	11	BCP	58.88	11
			28.71	30.17

Consolation Finals

9 Slugocki, Andy	10	AMHS	57.75	9
			28.56	29.19
10 Moodie, John	12	SERRA	58.17	7
			28.24	29.93
11 Fronczak, Sean	9	SFHS	58.25	6
			28.63	29.62
12 Bugaski, Alex	12	AMHS	58.95	5
			28.51	30.44
13 Langdon, Michael	9	VC	59.13	4
			28.59	30.54
14 Zakula, Nick	11	SERRA	1:01.19	3
			29.03	32.16
15 DelRio, Joe	10	AMHS	1:01.55	2
			29.39	32.16
16 McMillan, Ernest	10	SFHS	1:01.69	1
			29.58	32.11

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Event 40 Boys 100 Yard Backstroke Varsity
WCAL Record: 51.45 * 2005 Tim Watts-Bells

Name	Yr	School	Trials	Time
Trials				
1 Jackson, Scott	12	BCP	52.99	
25.74	27.25			
2 Stahley, Austin	11	SHP	53.41	
26.12	27.29			
3 Garcia, Ryan	10	BCP	54.60	
26.59	28.01			
4 Parizi, Kevin	10	VC	54.84	
26.69	28.15			
5 Shilling, Brandon	9	BCP	55.45	
27.06	28.39			
6 Snell, Jason	12	SI	55.80	
26.90	28.90			
7 Ostler, Jack	10	SI	57.91	
27.75	30.16			
8 Dunnam, Jamie	11	BCP	59.02	
28.83	30.19			
9 Langdon, Michael	9	VC	59.25	
28.88	30.37			
10 Fronczak, Sean	9	SFHS	59.27	
29.14	30.13			
11 Bugaski, Alex	12	AMHS	59.54	
28.91	30.63			
12 Zakula, Nick	11	SERRA	1:00.28	
28.85	31.43			
13 Moodie, John	12	SERRA	1:00.30	
29.24	31.06			
14 DelRio, Joe	10	AMHS	1:00.37	
29.06	31.31			
15 Slugocki, Andy	10	AMHS	1:00.95	
29.85	31.10			
16 McMillan, Ernest	10	SFHS	1:01.61	
29.88	31.73			
17 Dawkins, Kevin	10	SFHS	1:02.93	
30.58	32.35			
18 Samuels, Elliott	10	SHP	1:02.94	
30.29	32.65			
19 Wiekping, Ruari	12	AMHS	1:03.29	
30.35	32.94			
20 Madigan, Fred	11	SI	1:03.35	
1:03.44				
21 Hvidt, Scott	12	SFHS	1:03.89	
30.75	33.14			
22 Riley, Nick	11	RIOR	1:05.70	
32.18	33.52			
23 Young, Daniel	11	VC	1:09.04	
32.88	36.16			
24 Stanley, John	11	SI	1:09.58	
34.25	35.33			
25 Wedig, John	11	SFHS	1:09.90	
34.69	35.21			
26 Aldrich, Matt	11	SFHS	1:11.44	
34.39	37.05			

27 Runkel, John	11	SHP	1:15.37
35.65	39.72		
--- Vu, Matt	11	BCP	X1:00.52
29.22	31.30		
--- Reynolds, Robert	12	BCP	X1:02.04
30.18	31.86		

Event 41 Girls 100 Yard Breaststroke Junior Varsity

WCAL Record: 1:11.72 * 05/05/06 Nicole O'Dea SI

Name	Yr	School	Finals	Time
Championship Finals				
1 Korpusik, Mandy	9	PRES	1:10.77*	20
33.63	37.14			
2 O'Dea, Nicole	9	SI	1:11.12*	17
33.50	37.62			
3 Winkler, Kristin	9	SFHS	1:12.56	16
34.50	38.06			
4 Ho, Jessica	10	SFHS	1:13.83	15
35.68	38.15			
5 Dorst, Lindsay	10	SHP	1:14.98	14
35.09	39.89			
6 Jaquier, Carly	9	SI	1:16.70	13
36.63	40.07			
7 Dunlevie, Vee	9	SHP	1:17.50	12
36.40	41.10			
8 Vasquez, Marlana	9	AMHS	1:19.59	11
37.85	41.74			
Consolation Finals				
9 Weller, Emily	10	PRES	1:19.71	9
36.98	42.73			
10 Riley, Jane	10	PRES	1:20.33	7
37.48	42.85			
11 Kidd, Natalie	11	AMHS	1:20.54	6
38.24	42.30			
12 Schurz, Elizabeth	9	SFHS	1:21.03	5
38.34	42.69			
13 Hallagan, Erin	10	AMHS	1:23.61	4
40.48	43.13			
14 Fordyce, Jennie	9	SFHS	1:24.02	3
39.77	44.25			
15 Fisher, Kelsey	11	PRES	1:24.64	2
39.54	45.10			
16 Groh, Susannah	9	SI	1:25.49	1
40.20	45.29			

