

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 50 Yard Freestyle Varsity**

PAL: 24.72 2007 Daphne Yeung S. San Francisco
 23.08 ALAM Auto Al-American
 23.50 CONS Al-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Bryer Rose	FR	Terra Nova	26.88	26.78
2	Janice Leung	SR	Westmoor	27.40	26.88
3	Alex Sardella	JR	Half Moon Bay	27.58	26.94
4	Jenna Choy	JR	Capuchino High School	27.87	28.04
5	Ashley Cai	JR	Oceana	28.43	28.47
6	Allison Pascual	SR	Westmoor	28.71	28.57
B - Final					
7	Phoebe Grant	SR	Half Moon Bay	30.24	29.99
8	Jasper Jaffe	SO	Hillsdale	30.67	30.34
9	Jordyn Gohn	JR	Terra Nova	31.70	30.60
10	Camryn Gutierrez	SO	Hillsdale	31.21	30.94
11	Sascha Ebinger	SR	Terra Nova	29.13	31.55
12	Katilin Graetz	SR	Hillsdale	31.52	32.00

Girls 50 Yard Freestyle Junior Varsity

PAL: 27.14 1998 Erica Gellerman Sequoia
 23.08 ALAM Auto Al-American
 23.50 CONS Al-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Brooke Griffin	FR	Capuchino High School	33.54	32.98
2	Ivana Young	SO	Capuchino High School	34.01	34.92
3	Coral Myers	FR	Half Moon Bay	37.49	35.60
4	Jaiden Owens	SO	Capuchino High School	36.93	37.11
5	Elizabeth Cusack	FR	Hillsdale	37.76	37.37
6	Riley Burton	FR	Capuchino High School	38.03	37.80
B - Final					
7	Claudia Charles	FR	Half Moon Bay	38.13	37.21
8	Lydia Diesh	JR	Half Moon Bay	39.13	37.40
9	Mari Ortega Cruz	FR	Hillsdale	42.00	40.25
10	Gina Amireh	SO	Hillsdale	41.43	41.43
11	Vanessa Selu	FR	Westmoor	40.89	41.68
12	Dorothy Alinea	SO	Jefferson	42.16	42.27

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 50 Yard Freestyle Swim-off Varsity**

23.08 ALAM Auto Al-American
 23.50 CONS Al-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

	Name	Yr	School	Finals Time
- Swim-off				
1	Jordyn Gohn	JR	Terra Nova	30.26
2	Amelia Veis	SO	Hillsdale	31.02

Girls 50 Yard Freestyle Varsity

PAL: 24.72 2007 Daphne Yeung S. San Francisco
 23.08 ALAM Auto Al-American
 23.50 CONS Al-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Bryer Rose	FR	Terra Nova		26.88 q
2	Janice Leung	SR	Westmoor		27.40 q
3	Alex Sardella	JR	Half Moon Bay		27.58 q
4	Jenna Choy	JR	Capuchino High School		27.87 q
5	Ashley Cai	JR	Oceana		28.43 q
6	Allison Pascual	SR	Westmoor		28.71 q
7	Sascha Ebinger	SR	Terra Nova		29.13 q
8	Phoebe Grant	SR	Half Moon Bay		30.24 q
9	Jasper Jaffe	SO	Hillsdale		30.67 q
10	Camryn Gutierrez	SO	Hillsdale		31.21 q
11	Katilin Graetz	SR	Hillsdale		31.52 q
*12	Jordyn Gohn	JR	Terra Nova		31.70 q
*12	Amelia Veis	SO	Hillsdale		31.70 q

Swim-Off Required

14	Niamh Abrash	JR	Half Moon Bay	32.54
15	Francesca Gravem	SR	Capuchino High School	34.99
16	Claire Beckler	FR	Terra Nova	35.38
17	Sophia Ramirez	JR	Capuchino High School	35.59
18	Elizah Ruiz-Mendoza	SR	Capuchino High School	38.24
19	Althea Rosario	JR	Jefferson	42.28
20	Charmay Repollo	JR	Jefferson	48.79
---	Angel Tinetti	SR	Half Moon Bay	SCR
---	Sydney Yen	SO	Oceana	SCR
---	Meadow Dart	SR	Oceana	SCR

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 50 Yard Freestyle Junior Varsity**

PAL: 27.14 1998 Erica Gellerman Sequoia
 23.08 ALAM Auto Al-American
 23.50 CONS Al-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Brooke Griffin	FR	Capuchino High School		33.54 q
2	Ivana Young	SO	Capuchino High School		34.01 q
3	Zayna Juhar	FR	El Camino		36.66 q
4	Jaiden Owens	SO	Capuchino High School		36.93 q
5	Coral Myers	FR	Half Moon Bay		37.49 q
6	Elizabeth Cusack	FR	Hillsdale		37.76 q
7	Riley Burton	FR	Capuchino High School		38.03 q
8	Claudia Charles	FR	Half Moon Bay		38.13 q
9	Lydia Diesh	JR	Half Moon Bay		39.13 q
10	Vanessa Selu	FR	Westmoor		40.89 q
11	Gina Amireh	SO	Hillsdale		41.43 q
12	Mari Ortega Cruz	FR	Hillsdale		42.00 q
13	Dorothy Alinea	SO	Jefferson		42.16
14	Sophia Latt	SO	Westmoor		42.38
15	Mariel Holgado	SO	Jefferson		45.00
16	Emily Rosales	FR	Hillsdale		46.54
17	Gabriela Funes	SO	Jefferson		46.63
---	Georgina Bates	FR	Terra Nova		1:00.37
---	Juliet Fong	SO	El Camino		DFS
	Declared false start				
---	Lauren McClellen	SO	Half Moon Bay		SCR

Girls 100 Yard Freestyle Junior Varsity

PAL: 58.03 2012 Sarah Stretch Half Moon Bay
 50.15 ALAM Auto Al-American
 51.10 CONS Al-American Consider
 51.48 CIF CIF State MEET
 55.39 CCS

	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Ryley Saavedra	SO	El Camino	1:09.31	1:08.44
2	Elina Jumanan	JR	El Camino	1:11.23	1:10.06
3	Chloe Wyman	SO	Half Moon Bay	1:13.79	1:11.21
4	Shira Siegel	FR	Hillsdale	1:16.81	1:18.73
5	Ivana Young	SO	Capuchino High School	1:18.98	1:19.30
6	Brooke Griffin	FR	Capuchino High School	1:21.15	1:19.67
B - Final					
7	Lydia Diesh	JR	Half Moon Bay	1:26.17	1:22.37
8	Liliane Domingo	SO	Jefferson	1:24.06	1:23.08
9	Lola Castro	JR	El Camino	1:28.34	1:25.00
10	Brianna Kuang	SO	Westmoor	1:22.95	1:25.03
11	Elizabeth Cusack	FR	Hillsdale	1:24.87	1:26.23

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****B - Final ... (Girls 100 Yard Freestyle Junior Varsity)**

	Name	Yr	School	Prelim Time	Finals Time
12	Kalina Chen	SO	Jefferson	1:34.50	1:38.31

Girls 100 Yard Freestyle Varsity

PAL:	53.63	2007	Daphne Yeung	S. San Francisco
	50.15	ALAM Auto	Al-American	
	51.10	CONS Al-American	Consider	
	51.48	CIF CIF State	MEET	
	55.39	CCS		

	Name	Yr	School	Prelim Time	Finals Time
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A - Final

1	Kamryn Stevenson	FR	Terra Nova	59.02	58.80
2	Alex Sardella	JR	Half Moon Bay	59.56	59.20
3	Zoe Chait	SR	Half Moon Bay	1:00.56	59.33
4	Cat Nightingale	SR	Westmoor	1:01.44	1:01.17
5	Cassidy Brians	SO	Half Moon Bay	1:02.82	1:02.26
6	Abigal Chui	SO	El Camino	1:02.01	1:02.84

