

WBAL Champs 2023 - 4/28/2023 to 4/29/2023**Results - WBAL Fianls****Event 1 Girls 200 Yard Medley Relay Varsity****WBAL: 1:44.59 # 2022****Sacred Heart Preparatory****Howe, Sturzenegger, Holman, Bower****1:58.99 CCS**

Team	Relay	Finals Time
1 SHPR	A	1:49.68 CCS
1) Li, Abby SO	2) J-Cheng, Audrey SR	
3) Chan, Katelyn JR	4) Kwok, Zoe SO	
29.11 28.68	25.91 25.98	
2 CSTL	A	1:53.15 CCS
1) Finn, Addison FR	2) Yuan, Amelia FR	
3) Kapoor, Aria JR	4) Lowell, Sydney JR	
26.29 32.31	28.26 26.29	
3 TKAC	A	1:56.23 CCS
1) Wong, Veronica FR	2) Mina, Tristen SR	
3) Ninan, Abby SR	4) Komashko, Angelina SO	
34.47 31.74	25.68 24.34	
4 DTECH	A	1:57.67 CCS
1) Garg, Aishani SO	2) Anderson, Kalina FR	
3) Sarles, Christina SO	4) Dowd, Leda SR	
30.27 34.16	28.70 24.54	
5 HARK	A	2:02.73
1) Chahal, Janam FR	2) Yang, Stella FR	
3) Feng, Mirabelle SO	4) Burrows, Angelina SO	
30.86 34.34	30.47 27.06	
6 NDSJ	A	2:08.12
1) Spada, Alexandra SO	2) Floyd, Emily FR	
3) Ziazadeh, Aramina SO	4) Cao, Thanh-Thanh SO	
31.88 34.22	32.55 29.47	
7 MERB	A	2:13.78
1) Simpson, Gwen SO	2) Yee, Allison JR	
3) Wong, Cadence SO	4) McGuire, Summer SR	
38.21 38.82	32.64 24.11	
8 NDBA	A	2:18.11
1) Ebert, Ella	2) Kingham, Ciara	
3) Kistler, Emma	4) Mananquil, Krista	
36.22 38.44	32.71 30.74	
9 NUEV	A	2:23.85
1) Wong, Cherise SR	2) Zarrinnegar, Noor JR	
3) Belfer, Josie SO	4) Erbay, Lale SO	
33.85 40.61	36.67 32.72	
10 CSUP	A	2:24.70
1) Dye, Kira FR	2) Wong, Bethany FR	
3) Tung, Isabella FR	4) Valgel, Julia JR	
32.66 37.72	38.98 35.34	
11 PRIO	A	2:25.87
1) Ryan, Allegra SO	2) Turk, Ellie JR	
3) Schor, Madeleine FR	4) George, Mishal SO	
37.19 39.63	35.19 33.86	
12 MENL	A	2:36.10
1) Laria, Jackie FR	2) Slater, Lya FR	
3) Karachiwala, Hinako JR	4) Salgado Oseguera, Itzel JR	
41.88 48.17	34.54 31.51	
--- SHPR	B	x2:06.41
31.89 40.36	28.41 25.75	

--- HARK	B	x2:09.31
1) Eisenberg, Keren SO	2) Tang, Mia FR	
3) Sahu, Shimeka FR	4) Adler, Sydney SR	
33.23 36.64	29.59 29.85	
--- SHPR	C	x2:14.28
35.46 39.49	30.70 28.63	
--- CSTL	B	x2:15.09
1) Li, Katelyn FR	2) Verma, Sierra FR	
3) Ramirez, Mia JR	4) Verma, Diya SO	
30.35 38.46	35.35 30.93	
--- NDSJ	B	x2:42.65
41.67 40.77	45.88 34.33	
--- MERB	B	x2:51.98
54.07 40.45	38.73 38.73	
--- NDSJ	C	x2:52.67
41.71 48.19	45.00 37.77	
--- NDSJ	D	x3:14.32
57.35 52.52	50.15 34.30	
--- NDSJ	E	x3:16.75
1:03.41 59.53	36.45 37.36	
--- NDSJ	F	DQ
50.95 51.64	50.25 45.83	

Event 2 Boys 200 Yard Medley Relay Varsity**WBAL: 1:37.45 # 2012****TKA****Benight, Luh, deSmidt, Heale****1:45.99 CCS**

Team	Relay	Finals Time
1 MENL	A	1:43.55 CCS
1) Warman, Samuel JR	2) Tung, Andrew SR	
3) Grant, Connor JR	4) Kossow, Ben JR	
27.93 29.72	22.46 23.44	
2 SHPR	A	1:46.14
1) Klemens, Thomas FR	2) West, Ryan JR	
3) Baker, Charles FR	4) Hogan, Tyler JR	
27.78 30.01	25.64 22.71	
3 HARK	A	1:46.92
1) Kajarekar, Saahil JR	2) Dong, Eric FR	
3) Zou, Wenjie FR	4) Lee, Indigo SR	
28.43 28.55	26.32 23.62	
4 CSUP	A	1:49.53
1) Lacerte, Bennett S SR	2) Wang, Jayden SO	
3) Sutherland, Jacob SO	4) Picos, Angel JR	
24.06 28.24	29.32 27.91	
5 NUEV	A	1:50.07
1) Hoffman Chande, Remi FR	2) Yang, Michael FR	
3) Kim, Ethan SR	4) Poon, Livi SR	
27.10 32.35	25.80 24.82	
6 DTECH	A	1:57.42
1) Galdamez, Austin SO	2) Hsu, Brandon SO	
3) Shiraki, Shuga JR	4) Kompella, Nishant SO	
28.26 30.78	30.46 27.92	
--- SHPR	B	x1:49.86
31.04 30.57	25.80 22.45	
--- MENL	B	x1:58.79
1) Wong, Brendan FR	2) Kawamoto, Lucas FR	
3) Stoffel, Alex FR	4) Barad, Calvin FR	
29.24 33.09	56.46	

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

(Event 2 Boys 200 Yard Medley Relay Varsity)				
Team		Relay		Finals Time
--- SHPR		C		x1:58.80
	34.88	33.31	27.18	23.43
--- NUEV		B		x1:59.53
1) Chinmay, Dhruv SR		2) Tambling, James SO		
3) Quach, Nicholas JR		4) Li, Alaric SO		
	31.75	33.19	28.55	26.04
--- HARK		B		x2:00.57
1) Roman, Oli SO		2) Zhong, Alex SO		
3) Cammer, Caio SO		4) Ivkov, Alexandr JR		
	29.89	36.34	30.02	24.32
--- SHPR		D		DQ
	40.86	26.79	31.47	23.61