Event 41 Girls 100 Yard Breaststroke Junior Varsity

WCAL Record: 1:11.72 * 05/05/06 Nicole O'Dea SI

Name	Yr	School	Trials	Time
Trials				
1 O'Dea, Nicole	9	SI	1:11.72*	
33.65	38.07			
2 Korpusik, Mandy	9	PRES	1:12.28	
34.36	37.92			
3 Ho, Jessica	10	SFHS	1:13.77	
35.42	38.35			
4 Dorst, Lindsay	10	SHP	1:14.33	
35.55	38.78			
5 Winkler, Kristin	9	SFHS	1:14.44	
34.50	39.94			

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Trials ... (Event 41 Girls 100 Yard Breaststroke Junior Varsity)			
Name	Yr	School	Trials Time
6 Jaquier, Carly	9	SI	1:16.05
35.99	40.06		
7 Dunlevie, Vee	9	SHP	1:17.03
36.77	40.26		
8 Vasquez, Marlana	9	AMHS	1:19.15
37.11	42.04		
9 Weller, Emily	10	PRES	1:20.59
37.28	43.31		
10 Kidd, Natalie	11	AMHS	1:21.31
38.23	43.08		
11 Riley, Jane	10	PRES	1:22.04
38.02	44.02		
12 Fordyce, Jennie	9	SFHS	1:22.09
37.90	44.19		
13 Schurz, Elizabeth	9	SFHS	1:23.05
39.37	43.68		
14 Groh, Susannah	9	SI	1:24.13
38.83	45.30		
15 Hallagan, Erin	10	AMHS	1:24.37
40.40	43.97		
16 Fisher, Kelsey	11	PRES	1:24.64
39.87	44.77		
17 Mestice, Nicole	9	AMHS	1:27.01
41.28	45.73		
18 Kelleher, Julie	9	AMHS	1:28.46
42.51	45.95		
19 Gorn, Rosie	9	NDB	1:28.52
42.02	46.50		
20 Goulet, Elizabeth	10	NDB	1:28.80
41.22	47.58		
21 Huang, Kat	9	SI	1:29.40
42.02	47.38		
22 Robledo, Rachel	9	PRES	1:29.44
41.33	48.11		
23 Grant, Molly	10	PRES	1:29.97
42.53	47.44		
24 Walker, Rochelle	10	PRES	1:30.33
41.72	48.61		
25 Yeider, Corinne	10	PRES	1:31.27
43.53	47.74		
26 Nguyen, Michelle	9	SFHS	1:31.71
43.51	48.20		
27 Whalen, Caitlin	10	PRES	1:32.13
43.44	48.69		
28 Lydon, Jess	9	SFHS	1:32.28
43.98	48.30		
29 Nguyen, Mai-Ann	9	SFHS	1:32.51
44.81	47.70		
30 VanDomelen, Angie	11	PRES	1:33.49
43.23	50.26		
31 Khalili, Naseem	10	VC	1:34.27
44.12	50.15		
32 Fisher, Theresa	10	SFHS	1:34.45
44.70	49.75		

32 Roque, Camille	10	PRES	1:34.45
44.14	50.31		
34 Hofer, Erika	9	PRES	1:34.47
43.59	50.88		
35 Pinedo-Kee, Kristine	9	SFHS	1:34.95
44.31	50.64		
36 Gahagan, Claire	10	PRES	1:35.81
44.79	51.02		
37 O'Hara, Bridget	10	PRES	1:35.96
44.93	51.03		
38 Brunello, Ashley	9	SFHS	1:36.17
43.82	52.35		
39 Witmer, Michelle	9	VC	1:36.87
45.57	51.30		
40 DeNeffe, Holly	9	SFHS	1:36.90
45.08	51.82		
41 Zhang, Irma	9	SHCP	1:37.16
46.45	50.71		
42 Samuel, Ashley	10	PRES	1:38.93
47.61	51.32		
43 Cannon, Natasha	10	PRES	1:39.56
46.47	53.09		
44 Caserza, Rachel	9	PRES	1:39.58
45.84	53.74		
45 Baxter, Hannah	10	PRES	1:39.76
47.77	51.99		
46 Dickinson, Lacey	9	SFHS	1:39.93
47.24	52.69		
47 Aiyaswamy, Sruti	9	PRES	1:44.04
47.88	56.16		
48 Khoury, Tamara	10	NDB	1:44.08
47.82	56.26		
49 Faridnia, Shireen	10	PRES	2:02.97
55.78	1:07.19		
--- Whitney, Lauren	11	PRES	X1:25.87
40.33	45.54		
--- Mascoli, Anna	10	PRES	X1:26.92
41.63	45.29		
--- Fiorio, Hannah	10	PRES	X1:27.01
40.66	46.35		
--- Canova, Sofia	9	SFHS	X1:28.10
42.64	45.46		

