

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals****Event 1 Girls 200 Yard Medley Relay Junior Varsity****HAAL Record: 2:07.68 2005 Castro Valley****Syufy, Winding, Bovenzi, Dugar**

Team	Relay	Finals Time	
1 CVHS	A	2:11.51	40
1) Wultanski, Samantha	2) Poerink, Deneka		
3) Alexander, Brooke	4) Pardee, Laura		
33.85 38.44	30.70 28.52		
2 BOD	A	2:23.96	34
1) Muncheck, Bonnie	2) Zepeda, Raquel		
3) Knutson, Katie	4) Hwang, Jenn		
35.23 41.31	37.21 30.21		
3 MOCA	A	2:32.94	32
1) Sanders, Sandra	2) Guo, Jane		
3) Nikzat, Emily	4) Nohr, Samantha		
41.91 41.96	35.55 33.52		
4 SLHS	A	2:49.20	30
1) Mendoza, Clarissa	2) Treiu, Amanda		
3) Guidry, Aamina	4) Larson, Stephanie		
5 ARRO	A	2:57.63	28
1) Henderson, Cassandra	2) Li, LiWen		
3) Sherman, Dani	4) Pulido, Christina		
46.49 46.33	47.19 37.62		
6 MEHS	A	3:22.35	26
1) Correa, Susana	2) Shariff, Zeba		
3) Silva, Christiana	4) Souto, Christina		
48.20 1:09.53	49.39 35.23		
--- BOD	B	x2:35.70	
1) Scott, Grace	2) Russo, Lauren		
3) Drakeford, Jazmyne	4) Naas, Miranda		
41.99 42.95	39.35 31.41		
--- BOD	C	x2:54.15	
1) Ellis, Sabrina	2) Farrer, Connie		
3) Middleton, Shannel	4) Berglin, Riki		
47.08 48.07	46.00 33.00		
--- SLHS	B	x3:12.01	
1) Lewis, Breana	4) Shen, Anna		
3) Lew, Melissa			
--- CVHS	B	DQ	
1) Domin, Kaela	2) Ma, Justine		
3) Smith, Andie	4) Powell, Siobhan		
37.51 41.83	34.73 29.37		

Event 2 Boys 200 Yard Medley Relay Junior Varsity**HAAL Record: 1:58.92 2008 Castro Valley****C. Kerner, E. Chea, A. Billings, J. Johnson**

Team	Relay	Finals Time	
1 CVHS	A	1:56.65	40
1) Hassett, Patrick	2) Chea, Eric		
3) Shea, Callahan	4) Heinsma, Steven		
30.01 34.32	27.85 24.47		
2 BOD	A	2:18.12	34
1) Catterton, Will	2) Phan, Ong		

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3) Clark Clough, Sam	38.79	37.10	4) Conley, Eddy	34.53	27.70
3 ARRO			A	2:40.91	32
1) Medina, Sam			2) Kent, Justin		
3) Perez, Bryan	43.95	39.97	4) Sanchez, Jonathan	43.26	33.73
--- CVHS			B	x2:01.17	
1) Fosdahl, Adam			2) Zhou, Bright		
3) Billings, Alex	30.04	35.44	4) Pardee, Nathan	29.28	26.41
--- CVHS			C	x2:02.23	
1) Saunders, John Michael			2) Margalit, Eshed		
3) Hayes, Brian	32.72	33.99	4) Gong, Justin	28.78	26.74

Event 3 Girls 200 Yard Medley Relay Varsity**HAAL Record: 1:52.88 2001 Castro Valley****Burdett, Weiman, Nelson, Thoni**

Team	Relay	Finals Time	
1 BOD	A	1:54.85	40
1) Tomimatsu, Jordan	2) Yi, Francesca		
3) Lo, Jeannett	4) Gregson, Jen		
28.24	33.56	27.48	25.57
2 CVHS	A	1:58.75	34
1) Harren, Maja	2) Gerstenberger, Shelby		
3) Gibson, Sierra	4) Sorenson, Emily		
30.61	34.39	27.05	26.70
3 SLHS	A	2:07.09	32
1) Busby, Caitlin	2) Alvarez, Jessica		
3) Vance, Hillary	4) Hopper, Alyssa		
4 MOCA	A	2:15.76	30
1) Adeni, Anika	2) Erwin, Laura		
3) Prudena, Catherine	4) Acosta, Ashley		
36.06	38.45	33.54	27.71
5 MEHS	A	2:31.01	28
1) Adza, Kaylin	2) Omori, Mako		
3) Ornelas, Samantha	4) Civiello, Martina		
37.75	44.56	37.99	30.71
--- CVHS	B	x2:07.84	
1) Gistand, Gloria	2) Botto, Colette		
3) Leung, Mindy	4) White, Gabrielle		
34.31	34.72	32.44	26.37
--- BOD	B	x2:10.37	
1) Yun, Jessica	2) Seelig, Katie		
3) Daly, Margaret	4) Conley, Cara		
33.21	38.97	30.47	27.72
--- CVHS	C	x2:16.36	
1) Erickson, Dayton	2) Panko, Ashley		
3) Zen, Amanda	4) Mulready, Megan		
33.85	36.66	37.42	28.43
--- BOD	C	x2:18.50	
1) Wong, Melissa	2) Chu, Ashley		
3) Allenbach, Simone	4) Brady, Shannon		
36.12	39.51	34.89	27.98
--- SLHS	B	x2:19.40	

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1) Mahgoub, Daulette	2) Vien, Seanna		
3) Kreiss, Melanie	4) Vien, Amanda		
--- MOCA	B	x2:31.94	
1) Such, Kelsey	2) Tang, Cecilia		
3) Shokri, Mitra	4) Raney, Emily		
41.62	41.90	36.70	31.72

(Event 3 Girls 200 Yard Medley Relay Varsity)

Team	Relay	Finals Time	
--- SLHS	C	x2:36.15	
1) Pagano, Olivia	2) Treiu, Samantha		
3) Nakaya, Tyler	4) Carrabello, Natalie		
--- ARRO	B	x2:40.85	
1) Perez, Jackie	2) Escobedo, Diana		
3) White, Ashley	4) Tanabe, Elise		
42.08	41.84	44.65	32.28
--- HAYA	A	DQ	
1) Gondinez, Gladys	2) Alvarez, Angelica		
3) Savery, Rebecca	4) Inoccencio, Kayla		
59.05	1:03.73	52.31	32.38
--- ARRO	A	DQ	
1) Castillo, Cyrene	2) Dawkins, Stephanie		
3) Lopez, Stephanie	4) Perez, Elena		
37.70	39.85	35.61	30.41

Event 4 Boys 200 Yard Medley Relay Varsity**HAAL Record: 1:41.67 2005 Castro Valley****Bartlow, Oldenhage, Rossi, Martinez**

Team	Relay	Finals Time	
1 CVHS	A	1:43.32	40
1) McDermott, Gabe	2) Gresham, Ryan		
3) Cruz, Jerry	4) Kerner, Matthew		
26.60	30.20	24.90	21.62
2 BOD	A	1:48.49	34
1) Weber, Luke	2) Truong, Daniel		
3) Burbidge, Nick	4) Gregson, Tanner		
27.71	30.87	26.00	23.91
3 SLHS	A	1:50.86	32
1) McHale, Duke	2) Gloria, Juanito		
3) Engler, Jeff	4) Gamboa, Alex		
29.71	31.80	25.11	24.24
4 MOCA	A	1:59.74	30
1) Jackson, Ben	2) Gerardo, Valentino		
3) Jackson, Chris	4) Gerardo, Sean		
32.89	33.16	28.49	25.20
5 MEHS	A	2:03.88	28
1) Sperle, Cody	2) Watson, Daniel		
3) Anguiano, Salvador	4) Viale, Paolo		
37.60	34.65	26.56	25.07
6 ARRO	A	2:06.31	26
1) White, Adam	2) Romie, Zach		
3) Sousa, Adam	4) Tomei, Tyler		
31.01	37.08	28.55	29.67
7 HAYA	A	2:17.98	24
1) Creedon, Conrad	2) Wirth, Ben		

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3) Luu, Ray	35.70	38.61	4) Lopez, Machael	30.59	33.08
--- CVHS			B		x1:50.82
1) Horpel, Frank			2) Chea, Kevin		
3) Chang, Derrick	27.62	32.42	4) Kerner, Christopher	27.07	23.71
--- CVHS			C		x1:54.49
1) Kelly, Ian			2) Lee, Michael		
3) Yu, Jason	29.36	32.17	4) Sweetman, Mitchell	27.98	24.98
--- BOD			B		x1:54.62
1) Belick, Michael			2) Bailey, Connor		
3) Cheng, Daniel	29.31	32.36	4) Werfal, Jack	28.55	24.40
--- BOD			C		x2:03.40
1) Ginley, James			2) Clawson, Brian		
3) Cummings, Cody	34.30	31.91	4) Fehr, Trevor	29.51	27.68
--- SLHS			B		x2:15.21
1) Pacewicz, Zack			2) Lau, Marco		
3) Gamboa, Nick			4) Peterson, Chris		
--- MOCA			B		DQ
1) Karla, Chris			2) Jay, Gregory		
3) Chen, Matt	39.51	38.50	4) Nohr, Maxwell	30.62	28.68

Event 5 Girls 200 Yard Freestyle Junior Varsity**HAAL Record: 2:16.31 1999 Megan Riley**

Name	Age	School	Finals Time
1 Wultanski, Samantha	CVHS	2:20.45	20
31.80 35.52	36.33	36.80	
2 Knutson, Katie	BOD	2:30.64	17
35.67 38.74	39.53	36.70	
3 Hwang, Jenn	BOD	2:32.18	16
34.29 38.42	41.43	38.04	
4 Powell, Siobhan	CVHS	2:34.01	15
34.57 39.95	42.08	37.41	
5 Russo, Lauren	BOD	2:38.78	14
35.62 40.82	42.67	39.67	
6 Wrona, Julia	MOCA	2:38.92	13
35.79 40.65	41.99	40.49	
7 Rollins, Alyssa	BOD	2:39.76	12
34.81 38.74	43.45	42.76	
8 Sharma, Somya	MOCA	2:40.88	11
34.97 39.45	43.13	43.33	
9 Dominguez, Renae	CVHS	2:42.31	9
35.68 39.93	42.69	44.01	
10 Parcerro, Carmina	ARRO	2:47.23	7
35.61 41.06	46.22	44.34	
11 Tantingco, Marianne	ARRO	2:48.43	6
38.41 41.59	44.36	44.07	
12 Larson, Stephanie	SLHS	2:51.48	5
36.39 42.03	45.61	47.45	
13 Nougez, Andrea	ARRO	3:00.50	4
41.79 44.41	48.86	45.44	