Event 3 Girls 200 Yard Freestyle Varsity				
WBAL:		1:49.75 # 2017	Vivian Wang (Hark)	
		1:59.99 CCS		

Name			YrSchool		Finals Time	
A - Final						
1	Detter, Ella		SO	CSTL	1:53.39	CCS
	26.11	28.70		29.58	29.00	
2	Liao, Audrey			PIWO	1:58.40	CCS
	27.17	29.39		30.49	31.35	
3	Anderson, Kalina		FR	DTECH	1:59.74	CCS
	27.76	30.06		31.14	30.78	
4	Brandin, Margaret		JR	SHPR	2:00.08	
	27.83	30.00		31.02	31.23	
5	Newby, Megan		SO	SHPR	2:02.84	
	27.83	30.41		32.48	32.12	
6	Golub, Vivian		SO	SHPR	2:05.96	
	27.80	31.45		33.46	33.25	
7	Porteous, Annika		SR	MENL	2:07.84	
	28.65	31.92		33.79	33.48	
8	Pyle, Samantha		SO	SHPR	2:08.12	
	28.49	31.13		33.50	35.00	
B - Final						
9	McElhinney, Callie		FR	CSTL	2:09.19	
	29.23	32.26		33.92	33.78	
10	Dye, Kira		FR	CSUP	2:12.00	
	29.97	33.21		34.56	34.26	
11	Mandal, Ipsita		JR	HARK	2:13.33	
	29.98	33.43		35.02	34.90	
12	Adler, Sydney		SR	HARK	2:21.13	
	32.23	35.57		37.79	35.54	
13	Gainer, Zoe		FR	MERB	2:27.78	
	33.30	37.12		39.65	37.71	
14	Simpson, Gwen		SO	MERB	2:36.42	
	34.76	40.80		40.36	40.50	
15	Schechtman, Maya		FR	NDSJ	2:41.99	
	35.08	41.44		43.69	41.78	
16	Cho, Maddie		FR	NDSJ	2:48.09	
	38.25	43.66		44.06	42.12	

Event 4 Boys 200 Yard Freestyle Varsity					
WBAL:		1:38.54 # 2019		Matthew Chung (Hark)	
		1:48.59 CCS			
Name		YrSchool		Finals Time	
A - Final					
1	Ballard, Cole	JR	SHPR	1:42.20	CCS
	23.29	25.47	26.52	26.92	
2	Kirincich, Luke	SO	SHPR	1:45.20	CCS
	24.32	26.37	27.17	27.34	
3	Kawaja, Cole	SO	PRIO	1:47.41	CCS
	24.66	26.55	28.07	28.13	
4	Foucu, Matthieu	SR	TKAC	1:47.60	CCS
	23.88	26.33	27.82	29.57	
5	Harris, Nelson	SO	SHPR	1:51.51	
	25.80	28.08	28.85	28.78	
6	Li, Jason	SO	HARK	1:56.24	
	27.45	29.72	29.94	29.13	
7	Edelman, David	FR	SHPR	1:56.64	
	27.19	29.34	30.52	29.59	
8	Gani, Alex	JR	MENL	2:01.06	
	27.29	30.40	31.53	31.84	
B - Final					
9	Kossow, Ben	JR	MENL	2:02.34	
	27.34	30.39	32.16	32.45	
10	Risk, Daniel	SO	NUEV	2:03.49	
	27.82	31.16	32.42	32.09	
11	Sutherland, Jacob	SO	CSUP	2:07.34	
	28.63	31.81	33.76	33.14	
12	Genet, Matthew	JR	PRIO	2:10.50	
	29.09	32.17	34.06	35.18	
13	Shiraki, Shuga	JR	DTECH	2:15.55	
	30.05	34.00	35.32	36.18	
14	Yang, Michael	FR	NUEV	2:20.27	
	32.00	34.84	36.19	37.24	
15	Saito, Shota	FR	DTECH	2:30.39	
	31.93	37.29	40.73	40.44	
---	Li, Alaric	SO	NUEV		DQ
	29.93	35.36	35.82	37.50	

Event 7 Girls 200 Yard IM Varsity					
WBAL: 2:02.29 # 2011			Ally Howe (SHP)		
2:15.49 CCS					
Name		YrSchool		Finals Time	
Finals					
1	J-Cheng, Audrey	SR	SHPR	2:03.81	CCS
	26.21 32.38		35.63	29.59	
2	Mina, Tristen	SR	TKAC	2:09.81	CCS
	27.76 33.42		37.74	30.89	
3	Cui, Kyra	SO	HARK	2:12.33	CCS
	28.66 34.90		37.09	31.68	
4	Coleman, Casey	FR	SHPR	2:21.55	
	30.53 36.79		42.34	31.89	
5	Wong, Cherise	SR	NUEV	2:22.85	
	29.97 36.23		42.56	34.09	
6	Chahal, Janam	FR	HARK	2:23.43	
	31.69 35.57		42.12	34.05	

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

Finals ... (Event 7 Girls 200 Yard IM Varsity)				
Name		YrSchool		Finals Time
7	Lim, Kashya	SO	SHPR	2:25.44
	29.76	37.29	44.33	34.06
8	Frolik, Sophie	SR	SHPR	2:30.60
	31.54	37.90	46.77	34.39
9	Sarles, Christina	SO	DTECH	2:30.82
	30.23	39.59	44.63	36.37
10	Wong, Cadence	SO	MERB	2:31.13
	30.06	38.02	46.77	36.28
11	Yee, Allison	JR	MERB	2:42.88
	32.59	42.55	47.77	39.97
12	Ziazadeh, Aramina	SO	NDSJ	2:45.39
	34.87	43.01	48.84	38.67
13	Verma, Sierra	FR	CSTL	2:47.80
	37.51	44.90	48.91	36.48
14	Kistler, Sophie		NDBA	2:52.81
	36.54	46.46	52.24	37.57
15	Simpson, Gwen	SO	MERB	2:53.75
	37.69	44.05	52.43	39.58
16	Verma, Diya	SO	CSTL	2:57.22
	36.79	45.06	55.11	40.26