B - Final

7	Jenna Choy	JR	Capuchino High School	1:03.92	1:03.33
8	Adeline Aquinio	JR	Hillsdale	1:12.09	1:08.90
9	Tori Chhay	JR	Hillsdale	1:09.44	1:08.92
10	Any Bullis	SO	Terra Nova	1:09.91	1:09.76
11	Camryn Gutierrez	SO	Hillsdale	1:09.30	1:09.91
12	Emilia Singer	SO	Capuchino High School	1:11.53	1:13.60

Girls 100 Yard Freestyle Junior Varsity

PAL:	58.03	2012	Sarah Stretch	Half Moon Bay
	50.15	ALAM Auto	Al-American	
	51.10	CONS Al-American	Consider	
	51.48	CIF CIF State	MEET	
	55.39	CCS		

	Name	Yr	School	Seed Time	Prelim Time
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Preliminaries

1	Ryley Saavedra	SO	El Camino		1:09.31	q
2	Elina Jumanan	JR	El Camino		1:11.23	q
3	Chloe Wyman	SO	Half Moon Bay		1:13.79	q
4	Shira Siegel	FR	Hillsdale		1:16.81	q
5	Ivana Young	SO	Capuchino High School		1:18.98	q
6	Brooke Griffin	FR	Capuchino High School		1:21.15	q
7	Brianna Kuang	SO	Westmoor		1:22.95	q
8	Liliane Domingo	SO	Jefferson		1:24.06	q
9	Elizabeth Cusack	FR	Hillsdale		1:24.87	q
10	Lydia Diesh	JR	Half Moon Bay		1:26.17	q
11	Riley McMullan	JR	Capuchino High School		1:27.44	q
12	Lola Castro	JR	El Camino		1:28.34	q
13	Kalina Chen	SO	Jefferson		1:34.50	
14	Sophia Latt	SO	Westmoor		1:40.88	
15	Hayley Cortez	JR	Westmoor		1:42.50	
---	Kaylee Lopez Top	JR	Hillsdale		SCR	
---	Lauren McClellen	SO	Half Moon Bay		SCR	

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Preliminaries ... (Girls 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time
--- Megan Simmons	FR	Hillsdale		SCR

Girls 100 Yard Freestyle Varsity

PAL:	53.63	2007	Daphne Yeung	S. San Francisco
	50.15	ALAM Auto	Al-American	
	51.10	CONS	Al-American	Consider
	51.48	CIF	CIF State	MEET
	55.39	CCS		

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Kamryn Stevenson	FR	Terra Nova		59.02 q
2 Alex Sardella	JR	Half Moon Bay		59.56 q
3 Zoe Chait	SR	Half Moon Bay		1:00.56 q
4 Cat Nightingale	SR	Westmoor		1:01.44 q
5 Abigal Chui	SO	El Camino		1:02.01 q
6 Cassidy Brians	SO	Half Moon Bay		1:02.82 q
7 Jenna Choy	JR	Capuchino High School		1:03.92 q
8 Camryn Gutierrez	SO	Hillsdale		1:09.30 q
9 Tori Chhay	JR	Hillsdale		1:09.44 q
10 Anya Bullis	SO	Terra Nova		1:09.91 q
11 Emilia Singer	SO	Capuchino High School		1:11.53 q
12 Adeline Aquinio	JR	Hillsdale		1:12.09 q
13 Emma Kim	SO	Oceana		1:14.40
14 Maeve Keaney	SO	Terra Nova		1:17.42
15 Samantha Yee	SR	El Camino		1:20.74
16 Arianna Moreno	SR	Capuchino High School		1:22.84
17 Reina Karadsheh	SR	Hillsdale		1:24.05
18 Crystal Lee	SR	South San Francisco		1:36.14
19 Angeline Sanchez	JR	Capuchino High School		1:40.83
--- Addison Gatley	FR	Terra Nova		SCR
--- Angel Tinetti	SR	Half Moon Bay		SCR

Girls 200 Yard Freestyle Junior Varsity

PAL:	2:03.67	2012	Sarah Stretch	Half Moon Bay
	1:48.74	ALAM Auto	Al-American	
	1:50.65	CONS	Al-American	Consider
	1:51.40	CIF	CIF State	MEET
	2:00.49	CCS		

Name	Yr	School	Finals Time
1 Chloe Wyman	SO	Half Moon Bay	2:38.64
2 Hailey Lema	SO	Hillsdale	2:41.10
3 Logan Wheeler	SO	Hillsdale	3:03.32
4 Liliane Domingo	SO	Jefferson	3:13.52
5 Brianna Kuang	SO	Westmoor	3:17.82
6 Hayley Cortez	JR	Westmoor	3:56.17
--- Cynthia Fu	SO	El Camino	SCR
--- Jessica Garcia Vargas	JR	Hillsdale	SCR
--- Ryley Saavedra	SO	El Camino	SCR
--- Kaylee Lopez Top	JR	Hillsdale	SCR

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007 Stephanie Brooks Sequoia
1:48.74 ALAM Auto Al-American
1:50.65 CONS Al-American Consider
1:51.40 CIF CIF State MEET
2:00.49 CCS

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Samantha Lin	JR	Hillsdale	2:01.17	1:59.56 CCS
2	Angela Parr	FR	Terra Nova	2:24.05	2:14.82
3	Cat Nightingale	SR	Westmoor	2:17.38	2:15.94
4	Makenzie Bazan	FR	Half Moon Bay	2:18.58	2:17.94
5	Jasper Jaffe	SO	Hillsdale	2:25.10	2:26.48
6	Azusa Fini	SO	Westmoor	2:27.82	2:36.49
B - Final					
7	Zoe McAnerney	SR	Half Moon Bay	2:28.20	2:24.66
8	Amelia Veis	SO	Hillsdale	2:28.07	2:27.77
9	Anya Bullis	SO	Terra Nova	2:32.27	2:34.00
10	Jordyn Gohn	JR	Terra Nova	2:33.02	2:37.32
11	Dylan Grunow	JR	Half Moon Bay	2:41.29	2:40.72
12	Emilia Singer	SO	Capuchino High School	2:42.33	2:44.01

Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007 Stephanie Brooks Sequoia
1:48.74 ALAM Auto Al-American
1:50.65 CONS Al-American Consider
1:51.40 CIF CIF State MEET
2:00.49 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Samantha Lin	JR	Hillsdale		2:01.17 q
2	Cat Nightingale	SR	Westmoor		2:17.38 q
3	Makenzie Bazan	FR	Half Moon Bay		2:18.58 q
4	Angela Parr	FR	Terra Nova		2:24.05 q
5	Jasper Jaffe	SO	Hillsdale		2:25.10 q
6	Azusa Fini	SO	Westmoor		2:27.82 q
7	Amelia Veis	SO	Hillsdale		2:28.07 q
8	Zoe McAnerney	SR	Half Moon Bay		2:28.20 q
9	Anya Bullis	SO	Terra Nova		2:32.27 q
10	Jordyn Gohn	JR	Terra Nova		2:33.02 q
11	Dylan Grunow	JR	Half Moon Bay		2:41.29 q
12	Emilia Singer	SO	Capuchino High School		2:42.33 q
13	Emma Kim	SO	Oceana		2:45.08
14	Elin Okamoto	JR	Hillsdale		2:46.50
15	Daisy Huerta	JR	Capuchino High School		2:47.27
16	Ori Aye	SR	Westmoor		2:56.72
17	Emma Russo	JR	Oceana		3:11.51
18	Lilyanna Carpenter	JR	Terra Nova		3:16.71
19	Angeline Sanchez	JR	Capuchino High School		3:42.14