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14	Nunez, Amanda		SLHS	3:04.20	3
	39.89	47.38	49.14	47.79	
15	Correa, Susana		MEHS	3:04.33	2
	40.85	46.25	49.58	47.65	
16	Shen, Anna		SLHS	3:29.99	1
	44.85	50.67	57.63	56.84	
17	Tran, Nguyet		ARRO	3:32.78	
	48.67	55.46	56.53	52.12	
18	Wrner, Allison		MOCA	3:34.04	
	44.67	55.81	56.81	56.75	

Event 6 Boys 200 Yard Freestyle Junior Varsity**HAAL Record: 2:10.15 2002 Daykin Sundeen**

	Name	Age	School	Finals Time
1	Jang, Ryan		CVHS	2:09.52
	28.88	31.69	33.76	35.19
2	Margalit, Eshed		CVHS	2:10.64
	29.68	33.12	34.08	33.76
3	Gresham, David		CVHS	2:12.29
	30.52	34.48	35.74	31.55
4	Hassett, Patrick		CVHS	2:12.54
	29.97	34.45	35.64	32.48
5	Cristafo, Pasquel		BOD	2:24.52
	31.95	37.35	38.26	36.96
6	Alonzo, Michael		SLHS	2:40.27
	35.00	41.33	44.10	39.84
7	Daley, Kevin		BOD	2:41.75
	35.37	41.17	43.73	41.48
---	Nguyen, John		SLHS	DQ
	41.40	3:19.45		

Event 7 Girls 200 Yard Freestyle Varsity**HAAL Record: 1:54.84 1999 Candace Weiman**

	Name	Age	School	Finals Time
1	Gregson, Jen		BOD	1:57.91
	27.44	29.65	30.37	30.45
2	Chen, Stephanie		MOCA	2:03.48
	28.48	31.26	32.23	31.51
3	Chew, Alyssa		CVHS	2:08.89
	29.23	31.86	33.68	34.12
4	Lembesis, Eleni		CVHS	2:14.65
	31.23	33.09	35.35	34.98
5	McQuaid, Caitlin		BOD	2:16.53
	30.24	34.76	37.00	34.53
6	Vanderwilk, Josanne		HAYA	2:18.93
	30.89	34.80	37.33	35.91
7	White, Stephanie		ARRO	2:18.96
	31.64	34.96	36.78	35.58
8	Leung, Mindy		CVHS	2:22.21
	33.49	35.71	36.56	36.45
9	Zen, Amanda		CVHS	2:24.11
	33.43	37.16	37.21	36.31
10	Adeni, Anika		MOCA	2:26.14
	33.80	37.67	37.17	37.50

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11	Gertler, Ellie		BOD	2:26.85	6
	33.46	36.61	38.61	38.17	
12	Allenbach, Simone		BOD	2:29.83	5
	33.76	38.06	39.98	38.03	
13	Minkel, Debra		ARRO	2:30.38	4
	31.76	35.67	40.07	42.88	
14	Civiello, Martina		MEHS	2:30.72	3
	33.50	38.40	39.84	38.98	
15	Vien, Amanda		SLHS	2:33.18	2
	33.43	38.27	41.04	40.44	
16	Adza, Kaylin		MEHS	2:35.24	1
	35.47	39.89	42.35	37.53	
17	Carrabello, Natalie		SLHS	2:37.35	
	34.37			42.15	
18	Treiu, Samantha		SLHS	2:43.03	
	33.89	39.64	44.23	45.27	
19	Ornelas, Samantha		MEHS	2:46.79	
	36.10			45.00	
20	Sheppard, Zoe		HAYA	2:50.79	
	35.12	42.65	47.46	45.56	
21	Tang, Cecilia		MOCA	2:50.96	
	34.05	42.92	48.11	45.88	
22	Castillo, Cyrene		ARRO	2:51.38	
	37.21	44.21	47.90	42.06	
23	Nakaya, Tyler		SLHS	3:02.89	
	36.00	2:26.89			

Event 8 Boys 200 Yard Freestyle Varsity**HAAL Record: 1:42.53 1992 Grant Jenkins**

	Name	Age		School	Finals Time
1	Burbidge, Nick		BOD	1:46.72	20
	24.64	26.45	27.89	27.74	
2	Horpel, Frank		CVHS	1:50.44	17
	25.13	27.19	28.75	29.37	
3	Christenson, Joel		ARRO	1:53.80	16
	26.53	27.99	28.71	30.57	
4	Milan, Aaron		CVHS	1:56.85	15
	26.52	29.23	30.47	30.63	
5	Kelder, Ryan		CVHS	1:59.05	14
	26.39	30.02	31.06	31.58	
6	Sweetman, Mitchell		CVHS	2:02.52	13
	27.17	30.83	32.21	32.31	
7	Belick, Michael		BOD	2:04.19	12
	26.90	29.94	32.67	34.68	
8	Worfal, Jack		BOD	2:06.95	11
	28.10	31.98	34.13	32.74	
9	Gerardo, Valentino		MOCA	2:11.20	9
	28.11	32.74	35.63	34.72	
10	Gamboa, Nick		SLHS	2:13.13	7
	29.31	33.86	35.87	34.09	
11	Ginley, James		BOD	2:15.22	6
	30.48	35.44	35.59	33.71	
12	White, Adam		ARRO	2:18.45	5
	31.30			33.81	
13	Peterson, Chris		SLHS	2:19.85	4

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	31.48	35.50	37.41	35.46	
14 Turner, Matt			SLHS	2:19.86	3
	30.47	35.08	37.46	36.85	
15 Wirth, Ben			HAYA	2:20.09	2
	31.00	35.62	37.46	36.01	
16 Gerardo, Sean			MOCA	2:26.47	1
	31.84	36.66	39.62	38.35	
17 Karla, Chris			MOCA	2:27.51	
	34.34	36.90	39.37	36.90	
18 Jay, Gregory			MOCA	2:30.41	
	31.99	37.52	41.34	39.56	
19 Goff, Nick			MEHS	2:31.06	
	32.34	38.18	40.67	39.87	

Event 9 Girls 100 Yard IM Junior Varsity**HAAL Record: 1:09.54 1999 Jessica Bender**

Name	Age	School	Finals Time
1 Pardee, Laura		CVHS	1:14.37 20
	33.48 40.89		
2 Ma, Justine		CVHS	1:19.11 17
	36.62 42.49		
3 Domin, Kaela		CVHS	1:19.84 16
	36.99 42.85		
4 Russo, Lauren		BOD	1:20.44 15
	36.96 43.48		
5 Nikzat, Emily		MOCA	1:22.43 14
	38.56 43.87		
6 Zepeda, Raquel		BOD	1:26.24 13
	42.52 43.72		
7 Guo, Jane		MOCA	1:32.15 12
	47.68 44.47		
8 Sherman, Dani		ARRO	1:36.46 11
	48.30 48.16		
9 Guidry, Aamina		SLHS	1:46.79 9
	46.24 1:00.55		
10 Yan, Kara		SLHS	1:52.99 7
	58.76 54.23		
11 Martinez, Jordann		SLHS	1:56.72 6
	54.17 1:02.55		
12 Lew, Melissa		SLHS	2:23.50 5
	1:12.24 1:11.26		
--- Drakeford, Jazmyne		BOD	DQ
--- Henderson, Cassandra		ARRO	DQ
	52.75 58.75		

Event 10 Boys 100 Yard IM Junior Varsity**HAAL Record: 1:06.00 5/14/2008 Derrick Chang**

Name	Age	School	Finals Time
1 Billings, Alex		CVHS	1:08.62 20
	32.14 36.48		
2 Chea, Eric		CVHS	1:08.97 17
	31.23 37.74		
3 Margalit, Arad		CVHS	1:09.57 16
	33.20 36.37		

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4	Heinsma, Thomas	CVHS	1:10.18	15
	32.43 37.75			
5	Fryer, Anthony	BOD	1:15.51	14
	36.39 39.12			
6	Clark Clough, Sam	BOD	1:19.37	13
	38.35 41.02			
7	Phan, Ong	BOD	1:20.13	12
8	Tamura, Kuni	ARRO	1:24.29	11
	37.92 46.37			
9	Knighton, Sheridan	SLHS	1:32.62	9
	47.12 45.50			
10	Perez, Jose	ARRO	1:35.06	7
	45.61 49.45			
---	Tran, David	SLHS	DQ	
	47.29 47.17			

Event 11 Girls 200 Yard IM Varsity

HAAL Record: 2:05.37 1999		Candace Weiman		
Name	Age	School	Finals Time	
1 Tomimatsu, Jordan	BOD	2:13.28	20	
	28.34 33.46	40.44 31.04		
2 Gibson, Sierra	CVHS	2:22.98	17	
	30.37 36.14	43.85 32.62		
3 Greer, Fiona	HAYA	2:24.75	16	
	29.24 36.56	45.69 33.26		
4 Hassett, Bridgette	CVHS	2:29.24	15	
	30.45 38.20	44.90 35.69		
5 Daly, Margaret	BOD	2:31.50	14	
	32.35 38.13	47.71 33.31		
6 Gistand, Gloria	CVHS	2:34.53	13	
	33.18 39.18	46.23 35.94		
7 Panko, Ashley	CVHS	2:34.87	12	
	32.67 39.86	45.84 36.50		
8 Conley, Cara	BOD	2:35.18	11	
	33.71 39.42	47.02 35.03		
9 Alvarez, Jessica	SLHS	2:38.67	9	
	32.89 40.85	46.79 38.14		
10 Brady, Shannon	BOD	2:39.98	7	
	33.08 42.52	48.00 36.38		
11 Mahgoub, Daulette	SLHS	2:47.64	6	
	33.63 42.86	50.10 41.05		
12 Chan, Amanda	ARRO	2:49.55	5	
	35.71 43.31	53.37 37.16		
13 Prudena, Catherine	MOCA	2:52.42	4	
	35.32 43.37	52.55 41.18		
14 Acosta, Ashley	MOCA	2:52.65	3	
	34.89 44.81	52.89 40.06		
15 Omori, Mako	MEHS	2:57.97	2	
	36.66 46.42	55.20 39.69		
16 Lopez, Stephanie	ARRO	3:04.98	1	
	37.00 47.23	53.76 46.99		
17 Escobedo, Diana	ARRO	3:11.72		
	38.92 51.66	55.51 45.63		
18 Erwin, Laura	MOCA	3:20.70		
	45.36 56.42	53.26 45.66		

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Event 12 Boys 200 Yard IM Varsity