Event 8 Boys 200 Yard IM Varsity				
WBAL:		1:48.60	# 2019	Ethan Hu (Hark)
		2:02.49	CCS	
Name		YrSchool		Finals Time
Finals				
1	Foucu, Nathan	FR	TKAC	1:56.15 CCS
	25.34	30.77	32.66	27.38
2	Su, Sean		PIWO	1:57.50 CCS
	26.01	28.97	35.63	26.89
3	Zou, Wenjie	FR	HARK	2:02.86
	26.41	31.62	36.23	28.60
4	Wang, Jayden	SO	CSUP	2:04.06
	27.18	32.09	34.74	30.05
5	West, Ryan	JR	SHPR	2:09.41
	27.82	33.92	37.82	29.85
6	Boesch, Alex	JR	MENL	2:11.31
	26.68	33.15	40.63	30.85
7	Tung, Andrew	SR	MENL	2:12.75
	28.64	36.17	37.04	30.90
8	Klemens, Thomas	FR	SHPR	2:13.41
	28.20	32.19	43.60	29.42
9	Hsu, Brandon	SO	DTECH	2:14.45
	28.54	35.24	37.61	33.06
10	Roman, Oli	SO	HARK	2:15.55
	29.08	33.82	42.60	30.05
11	Kawamoto, Lucas	FR	MENL	2:17.41
	28.52	35.50	40.11	33.28
12	Warman, Samuel	JR	MENL	2:18.87
	29.19	35.12	41.54	33.02
13	Wong, Ryan	SO	SHPR	2:21.22
	29.38	37.00	42.21	32.63
14	Poon, Livi	SR	NUEV	2:24.67
	29.95	36.58	43.78	34.36
15	Quach, Nicholas	JR	NUEV	2:31.46
	31.02	39.38	43.98	37.08

Event 9 Girls 50 Yard Freestyle Varsity					
WBAL:		22.81	# 2013	Ally Howe (SHP)	
		25.39	CCS		
Name		YrSchool		Finals Time	
A - Final					
1	Detter, Olivia	JR	CSTL	24.24	CCS
2	Cortez, Serafina	SR	CSTL	24.95	CCS
3	Liao, Audrey		PIWO	25.06	CCS
4	Dowd, Leda	SR	DTECH	25.07	CCS
5	Kwok, Zoe	SO	SHPR	25.70	
6	Brush, Ellison	FR	SHPR	25.76	
7	Floyd, Emily	FR	NDSJ	25.95	
8	Kapoor, Aria	JR	CSTL	26.53	
B - Final					
9	Dova, Isabella	SO	SHPR	26.32	
10	Flierl, Sofia	SO	MENL	26.78	
11	Lowell, Sydney	JR	CSTL	26.81	
12	Cassidy, Kenya	JR	MENL	27.29	
13	Garg, Aishani	SO	DTECH	27.47	
*14	Gamble, Scarlett	JR	MENL	27.52	
*14	Yang, Stella	FR	HARK	27.52	
16	Mcguire, Summer	SR	MERB	28.40	

Event 10 Boys 50 Yard Freestyle Varsity					
WBAL:		21.36	# 2009	Cole Davis (Hark)	
		22.59	CCS		
Name		YrSchool		Finals Time	
A - Final					
1	Swart, William	SR	SHPR	21.87	CCS
2	Pawliger, Adam	SO	HARK	22.06	CCS
3	Spencer, Andrew	JR	SHPR	22.46	CCS
4	Hogan, Tyler	JR	SHPR	22.76	
5	Marcin, Oliver	FR	SHPR	23.00	
6	Baumgarte, Oskar	SO	HARK	23.32	
7	Reed, Andrew	SR	HARK	23.34	
8	Coleman, Jackson	FR	MENL	23.88	
B - Final					
9	Bonhagen, RJ	JR	TKAC	23.95	
10	Lee, Indigo	SR	HARK	24.29	
11	Galdamez, Austin	SO	DTECH	24.70	
*12	Hoffman Chande, Remi	FR	NUEV	25.10	
*12	Lee, Jason	SO	TKAC	25.10	
14	Wu, Allen	FR	PRIO	25.82	
15	Bradley, Michael		PIWO	26.39	
16	Li, Alaric	SO	NUEV	26.57	

Event 13 Girls 100 Yard Butterfly Varsity						
WBAL:		54.81 # 2011		Ally Howe (SHP)		
		1:00.99 CCS				
Name		YrSchool		Finals Time		
A - Final						
1	Detter, Ella	SO	CSTL	54.86	CCS	
	26.19	28.67				
2	Ninan, Abby	SR	TKAC	56.23	CCS	
	26.73	29.50				
3	Finn, Addison	FR	CSTL	57.38	CCS	
	26.91	30.47				

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

A - Final ... (Event 13 Girls 100 Yard Butterfly Varsity)

Name		YrSchool	Finals Time	
4	Hong, Ashley	JR HARK	58.51	CCS
	27.35 31.16			
5	Chan, Katelyn	JR SHPR	58.71	CCS
	28.75 29.96			
6	Lee, Caitlyn	SO CSTL	59.77	CCS
	27.86 31.91			
7	Kapoor, Aria	JR CSTL	1:01.85	
	28.22 33.63			
8	Sahu, Shimeka	FR HARK	1:04.75	
	30.82 33.93			

B - Final

9	Lim, Kashya	SO SHPR	1:04.64	
	30.44 34.20			
10	Wong, Cadence	SO MERB	1:06.08	
	30.30 35.78			
11	Feng, Mirabelle	SO HARK	1:06.44	
	31.30 35.14			
12	Sarles, Christina	SO DTECH	1:08.89	
	32.43 36.46			
13	Burrows, Angelina	SO HARK	1:10.47	
	32.47 38.00			
14	Frolik, Sophie	SR SHPR	1:13.02	
	33.67 39.35			
15	Kistler, Emma	NDBA	1:15.29	
	34.10 41.19			
16	Ziazadeh, Aramina	SO NDSJ	1:15.58	
	34.21 41.37			

Event 14 Boys 100 Yard Butterfly Varsity

WBAL: 47.57 # 2019 Ethan Hu (Hark)
54.79 CCS

Name			YrSchool	Finals Time		
A - Final						
1	Grant, Connor		JR	MENL	51.83	CCS
	24.05	27.78				
2	Kajarekar, Saahil		JR	HARK	54.00	CCS
	25.76	28.24				
3	Lin, Eugene		FR	PRI0	55.40	
	26.12	29.28				
4	Baker, Charles		FR	SHPR	57.34	
	25.68	31.66				
5	Wisdom, Thomas		SR	HARK	57.48	
	26.36	31.12				
6	An, Alexander		SO	SHPR	58.99	
	27.01	31.98				
7	Cheline, Alejandro		FR	HARK	59.50	
	27.73	31.77				
8	Nilsson, Kip		JR	SHPR	1:01.11	
	27.79	33.32				