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 500 Yard Freestyle Varsity

PAL: 5:08.52 2014 Michelle Karpishin Hillsdale

4:53.06 ALAM Auto AI-American

4:58.20 CONS AI-American Consider

4:58.98 CIF CIF State MEET

5:27.99 CCS

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Gabrielle Lai	SR	El Camino	5:34.72	5:26.69 CCS
2	Angela Parr	FR	Terra Nova	6:25.35	6:01.60
3	Brigita Fischer	SO	Half Moon Bay	6:32.42	6:26.51
4	Zoe McAnerney	SR	Half Moon Bay	6:42.90	6:39.30
5	Kinsley Barron	JR	Hillsdale	6:46.36	6:44.97
6	Madison Lam	SR	Westmoor	7:05.97	6:53.78
B - Final					
7	Isla Ragozin	JR	Half Moon Bay	7:08.97	7:01.80
8	Hannah Gonzalez	SR	Jefferson	8:12.95	8:05.63
9	Emma Russo	JR	Oceana	8:26.58	8:31.51

Girls 500 Yard Freestyle Varsity

PAL: 5:08.52 2014 Michelle Karpishin Hillsdale

4:53.06 ALAM Auto AI-American

4:58.20 CONS AI-American Consider

4:58.98 CIF CIF State MEET

5:27.99 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Gabrielle Lai	SR	El Camino		5:34.72 q
2	Quinn Quintana	SR	Capuchino High School		6:13.83 q
3	Angela Parr	FR	Terra Nova		6:25.35 q
4	Ava Litz	SO	Terra Nova		6:28.33 q
5	Brigita Fischer	SO	Half Moon Bay		6:32.42 q
6	Zoe McAnerney	SR	Half Moon Bay		6:42.90 q
7	Kinsley Barron	JR	Hillsdale		6:46.36 q
8	Madison Lam	SR	Westmoor		7:05.97 q
9	Isla Ragozin	JR	Half Moon Bay		7:08.97 q
10	Hannah Gonzalez	SR	Jefferson		8:12.95 q
11	Emma Russo	JR	Oceana		8:26.58 q

Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004 Joanna Sherman Half Moon Bay

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Annabel Okamoto	FR	Hillsdale	36.67	36.40
2	Krystalyn Isleta	JR	Westmoor	42.09	43.13
3	Mariel Holgado	SO	Jefferson	45.47	45.11
4	Tabitha Scarpaci	SO	Half Moon Bay	48.90	48.12
5	Emma Ta	SO	Half Moon Bay	49.78	49.22
6	Jaiden Owens	SO	Capuchino High School	47.25	51.44
B - Final					
7	Gina Amireh	SO	Hillsdale	52.66	51.43

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

B - Final ... (Girls 50 Yard Backstroke Junior Varsity)

	Name	Yr	School	Prelim Time	Finals Time
8	Gabriela Funes	SO	Jefferson	53.42	51.51
9	Mari Ortega Cruz	FR	Hillsdale	52.26	53.37
10	Emily Rosales	FR	Hillsdale	53.63	54.12
11	Tanya Xu	JR	Westmoor	56.99	54.93

Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004			Joanna Sherman		Half Moon Bay	
	Name	Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Annabel Okamoto	FR	Hillsdale		36.67	q
2	Krystalyn Isleta	JR	Westmoor		42.09	q
3	Mariel Holgado	SO	Jefferson		45.47	q
4	Jaiden Owens	SO	Capuchino High School		47.25	q
*5	Riley McMullan	JR	Capuchino High School		48.90	q
*5	Tabitha Scarpaci	SO	Half Moon Bay		48.90	q
7	Emma Ta	SO	Half Moon Bay		49.78	q
8	Mari Ortega Cruz	FR	Hillsdale		52.26	q
9	Gina Amireh	SO	Hillsdale		52.66	q
10	Gabriela Funes	SO	Jefferson		53.42	q
11	Emily Rosales	FR	Hillsdale		53.63	q
12	Tanya Xu	JR	Westmoor		56.99	q

Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017			Kaitlyn Panopio		El Camino	
	54.73	ALAM Auto AI-American				
	55.91	CONS AI-American Consider				
	56.36	CIF CIF State MEET				
	1:02.39	CCS				
	Name	Yr	School	Prelim Time	Finals Time	
A - Final						
1	Samantha Lin	JR	Hillsdale	1:00.95	1:00.33	CCS
2	Caitlyn So	SO	El Camino	1:04.39	1:03.05	
3	Bryer Rose	FR	Terra Nova	1:04.21	1:04.08	
4	Janice Leung	SR	Westmoor	1:06.98	1:05.73	
5	Cassidy Brians	SO	Half Moon Bay	1:10.01	1:09.26	
6	Makenzie Bazan	FR	Half Moon Bay	1:08.57	1:11.79	
B - Final						
7	Summer Simpson	JR	Terra Nova	1:16.99	1:14.72	
8	Madison Lam	SR	Westmoor	1:18.03	1:15.57	
9	Elin Okamoto	JR	Hillsdale	1:26.65	1:25.17	
10	Maeve Keaney	SO	Terra Nova	1:28.78	1:28.25	
11	Hannah Gonzalez	SR	Jefferson	1:30.78	1:31.66	
12	Reina Karadsheh	SR	Hillsdale	1:35.94	1:33.00	

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Girls 100 Yard Backstroke Junior Varsity

PAL: 1:08.84 1999 Cara Savelli Westmoor
54.73 ALAM Auto Al-American
55.91 CONS Al-American Consider
56.36 CIF CIF State MEET
1:02.39 CCS

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Phoebe Lin	FR	Hillsdale	1:18.54	1:19.22
2	Annabel Okamoto	FR	Hillsdale	1:23.04	1:25.60
3	Cynthia Fu	SO	El Camino	1:27.47	1:27.22
4	Logan Wheeler	SO	Hillsdale	1:29.13	1:31.53
5	Stella Fischer	SO	Half Moon Bay	1:30.85	1:31.88
6	Simone Fischer	FR	Half Moon Bay	1:32.81	1:37.63
B - Final					
7	Riley Burton	FR	Capuchino High School	1:38.35	1:36.63
8	Krystalyn Isleta	JR	Westmoor	1:38.07	1:36.88
9	Vanessa Selu	FR	Westmoor	1:44.99	1:45.19
10	Tabitha Scarpaci	SO	Half Moon Bay	1:47.09	1:50.25
11	Lola Castro	JR	El Camino	1:57.17	1:55.11

Girls 100 Yard Backstroke Junior Varsity

PAL: 1:08.84 1999 Cara Savelli Westmoor
54.73 ALAM Auto Al-American
55.91 CONS Al-American Consider
56.36 CIF CIF State MEET
1:02.39 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Phoebe Lin	FR	Hillsdale		1:18.54 q
2	Annabel Okamoto	FR	Hillsdale		1:23.04 q
3	Cynthia Fu	SO	El Camino		1:27.47 q
4	Logan Wheeler	SO	Hillsdale		1:29.13 q
5	Stella Fischer	SO	Half Moon Bay		1:30.85 q
6	Simone Fischer	FR	Half Moon Bay		1:32.81 q
7	Krystalyn Isleta	JR	Westmoor		1:38.07 q
8	Riley Burton	FR	Capuchino High School		1:38.35 q
9	Vanessa Selu	FR	Westmoor		1:44.99 q
10	Tabitha Scarpaci	SO	Half Moon Bay		1:47.09 q
11	Lola Castro	JR	El Camino		1:57.17 q
---	Julia Streeter	SO	Hillsdale		DQ

Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017 Kaitlyn Panopio El Camino
54.73 ALAM Auto Al-American
55.91 CONS Al-American Consider
56.36 CIF CIF State MEET
1:02.39 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Samantha Lin	JR	Hillsdale		1:00.95 qCCS

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Preliminaries ... (Girls 100 Yard Backstroke Varsity)