Event 42 Boys 100 Yard Breaststroke Frosh-Soph

WCAL Record: 1:01.12 * 2003 Nick Buonfiglio Bells

Name	Yr	School	Finals Time
Championship Finals			
1 Bedell, James	10	BCP	1:05.94 20
31.38	34.56		
2 Wall, Danny	10	BCP	1:07.79 17
31.67	36.12		
3 Walsh, Cameron	10	SI	1:07.84 16
32.47	35.37		
4 Child, Andrew	10	SHP	1:07.89 15
32.27	35.62		
5 Givens, Greg	9	BCP	1:10.23 14
33.56	36.67		
6 Cole, Ryan	9	SFHS	1:10.30 13
32.70	37.60		

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Championship Finals ... (Event 42 Boys 100 Yard Breaststroke)

Name	Yr	School	Finals Time	
7 Bernosky, Devin	10	AMHS	1:11.48	12
			33.62	37.86
8 Akerland, Marcus	10	BCP	1:11.86	11
			33.39	38.47
Consolation Finals				
9 Kim, Evan	10	SI	1:13.79	9
			35.00	38.79
10 Wishart, Michael	10	SHP	1:14.04	7
			34.40	39.64
11 Rey, John	10	SI	1:15.14	6
			36.00	39.14
12 Stephenson, Ryan	10	VC	1:15.79	5
			35.55	40.24
13 Goodenough, Matt	9	SFHS	1:17.04	4
			35.77	41.27
14 Lin, Larry	10	VC	1:18.90	3
			36.51	42.39
15 Valdez, Devin	9	VC	1:21.21	2
			38.32	42.89

Event 42 Boys 100 Yard Breaststroke Frosh-Soph

WCAL Record: 1:01.12 * 2003 Nick Buonfiglio Bells

Name	Yr	School	Trials Time
Trials			
1 Bedell, James	10	BCP	1:05.99
			31.13 34.86
2 Wall, Danny	10	BCP	1:06.52
			31.32 35.20
3 Walsh, Cameron	10	SI	1:09.07
			32.46 36.61
4 Child, Andrew	10	SHP	1:09.31
			32.73 36.58
5 Akerland, Marcus	10	BCP	1:10.54
			33.07 37.47
6 Givens, Greg	9	BCP	1:11.38
			34.09 37.29
7 Bernosky, Devin	10	AMHS	1:11.49
			33.23 38.26
8 Cole, Ryan	9	SFHS	1:11.69
			32.68 39.01
9 Wishart, Michael	10	SHP	1:15.83
			35.56 40.27
10 Rey, John	10	SI	1:16.02
			36.71 39.31
11 Stephenson, Ryan	10	VC	1:16.23
			35.85 40.38
12 Kim, Evan	10	SI	1:17.58
			36.18 41.40
13 Goodenough, Matt	9	SFHS	1:17.86
			36.60 41.26
14 Ho, Jayson	10	SHP	1:18.31
			36.07 42.24
15 Lin, Larry	10	VC	1:18.87
			36.42 42.45
16 Valdez, Devin	9	VC	1:19.57
			37.30 42.27

17 Miller, Ryan	9	AMHS	1:19.80
			36.91 42.89
18 Haverly, Danny	10	SERRA	1:21.28
			37.47 43.81
19 Bettencourt, Nicholas	10	VC	1:22.26
			38.01 44.25
20 Espineda, Chris	10	RIOR	1:24.00
			37.86 46.14
21 Lindgren, Andrew	10	SERRA	1:24.87
			38.43 46.44
22 Chang, Ken	10	AMHS	1:27.82
			38.56 49.26
23 Patel, Vikash	9	SFHS	1:28.39
			41.19 47.20
24 Yun, Thomas	10	SHCP	1:28.53
			41.61 46.92
25 Deggleman, John	9	SHP	1:32.19
			44.22 47.97
26 Lee, Brian	10	RIOR	1:35.16
			43.32 51.84
27 Dixit, Harish	10	AMHS	1:40.23
			45.62 54.61
--- Lin, Timothy	9	VC	DQ
			40.58 45.49