B - Final

9	Kim, Ethan	SR NUEV	58.32	
	26.34 31.98			
10	Averbuck, Redmond	JR SHPR	59.03	
	26.48 32.55			

11	Kossow, Ben	JR MENL	1:03.82	
	29.75 34.07			
12	Lee, Indigo	SR HARK	1:04.67	
	29.98 34.69			
13	Poon, Livi	SR NUEV	1:05.30	
	29.95 35.35			
14	Quach, Nicholas	JR NUEV	1:12.22	
	31.88 40.34			
15	Wu, Nicholas	JR TKAC	1:21.28	
	37.17 44.11			

Event 15 Girls 100 Yard Freestyle Varsity

WBAL: 52.32 # 2010 Jessica Khojasteh (Hark)
55.39 CCS

Name			YrSchool		Finals Time	
A - Final						
1	Detter, Olivia		JR	CSTL	52.13#	CCS
	25.38	26.75				
2	Komashko, Angelina		SO	TKAC	54.04	CCS
	25.93	28.11				
3	Dowd, Leda		SR	DTECH	54.81	CCS
	26.32	28.49				
4	Cortez, Serafina		SR	CSTL	54.82	CCS
	26.05	28.77				
5	Huddleston, Sage		JR	MENL	55.49	
	26.77	28.72				
6	Newby, Megan		SO	SHPR	56.59	
	27.36	29.23				
7	Golub, Vivian		SO	SHPR	56.62	
	27.30	29.32				
8	Cassidy, Kenya		JR	MENL	58.61	
	28.61	30.00				
B - Final						
9	Floyd, Emily		FR	NDSJ	57.82	
	27.73	30.09				
10	Lowell, Sydney		JR	CSTL	58.63	
	28.27	30.36				
11	Gamble, Scarlett		JR	MENL	59.28	
	28.62	30.66				
12	Burks, Annika		SR	CSTL	59.45	
	28.77	30.68				
13	Flierl, Sofia		SO	MENL	59.47	
	28.66	30.81				
14	Mandal, Ipsita		JR	HARK	1:01.61	
	29.74	31.87				
15	Dioli, Kate		JR	SHPR	1:03.55	
	29.95	33.60				
16	Mcguire, Summer		SR	MERB	1:03.77	
	30.23	33.54				

Event 16 Boys 100 Yard Freestyle Varsity

WBAL: 46.47 # 2010 Tom Kremer (SHP)
49.69 CCS

Name		YrSchool	Finals Time	
A - Final				
1	Ballard, Cole	JR SHPR	46.63	CCS
	22.43 24.20			

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

A - Final ... (Event 16 Boys 100 Yard Freestyle Varsity)

Name		YrSchool	Finals Time		
2	Swart, William	SR SHPR	47.50	CCS	
	22.59	24.91			
3	Lacerte, Bennett S	SR CSUP	47.73	CCS	
	23.23	24.50			
4	Foucu, Matthieu	SR TKAC	48.22	CCS	
	23.29	24.93			
5	Hogan, Tyler	JR SHPR	48.93	CCS	
	23.73	25.20			
6	Pawliger, Adam	SO HARK	49.68	CCS	
	24.06	25.62			
7	Spencer, Andrew	JR SHPR	49.76		
	23.82	25.94			
8	Kawaja, Cole	SO PRIO	49.98		
	24.28	25.70			

B - Final

9	Baumgarte, Oskar	SO HARK	50.52		
	24.43	26.09			
10	Reed, Andrew	SR HARK	51.56		
	25.12	26.44			
11	Bonhagen, RJ	JR TKAC	53.66		
	25.08	28.58			
12	Coleman, Jackson	FR MENL	53.90		
	25.57	28.33			
13	Ivkov, Alexandr	JR HARK	55.17		
	26.45	28.72			
14	Avery, Christian	JR PRIO	55.85		
	26.04	29.81			
15	Genet, Matthew	JR PRIO	55.88		
	25.69	30.19			
16	Lee, Isaiah	JR MENL	56.73		
	26.66	30.07			

Event 17 Girls 500 Yard Freestyle Varsity

WBAL: 4:44.53 # 2014 Ally Howe (SHP)
5:25.49 CCS

Name		YrSchool	Finals Time		
1	Brandin, Margaret	JR SHPR	5:12.83	CCS	
	28.29	30.89	32.14	31.92	
	31.95	31.58	32.03	31.95	
	31.64	30.44			
2	Li, Abby	SO SHPR	5:19.07	CCS	
	27.96	31.08	32.01	32.14	
	32.61	32.74	32.82	32.87	
	32.97	31.87			
3	Anderson, Kalina	FR DTECH	5:19.13	CCS	
	28.63	31.54	32.57	32.71	
	32.54	32.98	32.79	32.47	
	32.31	30.59			
4	Spada, Alexandra	SO NDSJ	5:26.87		
	31.02	35.25	37.03	37.00	
	37.57	37.77	37.93	38.03	
	35.79				
5	Porteous, Annika	SR MENL	5:35.88		
	29.35	32.73	33.62	34.55	
	34.69	34.48	34.38	34.51	
	34.50	33.07			