Name		Yr	School	Seed Time	Prelim Time
2	Bryer Rose	FR	Terra Nova		1:04.21 q
3	Caitlyn So	SO	El Camino		1:04.39 q
4	Janice Leung	SR	Westmoor		1:06.98 q
5	Makenzie Bazan	FR	Half Moon Bay		1:08.57 q
6	Cassidy Brians	SO	Half Moon Bay		1:10.01 q
7	Summer Simpson	JR	Terra Nova		1:16.99 q
8	Madison Lam	SR	Westmoor		1:18.03 q
9	Daisy Huerta	JR	Capuchino High School		1:26.17 q
10	Elin Okamoto	JR	Hillsdale		1:26.65 q
11	Flynn Bennett	SO	Half Moon Bay		1:27.09 q
12	Maeve Keaney	SO	Terra Nova		1:28.78 q
13	Hannah Gonzalez	SR	Jefferson		1:30.78
14	Samantha Yee	SR	El Camino		1:42.92
15	Elizah Ruiz-Mendoza	SR	Capuchino High School		1:53.05
16	Althea Rosario	JR	Jefferson		1:53.59
---	Reina Karadsheh	SR	Hillsdale		1:35.94
---	Meadow Dart	SR	Oceana		SCR
---	Sydney Yen	SO	Oceana		SCR
---	Charmay Repollo	JR	Jefferson		SCR
---	Sadie Wong	JR	Hillsdale		SCR
---	Addison Gatley	FR	Terra Nova		SCR

Girls 50 Yard Breaststroke Junior Varsity

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Zee Forrest	SO	Half Moon Bay	41.94	40.81
2	Elina Jumanan	JR	El Camino	43.31	43.14
3	Jordan Lin	JR	Hillsdale	43.03	44.23
4	Emily Liang	SO	Westmoor	45.77	44.91
5	Vanessa Vieira	SO	Hillsdale	44.25	45.93
---	Elena Liu	JR	Half Moon Bay	42.30	NS
B - Final					
7	Ain In	SO	Hillsdale	46.72	48.20
8	Coral Myers	FR	Half Moon Bay	48.14	48.46
9	Juliet Fong	SO	El Camino	52.81	52.79
10	Kalina Chen	SO	Jefferson	53.07	53.29
11	Dorothy Alinea	SO	Jefferson	53.95	56.61
12	Alyssa Moreno	FR	Capuchino High School	56.96	57.23

Girls 50 Yard Breaststroke Junior Varsity

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Zee Forrest	SO	Half Moon Bay		41.94 q
2	Elena Liu	JR	Half Moon Bay		42.30 q
3	Jordan Lin	JR	Hillsdale		43.03 q
4	Elina Jumanan	JR	El Camino		43.31 q
5	Vanessa Vieira	SO	Hillsdale		44.25 q

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Preliminaries ... (Girls 50 Yard Breaststroke Junior Varsity)**

	Name	Yr	School	Seed Time	Prelim Time
6	Emily Liang	SO	Westmoor		45.77 q
7	Ain In	SO	Hillsdale		46.72 q
8	Coral Myers	FR	Half Moon Bay		48.14 q
9	Juliet Fong	SO	El Camino		52.81 q
10	Kalina Chen	SO	Jefferson		53.07 q
11	Dorothy Alinea	SO	Jefferson		53.95 q
12	Cecilia Arroyo	JR	Capuchino High School		55.66 q
13	Alyssa Moreno	FR	Capuchino High School		56.96
14	Emma Ta	SO	Half Moon Bay		58.85
15	Tanya Xu	JR	Westmoor		1:01.84
16	Georgina Bates	FR	Terra Nova		1:24.90
---	Megan Simmons	FR	Hillsdale		SCR
---	Makeila Rebusi	JR	Capuchino High School		SCR

Girls 100 Yard Breaststroke Varsity

PAL: 1:04.92 2014 Larisa Tam San Mateo
 1:02.59 ALAM Auto Al-American
 1:03.78 CONS Al-American Consider
 1:03.78 CIF CIF State MEET
 1:09.99 CCS

	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Shreya Kashyap	JR	Hillsdale	1:10.81	1:09.82 CCS
2	Makena Truong	FR	Hillsdale	1:13.15	1:13.86
3	Kelsni Cheng	JR	Oceana	1:15.65	1:14.96
4	Allison Pascual	SR	Westmoor	1:19.54	1:19.45
5	Abigal Chui	SO	El Camino	1:20.13	1:21.23
6	Azusa Fini	SO	Westmoor	1:24.77	1:22.40
B - Final					
7	Robelynn Cruz	SO	Jefferson	1:25.01	1:25.01
8	Phoebe Grant	SR	Half Moon Bay	1:26.42	1:25.36
9	Brigita Fischer	SO	Half Moon Bay	1:28.14	1:27.97
10	Adeline Aquinio	JR	Hillsdale	1:30.71	1:28.15
11	Annie Basler	JR	Half Moon Bay	1:30.47	1:30.83
12	Ori Aye	SR	Westmoor	1:33.35	1:32.85

Girls 100 Yard Breaststroke Junior Varsity

PAL: 1:17.41 2012 Kiyomi O'Connell Half Moon Bay
 1:02.59 ALAM Auto Al-American
 1:03.78 CONS Al-American Consider
 1:03.78 CIF CIF State MEET
 1:09.99 CCS

	Name	Yr	School	Finals Time
1	Zee Forrest	SO	Half Moon Bay	1:32.13
2	Julia Streeter	SO	Hillsdale	1:43.37
3	Emily Liang	SO	Westmoor	1:45.08
---	Ain In	SO	Hillsdale	DQ
---	Elena Liu	JR	Half Moon Bay	SCR
---	Makeila Rebusi	JR	Capuchino High School	SCR

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

(Girls 100 Yard Breaststroke Junior Varsity)

Name	Yr	School	Finals Time
--- Jessica Garcia Vargas	JR	Hillsdale	SCR

Girls 100 Yard Breaststroke Varsity

PAL:	1:04.92	2014	Larisa Tam	San Mateo
	1:02.59		ALAM Auto Al-American	
	1:03.78		CONS Al-American Consider	
	1:03.78		CIF CIF State MEET	
	1:09.99		CCS	

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Shreya Kashyap	JR	Hillsdale		1:10.81 q
2 Makena Truong	FR	Hillsdale		1:13.15 q
3 Kelsni Cheng	JR	Oceana		1:15.65 q
4 Allison Pascual	SR	Westmoor		1:19.54 q
5 Abigal Chui	SO	El Camino		1:20.13 q
6 Azusa Fini	SO	Westmoor		1:24.77 q
7 Robelynn Cruz	SO	Jefferson		1:25.01 q
8 Phoebe Grant	SR	Half Moon Bay		1:26.42 q
9 Quinn Quintana	SR	Capuchino High School		1:26.51 q
10 Ava Litz	SO	Terra Nova		1:26.63 q
11 Brigita Fischer	SO	Half Moon Bay		1:28.14 q
12 Annie Basler	JR	Half Moon Bay		1:30.47 q
13 Adeline Aquinio	JR	Hillsdale		1:30.71
14 Ori Aye	SR	Westmoor		1:33.35
15 Katilin Graetz	SR	Hillsdale		1:34.79
16 Dylan Grunow	JR	Half Moon Bay		1:36.41
17 Claire Beckler	FR	Terra Nova		1:40.76
18 Sarai Freeman	JR	Capuchino High School		1:47.81
19 Crystal Lee	SR	South San Francisco		1:55.08
20 Francesca Gravem	SR	Capuchino High School		1:56.43
--- Lilyanna Carpenter	JR	Terra Nova		DQ

Girls 50 Yard Butterfly Junior Varsity

PAL:	28.69	2006	Justine Cordon	Capuchino
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Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Emma Magayanes	FR	Westmoor	33.70	33.65
2 Nyla Macairan	FR	El Camino	35.15	34.43
3 Megan Wong	SO	Hillsdale	36.70	38.44
4 Shira Siegel	FR	Hillsdale	39.26	38.59
5 Hailey Lema	SO	Hillsdale	39.26	39.21
6 Claudia Charles	FR	Half Moon Bay	54.78	50.23

Girls 50 Yard Butterfly Junior Varsity

PAL:	28.69	2006	Justine Cordon	Capuchino
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Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Emma Magayanes	FR	Westmoor		33.70 q
2 Nyla Macairan	FR	El Camino		35.15 q