Event 43 Girls 100 Yard Breaststroke Varsity

WCAL Record: 1:03.21 * 2004 Erica Liu-Mitty

Name	Yr	School	Finals Time	
Championship Finals				
1 Gong, Danielle	10	PRES	1:05.41	20
			31.07	34.34
2 Delisle, Laurence	9	AMHS	1:08.39	17
			32.57	35.82
3 McGraw, Maura	12	SFHS	1:10.40	16
			33.42	36.98
4 Vo, Anya	9	SFHS	1:11.10	15
			33.59	37.51
5 Padilla, Lauren	10	SI	1:11.18	14
			33.35	37.83
6 Maurano, Megan	11	SHP	1:11.30	13
			33.41	37.89
7 Campbell, Darcie	11	SI	1:11.56	12
			33.67	37.89
8 Smith, Danielle	10	AMHS	1:12.80	11
			34.22	38.58
Consolation Finals				
9 Okuda, Kayci	10	VC	1:11.87	9
			34.52	37.35
10 Mort, Allison	11	AMHS	1:13.29	7
			34.05	39.24
11 Quan, Lauren	9	SI	1:13.38	6
			35.16	38.22
12 Miller, Melissa	11	PRES	1:13.49	5
			34.66	38.83
13 Enriquez, Nicolyna	11	SFHS	1:14.28	4
			35.74	38.54
14 Peters, Jenni	12	PRES	1:14.88	3
			35.24	39.64

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Consolation Finals ... (Event 43 Girls 100 Yard Breaststroke Varsity)

Name	Yr	School	Finals Time	
15 Holden, Marissa	10	SHCP	1:16.03	2
			36.06 39.97	
16 Dennis, Madi	10	VC	1:16.91	1
			36.50 40.41	

Event 43 Girls 100 Yard Breaststroke Varsity

WCAL Record: 1:03.21 * 2004 Erica Liu-Mitty

Name	Yr	School	Trials Time
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Trials

1 Gong, Danielle	10	PRES	1:07.46
			32.38 35.08
2 Delisle, Laurence	9	AMHS	1:08.00
			32.34 35.66
3 McGraw, Maura	12	SFHS	1:09.98
			32.51 37.47
4 Padilla, Lauren	10	SI	1:10.05
			32.65 37.40
5 Vo, Anya	9	SFHS	1:10.91
			33.66 37.25
6 Campbell, Darcie	11	SI	1:10.96
			33.51 37.45
7 Smith, Danielle	10	AMHS	1:12.15
			34.30 37.85
8 Maurano, Megan	11	SHP	1:12.44
			33.68 38.76
9 Mort, Allison	11	AMHS	1:13.09
			33.76 39.33
10 Quan, Lauren	9	SI	1:13.24
			34.18 39.06
11 Okuda, Kayci	10	VC	1:13.51
			34.69 38.82
12 Peters, Jenni	12	PRES	1:14.24
			35.04 39.20
13 Miller, Melissa	11	PRES	1:14.57
			35.41 39.16
14 Enriquez, Nicolyna	11	SFHS	1:14.63
			36.01 38.62
15 Dennis, Madi	10	VC	1:16.11
			35.95 40.16
16 Holden, Marissa	10	SHCP	1:16.17
			35.98 40.19
17 Brandl, Kathleen	9	SFHS	1:17.59
			36.84 40.75
18 Groh, Maxie	12	SI	1:17.77
			36.12 41.65
19 Argent, Tawni	10	VC	1:18.17
			36.66 41.51
20 Dayao, Raquel	12	SI	1:19.06
			36.84 42.22
21 Garner, Mary Kate	11	SFHS	1:19.31
			37.93 41.38
22 Billiet, Jen	11	SFHS	1:19.75
			38.10 41.65
23 Tran, Jenny	12	PRES	1:19.96
			38.21 41.75