HAAL Record: 1:55.31 2006 Darren Pagan

Name	Age	School	Finals Time
1 Cruz, Jerry		CVHS	2:05.93
26.27	31.93	37.29	30.44
2 Weber, Luke		BOD	2:09.12
26.80	31.56	39.73	31.03
3 Truong, Daniel		BOD	2:12.95
27.65	33.94	38.78	32.58
4 Conley, Eddy		BOD	2:19.10
29.76	38.36	40.47	30.51
5 Yu, Jason		CVHS	2:19.68
29.56	34.85	42.90	32.37
6 Chea, Kevin		CVHS	2:20.96
30.79	35.92	41.03	33.22
7 Cheng, Daniel		BOD	2:25.46
29.91	36.87	44.41	34.27

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Name	Age	School	Finals Time
8 Jackson, Chris		MOCA	2:29.57
31.76	38.68	45.61	33.52
9 Watson, Daniel		MEHS	2:31.33
33.16	39.52	42.86	35.79
10 Romie, Zach		ARRO	2:38.40
35.56	39.29	48.65	34.90
11 Chen, Matt		MOCA	2:47.72
32.70	48.45	48.87	37.70
--- Ng, Tony		SLHS	DQ
33.68	49.06	51.46	38.13
--- Lau, Marco		SLHS	DQ
33.72	43.20	45.36	38.37

Event 13 Girls 50 Yard Freestyle Junior Varsity

HAAL Record: 27.98 2000 Tricia Henry

Name	Age	School	Finals Time
1 Alexander, Brooke		CVHS	29.34
2 Hwang, Jenn		BOD	30.55
3 Muncheck, Bonnie		BOD	30.79
4 Powell, Siobhan		CVHS	30.96
5 Naas, Miranda		BOD	31.05
6 Carmack, Lisa		CVHS	31.22
7 Smith, Julianna		BOD	31.34
8 Nohr, Samantha		MOCA	33.00
9 Berglin, Riki		BOD	33.07
10 Larson, Stephanie		SLHS	34.77
11 Souto, Christina		MEHS	36.19
12 Lewis, Breana		SLHS	36.66
13 Taylor, Erica		MOCA	37.32
14 Li, LiWen		ARRO	38.10
15 Pulido, Christina		ARRO	38.31
16 Jackson, Ziara		ARRO	39.09
17 Alvarez, Victoria		MOCA	40.17

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18	Wrner, Allison	MOCA	43.21
19	Varma, Ashni	MEHS	43.54
20	Pebinito, Angelica	ARRO	43.55
21	Silva, Christiana	MEHS	43.94
22	Mendoza, Clarissa	SLHS	44.69
23	Roderick, Brittany	MEHS	47.81
24	Shariff, Zeba	MEHS	48.59
25	Ho, Linda	SLHS	50.67

Event 14 Boys 50 Yard Freestyle Junior Varsity**HAAL Record: 24.63 2006 Michael MacLauchlan**

	Name	Age	School	Finals Time
1	Zagata, Maxime		CVHS	25.21
2	Shea, Callahan		CVHS	25.94
3	Hayes, Brian		CVHS	26.22
4	Heinsma, Thomas		CVHS	26.40
5	Kolinski, Stuart		SLHS	27.01
6	Corely, Ethan		BOD	27.73
7	Biddle, Patrick		SLHS	29.21
8	Dejano, Bryan		ARRO	29.82
9	Medina, Sam		ARRO	29.85
10	Tran, David		SLHS	31.15
11	Alexander, Gabe		BOD	31.54
12	Ortega, Hermann		MEHS	31.93
13	Leyva, Jesus		MEHS	31.95
14	Towner, Will		BOD	32.51
15	Sanchez, Jonathan		ARRO	32.88
16	Perez, Bryan		ARRO	41.86

Event 15 Girls 50 Yard Freestyle Varsity**HAAL Record: 24.15 1998 Genevieve Bender**

	Name	Age	School	Finals Time
1	Vance, Hillary		SLHS	25.93
2	Harren, Maja		CVHS	27.04
3	Brownlie, Kerianne		CVHS	27.41
4	Sorenson, Emily		CVHS	27.62
5	Macy, Jacquelynn		CVHS	27.77
6	Dysico, Angelica		BOD	27.90
7	Lee, McKenzie		MOCA	28.04
8	Hopper, Alyssa		SLHS	28.22
9	Yun, Jessica		BOD	28.57
10	Cacigas, Emily		BOD	29.23
11	Vien, Amanda		SLHS	30.36
12	Perez, Elena		ARRO	30.43
13	Sepkowitz, Isabel		BOD	30.58
14	Kreiss, Melanie		SLHS	30.91
15	Lee, Mallory		MOCA	31.30
16	Towsend, Michelle		MEHS	31.77
17	Sheppard, Zoe		HAYA	32.57
18	Vargas-Pena, Veronica		MEHS	32.83
19	Savery, Rebecca		HAYA	33.52
20	Tanabe, Elise		ARRO	33.68
21	Alvarez, Angelica		HAYA	34.88
22	Escobar, Jackie		ARRO	34.89

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23	Perez, Jackie	ARRO	35.17
24	Gondinez, Gladys	HAYA	37.63

Event 16 Boys 50 Yard Freestyle Varsity**HAAL Record: 21.14 1992 Grant Jenkins**

	Name	Age	School	Finals Time
1	Kerner, Matthew	CVHS	21.78	20
2	Dizon, Danny	TENN	22.05	17
3	Nagy, Mark	CVHS	22.54	16
4	Ung, Ivan	ARRO	23.34	15
5	Gay, Toby	BOD	23.68	14
6	Anzilotti, Tyler	BOD	23.72	13
7	Anguiano, Salvador	MEHS	23.87	12
8	Gregson, Tanner	BOD	23.92	11
9	Jower, Kai	CVHS	23.97	9
10	Rodriquez, Kevin	BOD	24.41	7
11	Guterres, Ryan	MOCA	24.44	6
12	Gamboa, Alex	SLHS	24.89	5
13	Quach, Larry	ARRO	25.14	4
14	Gresham, Ryan	CVHS	25.24	3
15	Viale, Paolo	MEHS	25.91	2
16	Gerardo, Valentino	MOCA	26.33	1
17	Sousa, Adam	ARRO	26.41	
18	Nohr, Maxwell	MOCA	26.85	
19	Luu, Ray	HAYA	27.27	
20	Pacewicz, Zack	SLHS	27.39	
21	Creedon, Conrad	HAYA	29.50	
22	Chan, Kendy	SLHS	31.96	
23	Lopez, Machael	HAYA	32.50	

(Event 16 Boys 50 Yard Freestyle Varsity)

	Name	Age	School	Finals Time
24	Gonzalez, Emilio	ARRO	34.95	

Event 19 Girls 1 mtr Diving Varsity

	Name	Age	School	Finals Score
1	Abendroth, Kaitlin	CVHS	294.30	20
2	Ouyang, Megan	CVHS	290.95	17
3	Lee, Mallory	MOCA	259.80	16
4	McLain, Megan	MOCA	151.10	15
5	Such, Kelsey	MOCA	85.05	14
6	Raney, Emily	MOCA	52.72	13

Event 21 Girls 50 Yard Butterfly Junior Varsity**HAAL Record: 30.73 1999 Eileen Magtibay**

	Name	Age	School	Finals Time
1	Pardee, Laura	CVHS	32.70	20
2	Alexander, Brooke	CVHS	32.90	17
3	Smith, Andie	CVHS	36.68	16
4	Love, Raelenna	CVHS	37.22	15
5	Sanders, Sandra	MOCA	39.41	14
6	Mishra, Aditi	MOCA	42.63	13
7	Wrona, Julia	MOCA	42.76	12

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8	Middleton, Shannel	BOD	43.89	11
9	Randhawa, Rex	SLHS	44.76	9
10	Guidry, Aamina	SLHS	45.19	7
11	Gbala, Badiea	SLHS	52.41	6
12	Silva, Christiana	MEHS	52.48	5
13	Lee, Vivian	SLHS	1:08.17	4

Event 22 Boys 50 Yard Butterfly Junior Varsity**HAAL Record: 27.28 5/14/2008 Justen Johnson**

Name	Age	School	Finals Time
1 Shea, Callahan		CVHS	28.59 20
2 Hayes, Brian		CVHS	29.19 17
3 Billings, Alex		CVHS	29.92 16
4 Pardee, Nathan		CVHS	29.96 15
5 Clark Clough, Sam		BOD	35.50 14
6 Perez, Jose		ARRO	45.21 13
7 Tran, Bryant		SLHS	55.27 12

Event 23 Girls 100 Yard Butterfly Varsity**HAAL Record: 55.73 1997 Clara Ho**

Name	Age	School	Finals Time
1 Lo, Jeannett		BOD	1:00.73 20
28.49	32.24		
2 Gibson, Sierra		CVHS	1:02.60 17
30.13	32.47		
3 Greer, Fiona		HAYA	1:04.18 16
29.21	34.97		
4 Vance, Hillary		SLHS	1:06.04 15
29.05	36.99		
5 Dysico, Angelica		BOD	1:06.57 14
31.57	35.00		
6 Hassett, Bridgette		CVHS	1:07.45 13
31.24	36.21		
7 Houghtelling, Nicole		ARRO	1:09.61 12
31.75	37.86		
8 Pellegrini, Stephanie		MOCA	1:11.48 11
32.04	39.44		
9 Leung, Mindy		CVHS	1:15.08 9
34.95	40.13		
10 Brady, Shannon		BOD	1:15.50 7
34.34	41.16		
11 Macy, Jacquelynn		CVHS	1:16.47 6
35.29	41.18		
12 Chu, Ashley		BOD	1:18.39 5
35.16	43.23		
13 Shokri, Mitra		MOCA	1:21.31 4
36.58	44.73		
14 Prudena, Catherine		MOCA	1:21.41 3
36.17	45.24		
15 Omori, Mako		MEHS	1:25.81 2
38.79	47.02		
16 Ornelas, Samantha		MEHS	1:29.94 1
39.51	50.43		
17 Lopez, Stephanie		ARRO	1:32.10

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	40.91	51.19		
18	Pagano, Olivia		SLHS	1:39.50
	42.64	56.86		
19	White, Ashley		ARRO	1:51.88
	50.11	1:01.77		

Event 24 Boys 100 Yard Butterfly Varsity**HAAL Record: 51.75 2006 Darren Pagan**

	Name	Age	School	Finals Time
1	Cruz, Jerry		CVHS	55.01 20
	26.03	28.98		
2	Engler, Jeff		SLHS	57.52 17
	26.18	31.34		
3	Weber, Luke		BOD	57.66 16
	26.42	31.24		
4	Jower, Kai		CVHS	59.54 15
	27.99	31.55		
5	Anguiano, Salvador		MEHS	1:02.03 14
	27.90	34.13		
6	Chang, Derrick		CVHS	1:02.60 13
	28.56	34.04		
7	Conley, Eddy		BOD	1:03.05 12
	29.80	33.25		
8	Jackson, Ben		MOCA	1:05.19 11
	29.93	35.26		
9	Lee, Michael		CVHS	1:05.34 9
	30.67	34.67		
10	Gay, Toby		BOD	1:05.83 7
	29.81	36.02		
11	Gloria, Juanito		SLHS	1:06.49 6
	29.85	36.64		
12	Chen, Matt		MOCA	1:09.65 5
	32.18	37.47		
13	Cheng, Daniel		BOD	1:10.30 4
	31.01	39.29		
14	Luu, Ray		HAYA	1:12.89 3
	33.35	39.54		
15	Sousa, Adam		ARRO	1:16.21 2
	32.76	43.45		
16	Mansilla, Matthew		MOCA	1:20.96 1
	34.64	46.32		