6	McElhinney, Callie	FR CSTL	5:39.70		
	29.82	33.19	34.00	34.15	
	34.12	35.05	35.29	34.54	
	35.04	34.50			
7	Pyle, Samantha	SO SHPR	5:47.83		
	30.33	33.40	34.19	34.42	
	34.97	35.53	35.91	36.31	
	36.76	36.01			
8	Dye, Kira	FR CSUP	5:53.16		
	30.30	33.97	35.65	36.69	
	36.73	36.58	36.50	36.92	
	35.81	34.01			
9	Toyos, Sofia	FR SHPR	6:23.89		
	32.59	38.00	38.54	38.75	
	39.34	38.72	40.69	39.81	
	39.50	37.95			
10	Verma, Sierra	FR CSTL	6:33.88		
	34.34	37.59	39.46	40.78	
	41.00	40.24	41.33	39.86	
	40.00	39.28			
11	Karachiwala, Hinako	JR MENL	6:38.10		
	35.88	39.25	40.02	40.12	
	40.74	41.24	41.14	41.12	
	1:18.59				
12	Verma, Diya	SO CSTL	6:40.16		
	34.54	38.25	40.44	41.09	
	41.13	41.68	41.66	41.31	
	40.91	39.15			
13	Gainer, Zoe	FR MERB	6:45.24		
	33.82	38.30	40.99	41.90	
	41.63	42.18	42.03	42.46	
	42.61	39.32			
14	Giles, Madison	JR NDSJ	6:54.75		
	35.14	40.46	42.41	42.29	
	42.60	42.98	43.46	42.92	
	42.51	39.98			
15	Mananquil, Krista	NDBA	7:04.46		
	34.77	39.71	42.13	42.67	
	43.57	44.67	44.65	44.82	
	45.30	42.17			
16	Murray, Mia	FR NDSJ	7:54.01		
	39.79	45.06	47.46	48.71	
	48.23	49.34	50.19	50.58	
	49.02	45.63			
17	Nguyen, Amabelle	NDSJ	8:42.58		
	45.01	50.99	55.91	55.18	
	54.55	55.31	56.13	52.37	
	51.20	45.93			
18	DeSilva-Craycroft, Sonali	NDSJ	x8:50.62		
	45.88	51.98	54.91		
		53.80	55.21	55.72	
	1:44.28				

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

Event 18 Boys 500 Yard Freestyle Varsity

WBAL: 4:29.69 # 2010

Kevin Owens (TKA)

4:57.99 CCS

Name	Yr	School	Finals Time
1 Kirincich, Luke	SO	SHPR	4:44.00 CCS
25.67	27.77	28.55	28.65
28.76	28.98	29.14	29.08
29.07	28.33		
2 Zou, Wenjie	FR	HARK	4:58.52
27.39	29.25	29.27	29.77
29.97	30.57	30.77	30.63
30.86	30.04		
3 Harris, Nelson	SO	SHPR	5:03.11
27.45	29.37	30.22	30.64
31.07	30.75	31.65	31.44
30.86	29.66		
4 Kajarekar, Saahil	JR	HARK	5:07.28
27.57	30.00	30.81	31.10
31.47	31.53	31.34	31.43
31.46	30.57		
5 Cheline, Alejandro	FR	HARK	5:10.62
27.01	29.30	30.43	31.25
31.50	32.77	31.85	32.32
32.08	32.11		
6 Crum, Carl	JR	SHPR	5:13.08
27.32	30.31	31.06	31.54
31.66	32.41	32.55	32.88
32.84	30.51		
7 Li, Jason	SO	HARK	5:21.19
28.64	31.43	32.52	32.67
33.09	33.54	33.83	33.16
32.71	29.60		
8 Edelman, David	FR	SHPR	5:25.53
28.52	31.67	33.10	33.20
33.47	33.73	34.23	33.18
33.32	31.11		
9 Rossi, Lachlan	JR	HARK	x5:31.24
29.10	31.74	31.81	32.50
32.92	34.10	35.02	35.00
35.71	33.34		
10 Gani, Alex	JR	MENL	5:36.92
28.59	32.03	33.88	34.21
34.68	34.35	35.27	34.99
35.19	33.73		
11 Risk, Daniel	SO	NUEV	5:37.78
29.48	33.24	34.65	34.34
34.55	35.15	34.78	34.93
34.34	32.32		
12 Sutherland, Jacob	SO	CSUP	5:44.60
30.54	33.93	34.29	34.72
35.83	35.36	35.58	34.39
36.00	33.96		
13 Galligan, Patrick	JR	MENL	6:13.46
31.35	34.98	36.46	37.65
38.79	38.65	39.20	39.41
38.91	38.06		

14 Tambling, James SO NUEV 6:17.51

30.93 35.50 37.28 37.86

39.16 38.54 40.48 40.53

40.00 37.23

Event 19 Girls 200 Yard Freestyle Relay Varsity

WBAL: 1:36.52 # 2014

Sacred Heart Prep

Howe, Holman, Bower, Sturzenegger

1:46.99 CCS

Team	Relay	Finals Time
1 CSTL	A	1:37.90 CCS
1) Detter, Ella SO	2) Kapoor, Aria JR	
3) Cortez, Serafina SR	4) Detter, Olivia JR	
24.15 25.31	24.55 23.89	
2 HARK	A	1:44.08 CCS
1) Cui, Kyra SO	2) Yang, Stella FR	
3) Chahal, Janam FR	4) Hong, Ashley JR	
25.36 26.77	26.97 24.98	
3 SHPR	A	1:44.30 CCS
1) Kwok, Zoe SO	2) Newby, Megan SO	
3) Brandin, Margaret JR	4) Dova, Isabella SO	
25.59 27.25	25.56 25.90	
4 DTECH	A	1:45.97 CCS
1) Anderson, Kalina FR	2) Garg, Aishani SO	
3) Sarles, Christina SO	4) Dowd, Leda SR	
26.69 27.18	27.41 24.69	
5 TKAC	A	1:47.46
1) Prendergast, Iona JR	2) Mina, Tristen SR	
3) Ninan, Abby SR	4) Komashko, Angelina SO	
24.56 25.14	33.64 24.12	
6 MENL	A	1:47.57
1) Cassidy, Kenya JR	2) Gamble, Scarlett JR	
3) Flierl, Sofia SO	4) Huddleston, Sage JR	
27.67 27.09	27.18 25.63	
7 MERB	A	1:55.02
1) Mcguire, Summer SR	2) Yee, Allison JR	
3) Simpson, Gwen SO	4) Wong, Cadence SO	
28.34 28.82	30.75 27.11	
8 NDSJ	A	1:57.80
1) Floyd, Emily FR	2) Ziazadeh, Aramina SO	
3) Giles, Madison JR	4) Spada, Alexandra SO	
26.02 30.15	34.70 26.93	
9 NDBA	A	2:05.88
1) Sucre, Izzy	2) Kistler, Sophie	
3) Pfeiffer, Kirsten	4) Ebert, Ella	
31.70 29.80	32.28 32.10	
10 PRIO	A	2:14.08
1) Turk, Ellie JR	2) Schor, Madeleine FR	
3) Perlov, Deanna JR	4) Ryan, Allegra SO	
31.39 33.16	43.86 25.67	
--- CSTL	B	x1:49.58
1) Lee, Caitlyn SO	2) Burks, Annika SR	
3) Yuan, Amelia FR	4) McElhinney, Callie FR	
25.79 28.73	27.05 28.01	
--- SHPR	E	x1:49.83
26.63 26.72	27.30 29.18	