24 Boesiger, Molly	11	SFHS	1:22.98
			39.91 43.07
25 Garagozzo, Katie	12	SFHS	1:25.87
			40.95 44.92
26 Hussey, Katelyn	12	AMHS	1:26.27
			39.34 46.93
27 Atwood, Lisa	12	SFHS	1:26.44
			40.88 45.56
28 Hoag, Blaise	11	NDB	1:26.55
			41.32 45.23
29 Smith, Blair	12	SFHS	1:27.46
			40.91 46.55
30 Celaya, Shayna	10	NDB	1:28.59
			42.55 46.04
31 Slotnick, Jenny	11	NDB	1:30.11
			42.96 47.15
32 Mitchell, Kelly	12	PRES	1:31.39
			42.68 48.71
33 Figlia, Francesca	11	SFHS	1:38.74
			46.66 52.08
34 McInnis, Lizzie	12	PRES	1:48.46
			50.14 58.32
35 Ladcani, Stephanie	12	NDB	1:48.70
			49.84 58.86
36 Rankin, Emily	11	PRES	1:48.87
			48.91 59.96
37 Harmssen, Brooke	12	PRES	1:54.38
			54.04 1:00.34
--- Garcia, Erin	12	AMHS	DQ
			33.23 36.72

Event 44 Boys 100 Yard Breaststroke Varsity

WCAL Record: 58.78 * 1997 Rob Canales - Bells

Name	Yr	School	Finals Time
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Championship Finals

1 Apolinario, Kevin	10	SI	1:02.10	20
			29.46 32.64	
2 Sonu, James	10	BCP	1:02.23	17
			29.67 32.56	
3 Griffin, Robert	12	SERRA	1:02.55	16
			29.01 33.54	
4 Lee, Nico	11	SI	1:03.35	15
			30.31 33.04	
5 Barsan, Valentin	12	BCP	1:03.49	14
			29.84 33.65	
6 Hussey, Ryan	12	AMHS	1:04.35	13
			29.83 34.52	
7 Schmidt, Kevin	12	BCP	1:06.56	12
			31.31 35.25	
8 Strawbridge, Andrew	11	BCP	1:06.71	11
			31.20 35.51	

Consolation Finals

9 Sims, John	11	SERRA	1:05.16	9
			30.28 34.88	
10 Fronczak, Ian	12	AMHS	1:07.17	7
			31.81 35.36	
11 Kikuta, Nikolas	9	VC	1:08.52	6
			32.28 36.24	

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Consolation Finals ... (Event 44 Boys 100 Yard Breaststroke V2)

Name	Yr	School	Finals Time	
12 O'Dea, Ryan	10	SI	1:08.85	5
			32.26 36.59	
13 Wessbecher, Christof	10	SFHS	1:09.19	4
			32.40 36.79	
14 Woodward, Ryan	12	AMHS	1:09.85	3
			32.71 37.14	
15 Mullin, Tyler	11	SFHS	1:10.62	2
			32.52 38.10	
--- Healy, Zach	10	SFHS	DQ	
			31.02 34.93	

Event 44 Boys 100 Yard Breaststroke Varsity
WCAL Record: 58.78 * 1997 Rob Canales - Bells

Name	Yr	School	Trials Time
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Trials

1 Sonu, James	10	BCP	1:02.07
			29.59 32.48
2 Griffin, Robert	12	SERRA	1:02.10
			28.91 33.19
3 Apolinario, Kevin	10	SI	1:02.14
			29.68 32.46
4 Barsan, Valentin	12	BCP	1:03.40
			29.45 33.95
5 Lee, Nico	11	SI	1:03.53
			30.25 33.28
6 Schmidt, Kevin	12	BCP	1:04.55
			30.82 33.73
7 Hussey, Ryan	12	AMHS	1:05.40
			30.48 34.92
8 Strawbridge, Andrew	11	BCP	1:05.57
			30.84 34.73
9 Sims, John	11	SERRA	1:05.76
			30.42 35.34
10 Healy, Zach	10	SFHS	1:05.98
			30.54 35.44
11 Kikuta, Nikolas	9	VC	1:06.45
			31.48 34.97
12 Fronczak, Ian	12	AMHS	1:07.36
			32.01 35.35
13 Montalvo III, Robert	12	SFHS	1:07.46
			30.91 36.55
14 Wessbecher, Christof	10	SFHS	1:08.32
			32.21 36.11
15 O'Dea, Ryan	10	SI	1:10.00
			32.71 37.29
16 Woodward, Ryan	12	AMHS	1:11.59
			33.60 37.99
17 Mullin, Tyler	11	SFHS	1:12.11
			32.73 39.38
18 McKennan, Dustin	9	VC	1:12.75
			33.07 39.68
19 Langdon, Jonathan	11	VC	1:13.17
			34.53 38.64
20 Opray, Jonathan	10	VC	1:13.25
			34.17 39.08