(Event 24 Boys 100 Yard Butterfly Varsity)

	Name	Age	School	Finals Time
17	Goff, Nick		MEHS	1:23.60
	36.37	47.23		
---	Tomei, Tyler		ARRO	DQ
	34.48	45.11		

Event 25 Girls 100 Yard Freestyle Junior Varsity**HAAL Record: 1:01.87 2002 Katie Callen**

	Name	Age	School	Finals Time
1	Smith, Andie		CVHS	1:06.06 20
	31.97	34.09		

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2	Naas, Miranda	BOD	1:09.76	17
	33.13 36.63			
3	Love, Arianna	CVHS	1:09.80	16
	33.12 36.68			
4	Wong, Jazmine	CVHS	1:10.18	15
	31.89 38.29			
5	Panaranda, Emily	BOD	1:10.71	14
	33.43 37.28			
6	Proctor, Hayley	SLHS	1:11.26	13
	33.09 38.17			
7	Rollins, Alyssa	BOD	1:11.82	12
	34.86 36.96			
8	Treiu, Amanda	SLHS	1:11.97	11
	33.34 38.63			
9	Bunkers, Taylor	BOD	1:12.77	9
	34.13 38.64			
10	Nohr, Samantha	MOCA	1:16.07	7
	35.99 40.08			
11	Carbajal, Eileen	ARRO	1:16.22	6
	37.74 38.48			
12	Brown, Kelsey	MOCA	1:17.03	5
	35.79 41.24			
13	Lewis, Breana	SLHS	1:19.58	4
	36.68 42.90			
14	Souto, Christina	MEHS	1:19.65	3
	38.28 41.37			
15	Nougez, Andrea	ARRO	1:20.87	2
	39.65 41.22			
16	Dhillon, Jasreet	MOCA	1:30.15	1
	43.64 46.51			
17	Jackson, Ziara	ARRO	1:31.43	
	42.29 49.14			
18	Woong-Too, Selina	ARRO	1:33.03	
	43.68 49.35			
19	Varma, Ashni	MEHS	1:36.14	
	44.39 51.75			
20	Knighton, Katrina	SLHS	1:38.14	
	45.61 52.53			
21	Shariff, Zeba	MEHS	1:47.78	
	48.55 59.23			

Event 26 Boys 100 Yard Freestyle Junior Varsity

HAAL Record: 56.38		2002	Michael MacLachlan	
Name	Age	School	Finals Time	
1 Heinsma, Steven		CVHS	54.18	20
	25.85 28.33			
2 Zagata, Maxime		CVHS	57.67	17
	27.12 30.55			
3 Pardee, Nathan		CVHS	59.26	16
	29.01 30.25			
4 Cristafo, Pasquel		BOD	1:01.83	15
	29.73 32.10			
5 Corely, Ethan		BOD	1:02.04	14
	30.13 31.91			
6 Kolinski, Stuart		SLHS	1:02.22	13

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29.09	33.13			
7	Gong, Justin	CVHS	1:02.86	12
30.19	32.67			
8	Medina, Sam	ARRO	1:10.75	11
34.88	35.87			
9	Dejano, Bryan	ARRO	1:12.75	9
33.92	38.83			
10	Leyva, Jesus	MEHS	1:12.78	7
35.22	37.56			
11	Knighton, Sheridan	SLHS	1:14.30	6
36.69	37.61			
12	Ortega, Hermann	MEHS	1:14.76	5
33.76	41.00			
13	Crayton, Robert	SLHS	1:15.74	4
34.35	41.39			
14	Kent, Justin	ARRO	1:16.37	3
36.52	39.85			
15	Daley, Kevin	BOD	1:16.70	2
35.92	40.78			
16	Perez, Bryan	ARRO	1:31.03	1
40.50	50.53			
17	Ngyuen, John	SLHS	1:33.42	
40.34	53.08			

Event 27 Girls 100 Yard Freestyle Varsity**HAAL Record: 53.27 1999 Kim Harada**

	Name	Age	School	Finals Time
1	White, Gabrielle		CVHS	58.33
	28.05	30.28		20
2	Chew, Alyssa		CVHS	58.40
	28.18	30.22		17
3	Gerstenberger, Shelby		CVHS	1:01.18
	29.46	31.72		16
4	Conley, Cara		BOD	1:01.93
	30.19	31.74		15
5	Lee, McKenzie		MOCA	1:02.28
	29.92	32.36		14
6	Pellegrini, Stephanie		MOCA	1:02.79
	29.77	33.02		13
7	Mulready, Megan		CVHS	1:03.50
	29.71	33.79		12
8	Chan, Amanda		ARRO	1:05.38
	32.19	33.19		11
9	Busby, Caitlin		SLHS	1:06.07
	31.45	34.62		9
10	Gertler, Ellie		BOD	1:06.63
	31.80	34.83		7
11	Vien, Seanna		SLHS	1:06.74
	32.26	34.48		6

(Event 27 Girls 100 Yard Freestyle Varsity)

	Name	Age	School	Finals Time
12	Sepkowitz, Isabel		BOD	1:06.84
	32.48	34.36		5
13	Seelig, Katie		BOD	1:07.57
				4

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	32.06	35.51			
14	Civiello, Martina		MEHS	1:08.75	3
	32.20	36.55			
15	Tan, Samantha		SLHS	1:08.89	2
	32.88	36.01			
16	Huetterman, Audrey		SLHS	1:09.50	1
	31.65	37.85			
17	Dawkins, Stephanie		ARRO	1:11.90	
	34.74	37.16			
18	Ho, Nina		HAYA	1:12.03	
	33.80	38.23			
19	Escobedo, Diana		ARRO	1:12.27	
	34.43	37.84			
20	Vargas-Pena, Veronica		MEHS	1:13.48	
	35.57	37.91			
21	Towsend, Michelle		MEHS	1:16.67	
	36.11	40.56			
22	Alvarez, Angelica		HAYA	1:17.33	
	37.40	39.93			
23	Savery, Rebecca		HAYA	1:18.15	
	35.37	42.78			
24	Tanabe, Elise		ARRO	1:19.20	
	37.03	42.17			
25	Garcia, Carol		HAYA	1:22.15	
	37.16	44.99			
---	Scully, Megan		MOCA	DQ	
	28.04	31.33			

Event 28 Boys 100 Yard Freestyle Varsity

HAAL Record:	46.42	2001	Vince Martinez		
Name		Age	School	Finals Time	
1	Kerner, Matthew		CVHS	48.76	20
	22.95	25.81			
2	Dizon, Danny		TENN	49.08	17
	23.57	25.51			
3	McDermott, Gabe		CVHS	49.54	16
	23.60	25.94			
4	Nagy, Mark		CVHS	51.16	15
	24.48	26.68			
5	Ung, Ivan		ARRO	51.92	14
	24.97	26.95			
6	Kerner, Christopher		CVHS	52.68	13
	25.29	27.39			
7	Gregson, Tanner		BOD	53.52	12
	25.21	28.31			
8	Clawson, Brian		BOD	55.04	11
	26.31	28.73			
9	Moll, Alexander		MOCA	56.38	9
	26.47	29.91			
10	Guterres, Ryan		MOCA	56.60	7
	26.84	29.76			
11	McHale, Duke		SLHS	56.91	6
	26.96	29.95			
12	Quach, Larry		ARRO	56.97	5
	27.51	29.46			

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13	McEntee, Brad		ARRO	57.01	4
	26.45	30.56			
14	Wagoner, Chris		MOCA	57.26	3
	27.47	29.79			
15	Viale, Paolo		MEHS	57.53	2
	27.56	29.97			
16	Cummings, Cody		BOD	58.30	1
	27.93	30.37			
17	Tuckner, Dillon		BOD	1:02.32	
	29.82	32.50			
18	Nohr, Maxwell		MOCA	1:02.53	
	29.54	32.99			
19	Pacewicz, Zack		SLHS	1:02.72	
	29.73	32.99			
20	Wirth, Ben		HAYA	1:04.19	
	29.82	34.37			
21	Creedon, Conrad		HAYA	1:08.62	
	31.67	36.95			
22	Chan, Kendy		SLHS	1:10.91	
	32.70	38.21			
23	Gonzalez, Emilio		ARRO	1:30.34	
	38.26	52.08			
24	Lopez, Machael		HAYA	1:32.25	
	40.27	51.98			

Event 29 Girls 500 Yard Freestyle Junior Varsity**HAAL Record: 6:13.09 2006 Maria Hassett**

	Name	Age	School	Finals Time
1	Poerink, Deneka		CVHS	6:32.51
	33.63	38.17	39.75	39.71
	40.54	41.24	40.81	41.22
	41.14	36.30		
2	Knutson, Katie		BOD	6:43.97
	36.82	39.54	41.33	42.24
	41.96	41.72	41.03	40.83
	40.54	37.96		
3	Domin, Kaela		CVHS	6:45.70
	34.64	39.20	41.77	42.12
	42.58	42.31	41.85	41.66
	41.88	37.69		
4	Smith, Julianna		BOD	6:59.87
	38.75	41.06	42.93	43.04
	43.81	44.13	44.42	43.11
	43.00	35.62		
5	Nikzat, Emily		MOCA	7:02.91
	38.77	42.26	42.58	43.93
	43.78	43.36	42.82	43.34
	42.74	39.33		
6	Sharma, Somya		MOCA	7:12.20
	37.91	42.39	43.62	44.69
	45.63	45.12	44.58	43.73
	42.72	41.81		
7	Dominguez, Renae		CVHS	7:13.30
	35.81	40.67	43.35	44.69
	45.68	46.37	46.01	45.08