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

(Event 19 Girls 200 Yard Freestyle Relay Varsity)				
Team		Relay		Finals Time
--- SHPR		C		x1:56.72
1) Golub, Vivian SO		2) Wong, Alexa SO		
3) Dioli, Kate JR				
27.19	30.64	29.41	29.48	
--- HARK		B		x1:58.55
1) Mandal, Ipsita JR		2) Adler, Sydney SR		
3) Brill, Alana FR		4) Eisenberg, Keren SO		
28.69	29.89	31.72	28.25	
--- SHPR		D		x2:06.44
1) Coleman, Casey FR		2) Beekler, Eden FR		
3) Frolik, Sophie SR		4) Toyos, Sofia FR		
26.18	43.68	27.92	28.66	
--- NDSJ		B		x2:12.40
33.80	31.00	35.45	32.15	
--- MENL		B		x2:16.42
1) Laria, Jackie FR		2) Slater, Lya FR		
3) Barg, Lauren FR		4) Salgado Oseguera, Itzel JR		
33.23	38.26	34.73	30.20	
--- CSTL		C		x2:24.59
1) Prasad, Tanvi JR		2) Kwong, Ashley FR		
3) Kopczynski, Clara FR		4) Verma, Diya SO		
32.89	40.48	39.59	31.63	
--- MERB		B		x2:27.16
40.41	40.09	40.60	26.06	
--- NDSJ		C		x2:27.92
32.10	43.11	38.84	33.87	
--- NDSJ		D		x2:34.46
40.48	41.23	15.52	57.23	
--- NDSJ		E		x2:37.65
40.66	40.37	41.49	35.13	
--- NDSJ		F		x3:06.03
50.31	48.65	15.06	1:12.01	

Event 20 Boys 200 Yard Freestyle Relay Varsity
WBAL: 1:25.91 # 2019 Harker
Chung, Kwok, Hu, Edwards
1:34.39 CCS

Team		Relay		Finals Time
1 SHPR		A		1:27.35 CCS
1) Hogan, Tyler JR		2) Spencer, Andrew JR		
3) Swart, William SR		4) Ballard, Cole JR		
22.65	21.98	21.52	21.20	
2 HARK		A		1:31.78 CCS
23.69	22.79	23.40	21.90	
3 TKAC		A		1:32.05 CCS
1) Foucu, Matthieu SR		2) Foucu, Nathan FR		
3) Lee, Jason SO		4) Bonhagen, RJ JR		
22.27	22.05	24.20	23.53	
4 MENL		A		1:32.89 CCS
1) Grant, Connor JR		2) Tung, Andrew SR		
3) Warman, Samuel JR		4) Kossow, Ben JR		
22.15	23.92	22.99	23.83	
5 PRIO		A		1:38.82
1) Lin, Eugene FR				
3) Wu, Allen FR		4) Kawaja, Cole SO		
24.49	26.07	24.83	23.43	

6 CSUP	A	1:40.71	
1) Wang, Jayden SO	2) Picos, Angel JR		
3) Sutherland, Jacob SO	4) Lacerte, Bennett S SR		
23.27	28.47	27.31	21.66
7 DTECH	A	1:45.83	
1) Galdamez, Austin SO	2) Kompella, Nishant SO		
3) Saito, Shota FR	4) Hsu, Brandon SO		
24.21	28.19	28.82	24.61
8 NUEV	A	1:48.86	
1) Quach, Nicholas JR	2) Chinmay, Dhruv SR		
3) Yang, Michael FR	4) Li, Alaric SO		
27.05	26.95	28.36	26.50
--- SHPR	B	x1:34.39	CCS
1) Kazemipour, Cameron SO	2) Averbuck, Redmond JR		
3) Carrington, Claiborne FR	4) Nilsson, Kip JR		
22.66	24.49	23.37	23.87
--- SHPR	C	x1:35.35	
1) Pistorino, Matthew JR	2) Karr, Ryan FR		
3) An, Alexander SO	4) West, Ryan JR		
22.57	25.75	23.46	23.57
--- HARK	B	x1:37.11	
1) Dong, Eric FR	2) Kajarekar, Saahil JR		
3) Li, Jason SO	4) Wisdom, Thomas SR		
24.66	24.03	25.10	23.32
--- SHPR	D	x1:40.27	
1) Marcin, Oliver FR	2) Plaschke, John SO		
3) Kim, Ryan SO	4) Keller, Taylor SO		
23.24	25.75	26.28	25.00
--- MENL	B	x1:40.74	
1) Boesch, Alex JR	2) Mulloy, Cormac JR		
3) Lee, Isaiah JR	4) Coleman, Jackson FR		
23.91	26.95	25.58	24.30
--- HARK	C	x1:43.64	
1) Zhong, Alex SO	2) Cammer, Caio SO		
3) Cheline, Alejandro FR	4) Ivkov, Alexandr JR		
26.72	26.37	25.77	24.78
--- MENL	C	x1:44.63	
1) Wong, Brendan FR	2) Kawamoto, Lucas FR		
3) Oliveira, Bernardo JR	4) Barad, Calvin FR		
25.45	24.71	28.33	26.14
--- PRIO	B	x1:50.85	
1) Liu, Max FR	2) Burks, Tanner FR		
3) Afrakhteh, Ardavan FR	4) Avery, Christian JR		
26.90	28.83	30.75	24.37

Event 23 Girls 100 Yard Backstroke Varsity
WBAL: 53.57 # 2013 Ally Howe (SHP)
1:02.39 CCS

Name		YrSchool	Finals Time
A - Final			
1 Finn, Addison	FR	CSTL	55.80 CCS
26.99	28.81		
2 Komashko, Angelina	SO	TKAC	58.98 CCS
28.53	30.45		
3 Chan, Katelyn	JR	SHPR	59.21 CCS
29.01	30.20		
4 Ninan, Abby	SR	TKAC	1:00.82 CCS
28.95	31.87		

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

A - Final ... (Event 23 Girls 100 Yard Backstroke Varsity)

Name		YrSchool	Finals Time
5	Lee, Caitlyn	SO CSTL	1:01.30 CCS
	29.84 31.46		
6	Huddleston, Sage	JR MENL	1:02.60
	30.19 32.41		
7	Li, Abby	SO SHPR	1:02.93
	30.33 32.60		
8	Garg, Aishani	SO DTECH	1:04.81
	31.29 33.52		