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Preliminaries ... (Girls 50 Yard Butterfly Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time
3 Megan Wong	SO	Hillsdale		36.70 q
*4 Shira Siegel	FR	Hillsdale		39.26 q
*4 Hailey Lema	SO	Hillsdale		39.26 q
6 Claudia Charles	FR	Half Moon Bay		54.78 q
---	Julie Nair	SO	Half Moon Bay	NS

Girls 100 Yard Butterfly Varsity

PAL:	1:00.52	2008	Megan Beach	Sequoia
	54.38	ALAM Auto	Al-American	
	55.48	CONS Al-American	Consider	
	55.50	CIF	CIF State MEET	
	1:00.99	CCS		

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Makena Truong	FR	Hillsdale	1:04.51	1:02.60
2 Kamryn Stevenson	FR	Terra Nova	1:02.38	1:03.32
3 Caitlyn So	SO	El Camino	1:06.55	1:05.58
4 Louisa Kearns	JR	Half Moon Bay	1:09.24	1:05.64
5 Zoe Chait	SR	Half Moon Bay	1:09.17	1:09.06
6 Taylor Lam	SO	Westmoor	1:11.12	1:10.72
B - Final				
7 Sadie Wong	JR	Hillsdale	1:11.75	1:11.56
8 Charis Taner	FR	Half Moon Bay	1:12.93	1:12.61
9 Ashley Cai	JR	Oceana	1:24.53	1:24.41
10 Rayna Quintana	FR	Capuchino High School	1:32.73	1:32.42
11 Sophia Ramirez	JR	Capuchino High School	1:43.07	1:41.23

Girls 100 Yard Butterfly Varsity

PAL:	1:00.52	2008	Megan Beach	Sequoia
	54.38	ALAM Auto	Al-American	
	55.48	CONS Al-American	Consider	
	55.50	CIF	CIF State MEET	
	1:00.99	CCS		

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Kamryn Stevenson	FR	Terra Nova		1:02.38 q
2 Makena Truong	FR	Hillsdale		1:04.51 q
3 Caitlyn So	SO	El Camino		1:06.55 q
4 Zoe Chait	SR	Half Moon Bay		1:09.17 q
5 Louisa Kearns	JR	Half Moon Bay		1:09.24 q
6 Taylor Lam	SO	Westmoor		1:11.12 q
7 Sadie Wong	JR	Hillsdale		1:11.75 q
8 Charis Taner	FR	Half Moon Bay		1:12.93 q
9 Ashley Cai	JR	Oceana		1:24.53 q
10 Rayna Quintana	FR	Capuchino High School		1:32.73 q
11 Arianna Moreno	SR	Capuchino High School		1:34.66 q
12 Sophia Ramirez	JR	Capuchino High School		1:43.07 q

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 100 Yard IM Junior Varsity

PAL: 1:09.04		1999	Cara Savelli		Westmoor	
Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Emma Magayanes	FR	Westmoor	1:18.33	1:18.03	
2	Nyla Macairan	FR	El Camino	1:23.33	1:23.46	
3	Megan Wong	SO	Hillsdale	1:26.87	1:25.06	
4	Phoebe Lin	FR	Hillsdale	1:25.22	1:26.99	
5	Simone Fischer	FR	Half Moon Bay	1:30.60	1:30.06	
---	Jordan Lin	JR	Hillsdale	1:24.07	DQ	
B - Final						
7	Alyssa Moreno	FR	Capuchino High School	1:45.25	1:46.41	

Girls 100 Yard IM Junior Varsity

PAL: 1:09.04		1999	Cara Savelli		Westmoor	
Name		Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Emma Magayanes	FR	Westmoor		1:18.33	q
2	Nyla Macairan	FR	El Camino		1:23.33	q
3	Jordan Lin	JR	Hillsdale		1:24.07	q
4	Phoebe Lin	FR	Hillsdale		1:25.22	q
5	Megan Wong	SO	Hillsdale		1:26.87	q
6	Simone Fischer	FR	Half Moon Bay		1:30.60	q
7	Alyssa Moreno	FR	Capuchino High School		1:45.25	q
8	Cecilia Arroyo	JR	Capuchino High School		1:49.96	q
---	Julie Nair	SO	Half Moon Bay		DQ	
---	Stella Fischer	SO	Half Moon Bay		DQ	
---	Vanessa Vieira	SO	Hillsdale		DQ	

Girls 200 Yard IM Varsity

PAL: 2:06.51		4/28/2023	Calista Lynch		El Camino	
2:01.46		ALAM Auto AI-American				
2:04.01		CONS AI-American Consider				
2:04.13		CIF CIF State MEET				
2:16.99		CCS				
Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Gabrielle Lai	SR	El Camino	2:17.27	2:15.47	CCS
2	Shreya Kashyap	JR	Hillsdale	2:24.72	2:20.52	
3	Kelsni Cheng	JR	Oceana	2:26.32	2:23.75	
4	Louisa Kearns	JR	Half Moon Bay	2:30.81	2:26.18	
5	Taylor Lam	SO	Westmoor	2:35.16	2:33.74	
6	Charis Taner	FR	Half Moon Bay	2:36.80	2:35.98	
B - Final						
7	Robelynn Cruz	SO	Jefferson	2:50.21	2:45.69	
8	Summer Simpson	JR	Terra Nova	2:54.81	2:50.17	
9	Kinsley Barron	JR	Hillsdale	2:55.63	2:52.94	
10	Tori Chhay	JR	Hillsdale	2:58.40	2:56.15	
11	Isla Ragozin	JR	Half Moon Bay	3:04.58	3:07.15	
---	Sascha Ebinger	SR	Terra Nova	2:47.50	DQ	

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Girls 200 Yard IM Varsity

PAL: 2:06.51 4/28/2023 Calista Lynch El Camino
2:01.46 ALAM Auto Al-American
2:04.01 CONS Al-American Consider
2:04.13 CIF CIF State MEET
2:16.99 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Gabrielle Lai	SR	El Camino		2:17.27 q
2	Shreya Kashyap	JR	Hillsdale		2:24.72 q
3	Kelsni Cheng	JR	Oceana		2:26.32 q
4	Louisa Kearns	JR	Half Moon Bay		2:30.81 q
5	Taylor Lam	SO	Westmoor		2:35.16 q
6	Charis Taner	FR	Half Moon Bay		2:36.80 q
7	Sascha Ebinger	SR	Terra Nova		2:47.50 q
8	Robelynn Cruz	SO	Jefferson		2:50.21 q
9	Summer Simpson	JR	Terra Nova		2:54.81 q
10	Kinsley Barron	JR	Hillsdale		2:55.63 q
11	Tori Chhay	JR	Hillsdale		2:58.40 q
12	Isla Ragozin	JR	Half Moon Bay		3:04.58 q
13	Rayna Quintana	FR	Capuchino High School		3:05.61
14	Flynn Bennett	SO	Half Moon Bay		3:08.85
15	Sarai Freeman	JR	Capuchino High School		3:37.21

Girls 200 Yard Freestyle Relay Junior Varsity

PAL: 1:54.07 1998 Sequoia
1:35.36 ALAM Auto Al-American
1:37.15 CONS Al-American Consider
1:37.16 CIF CIF State MEET
1:46.99 CCS

Team		Relay		Finals Time
1	El Camino	A		2:09.55
	1) Cynthia Fu SO	2) Ryley Saavedra SO	3) Nyla Macairan FR	4) Elina Jumanan JR
2	Hillsdale	A		2:18.63
	1) Shira Siegel FR	2) Annabel Okamoto FR	3) Hailey Lema SO	4) Logan Wheeler SO
3	Half Moon Bay	A		2:21.33
	1) Stella Fischer SO	2) Lauren McClellen SO	3) Zee Forrest SO	4) Simone Fischer FR
4	Capuchino High School	A		2:31.34
	1) Brooke Griffin FR	2) Makeila Rebusi JR	3) Jaiden Owens SO	4) Ivana Young SO
5	Jefferson	A		2:51.55
	1) Dorothy Alinea SO	2) Kalina Chen SO	3) Gabriela Funes SO	4) Liliane Domingo SO
6	Westmoor	A		2:58.73
	1) Vanessa Selu FR	2) Tanya Xu JR	3) Sophia Latt SO	4) Hayley Cortez JR