21 Chow, Raymond	10	RIOR	1:13.26
			34.75 38.51
22 Hosking, YD	11	SHP	1:13.27
			34.41 38.86
23 Mailloux-Beauchemin,	10	SFHS	1:13.96
			34.61 39.35
24 Able, Brian	11	VC	1:14.19
			34.15 40.04
25 Urich, Will	11	SERRA	1:14.94
			34.14 40.80
26 Tuttle, Nick	11	BCP	1:15.88
			35.34 40.54
27 Deggelman, Kevin	12	SHP	1:16.08
			36.24 39.84
28 Lazar, Attila	12	SHP	1:16.98
			36.22 40.76
29 Brusilo, Tomas	12	SERRA	1:17.45
			35.64 41.81
30 Lau, Nelson	12	RIOR	1:18.27
			33.95 44.32
31 Lilittham, Terapan	11	SHCP	1:22.19
			39.65 42.54
--- Pollano, Michael	11	SFHS	X1:12.24
			34.68 37.56
--- Zhao, Kevin	10	SFHS	X1:12.57
			34.22 38.35

Event 45 Girls 400 Yard Freestyle Relay Junior Varsity
WCAL Record: 3:56.41 * 2005 St. Ignatius College Prep.
L Roddy, M Herrerias, S Lohrey, R Dayao

Team	Relay	Finals Time	
1 SI	A	3:57.37	40
	1) Castagnola, Gina 11	2) Herrerias, Michelle 11	
	3) Gallagher, Cassandra 10	4) Conley, Kelly 11	
	29.09 1:00.31	28.46 59.90	
	28.44 59.79	27.50 57.37	
2 PRES	A	3:58.15	34
	1) Medeiros, Danielle 9	2) Zellner, Alexandra 10	
	3) Kerstens, Annemieke 9	4) Lorion, Marisa 11	
	29.41 1:00.96	28.00 1:00.17	
	28.70 58.24	27.85 58.78	
3 AMHS	A	3:59.36	32
	1) Pedersen, Megan 10	2) Ericksen, Kelsea 10	
	3) McComas, Kim 9	4) Kearney, Christina 10	
	29.01 59.87	28.38 58.91	
	28.60 59.75	28.96 1:00.83	
4 SHP	A	4:00.10	30
	1) Child, Laura 10	2) Dorst, Lindsay 10	
	3) Bohannon, Sarah 10	4) Clark, KK 10	
	29.77 1:01.87	29.25 1:01.41	
	27.80 1:00.27	26.90 56.55	
5 SFHS	A	4:04.80	28
	1) Sandlin, Courtney 9	2) Proceviat, Laina 10	
	3) Elward, Courtney 9	4) Caine, Lindsey 10	
	29.49 59.96	29.01 1:01.28	
	29.32 1:01.22	30.06 1:02.34	

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(Event 45 Girls 400 Yard Freestyle Relay Junior Varsity)

Team	Relay	Finals Time	
6 VC	A	4:31.58	26
1) Tan, Rachel 10	2) McKinney, Lisa 9		
3) Benanti, Alex 9	4) Slavich, Beki 10		
30.42 1:04.88	32.93 1:09.85		
33.25 1:11.68	30.87 1:05.17		
7 NDB	A	4:55.94	24
1) Chao, Melissa 9	2) McTaggart, Megan 10		
3) Scheierling, Suzie 10	4) Roberts, Katie 12		
34.83 1:13.58	18.66 1:12.14		
34.72 1:17.11	32.15 1:13.11		
--- SHP	B	X4:08.68	
29.91 1:02.03	29.51 1:02.24		
29.36 1:02.41	30.10 1:02.00		
--- SI	B	X4:09.17	
30.33 1:02.24	29.94 1:02.48		
29.91 1:02.33	30.42 1:02.12		
--- PRES	B	X4:14.38	
30.34 1:03.58	30.46 1:03.44		
30.71 1:04.55	29.93 1:02.81		
--- SFHS	B	X4:26.91	
30.61 1:04.33	31.56 1:06.61		
33.98 1:11.61	30.06 1:04.36		
--- NDB	B	X5:14.07	
36.15 1:17.43	38.13 1:22.36		
37.61 1:20.70	35.05 1:13.58		
--- VC	B	X5:19.55	
1:19.39	37.23 1:20.73		
37.31 1:20.55	36.38 1:18.88		

Event 46 Boys 400 Yard Freestyle Relay Frosh-Soph

WCAL Record: 3:19.18 * 2004 Bellarmine College Prep.
 J MacDonell, T Smith, K Schmidt, N Buonfiglio