B - Final

9	Chahal, Janam	FR HARK	1:04.81
	31.18 33.63		
10	Li, Katelyn	FR CSTL	1:06.03
	32.19 33.84		
11	Sahu, Shimeka	FR HARK	1:06.51
	32.35 34.16		
12	Feng, Mirabelle	SO HARK	1:07.38
	33.18 34.20		
13	Dova, Isabella	SO SHPR	1:07.65
	32.46 35.19		
14	Spada, Alexandra	SO NDSJ	1:10.71
	34.54 36.17		
15	Shroff, Niyati	JR SHPR	1:12.78
	35.00 37.78		
16	Karachiwala, Hinako	JR MENL	1:18.32

Event 24 Boys 100 Yard Backstroke Varsity

WBAL: 50.40 # 2012 Tom Kremer (SHP)
56.99 CCS

Name		YrSchool	Finals Time
Finals			
1	Lacerte, Bennett S	SR CSUP	50.55 CCS
	24.51 26.04		
2	Su, Sean	PIWO	53.57 CCS
	26.11 27.46		
3	Grant, Connor	JR MENL	56.51 CCS
	26.97 29.54		
4	Boesch, Alex	JR MENL	57.62
	27.92 29.70		
5	Hoffman Chande, Remi	FR NUEV	58.29
	28.14 30.15		
6	Pistorino, Matthew	JR SHPR	58.92
	28.26 30.66		
7	Klemens, Thomas	FR SHPR	59.37
	28.55 30.82		
8	Galdamez, Austin	SO DTECH	1:01.08
	29.02 32.06		
9	Roman, Oli	SO HARK	1:03.33
	30.84 32.49		
10	Lee, Jason	SO TKAC	1:03.71
	30.15 33.56		
11	Baker, Charles	FR SHPR	1:04.84
	31.29 33.55		
12	Chinmay, Dhruv	SR NUEV	1:08.43
	32.99 35.44		
13	Pyle, Justin	JR SHPR	1:09.35
	33.67 35.68		

14	Kompella, Nishant	SO DTECH	1:11.18
	35.73 35.45		
15	Tambling, James	SO NUEV	1:12.91
	35.51 37.40		
---	Wong, Brendan	FR MENL	DQ
	28.55 31.26		

Event 27 Girls 100 Yard Breaststroke Varsity

WBAL: 1:02.32 # 2022 AudreyJ-Cheng (SHP)
1:09.99 CCS

Name		YrSchool	Finals Time
A - Final			
1	J-Cheng, Audrey	SR SHPR	1:02.86 CCS
	29.45 33.41		
2	Cui, Kyra	SO HARK	1:06.39 CCS
	31.43 34.96		
3	Mina, Tristen	SR TKAC	1:06.69 CCS
	31.81 34.88		
4	Wong, Cherise	SR NUEV	1:11.74
	34.27 37.47		
5	Kwok, Zoe	SO SHPR	1:11.97
	34.00 37.97		
6	Yuan, Amelia	FR CSTL	1:13.40
	34.43 38.97		
7	Coleman, Casey	FR SHPR	1:14.13
	34.56 39.57		

B - Final

9	Yang, Stella	FR HARK	1:13.28
	34.75 38.53		
10	Brush, Ellison	FR SHPR	1:13.58
	35.09 38.49		
11	Kistler, Emma	NDBA	1:21.48
	39.21 42.27		
12	Kingham, Ciara	NDBA	1:23.50
	38.17 45.33		
13	Yee, Allison	JR MERB	1:23.67
	39.42 44.25		
14	Kwong, Ashley	FR CSTL	1:29.43
	42.56 46.87		
15	Ramirez, Mia	JR CSTL	1:31.58
	42.37 49.21		
16	Zarrinnegar, Noor	JR NUEV	1:34.19
	42.52 51.67		

Event 28 Boys 100 Yard Breaststroke Varsity

WBAL: 55.21 # 2019 Jason Kwok (Hark)
1:01.99 CCS

Name		YrSchool	Finals Time
A - Final			
1	Foucu, Nathan	FR TKAC	59.16 CCS
	27.71 31.45		
2	Wang, Jayden	SO CSUP	1:01.15 CCS
	28.76 32.39		
3	Lin, Eugene	FR PRIO	1:03.00
	29.96 33.04		
4	West, Ryan	JR SHPR	1:04.93
	30.85 34.08		

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

A - Final ... (Event 28 Boys 100 Yard Breaststroke Varsity)

Name	YrSchool	Finals Time
5 Tung, Andrew	SR MENL	1:05.19
30.39	34.80	
6 Hsu, Brandon	SO DTECH	1:05.91
30.53	35.38	
7 Kim, Ethan	SR NUEV	1:07.90
31.28	36.62	
8 Wong, Ryan	SO SHPR	1:08.57
31.90	36.67	

B - Final

9 Gurtner, Pierce	JR SHPR	1:09.46
33.17	36.29	
10 Yang, Michael	FR NUEV	1:10.63
32.73	37.90	
11 Warman, Samuel	JR MENL	1:12.39
34.22	38.17	
12 Bradley, Michael	PIWO	1:12.74
34.72	38.02	
13 Kawamoto, Lucas	FR MENL	1:13.50
34.93	38.57	
14 Karr, Ryan	FR SHPR	1:16.42
35.52	40.90	
15 Burks, Connor	FR MENL	1:17.63
36.12	41.51	
16 Liu, Max	FR PRIO	1:17.97
36.87	41.10	

Event 29 Girls 400 Yard Freestyle Relay Varsity

WBAL: 3:30.92 # 2022 SHP

Ross, Gibbons, Li, Reinstein

3:56.99 CCS

Team	Relay	Finals Time
1 CSTL	A	3:33.90 CCS
1) Cortez, Serafina SR	2) Finn, Addison FR	
3) Detter, Ella SO	4) Detter, Olivia JR	
26.03	55.03	25.24 53.33
25.42	52.66	24.86 52.88
2 SHPR	A	3:42.37 CCS
1) Brandin, Margaret JR	2) Chan, Katelyn JR	
3) Newby, Megan SO	4) J-Cheng, Audrey SR	
27.16	56.22	26.30 54.30
28.09	59.65	25.31 52.20
3 MENL	A	3:54.03 CCS
1) Cassidy, Kenya JR	2) Porteous, Annika SR	
3) Gamble, Scarlett JR	4) Huddleston, Sage JR	
29.29	59.82	28.26 59.41
28.01	58.85	26.98 55.95
4 HARK	A	3:54.67 CCS
1) Mandal, Ipsita JR	2) Feng, Mirabelle SO	
3) Sahu, Shimeka FR	4) Cui, Kyra SO	
29.41	1:01.24	28.27 59.34
28.47	59.80	26.06 54.29
5 NDBA	A	4:30.34
1) Kistler, Sophie	2) Sucre, Izzy	
3) Kistler, Emma	4) Kingham, Ciara	
31.81	1:06.67	33.57 1:10.76
31.17	1:05.60	32.22 1:07.31