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 200 Yard Freestyle Relay Varsity****PAL: 1:44.79 2015****San Mateo****1:35.36 ALAM Auto Al-American****1:37.15 CONS Al-American Consider****1:37.16 CIF CIF State MEET****1:46.99 CCS**

Team	Relay			Finals Time
1 Half Moon Bay	A			1:48.63
1) Charis Taner FR	2) Alex Sardella JR	3) Louisa Kearns JR	4) Zoe Chait SR	
2 Westmoor	A			1:57.64
1) Allison Pascual SR	2) Madison Lam SR	3) Azusa Fini SO	4) Janice Leung SR	
3 El Camino	A			1:58.01
1) Caitlyn So SO	2) Samantha Yee SR	3) Abigal Chui SO	4) Gabrielle Lai SR	
4 Hillsdale	A			2:06.27
1) Adeline Aquinio JR	2) Tori Chhay JR	3) Camryn Gutierrez SO	4) Amelia Veis SO	
5 Terra Nova	A			2:14.43
1) Claire Beckler FR	2) Maeve Keaney SO	3) Jordyn Gohn JR	4) Anya Bullis SO	
6 Jefferson	A			2:39.40
1) Hannah Gonzalez SR	2) Charmay Repollo JR	3) Robelynn Cruz SO	4) Althea Rosario JR	
--- Capuchino High School	A			SCR
1) Daisy Huerta JR	2) Quinn Quintana SR	3) Emilia Singer SO	4) Jenna Choy JR	

Girls 400 Yard Freestyle Relay Junior Varsity**PAL: 4:19.11 2008****Hillsdale****3:27.68 ALAM Auto Al-American****3:31.16 CONS Al-American Consider****3:32.13 CIF CIF State MEET****3:56.99 CCS**

Team	Relay			Finals Time
1 Hillsdale	A			5:22.40
1) Jessica Garcia Vargas JR	2) Phoebe Lin FR	3) Kaylee Lopez Top JR	4) Megan Wong SO	
2 Westmoor	A			5:36.29
1) Krystalyn Isleta JR	2) Emily Liang SO	3) Brianna Kuang SO	4) Emma Magayanes FR	
--- Jefferson	A			DQ
1) Dorothy Alinea SO	2) Kalina Chen SO	3) Mariel Holgado SO	4) Liliane Domingo SO	

Girls 400 Yard Freestyle Relay Varsity**PAL: 3:53.50 2004****Carlmont****3:27.68 ALAM Auto Al-American****3:31.16 CONS Al-American Consider****3:32.13 CIF CIF State MEET****3:56.99 CCS**

Team	Relay			Finals Time
1 Half Moon Bay	A			3:58.93
1) Charis Taner FR	2) Alex Sardella JR	3) Louisa Kearns JR	4) Zoe Chait SR	
2 Hillsdale	A			4:01.79
1) Shreya Kashyap JR	2) Samantha Lin JR	3) Makena Truong FR	4) Sadie Wong JR	
3 Westmoor	A			4:18.42
1) Madison Lam SR	2) Janice Leung SR	3) Taylor Lam SO	4) Cat Nightingale SR	
4 Oceana	A			4:48.80
1) Sydney Yen SO	2) Kelsni Cheng JR	3) Meadow Dart SR	4) Ashley Cai JR	
5 Terra Nova	A			4:58.62
1) Summer Simpson JR	2) Anya Bullis SO	3) Lilyanna Carpenter JR	4) Angela Parr FR	

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 200 Yard Medley Relay Varsity

PAL: 1:54.70 2015

San Mateo

1:44.27 ALAM Auto Al-American

1:46.16 CONS Al-American Consider

1:46.89 CIF CIF State MEET

1:58.99 CCS

Team		Relay		Finals Time	
1	Hillsdale	A		1:57.80	CCS
	1) Samantha Lin JR	2) Shreya Kashyap JR	3) Sadie Wong JR	4) Makena Truong FR	
2	El Camino	A		2:07.80	
	1) Caitlyn So SO	2) Abigal Chui SO	3) Gabrielle Lai SR	4) Samantha Yee SR	
3	Westmoor	A		2:08.52	
	1) Taylor Lam SO	2) Allison Pascual SR	3) Cat Nightingale SR	4) Azusa Fini SO	
4	Half Moon Bay	A		2:13.03	
	1) Makenzie Bazan FR	2) Phoebe Grant SR	3) Cassidy Brians SO	4) Angel Tinetti SR	
5	Oceana	A		2:21.55	
	1) Meadow Dart SR	2) Kelsni Cheng JR	3) Ashley Cai JR	4) Emma Kim SO	
6	Jefferson	A		3:00.87	
	1) Althea Rosario JR	2) Robelynn Cruz SO	3) Hannah Gonzalez SR	4) Charmay Repollo JR	
---	Terra Nova	A		DQ	
	1) Bryer Rose FR	2) Sascha Ebinger SR	3) Kamryn Stevenson FR	4) Angela Parr FR	
---	Capuchino High School	A		SCR	
	1) Daisy Huerta JR	2) Jenna Choy JR	3) Quinn Quintana SR	4) Emilia Singer SO	

Girls 200 Yard Medley Relay Junior Varsity

PAL: 2:07.41 1997

Terra Nova

1:44.27 ALAM Auto Al-American

1:46.16 CONS Al-American Consider

1:46.89 CIF CIF State MEET

1:58.99 CCS

Team		Relay		Finals Time	
1	El Camino	A		2:29.14	
	1) Cynthia Fu SO	2) Elina Jumanan JR	3) Nyla Macairan FR	4) Ryley Saavedra SO	
2	Hillsdale	A		2:30.09	
	1) Phoebe Lin FR	2) Vanessa Vieira SO	3) Hailey Lema SO	4) Annabel Okamoto FR	
3	Westmoor	A		2:41.16	
	1) Krystalyn Isleta JR	2) Emily Liang SO	3) Emma Magayanes FR	4) Brianna Kuang SO	
4	Half Moon Bay	A		2:42.34	
	1) Stella Fischer SO	2) Elena Liu JR	3) Julie Nair SO	4) Simone Fischer FR	
5	Capuchino High School	A		3:00.79	
	1) Riley Burton FR	2) Makeila Rebusi JR	3) Alyssa Moreno FR	4) Ivana Young SO	

Boys 50 Yard Freestyle Varsity

PAL: 21.27 5/3/2019 Nathaniel Macapagal

El Camino

20.43 ALAM Auto Al-American

20.85 CONS Al-American Consider

20.90 CIF CIF State MEET

22.59 CCS

Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Dane Potter	SR	Terra Nova	21.46	21.80	CCS
2	Ashton Phan	SR	El Camino	22.57	22.07	CCS

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

A - Final ... (Boys 50 Yard Freestyle Varsity)

Name		Yr	School	Prelim Time	Finals Time	
3	Jackson Grafilo	SO	Westmoor	22.96	22.52	CCS
4	Chris Stray	SO	Hillsdale	23.18	23.35	
5	Marcus McMichael	FR	Terra Nova	24.13	23.94	
6	Brennan Higaki	SR	Half Moon Bay	24.87	25.11	

B - Final

7	Jonathan Martins-Rettes	SO	Terra Nova	25.40	24.85	
8	Taner Heidenreich	SO	Hillsdale	25.03	24.92	
9	Jerrick Sunga	FR	South San Francisco	25.16	25.27	
10	Mathew Jenkins-Cruz	JR	Oceana	25.48	25.52	
11	Anderson Birkett	FR	Hillsdale	25.94	26.02	
12	Shane McGuirk	JR	Half Moon Bay	26.01	26.43	

Boys 50 Yard Freestyle Junior Varsity

PAL:	24.93	2015	Jarod Frias	Capuchino
	20.43		ALAM Auto Al-American	
	20.85		CONS Al-American Consider	
	20.90		CIF CIF State MEET	
	22.59		CCS	

Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Zander Merrill	SO	Half Moon Bay	23.97	23.70	
2	Bradley Petterson	FR	El Camino	27.43	27.66	
3	Josh Parecki	SO	Hillsdale	28.84	28.62	
4	Nova Auerbach Polanco	JR	Westmoor	30.26	29.35	
5	Soren Eoff	SO	Half Moon Bay	29.77	29.59	
6	Ryan Moe	SO	El Camino	31.47	30.80	

B - Final

7	Patrick Tang	SO	El Camino	31.50	31.47	
8	Gabe Singer	SO	Hillsdale	31.85	32.46	
9	Emre Uygur	FR	Hillsdale	36.40	35.76	
10	Yiu-wai Wu	FR	Oceana	39.37	40.94	
---	Omar Alsharif	FR	Capuchino High School	37.15	DQ	

Boys 50 Yard Freestyle Varsity

PAL:	21.27	5/3/2019	Nathaniel Macapagal	El Camino
	20.43		ALAM Auto Al-American	
	20.85		CONS Al-American Consider	
	20.90		CIF CIF State MEET	
	22.59		CCS	

Name		Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Dane Potter	SR	Terra Nova		21.46	qCCS
2	Ashton Phan	SR	El Camino		22.57	qCCS
3	Jackson Grafilo	SO	Westmoor		22.96	q
4	Chris Stray	SO	Hillsdale		23.18	q
5	Marcus McMichael	FR	Terra Nova		24.13	q
6	Brennan Higaki	SR	Half Moon Bay		24.87	q
7	Taner Heidenreich	SO	Hillsdale		25.03	q
8	Jerrick Sunga	FR	South San Francisco		25.16	q
9	Jonathan Martins-Rettes	SO	Terra Nova		25.40	q

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Preliminaries ... (Boys 50 Yard Freestyle Varsity)

	Name	Yr	School	Seed Time	Prelim Time
10	Mathew Jenkins-Cruz	JR	Oceana		25.48 q
11	Anderson Birkett	FR	Hillsdale		25.94 q
12	Shane McGuirk	JR	Half Moon Bay		26.01 q
13	Gabriel Hua	SR	El Camino		26.10
14	Lawrence Kuang	SR	Westmoor		26.14
15	Kaleo Lozada	SR	Capuchino High School		26.66
16	Jayden Vong	JR	Oceana		27.28
17	Elliot Mai	SO	Capuchino High School		27.35
18	Jake Curthoys	JR	Half Moon Bay		27.94
19	Austin Lu	SO	Hillsdale		27.99
20	Shane Ansgarius	FR	Terra Nova		28.91
21	JB Ferreira	JR	Capuchino High School		30.87
22	James Verdura	JR	Half Moon Bay		31.09
23	Tyler Fassler	JR	Capuchino High School		31.78
24	Eljhon Valenzuela	SO	South San Francisco		32.61
25	Xavier Caspe	JR	Jefferson		33.60
26	Benicio Chavez Cordell	SO	South San Francisco		34.04
27	Gabriel Machado	SO	South San Francisco		36.16
28	Dennis Wong	SR	Oceana		43.55

Boys 50 Yard Freestyle Junior Varsity

PAL:	24.93	2015	Jarod Frias	Capuchino
	20.43	ALAM Auto	Al-American	
	20.85	CONS	Al-American	Consider
	20.90	CIF	CIF State	MEET
	22.59	CCS		

	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Zander Merrill	SO	Half Moon Bay		23.97 q
2	Bradley Petterson	FR	El Camino		27.43 q
3	Josh Parecki	SO	Hillsdale		28.84 q
4	Soren Eoff	SO	Half Moon Bay		29.77 q
5	Nova Auerbach Polanco	JR	Westmoor		30.26 q
6	Ezra Quiroz	FR	Capuchino High School		30.59 q
7	Ryan Moe	SO	El Camino		31.47 q
8	Patrick Tang	SO	El Camino		31.50 q
9	Gabe Singer	SO	Hillsdale		31.85 q
10	Emre Uygur	FR	Hillsdale		36.40 q
11	Omar Alsharif	FR	Capuchino High School		37.15 q
12	Mataio Lozada	SO	Capuchino High School		37.84 q
13	Yiu-wai Wu	FR	Oceana		39.37
---	Declan Reed	FR	Oceana		NS
---	Colin Travis	JR	Half Moon Bay		SCR

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Boys 100 Yard Freestyle Varsity

PAL: 46.98 5/4/2019 Nathaniel Macapagal El Camino

44.83 ALAM Auto Al-American

45.64 CONS Al-American Consider

46.05 CIF CIF State MEET

49.69 CCS

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Liam Wilson	SR	Half Moon Bay	49.72	49.77
2	Kyle Chen	SO	Westmoor	52.58	51.03
3	Aditya Tendulkar	JR	Hillsdale	53.70	51.82
4	Adit Rai	SR	El Camino	56.62	55.86
5	Taner Heidenreich	SO	Hillsdale	55.34	56.49
6	Anderson Birkett	FR	Hillsdale	57.88	58.55
B - Final					
7	Gabriel Hua	SR	El Camino	58.05	57.53
8	Lawrence Kuang	SR	Westmoor	59.52	1:00.17
9	Vaisigago Uperesa-Teleai	SR	Terra Nova	58.31	1:00.31
10	Josh Kyaw	SR	Westmoor	1:01.04	1:00.65
11	Alexander Glynn	JR	Terra Nova	1:00.95	1:01.51
12	Chris Yoberd	JR	Oceana	1:02.39	1:03.15

Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012 Avery Calhoun Half Moon Bay

44.83 ALAM Auto Al-American

45.64 CONS Al-American Consider

46.05 CIF CIF State MEET

49.69 CCS

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Zander Merrill	SO	Half Moon Bay	51.63	52.67
2	Matthew Cho	JR	El Camino	1:03.57	1:03.31
3	Bradley Petterson	FR	El Camino	1:01.44	1:03.40
4	David Nguyen	SO	El Camino	1:07.28	1:07.04
5	Erkan Mecit	SO	Hillsdale	1:08.47	1:08.17
6	Krounyx Bolleser	JR	Westmoor	1:09.35	1:10.16
B - Final					
7	Skyler Liu	FR	El Camino	1:13.69	1:09.85
8	Gabe Singer	SO	Hillsdale	1:13.18	1:11.84
9	Alex Wright	FR	Hillsdale	1:17.37	1:20.13

Boys 100 Yard Freestyle Varsity

44.83 ALAM Auto Al-American

45.64 CONS Al-American Consider

46.05 CIF CIF State MEET

49.69 CCS

Name		Yr	School	Finals Time	
1	Liam Wilson	SR	Half Moon Bay	49.42	CCS

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Boys 100 Yard Freestyle Swim-off Varsity

- 44.83 ALAM Auto Al-American
- 45.64 CONS Al-American Consider
- 46.05 CIF CIF State MEET
- 49.69 CCS

Name		Yr	School	Finals Time
- Swim-off				
1	Jake Curthoys	JR	Half Moon Bay	1:00.39
2	Jayden Vong	JR	Oceana	1:04.65

Boys 100 Yard Freestyle Junior Varsity

- PAL: 55.26 2012 Avery Calhoun Half Moon Bay
- 44.83 ALAM Auto Al-American
 - 45.64 CONS Al-American Consider
 - 46.05 CIF CIF State MEET
 - 49.69 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Zander Merrill	SO	Half Moon Bay	51.63	q
2	Bradley Petterson	FR	El Camino	1:01.44	q
3	Matthew Cho	JR	El Camino	1:03.57	q
4	David Nguyen	SO	El Camino	1:07.28	q
5	Erkan Mecit	SO	Hillsdale	1:08.47	q
6	Krounyx Bolleser	JR	Westmoor	1:09.35	q
7	Gabe Singer	SO	Hillsdale	1:13.18	q
8	Skyler Liu	FR	El Camino	1:13.69	q
---	Alex Wright	FR	Hillsdale	DQ	
---	Colin Travis	JR	Half Moon Bay	SCR	
---	Nathan Kuang	JR	Westmoor	SCR	