Team	Relay	Finals Time	
1 BCP	A	3:23.23	40
1) Schmidt, Brian 10	2) Espiritu, Julius 9		
3) Bedell, James 10	4) Louie, Jason 10		
23.91 50.49	23.77 50.34		
23.99 51.69	24.03 50.71		
2 SI	A	3:35.11	34
1) Nicholas, Denzel 10	2) Kutzscher, Michael 10		
3) Butler, John 9	4) Kranenburg, Pieter 9		
25.83 54.15	27.20 57.18		
24.47 52.08	24.83 51.70		
3 AMHS	A	3:35.94	32
1) Bernosky, Devin 10	2) Hofstetter, Doug 10		
3) D'Arienzo, CJ 10	4) Brown, Ryan 10		
26.35 55.11	25.04 53.40		
25.20 54.34	24.84 53.09		
4 SFHS	A	3:44.35	30
1) Martin de Bustamante,	2) Olson, Michael 10		
3) Franceschini, Robby 10	4) Blackmore, Jonathan 9		
26.55 55.75	26.46 55.03		
26.66 56.18	26.67 57.39		

5 SHP	A	3:47.16	28
1) Bausback, Michael 10	2) Runkel, Rob 10		
3) Villeneuve, Grant 9	4) Randall, Greg 10		
27.17 56.25	26.74 55.92		
28.01 58.68	26.72 56.31		
6 VC	A	3:51.94	26
1) Grizzle, Jonathan 10	2) Harn-Oram, David 10		
3) Shemeta, Joshua 10	4) Picone, Brandon 10		
28.30 59.05	28.23 59.51		
26.96 56.76	26.76 56.62		
7 SERRA	A	3:56.01	24
1) Gomes, Alex 10	2) Morton, Scott 10		
3) Greco, Travis 10	4) Chierici, Zach 9		
27.98 59.61	26.77 58.59		
27.28 59.70	26.76 58.11		
8 RIOR	A	5:27.17	22
1) Maloney, Keenan 9	2) Lai, Willy 10		
3) Ly, Jackson 10	4) Rioja, Ralph 10		
38.39 1:22.88	38.20 1:25.56		
43.70 1:30.32	31.19 1:08.41		
--- BCP	B	X3:35.66	
25.87 54.03	24.85 52.92		
25.95 54.81	25.52 53.90		
--- SI	B	X3:52.12	
27.81 57.78	28.05 58.57		
29.10 59.17	27.00 56.60		
--- SHP	B	X3:53.10	
28.86 58.48	28.07 59.62		
18.68 56.14	27.73 58.86		
--- SFHS	B	X4:02.16	
28.16 57.23	27.68 58.09		
29.77 1:03.17	29.65 1:03.67		
--- AMHS	B	X4:04.15	
30.89 1:05.72	26.63 56.57		
30.51 1:00.78	19.12 1:01.08		
--- SERRA	B	X4:20.65	
30.36 1:03.66	31.61 1:07.52		
31.19 1:07.92	29.34 1:01.55		

Event 47 Girls 400 Yard Freestyle Relay Varsity

WCAL Record: 3:32.29 * 2004 Archbishop Mitty High School
 E Liu, M Liu, D Isaacs, S Simonds

Team	Relay	Finals Time	
1 AMHS	A	3:36.56	40
1) Liu, Michelle 12	2) Wei, Stephanie 9		
3) Garcia, Erin 12	4) Delisle, Laurence 9		
25.54 52.39	26.00 54.05		
26.93 56.76	25.56 53.36		
2 PRES	A	3:39.63	34
1) Oreglia, Kelley 11	2) Still, Julia 10		
3) Gong, Danielle 10	4) Gong, Jennifer 12		
27.74 56.77	27.22 56.49		
25.05 51.98	26.19 54.39		
3 VC	A	3:44.66	32
1) Coetsee, Ciki 10	2) Cutler, Lauren 10		
3) Okuda, Kelsi 12	4) Power, Kyla 12		
26.46 54.47	27.20 57.00		
27.23 56.94	27.29 56.25		

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(Event 47 Girls 400 Yard Freestyle Relay Varsity)