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43.57		42.07			
(Event 29 Girls 500 Yard Freestyle Junior Varsity)					
Name	Age	School	Finals Time		
8 Scott, Grace		BOD	7:14.89	11	
	38.40	43.18	43.84	44.79	
	44.61	44.92	44.03	44.84	
	44.18	42.10			
9 Hawkins, Emily		BOD	7:29.52	9	
	39.61	43.61	44.26	45.35	
	46.01	46.51	46.82	47.39	
	46.79	43.17			
10 Tantingco, Marianne		ARRO	7:36.40	7	
	37.03	42.45	44.12	45.82	
	46.70	47.61	48.46	49.23	
	49.01	45.97			
11 Parcerro, Carmina		ARRO	7:49.69	6	
	38.30	43.11	45.81	48.23	
	50.03	50.32	50.17	51.12	
	48.41	44.19			
12 Nunez, Amanda		SLHS	8:03.17	5	
	41.45	47.56	48.93	49.76	
	49.43	49.94	49.58	49.94	
	50.78	45.80			
13 Sherman, Dani		ARRO	8:21.52	4	
	42.59	49.10	52.76	52.50	
	52.28	52.31	52.23	52.71	
	49.34	45.70			
14 Randhawa, Rex		SLHS	9:18.63	3	
	43.15	53.80	57.60	57.20	
	1:56.86			57.68	
	1:00.58	54.14			

Event 30 Boys 500 Yard Freestyle Junior Varsity**HAAL Record: 5:55.88 2006 Collin Fosdahl**

Name	Age	School	Finals Time		
1 Saunders, John Michael		CVHS	5:45.07	20	
	29.64	32.97	34.24	35.14	
	34.95	35.51	35.53	36.11	
	36.10	34.88			
2 Fosdahl, Adam		CVHS	6:00.23	17	
	28.25	33.54	34.96	35.31	
	36.55	38.31	38.72	39.30	
	39.12	36.17			
3 Gresham, David		CVHS	6:02.23	16	
	29.66	33.75	36.34	38.54	
	38.11	37.68	39.28	38.85	
	37.50	32.52			
4 Margalit, Arad		CVHS	6:17.95	15	
	30.77	35.26	37.70	38.90	
	39.64	39.91	40.51	38.97	
	39.25	37.04			
5 Catterton, Will		BOD	7:06.88	14	
	34.76	39.45	41.41	42.67	
	44.11	44.77	44.04	45.12	

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	42.05	48.50			
6	Alexander, Gabe		BOD	7:22.31	13
				2:10.91	
7	Biddle, Patrick		SLHS	7:31.54	12
	36.98	6:54.56			

Event 31 Girls 500 Yard Freestyle Varsity

HAAL Record: 5:14.29 2000 Danielle Giles

	Name	Age		School	Finals Time
1	Gregson, Jen		BOD	5:18.75	20
	28.81	31.48	32.02	32.58	
	32.76	33.13	32.67	32.61	
	31.76	30.93			
2	Chen, Stephanie		MOCA	5:22.04	17
	28.63	31.53	32.18	33.05	
	33.45	32.98	33.28	32.94	
	33.18	30.82			
3	Yi, Francesca		BOD	5:22.60	16
	28.66	31.19	31.99	32.82	
	32.93	32.73	33.07	32.97	
	33.57	32.67			
4	Daly, Margaret		BOD	5:45.75	15
	32.00	34.57	34.68	34.95	
	35.23	34.90	35.18	35.29	
	34.93	34.02			
5	Sorenson, Emily		CVHS	6:02.81	14
	32.38	35.01	36.23	36.90	
	37.51	37.69	37.61	37.38	
	37.49	34.61			
6	Lembesis, Eleni		CVHS	6:05.12	13
	32.47	34.52	35.94	37.06	
	37.44	37.87	37.62	37.92	
	38.70	35.58			
7	Mulready, Megan		CVHS	6:18.47	12
	33.09	36.39	38.31	38.09	
	38.52	38.59	38.87	39.66	
	39.49	37.46			
8	White, Stephanie		ARRO	6:19.14	11
	32.78	35.78	37.64	38.30	
	39.48	40.01	39.68	39.07	
	39.11	37.29			
9	Zen, Amanda		CVHS	6:25.15	9
	34.67	37.93	38.77	38.64	
	39.34	39.13	39.72	39.98	
	39.49	37.48			
10	Fieberling, Erin		BOD	6:40.46	7
	35.45	38.62	40.19	40.31	
	40.56	41.70	41.28	41.34	
	41.91	39.10			
11	Raney, Emily		MOCA	6:55.27	6
	34.66	38.68	40.68	42.16	
	42.96	43.50	43.66	43.70	
	43.15	42.12			
12	Minkel, Debra		ARRO	7:05.99	5
	34.12	39.09	41.32	41.95	

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals**

	42.10	44.86	45.77	46.08	
	45.97	44.73			
13 Huetterman, Audrey			SLHS	7:08.69	4
	35.51	40.96	43.34	43.38	
	44.93	45.63	44.48	45.30	
	45.25	39.91			
(Event 31 Girls 500 Yard Freestyle Varsity)					
Name	Age		School	Finals Time	
14 Shokri, Mitra			MOCA	7:20.77	3
	36.57	41.44	43.91	45.70	
	45.47	45.51	46.19	46.22	
	46.27	43.49			
15 Treiu, Samantha			SLHS	7:35.46	2
	35.72	41.52	45.36	48.47	
	48.31	47.96	49.35	48.78	
	47.56	42.43			
16 Carrabello, Natalie			SLHS	7:46.33	1
	39.35	46.03	47.34	48.14	
	48.08	49.22	47.52	48.29	
	48.95	43.41			
17 White, Ashley			ARRO	8:20.10	
	45.09	49.78	50.26	51.45	
	51.10	51.06	51.63	51.72	
	50.44	47.57			
18 Nakaya, Tyler			SLHS	8:20.43	
	40.90	47.37	51.17	51.31	
	52.68	53.27	53.84	50.24	
	52.21	47.44			

Event 32 Boys 500 Yard Freestyle Varsity**HAAL Record: 4:45.33 1995 Darryl Gill**

Name	Age		School	Finals Time	
1 Burbidge, Nick			BOD	4:52.32	20
	24.93	27.72	28.86	29.15	
	29.54	29.97	30.47	30.96	
	30.74	29.98			
2 Horpel, Frank			CVHS	4:57.83	17
	26.13	28.82	30.61	30.44	
	30.46	30.52	30.53	30.79	
	30.31	29.22			
3 Christenson, Joel			ARRO	5:11.23	16
	29.08	31.86	31.03	31.29	
	31.31	31.43	30.97	31.74	
	30.90	31.62			
4 Milan, Aaron			CVHS	5:19.74	15
	27.19	30.31	31.71	32.73	
	33.16	33.01	33.23	33.27	
	33.45	31.68			
5 Sweetman, Mitchell			CVHS	5:30.24	14
	28.06	31.98	32.82	33.53	
	33.97	34.29	34.51	34.45	
	34.06	32.57			
6 Kelder, Ryan			CVHS	5:39.55	13
	27.82	32.26	33.59	33.84	

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals**

	34.26	35.15	36.56	36.08	
	35.85	34.14			
7 Usem, Gabe			BOD	5:42.48	12
	30.14	32.94	34.97	34.88	
	35.63	35.91	35.50	35.94	
	34.48	32.09			
8 Jackson, Ben			MOCA	5:51.21	11
	29.47	34.09	35.34	35.99	
	36.24	36.46	36.48	36.57	
	35.80	34.77			
9 Werfal, Jack			BOD	5:57.09	9
	29.83	33.44	34.73	36.74	
	37.44	38.09	37.97	38.12	
	37.80	32.93			
10 Gamboa, Nick			SLHS	5:58.79	7
	30.59	35.12	35.88	37.50	
	37.15	38.27	38.02	37.04	
	35.68	33.54			
11 Ginley, James			BOD	6:08.22	6
	31.44	36.44	37.98	38.15	
	37.83	38.54	38.14	37.68	
	37.32	34.70			
12 Peterson, Chris			SLHS	6:33.56	5
	33.71	38.17	40.78	39.86	
	40.36	39.14	41.71	41.51	
	40.73	37.59			
13 Tomei, Tyler			ARRO	6:41.53	4
	34.81	39.98	41.91	42.92	
	42.07	42.71	41.42	41.01	
	38.21	36.49			
14 Karla, Chris			MOCA	6:44.33	3
	36.13	39.49	40.44	41.52	
	42.88	42.72	42.54	41.85	
	41.34	35.42			
15 Jay, Kevin			MOCA	7:44.90	2
	36.86	42.49	46.03	48.79	
	48.72	49.59	51.19	49.84	
	48.07	43.32			
--- Sperle, Cody			MEHS	DQ	
	33.88	39.02	41.48	40.88	
	42.18	1:23.94	41.78	40.93	
	37.27				

Event 33 Girls 200 Yard Freestyle Relay Junior Varsity**HAAL Record: 1:47.79 2008 Moreau Catholic****L. Erwin, M. McClain, C. Hartanto, J. Guo**

Team	Relay	Finals Time	
1 CVHS	A	1:58.80	40
1) Wong, Jazmine	2) Powell, Siobhan		
3) Alexander, Brooke	4) Pardee, Laura		
30.68	29.69	29.17	29.26
2 BOD	A	2:04.51	34
1) Naas, Miranda	2) Zepeda, Raquel		
3) Rollins, Alyssa	4) Muncheck, Bonnie		
31.91	32.11	30.53	29.96

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals**

3	MOCA	A	2:12.29	32
	1) Nohr, Samantha	2) Nikzat, Emily		
	3) Sanders, Sandra	4) Wrona, Julia		
	34.19 32.78	33.55 31.77		
4	SLHS	A	2:12.40	30
	1) Treiu, Amanda	2) Pagano, Olivia		
		4) Randhawa, Rex		
	31.12 31.94	35.10 34.24		
5	ARRO	A	2:14.78	28
	1) Nouguez, Andrea	2) Carbajal, Eileen		
	3) Parcerro, Carmina	4) Tantingco, Marianne		
	36.57 31.67	33.36 33.18		

(Event 33 Girls 200 Yard Freestyle Relay Junior Varsity)

	Team	Relay	Finals Time	
6	MEHS	A	2:41.26	26
	1) Souto, Christina	2) Silva, Christiana		
	3) Varma, Ashni	4) Correa, Susana		
	37.13 43.92	45.26 34.95		
---	BOD	B	x2:07.52	
	1) Hawkins, Emily	2) Smith, Julianna		
	3) Bunkers, Taylor	4) Farrer, Connie		
	32.00 31.69	31.35 32.48		
---	BOD	C	x2:32.36	
	1) Chrys, Xani	2) Fouster, Ana		
	3) Greenfield, Livvy	4) Uribe, Betty		
	39.08 37.14	38.86 37.28		
---	MOCA	B	x2:43.74	
	1) Kipps, Sara	2) Alverez, Victoria		
	3) Wrner, Allison	4) Taylor, Erica		
	43.21 42.83	41.37 36.33		
---	ARRO	B	x2:46.23	
	1) Jackson, Ziara	2) Pebinito, Angelica		
	3) Tran, Nguyet			
	39.70 44.24	41.88 40.41		
---	SLHS	B	x2:47.02	
	1) Martinez, Jordann	2) Knighton, Katrina		
	3) Ho, Linda	4) Lee, Vivian		
	39.15 47.81	44.93 35.13		
---	CVHS	B	DQ	
	1) Ma, Justine	2) Love, Arianna		
	3) Dominguez, Renae	4) Carmack, Lisa		
	30.85 34.08	33.73 30.87		