6 NUEV	A	4:48.82
1) Belfer, Josie SO	2) Erbay, Lale SO	
3) Zarrinnegar, Noor JR	4) Wong, Cherise SR	
35.35	1:14.96	35.34 1:17.78
35.22	1:30.90	45.18
7 NDSJ	A	4:50.06
1) Cho, Maddie FR	2) Schechtman, Maya FR	
3) Cao, Thanh-Thanh SO	4) Giles, Madison JR	
35.94	1:15.10	35.24 1:14.66
32.02	1:07.03	35.55 1:13.27
8 MERB	A	5:13.85
1) Fung, Chloe SO	2) Thomas, Kylie FR	
3) Sainz, Dylan SO	4) Gainer, Zoe FR	
37.56	1:22.82	15.62 41.40
45.26	1:22.28	42.44 1:47.35
--- CSTL	B	x3:58.78
1) Lee, Caitlyn SO	2) McElhinney, Callie FR	
3) Burks, Annika SR	4) Lowell, Sydney JR	
26.82	55.53	29.18 1:00.87
21.43	1:02.53	28.78 59.85
--- SHPR	B	x4:18.47
27.74	57.11	39.70 1:26.41
25.83	56.33	27.37 58.62
--- SHPR	C	x4:25.84
28.29	59.31	27.32 57.62
32.95	1:10.38	34.78 1:18.53
--- CSTL	C	x4:35.60
1) Li, Katelyn FR	2) Prasad, Tanvi JR	
3) Ramirez, Mia JR	4) Verma, Sierra FR	
29.32	1:03.38	34.06 1:14.74
33.55	1:10.89	31.78 1:06.59
--- NDSJ	B	x5:23.48
37.69	1:20.47	38.36 1:23.06
20.03	38.00	41.70 2:01.95
--- NDSJ	C	x5:42.02
41.18	1:26.53	38.27 1:25.30
39.72	1:26.18	37.13 1:24.01

Event 30 Boys 400 Yard Freestyle Relay Varsity

WBAL: 3:08.84 # 2019 Harker

Chung, Kwok, Hu, Edwards

3:29.99 CCS

Team	Relay	Finals Time
1 SHPR	A	3:13.28 CCS
1) Ballard, Cole JR	2) Swart, William SR	
3) Spencer, Andrew JR	4) Pistorino, Matthew JR	
22.92	47.80	22.37 47.15
23.37	49.38	23.22 48.95
2 TKAC	A	3:24.35 CCS
1) Foucu, Nathan FR	2) Foucu, Matthieu SR	
3) Lee, Jason SO	4) Bonhagen, RJ JR	
23.13	48.25	22.79 47.65
25.61	55.24	24.63 53.21
3 HARK	A	3:25.03 CCS
1) Baumgarte, Oskar SO	2) Wisdom, Thomas SR	
3) Reed, Andrew SR	4) Pawliger, Adam SO	
24.11	50.35	25.20 53.21
24.24	51.01	23.69 50.46

WBAL Champs 2023 - 4/28/2023 to 4/29/2023

Results - WBAL Fianls

(Event 30 Boys 400 Yard Freestyle Relay Varsity)						
Team		Relay		Finals Time		
4	NUEV	A		3:41.23	3.	Menlo School 266
	1) Poon, Livi SR	2) Risk, Daniel SO			4.	The Nueva School 167.5
	3) Hoffman Chande, Remi FR	4) Kim, Ethan SR			5.	The King's Academy 164.5
	26.33 55.10	26.65 56.87			6.	Crystal Springs Uplands 136
	26.47 56.29	24.55 52.97			7.	Priory 129
5	PRIO	A		3:41.80	8.	Design Tech 98
	1) Kawaja, Cole SO	2) Genet, Matthew JR			9.	Pinewood School 41
	3) Wu, Allen FR	4) Lin, Eugene FR				
	24.88 52.23	27.92 57.99				
	25.88 56.70	25.54 54.88				
6	MENL	A		3:48.29		
	1) Boesch, Alex JR	2) Mulloy, Cormac JR				
	3) Gani, Alex JR	4) Coleman, Jackson FR				
	28.84 1:01.32	27.07 58.20				
	25.31 53.34	25.74 55.43				
---	SHPR	B		x3:21.72 CCS		
---	SHPR	C		x3:29.14 CCS		
---	HARK	B		x3:38.37		
	1) Rossi, Lachlan JR	2) Cheline, Alejandro FR				
	3) Roman, Oli SO	4) Li, Jason SO				
	25.52 53.19	26.88 56.09				
	26.61 55.68	25.80 53.41				
---	SHPR	D		x3:44.60		
---	SHPR	E		x3:47.00		
---	PRIO	B		x4:12.41		
	1) Liu, Max FR	2) Burks, Tanner FR				
	3) Afrakhteh, Ardavan FR	4) Avery, Christian JR				
---	MENL	B		x4:17.61		
	1) Meeks, Teddy JR	2) Panchula, Evan FR				
	3) Burks, Connor FR	4) Galligan, Patrick JR				
	27.87 59.23	32.22 1:08.56				
	29.49 1:03.48	31.50 1:06.34				

Scores - Women

Women - Varsity - Team Rankings - Through Event 30	
1.	Sacred Heart Prep 451
2.	Castilleja 394
3.	The Harker School 219.5
4.	Menlo School 163.5
5.	The King's Academy 159
6.	Design Tech 152
7.	Notre Dame, San Jose 124
8.	Mercy, Burlingame 109
9.	Notre Dame, Belmont 86
10.	The Nueva School 74
11.	Pinewood School 33
12.	Crystal Springs Uplands 32
13.	Priory 26

Scores - Men

Men - Varsity - Team Rankings - Through Event 30	
1.	Sacred Heart Prep 513
2.	The Harker School 331