Team	Relay	Finals Time	
4 SI	A	3:44.88	30
1) Ryan, Mallory 10	2) Lohrey, Sasza 10		
3) Dimagmaliw, Ruthie 10	4) Padilla, Lauren 10		
26.66	55.30	27.35	57.18
26.89	55.71	27.17	56.69
5 SFHS	A	3:51.18	28
1) McGraw, Maura 12	2) Mansfield, Roxanne 10		
3) Gamlen, Victoria 10	4) Naruns, Natalie 9		
28.41	58.39	26.89	56.11
27.67	58.93	28.00	57.75
6 SHP	A	3:54.31	26
1) Yim, Tiffany 12	2) Bacon, Ruth 12		
3) Sutherland, Katie 11	4) Stephens, Hannah 10		
26.70	55.21	28.73	59.88
29.83	1:02.08	27.34	57.14
7 NDB	A	4:13.62	24
1) Lowe, Kristen 9	2) Thayer, Brittany 11		
3) Koo, Jackie 12	4) Wargo, Toni 12		
29.73	1:01.72	30.24	1:05.18
30.43	1:05.21	28.00	1:01.51
--- VC	B	X3:53.80	
28.16	58.67	19.46	57.49
27.94	59.47	27.90	58.17
--- SI	B	X3:56.08	
28.58	58.29	27.76	57.19
27.84	58.69	30.18	1:01.91
--- PRES	B	X3:59.31	
29.11	59.82	27.61	59.44
28.93	1:00.99	28.22	59.06
--- SFHS	B	X4:00.90	
29.16	1:00.46	28.45	58.82
29.20	1:02.68	26.89	58.94
--- NDB	B	X4:35.69	
31.29	1:07.54	31.81	1:07.37
	1:10.63	33.83	1:10.15

Event 48 Boys 400 Yard Freestyle Relay Varsity
WCAL Record: 3:11.53 * 2005 Bellarmine College Prep.
N Buonfiglio, T Watts, A MacDonell, S Weltz

Team	Relay	Finals Time	
1 SHP	A	3:11.49*	40
1) Navarro, Alex 10	2) Flores-Maxfield, Kameron		
3) Ang, Randy 12	4) Stahley, Austin 11		
23.76	48.58	23.14	48.67
22.97	48.26	21.79	45.98
2 BCP	A	3:12.59	34
1) Buonfiglio, Nick 12	2) MacDonell, JohnPaul 12		
3) Schmidt, Kevin 12	4) Smith, Taylor 11		
23.88	48.69	23.25	48.75
23.15	47.89	22.38	47.26
3 SERRA	A	3:24.76	32
1) Zakula, Nick 11	2) Poggetti, Nick 11		
3) Yarranton, Chris 10	4) Sims, John 11		
24.37	51.47	26.16	54.75
23.31	49.52	23.18	49.02

4 VC	A	3:25.26	30
1) Gray, Ryan 12	2) Coetsee, Abram 12		
3) Parizi, Kevin 10	4) Kikuta, Andrew 12		
25.58	54.22	25.06	52.34
24.19	50.47	23.31	48.23
5 SFHS	A	3:27.30	28
1) Healy, Zach 10	2) Kuo, David 10		
3) Guslani, Ryan 10	4) Benedetti, Brian 12		
24.97	52.71	23.76	49.90
25.62	53.92	23.69	50.77
6 RIOR	A	4:12.24	26
1) Chow, Raymond 10	2) Handley, Spencer 10		
3) Ngo, Martin 11	4) Martyn, Andrew 12		
31.10	1:07.31	28.36	1:00.48
31.26	1:04.71	28.97	59.74
--- BCP	B	X3:18.50	
23.34	48.63	23.53	49.53
24.21	50.58	24.02	49.76
--- SFHS	B	X3:38.10	
25.94	52.95	26.45	56.22
26.59	55.92	25.28	53.01
--- SI	B	X3:42.27	
26.84	55.99	26.54	56.43
26.41	55.73	25.66	54.12
--- AMHS	B	X3:43.35	
29.09	1:00.98	25.34	54.09
26.31	55.67	24.80	52.61
--- SHP	B	X3:49.69	
26.84	56.01	28.01	59.52
26.22	57.14	26.83	57.02
--- VC	B	X3:53.76	
28.99	1:00.54	26.88	56.54
28.19	1:00.79	25.77	55.89
--- SI	A	DQ	
1) Bruno, John 12	2) Yam, Robert 12		
3) Leese, Hunter 11	4) Snell, Jason 12		
24.13	50.16	24.60	51.48
24.49	51.80	23.61	49.72
--- SERRA	B	XDQ	
25.15	53.58	28.86	1:01.41
27.51	59.07	26.40	55.44
--- AMHS	A	DQ	
1) DelRio, Joe 10	2) Bugaski, Alex 12		
3) Brown, Evan 12	4) Fronczak, Ian 12		
26.02	54.86	25.19	52.71
23.89	51.78	24.97	52.17