Event 34 Boys 200 Yard Freestyle Relay Junior Varsity**HAAL Record: 1:40.72 2006 Castro Valley****Pardee, Friedrich, Cheung, MacLachlan**

	Team	Relay	Finals Time	
1	CVHS	A	1:42.99	40
	1) Heinsma, Steven	2) Jang, Ryan		
	3) Shea, Callahan	4) Zagata, Maxime		
	26.29 26.07	25.49 25.14		
2	SLHS	A	1:55.56	34
	1) Tran, David	2) Knighton, Sheridan		
	3) Biddle, Patrick	4) Kolinski, Stuart		

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals**

	29.24	28.48	29.87	27.97	
3 BOD			A	1:59.29	32
1) Fryer, Anthony			2) Phan, Ong		
3) Clark Clough, Sam			4) Conley, Eddy		
	30.24	30.34	30.54	28.17	
4 ARRO			A	2:10.62	30
1) Dejano, Bryan			2) Perez, Jose		
3) Tamura, Kuni			4) Sanchez, Jonathan		
	29.57	36.81	29.35	34.89	
--- CVHS			B	x1:45.72	
1) Margalit, Arad			2) Hayes, Brian		
3) Billings, Alex			4) Pardee, Nathan		
	27.17	25.51	26.66	26.38	
--- CVHS			C	x1:51.32	
1) Gresham, David			2) Zhou, Bright		
3) Gong, Justin			4) Hassett, Patrick		
	27.75	30.05	27.08	26.44	
--- BOD			B	x2:06.84	
1) Alexander, Gabe			2) Cristafo, Pasquel		
3) Towner, Will			4) Daley, Kevin		
	32.06	28.49	31.94	34.35	

Event 35 Girls 200 Yard Freestyle Relay Varsity**HAAL Record: 1:42.11 1998 Bishop O'Dowd****G. Bender, Wong, D. Giles, Borden**

	Team	Relay	Finals Time	
1	CVHS	A	1:46.73	40
	1) Harren, Maja	2) Brownlie, Kerianne		
	3) Sorenson, Emily	4) Chew, Alyssa		
	27.36	26.38	26.79	26.20
2	SLHS	A	1:49.23	34
	1) Alvarez, Jessica	2) Busby, Caitlin		
	3) Hopper, Alyssa	4) Vance, Hillary		
	25.58	28.75	27.52	27.38
3	MOCA	A	1:49.29	32
	1) Pellegrini, Stephanie	2) Lee, McKenzie		
	3) Scully, Megan	4) Chen, Stephanie		
	28.12	28.17	26.27	26.73
4	BOD	A	1:51.70	30
	1) McQuaid, Caitlin	2) Yun, Jessica		
	3) Conley, Cara	4) Dysico, Angelica		
	28.32	27.86	28.15	27.37
5	ARRO	A	1:56.57	28
	1) White, Stephanie	2) Perez, Elena		
	3) Chan, Amanda	4) Houghtelling, Nicole		
	30.04	31.07	28.26	27.20
6	HAYA	A	2:01.96	26
	1) Greer, Fiona	2) Ho, Nina		
	3) Sheppard, Zoe	4) Vanderwilk, Josanne		
	27.61	31.58	32.58	30.19
7	MEHS	A	2:07.70	24
	1) Omori, Mako	2) Adza, Kaylin		
	3) Civiello, Martina	4) Ornelas, Samantha		
	30.32	34.18	33.37	29.83
---	CVHS	B	x1:52.12	

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals**

1) Hassett, Bridgette	2) Lembesis, Eleni
3) Leung, Mindy	4) Gerstenberger, Shelby
27.34 28.85	28.45 27.48
--- CVHS	C x1:53.14
1) Macy, Jacquelynn	2) Botto, Colette
3) Erickson, Dayton	4) Gistand, Gloria
28.28 28.61	28.60 27.65
--- BOD	B x2:00.73
1) Fieberling, Erin	2) Gertler, Ellie
3) Sepkwitz, Isabel	4) Eddy, Taylor
30.13 31.51	31.11 27.98
--- BOD	C x2:05.70
1) Lee, Josette	2) Perales, Emily
3) Cacigas, Emily	4) Wong, Melissa
35.93 29.17	29.67 30.93
--- MOCA	B x2:07.41
1) Prudena, Catherine	2) Lee, Mallory
3) Erwin, Laura	4) Raney, Emily
32.25 31.95	31.54 31.67

(Event 35 Girls 200 Yard Freestyle Relay Varsity)

Team	Relay	Finals Time
--- ARRO	B	x2:09.87
1) Escobedo, Diana	2) Tanabe, Elise	
3) Castillo, Cyrene	4) Minkel, Debra	
33.44 33.51	32.22 30.70	
--- SLHS	B	x2:10.99
1) Treiu, Samantha	2) Tan, Samantha	
3) Nakaya, Tyler	4) Huetterman, Audrey	
33.78 31.20	34.37 31.64	
--- HAYA	B	x2:22.53
1) Garcia, Carol	2) Gondinez, Gladys	
3) Savery, Rebecca	4) Alvarez, Angelica	
38.62 36.28	32.88 34.75	

Event 36 Boys 200 Yard Freestyle Relay Varsity**HAAL Record: 1:28.60 2006 Castro Valley****Martinez, Pritchard, G. Gerstenberger, Oldenhage**

Team	Relay	Finals Time
1 CVHS	A	1:29.17 40
1) Cruz, Jerry	2) Nagy, Mark	
3) McDermott, Gabe	4) Kerner, Matthew	
22.64 22.45	22.26 21.82	
2 BOD	A	1:35.94 34
1) Rodriguez, Kevin	2) Werfal, Jack	
3) Gay, Toby	4) Anzilotti, Tyler	
24.42 24.90	23.77 22.85	
3 ARRO	A	1:36.62 32
1) McEntee, Brad	2) Christenson, Joel	
3) Quach, Larry	4) Ung, Ivan	
23.90 25.14	24.50 23.08	
4 SLHS	A	1:38.48 30
1) Gamboa, Alex	2) McHale, Duke	
3) Engler, Jeff	4) Gloria, Juanito	
24.87 25.40	24.52 23.69	

HAAL Championships 2009 - 5/6/2009**Results - HAAL Finals**

5	MOCA	A	1:41.53	28
	1) Moll, Alexander	2) Jackson, Chris		
	3) Wagoner, Chris	4) Guterres, Ryan		
	24.58 26.24	25.60 25.11		
6	MEHS	A	1:42.21	26
	1) Anguiano, Salvador	2) Sperle, Cody		
	3) Viale, Paolo	4) Watson, Daniel		
	24.53 27.76	24.83 25.09		
7	HAYA	A	1:57.61	24
	1) Creedon, Conrad	2) Lopez, Machael		
	3) Luu, Ray	4) Wirth, Ben		
	27.79 29.17	32.03 28.62		
---	CVHS	B	x1:38.23	
	1) Gresham, Ryan	2) Milan, Aaron		
	3) Kelder, Ryan	4) Jower, Kai		
	25.26 24.35	24.79 23.83		
---	BOD	B	x1:42.54	
	1) Belick, Michael	2) Wong, Patrick		
	3) Tuckner, Dillon	4) Conley, Eddy		
	28.47 25.18	25.24 23.65		
---	MOCA	B	x1:48.21	
	1) Gerardo, Sean	2) Nohr, Maxwell		
	3) Chen, Matt	4) Gerardo, Valentino		
	27.85 26.95	27.61 25.80		
---	BOD	C	x1:48.22	
	1) Usem, Gabe	2) Bosque, Ryan		
	3) Demeter, Joe	4) Ginley, James		
	25.67 26.40	27.44 28.71		
---	SLHS	B	x1:52.85	
	1) Chan, Kendy	2) Peterson, Chris		
	3) Ng, Tony	4) Turner, Matt		
	30.33 28.09	28.10 26.33		
---	ARRO	B	x1:53.26	
	1) White, Adam	2) Tomei, Tyler		
	3) Romie, Zach	4) Sousa, Adam		
	28.02 31.50	27.63 26.11		

Event 37 Girls 100 Yard Backstroke Junior Varsity**HAAL Record: 1:09.67 1999 Eileen Magtibay**

	Name	Age	School	Finals Time
1	Wultanski, Samantha	CVHS	1:13.95	20
	35.05 38.90			
2	Poerink, Deneka	CVHS	1:15.62	17
	36.53 39.09			
3	Panaranda, Emily	BOD	1:18.61	16
	37.47 41.14			
4	Muncheck, Bonnie	BOD	1:19.31	15
	39.02 40.29			
5	Love, Arianna	CVHS	1:23.15	14
	40.81 42.34			
6	Wong, Jazmine	CVHS	1:23.18	13
	39.92 43.26			
7	Scott, Grace	BOD	1:28.94	12
	42.25 46.69			
8	Sanders, Sandra	MOCA	1:31.52	11

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	44.30	47.22			
9	Carbajal, Eileen		ARRO	1:36.15	9
	46.04	50.11			
10	Mendoza, Clarissa		SLHS	1:39.45	7
	47.60	51.85			
11	Brown, Kelsey		MOCA	1:42.24	6
12	Ellis, Sabrina		BOD	1:46.08	5
	50.33	55.75			
13	Correa, Susana		MEHS	1:47.99	4
	50.16	57.83			
14	Henderson, Cassandra		ARRO	1:48.28	3
	50.66	57.62			
15	Pebinito, Angelica		ARRO	1:53.66	2
	52.68	1:00.98			
16	Martinez, Jordann		SLHS	1:58.99	1
17	Lew, Melissa		SLHS	2:01.74	
	58.73	1:03.01			
18	Gbala, Badiea		SLHS	2:07.53	
	1:01.73	1:05.80			
19	Roderick, Brittany		MEHS	2:07.70	
	58.35	1:09.35			

Event 38 Boys 100 Yard Backstroke Junior Varsity**HAAL Record: 1:04.94 2008 Chris Kerner**

	Name	Age	School	Finals Time
1	Hassett, Patrick		CVHS	1:04.21
	31.21	33.00		20

(Event 38 Boys 100 Yard Backstroke Junior Varsity)

	Name	Age	School	Finals Time
2	Heinsma, Steven		CVHS	1:06.75
	32.71	34.04		17
3	Jang, Ryan		CVHS	1:08.42
	32.92	35.50		16
4	Fosdahl, Adam		CVHS	1:09.76
	33.13	36.63		15
5	Catterton, Will		BOD	1:27.41
	41.51	45.90		14
6	Towner, Will		BOD	1:32.47
				13
7	Crayton, Robert		SLHS	1:51.17
	48.73	1:02.44		12

Event 39 Girls 100 Yard Backstroke Varsity**HAAL Record: 58.36 1997 Clara Ho**

	Name	Age	School	Finals Time
1	Tomimatsu, Jordan		BOD	59.78
	29.18	30.60		20
2	Harren, Maja		CVHS	1:06.02
	32.34	33.68		17
3	White, Gabrielle		CVHS	1:07.97
	33.33	34.64		16
4	Houghtelling, Nicole		ARRO	1:09.94
	33.50	36.44		15
5	Scully, Megan		MOCA	1:10.03
				14

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	33.43	36.60			
6	Yun, Jessica		BOD	1:11.39	13
	34.71	36.68			
7	McQuaid, Caitlin		BOD	1:13.33	12
	35.54	37.79			
8	Brownlie, Kerianne		CVHS	1:13.58	11
	35.88	37.70			
9	Mahgoub, Daulette		SLHS	1:16.40	9
	36.34	40.06			
10	Adeni, Anika		MOCA	1:17.75	7
	37.25	40.50			
11	Acosta, Ashley		MOCA	1:17.77	6
	37.84	39.93			
12	Erickson, Dayton		CVHS	1:18.08	5
	37.76	40.32			
13	Busby, Caitlin		SLHS	1:18.67	4
	38.11	40.56			
14	Wong, Melissa		BOD	1:19.72	3
	38.20	41.52			
15	Ho, Nina		HAYA	1:21.95	2
	39.27	42.68			
16	Adza, Kaylin		MEHS	1:23.51	1
	40.66	42.85			
17	Kreiss, Melanie		SLHS	1:24.50	
	40.03	44.47			
18	Pagano, Olivia		SLHS	1:26.16	
19	Castillo, Cyrene		ARRO	1:26.66	
	38.64	48.02			
20	Such, Kelsey		MOCA	1:34.51	
	43.60	50.91			
21	Perez, Jackie		ARRO	1:35.72	
	45.81	49.91			
22	Garcia, Carol		HAYA	1:44.87	
	49.75	55.12			
23	Gondinez, Gladys		HAYA	1:49.32	
	53.63	55.69			
---	Inoccencio, Kayla		HAYA	DQ	

Event 40 Boys 100 Yard Backstroke Varsity

HAAL Record:	53.40	2005	Christian Keil		
Name		Age	School	Finals Time	
1	McDermott, Gabe		CVHS	56.95	20
	28.03	28.92			
2	Kerner, Christopher		CVHS	1:01.20	17
	30.04	31.16			
3	Rodriquez, Kevin		BOD	1:02.69	16
	30.64	32.05			
4	Yu, Jason		CVHS	1:03.14	15
	30.10	33.04			
5	Kelly, Ian		CVHS	1:03.22	14
	30.65	32.57			
6	Belick, Michael		BOD	1:03.77	13
	30.66	33.11			
7	Wagoner, Chris		MOCA	1:05.42	12
	31.05	34.37			

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8	Engler, Jeff		SLHS	1:05.77	11
	32.21	33.56			
9	Jackson, Chris		MOCA	1:08.66	9
	33.20	35.46			
10	McHale, Duke		SLHS	1:08.80	7
	33.13	35.67			
11	Gamboa, Alex		SLHS	1:09.20	6
	32.19	37.01			
12	Romie, Zach		ARRO	1:10.74	5
	34.24	36.50			
13	Anzilotti, Tyler		BOD	1:11.57	4
	35.62	35.95			
14	White, Adam		ARRO	1:11.82	3
	35.17	36.65			
15	Wong, Patrick		BOD	1:12.26	2
	34.00	38.26			
16	Sperle, Cody		MEHS	1:20.08	1
	38.36	41.72			
17	Mansilla, Matthew		MOCA	1:29.00	
	41.12	47.88			
---	Boos, Johnny		MOCA	DQ	
	45.48	53.76			

Event 41 Girls 100 Yard Breaststroke Junior Varsity**HAAL Record: 1:16.29 1999 Jessica Bender**

	Name	Age	School	Finals Time
1	Ma, Justine		CVHS	1:27.60
	41.18	46.42		20
2	Guo, Jane		MOCA	1:30.85
	43.44	47.41		17
3	Love, Raelenna		CVHS	1:31.38
	43.52	47.86		16
4	Zepeda, Raquel		BOD	1:31.46
	42.85	48.61		15
5	Carmack, Lisa		CVHS	1:40.53
	45.79	54.74		14

(Event 41 Girls 100 Yard Breaststroke Junior Varsity)

	Name	Age	School	Finals Time
6	Treiu, Amanda		SLHS	1:43.34
	47.77	55.57		13
7	Li, LiWen		ARRO	1:44.62
	49.03	55.59		12
8	Yan, Kara		SLHS	1:44.65
	49.25	55.40		11
9	Shen, Anna		SLHS	1:44.84
	48.77	56.07		9
10	Lee, Vivian		SLHS	1:47.13
	49.41	57.72		7
11	Farrer, Connie		BOD	1:48.18
	49.83	58.35		6
12	Mishra, Aditi		MOCA	1:48.32
	48.13	1:00.19		5
13	Dhillon, Jasreet		MOCA	1:56.62
	53.47	1:03.15		4

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14	Berglin, Riki	BOD	2:02.50	3
	54.21 1:08.29			
15	Woong-Too, Selina	ARRO	2:38.20	2
	1:04.42 1:33.78			
---	Tran, Nguyet	ARRO	DQ	
	1:02.12 1:10.12			
---	Uribe, Betty	BOD	DQ	
	59.15 1:06.97			

Event 42 Boys 100 Yard Breaststroke Junior Varsity**HAAL Record: 1:09.30 1998 Chris Rynders**

	Name	Age	School	Finals Time
1	Saunders, John Michael	CVHS	1:15.96	20
	35.86 40.10			
2	Zhou, Bright	CVHS	1:16.22	17
	36.38 39.84			
*3	Chea, Eric	CVHS	1:16.38	15.5
	36.32 40.06			
*3	Margalit, Eshed	CVHS	1:16.38	15.5
	35.52 40.86			
5	Fryer, Anthony	BOD	1:20.66	14
	39.35 41.31			
6	Phan, Ong	BOD	1:23.04	13
	38.37 44.67			
7	Kent, Justin	ARRO	1:30.91	12
	41.89 49.02			
8	Alonzo, Michael	SLHS	1:31.88	11
	42.57 49.31			
9	Sanchez, Jonathan	ARRO	1:37.29	9
	46.03 51.26			
10	Tamura, Kuni	ARRO	1:39.47	7
	44.93 54.54			

Event 43 Girls 100 Yard Breaststroke Varsity**HAAL Record: 1:06.07 1999 Candace Weiman**

	Name	Age	School	Finals Time
1	Yi, Francesca	BOD	1:14.47	20
	34.90 39.57			
2	Lo, Jeannett	BOD	1:14.80	17
	35.53 39.27			
3	Gerstenberger, Shelby	CVHS	1:17.06	16
	36.23 40.83			
4	Botto, Colette	CVHS	1:18.57	15
	36.57 42.00			
5	Panko, Ashley	CVHS	1:18.64	14
	36.87 41.77			
6	Gistand, Gloria	CVHS	1:19.90	13
	37.27 42.63			
7	Alvarez, Jessica	SLHS	1:20.21	12
	36.91 43.30			
8	Hopper, Alyssa	SLHS	1:20.91	11
	38.17 42.74			
9	Vien, Seanna	SLHS	1:22.13	9
	38.25 43.88			

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10	Seelig, Katie		BOD	1:25.64	7
	40.47	45.17			
11	Chu, Ashley		BOD	1:26.61	6
	40.81	45.80			
12	Erwin, Laura		MOCA	1:28.19	5
	42.39	45.80			
13	Dawkins, Stephanie		ARRO	1:30.22	4
	41.65	48.57			
14	Tang, Cecilia		MOCA	1:31.16	3
	42.24	48.92			
15	Escobar, Jackie		ARRO	1:34.77	2
	44.03	50.74			
16	Perez, Elena		ARRO	1:39.55	1
	44.58	54.97			
17	Tan, Samantha		SLHS	1:39.87	
	45.88	53.99			
---	Inoccencio, Kayla		HAYA	DQ	
	1:20.43	1:29.57			

Event 44 Boys 100 Yard Breaststroke Varsity

HAAL Record: 58.89		2006	Matthew Oldenhage		
Name	Age	School	Finals Time		
1	Gresham, Ryan		CVHS	1:05.72	20
	31.31	34.41			
2	Truong, Daniel		BOD	1:06.52	17
	31.28	35.24			
3	Lee, Michael		CVHS	1:10.91	16
	33.22	37.69			
4	Bailey, Connor		BOD	1:11.20	15
	33.31	37.89			
5	Chea, Kevin		CVHS	1:11.62	14
	33.72	37.90			
6	Wong, Patrick		BOD	1:12.59	13
	33.73	38.86			
7	Gloria, Juanito		SLHS	1:12.64	12
	33.08	39.56			
8	Fehr, Trevor		BOD	1:15.75	11
	35.08	40.67			
9	Gerardo, Sean		MOCA	1:18.27	9
	35.60	42.67			
10	Watson, Daniel		MEHS	1:19.43	7
	36.86	42.57			
11	McEntee, Brad		ARRO	1:21.39	6
	38.13	43.26			

(Event 44 Boys 100 Yard Breaststroke Varsity)

Name	Age	School	Finals Time		
12	Turner, Matt		SLHS	1:21.56	5
	38.01	43.55			
13	Lau, Marco		SLHS	1:22.09	4
	39.10	42.99			
14	Jay, Kevin		MOCA	1:34.35	3
	44.52	49.83			
---	Ng, Tony		SLHS	DQ	
	42.48	48.50			

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---	Jay, Gregory		MOCA		DQ
	38.32	43.63			
---	Moll, Alexander		MOCA		DQ
	32.82	38.48			

Event 45 Girls 400 Yard Freestyle Relay Junior Varsity

HAAL Record: 4:19.61 2006 Castro Valley

Lonsdale, Mills, Schantin, Granados

	Team		Relay		Finals Time	
1	CVHS		A		4:23.45	40
	1) Wong, Jazmine		2) Smith, Andie			
	3) Wultanski, Samantha		4) Poerink, Deneka			
	32.24	1:07.23	30.49	1:05.59		
	29.95	1:04.93	17.94	1:05.70		
2	BOD		A		4:51.70	34
	1) Rollins, Alyssa		2) Knutson, Katie			
	3) Panaranda, Emily		4) Hwang, Jenn			
	33.45	1:10.42	36.12	1:16.74		
	34.94	1:13.94	33.32	1:10.60		
3	ARRO		A		5:13.24	32
	1) Nougez, Andrea		2) Carbajal, Eileen			
	3) Parcerro, Carmina		4) Tangingco, Marianne			
	39.66	1:22.44	35.40	1:17.64		
	34.97	1:16.57	37.23	1:16.59		
4	MOCA		A		5:15.20	30
	1) Guo, Jane		2) Brown, Kelsey			
	3) Sharma, Somya		4) Wrona, Julia			
	38.52	1:21.44	38.34	1:22.64		
	38.15	1:19.63	34.19	1:11.49		
5	SLHS		A		6:01.28	28
	1) Lee, Vivian		2) Larson, Stephanie			
	3) Nunez, Amanda		4) Gbala, Badiea			
	50.53	1:55.38	44.54	1:42.10		
	38.28	1:24.10	41.21	59.70		
---	BOD		B		x4:48.12	
	1) Hawkins, Emily		2) Smith, Julianna			
	3) Scott, Grace		4) Russo, Lauren			
	33.84	1:11.39	33.63	1:10.28		
	35.61	1:15.18	34.03	1:11.27		
---	CVHS		B		x4:48.79	
	1) Carmack, Lisa		2) Love, Arianna			
	3) Dominguez, Renae		4) Domin, Kaela			
	34.36	1:11.73	33.14	1:12.48		
	36.43	1:17.18	32.87	1:07.40		
---	BOD		C		x5:21.22	
	1) Drakeford, Jazmyne		2) Uribe, Betty			
	3) Bunkers, Taylor		4) Berglin, Riki			
	34.42	1:14.04	42.52	1:33.93		
	35.48	1:18.01	34.37	1:15.24		
---	SLHS		B			DQ
	1) Ho, Linda		2) Knighton, Katrina			
			4) Shen, Anna			
	40.40	1:35.92	28.19	1:09.80		
	41.34	1:31.82	45.46	2:10.71		
---	ARRO		B			DQ

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1) Sherman, Dani	2) Henderson, Cassandra
3) Jackson, Ziara	4) Pebinito, Angelica
39.95 1:24.00	42.55 1:31.78
41.74 1:32.10	46.48 1:51.08

Event 46 Boys 400 Yard Freestyle Relay Junior Varsity**HAAL Record: 3:49.82 2006 Castro Valley****Pardee, Friedrich, K. Jower, Cheung**

Team	Relay	Finals Time	
1 CVHS	A	3:49.79	40
1) Heinsma, Thomas	2) Fosdahl, Adam		
3) Heinsma, Steven	4) Zagata, Maxime		
26.27 55.46	27.27 58.73		
26.98 58.66	25.91 56.94		
2 BOD	A	4:57.76	34
1) Daley, Kevin	2) Alexander, Gabe		
3) Towner, Will	4) Fryer, Anthony		
35.58 1:15.61	34.67 1:13.72		
1:21.41 1:53.50	34.93		
3 ARRO	A	5:00.49	32
1) Dezano, Bryan	2) Medina, Sam		
3) Kent, Justin	4) Tamura, Kuni		
34.32 1:14.89	34.13 1:14.31		
36.29 1:20.95	32.40 1:10.34		
4 SLHS	A	5:47.32	30
1) Ngyuen, John	2) Tran, Bryant		
3) Knighton, Sheridan	4) Crayton, Robert		
1:35.12	44.51 1:37.39		
35.02 1:13.74	36.35 1:21.07		
--- CVHS	C	x4:11.95	
1) Margalit, Arad	2) Zhou, Bright		
3) Gong, Justin	4) Margalit, Eshed		
29.63 1:01.42	30.96 1:07.20		
28.02 1:02.09	28.23 1:01.24		
--- CVHS	B	DQ	
1) Saunders, John Michael	2) Gresham, David		
3) Jang, Ryan	4) Chea, Eric		
29.56 1:01.34	27.96 1:00.55		
27.35 57.86	30.36 1:05.22		

Event 47 Girls 400 Yard Freestyle Relay Varsity**HAAL Record: 3:45.12 1999 Bishop O'Dowd****D. Giles, Wong, Wolf, Levy**

Team	Relay	Finals Time	
1 BOD	A	3:46.81	40
1) Gregson, Jen	2) Tomimatsu, Jordan		
3) Lo, Jeannett	4) Yi, Francesca		
27.75 56.50	27.88 57.49		
27.43 57.43	26.80 55.39		
(Event 47 Girls 400 Yard Freestyle Relay Varsity)			
Team	Relay	Finals Time	
2 CVHS	A	3:53.67	34
1) Gibson, Sierra	2) Hassett, Bridgette		

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Results - HAAL Finals

3) White, Gabrielle	28.41	58.17	4) Chew, Alyssa	27.59	58.61	
	27.52	58.89		27.33	58.00	
3 MOCA			A	4:04.26	32	
1) Pellegrini, Stephanie			2) Lee, McKenzie			
3) Chen, Stephanie	29.58	1:02.83	4) Scully, Megan	29.55	1:01.95	
	27.93	57.49		29.39	1:01.99	
4 ARRO			A	4:20.66	30	
1) White, Stephanie			2) Minkel, Debra			
3) Chan, Amanda	31.49	1:06.09	4) Houghtelling, Nicole	31.77	1:07.99	
	30.88	1:05.22		28.47	1:01.36	
5 SLHS			A	4:40.03	28	
1) Vien, Amanda			2) Mahgoub, Daulette			
3) Kreiss, Melanie	32.27	1:07.83	4) Vien, Seanna	31.00	1:08.05	
	34.00	1:14.33		32.74	1:09.82	
--- SLHS			C	X4:09.61		
1) Alvarez, Jessica			2) Busby, Caitlin			
3) Hopper, Alyssa	29.49	1:02.82	4) Vance, Hillary	31.73	1:07.35	
	29.35	1:02.44		26.70	57.00	
--- CVHS			B	x4:11.36		
1) Macy, Jacquelynn			2) Panko, Ashley			
3) Lembesis, Eleni	31.20	1:04.29	4) Brownlie, Kerianne	29.40	1:02.49	
	30.37	1:04.20		28.40	1:00.38	
--- CVHS			C	x4:15.82		
1) Botto, Colette			2) Sorenson, Emily			
3) Erickson, Dayton	32.14	1:07.03	4) Mulready, Megan	16.65	59.22	
	31.62	1:06.64		29.88	1:02.93	
--- BOD			B	x4:23.30		
1) Fieberling, Erin			2) Gertler, Ellie			
3) McQuaid, Caitlin	32.42	1:10.91	4) Dysico, Angelica	28.74	1:04.46	
	30.41	1:05.69		29.17	1:02.24	
--- MOCA			B	x4:31.77		
1) Tang, Cecilia			2) Shokri, Mitra			
3) Adeni, Anika	32.07	1:08.59	4) Acosta, Ashley	30.52	1:05.66	
	33.48	1:13.64		29.63	1:03.88	
--- BOD			C	x4:49.64		
1) Chu, Ashley			2) Sepkwitz, Isabel			
3) Lee, Josette	33.07	1:09.06	4) Perales, Emily	32.57	1:08.98	
	34.91	1:17.91		34.38	1:13.69	
--- SLHS			B	x5:03.73		
1) Carrabello, Natalie			2) Huetterman, Audrey			
3) Tan, Samantha	35.84	1:19.56	4) Pagano, Olivia	33.91	1:12.69	
	34.51	1:13.84		37.28	1:17.64	
--- ARRO			B	x5:15.87		
1) Dawkins, Stephanie			2) Escobedo, Diana			
3) Escobar, Jackie			4) White, Ashley			

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36.56	1:16.22	34.44	1:13.56	
38.54	1:23.37	39.26	1:22.72	
---	HAYA	A		DQ
1)	Greer, Fiona	2)	Ho, Nina	
3)	Vanderwilk, Josanne	4)	Sheppard, Zoe	
29.60	1:01.74	34.89	1:14.59	
35.24	54.16			

Event 48 Boys 400 Yard Freestyle Relay Varsity

HAAL Record: 3:16.53 2006 Castro Valley

Team	Relay	Finals Time	
1 BOD	A	3:26.37	40
1)	Truong, Daniel	2)	Gregson, Tanner
3)	Weber, Luke	4)	Burbidge, Nick
25.52	53.52	24.61	52.57
23.47	50.21	23.56	50.07
2 CVHS	A	3:28.97	34
1)	Nagy, Mark	2)	Kerner, Christopher
3)	Horpel, Frank	4)	Jower, Kai
24.77	51.71	24.76	52.88
24.65	51.67	24.42	52.71
3 ARRO	A	3:39.95	32
1)	McEntee, Brad	2)	Christenson, Joel
3)	Quach, Larry	4)	Ung, Ivan
25.13	52.77	27.90	57.89
26.67	56.73	24.71	52.56
4 MOCA	A	3:50.94	30
1)	Moll, Alexander	2)	Jackson, Ben
3)	Wagoner, Chris	4)	Guterres, Ryan
27.41	58.46	28.00	1:00.11
26.32	56.71	25.29	55.66
5 SLHS	A	4:09.16	28
1)	Turner, Matt	2)	Pacewicz, Zack
3)	Lau, Marco	4)	Gamboa, Nick
28.68	1:01.88	29.41	1:03.30
27.78	1:00.94	29.59	1:03.04
---	CVHS	B	x3:39.95
1)	Chea, Kevin	2)	Kelder, Ryan
3)	Yu, Jason	4)	Milan, Aaron
26.34	55.17	25.80	54.62
27.31	57.46	25.01	52.70
---	BOD	B	x3:41.91
1)	Rodriquez, Kevin	2)	Cheng, Daniel
3)	Anzilotti, Tyler	4)	Gay, Toby
27.20	55.21	27.25	57.38
25.02	53.07	26.98	56.25
---	CVHS	C	x3:54.23
1)	Kelly, Ian	2)	Chang, Derrick
3)	Lee, Michael	4)	Sweetman, Mitchell
28.27	58.66	27.77	59.22
28.59	1:00.48	26.97	55.87
---	BOD	C	x4:12.17
1)	Tuckner, Dillon	2)	Cummings, Cody
3)	Demeter, Joe	4)	Bosque, Ryan
30.69	1:03.84	28.61	1:01.34

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	29.50	1:05.86	28.79	1:01.13
(Event 48 Boys 400 Yard Freestyle Relay Varsity)				
Team	Relay		Finals Time	
--- MOCA		B		DQ
1) Boos, Johnny		2) Jay, Gregory		
3) Jay, Kevin		4) Karla, Chris		
	37.05	1:21.45	35.18	1:15.50
	30.92	1:06.88	32.12	1:07.99