Boys 100 Yard Freestyle Varsity

- PAL: 46.98 5/4/2019 Nathaniel Macapagal El Camino
- 44.83 ALAM Auto Al-American
 - 45.64 CONS Al-American Consider
 - 46.05 CIF CIF State MEET
 - 49.69 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Liam Wilson	SR	Half Moon Bay	49.72	q
2	Kyle Chen	SO	Westmoor	52.58	q
3	Aditya Tendulkar	JR	Hillsdale	53.70	q
4	Taner Heidenreich	SO	Hillsdale	55.34	q
5	Adit Rai	SR	El Camino	56.62	q
6	Anderson Birkett	FR	Hillsdale	57.88	q
7	Gabriel Hua	SR	El Camino	58.05	q
8	Vaisigago Uperesa-Teleai	SR	Terra Nova	58.31	q
9	Lawrence Kuang	SR	Westmoor	59.52	q
10	Alexander Glynn	JR	Terra Nova	1:00.95	q
11	Josh Kyaw	SR	Westmoor	1:01.04	q
12	Kaleo Lozada	SR	Capuchino High School	1:01.23	q

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Preliminaries ... (Boys 100 Yard Freestyle Varsity)**

	Name	Yr	School	Seed Time	Prelim Time
13	Chris Yoberd	JR	Oceana		1:02.39
*14	Jayden Vong	JR	Oceana		1:02.59
*14	Jake Curthoys	JR	Half Moon Bay		1:02.59

Swim-Off Required

16	Austin Lu	SO	Hillsdale		1:04.55
17	Dom Mathers	FR	Capuchino High School		1:05.66
18	Edward Tian	JR	South San Francisco		1:06.48
19	Adam Rice	FR	Terra Nova		1:07.02
20	Christian Perez	JR	Capuchino High School		1:08.82
21	Jacob Truong	FR	Terra Nova		1:08.85
22	James Verdura	JR	Half Moon Bay		1:09.72
23	Gabriel Machado	SO	South San Francisco		1:17.97
24	Keanu Morikawa	SR	Capuchino High School		1:18.96
25	Lance Kim	SO	Oceana		1:19.57
---	Benicio Chavez Cordell	SO	South San Francisco		SCR

Boys 200 Yard Freestyle Varsity

PAL:	1:45.26	2013	JJ Harlet	San Mateo
	1:38.67		ALAM Auto Al-American	
	1:40.06		CONS Al-American Consider	
	1:40.18		CIF CIF State MEET	
	1:48.99		CCS	

	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Liam Wilson	SR	Half Moon Bay	1:48.34	1:50.32
2	Chris Stray	SO	Hillsdale	1:56.34	1:56.42
3	Joaquin Grafilo	SR	Westmoor	2:00.71	1:59.31
4	Isaiah Yeager	SO	Hillsdale	2:03.03	2:00.74
5	Brennan Higaki	SR	Half Moon Bay	2:02.66	2:04.06
6	Adit Rai	SR	El Camino	2:04.95	2:04.47
B - Final					
7	Lin Myat	SO	Westmoor	2:06.49	2:06.94
8	Mathew Jenkins-Cruz	JR	Oceana	2:14.41	2:09.71
9	Braiden Sommerfeld	FR	Hillsdale	2:12.59	2:09.87
10	Isaac Goulart	JR	Half Moon Bay	2:13.35	2:15.76
11	Sav Zhukov	FR	Oceana	2:29.31	2:25.73
12	Chris Yoberd	JR	Oceana	2:27.25	2:28.54

Boys 200 Yard Freestyle Junior Varsity

PAL:	2:02.44	2002	Carlos Sanchez	Terra Nova
	1:38.67		ALAM Auto Al-American	
	1:40.06		CONS Al-American Consider	
	1:40.18		CIF CIF State MEET	
	1:48.99		CCS	

	Name	Yr	School	Finals Time
1	Benjamin Steinbach	SO	Hillsdale	2:16.16
2	Brendan Chen	FR	El Camino	2:22.85
3	Nate Evans	SO	Hillsdale	2:31.41
4	David Nguyen	SO	El Camino	2:32.74
5	Krounyx Bolleser	JR	Westmoor	2:44.90

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

(Boys 200 Yard Freestyle Junior Varsity)

Name	Yr	School	Finals Time
--- Nathan Kuang	JR	Westmoor	SCR

Boys 200 Yard Freestyle Varsity

PAL:	1:45.26	2013	JJ Harlet	San Mateo
	1:38.67	ALAM Auto	Al-American	
	1:40.06	CONS Al-American	Consider	
	1:40.18	CIF	CIF State MEET	
	1:48.99	CCS		

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Liam Wilson	SR	Half Moon Bay		1:48.34 qCCS
2 Chris Stray	SO	Hillsdale		1:56.34 q
3 Joaquin Grafilo	SR	Westmoor		2:00.71 q
4 Brennan Higaki	SR	Half Moon Bay		2:02.66 q
5 Isaiah Yeager	SO	Hillsdale		2:03.03 q
6 Adit Rai	SR	El Camino		2:04.95 q
7 Lin Myat	SO	Westmoor		2:06.49 q
8 Braiden Sommerfeld	FR	Hillsdale		2:12.59 q
9 Isaac Goulart	JR	Half Moon Bay		2:13.35 q
10 Mathew Jenkins-Cruz	JR	Oceana		2:14.41 q
11 Chris Yoberd	JR	Oceana		2:27.25 q
12 Sav Zhukov	FR	Oceana		2:29.31 q
13 Dom Mathers	FR	Capuchino High School		2:29.48
14 Jacob Truong	FR	Terra Nova		2:33.64
15 Shane Ansgarius	FR	Terra Nova		2:34.78
16 Josh Kyaw	SR	Westmoor		2:38.21
17 Wyatt Haggarty	SO	Terra Nova		2:39.63
18 Angel De La Cruz	SR	Jefferson		2:47.33
19 Dominic Presta	SO	Oceana		2:52.86

Boys 500 Yard Freestyle Varsity

PAL:	4:45.10	2010	Ronald Chen	San Mateo
	4:29.39	ALAM Auto	Al-American	
	4:31.94	CIF	CIF State MEET	
	4:33.16	CONS Al-American	Consider	
	4:57.99	CCS		

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Ryan Musich	SR	Hillsdale	4:51.96	4:49.76 CCS
2 Milan Dizitser	FR	Hillsdale	5:18.64	5:12.53
3 Lin Myat	SO	Westmoor	5:47.08	5:44.20
4 Gavin Koelsch	JR	Half Moon Bay	6:12.85	6:07.74
5 Zackery Fung	SO	El Camino	6:24.71	6:17.30
6 Adam Rice	FR	Terra Nova	6:30.78	6:56.08
B - Final				
7 Sav Zhukov	FR	Oceana	7:07.29	7:10.32
8 Angel De La Cruz	SR	Jefferson	7:53.51	7:55.75

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Boys 500 Yard Freestyle Varsity

PAL: 4:45.10 2010 Ronald Chen San Mateo
4:29.39 ALAM Auto Al-American
4:31.94 CIF CIF State MEET
4:33.16 CONS Al-American Consider
4:57.99 CCS

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Ryan Musich	SR	Hillsdale		4:51.96 qCCS
2	Milan Dizitser	FR	Hillsdale		5:18.64 q
3	Lin Myat	SO	Westmoor		5:47.08 q
4	Gavin Koelsch	JR	Half Moon Bay		6:12.85 q
5	Zackery Fung	SO	El Camino		6:24.71 q
6	Adam Rice	FR	Terra Nova		6:30.78 q
7	Sav Zhukov	FR	Oceana		7:07.29 q
8	Angel De La Cruz	SR	Jefferson		7:53.51 q

Boys 50 Yard Backstroke Junior Varsity

PAL: 28.37 2010 Carter White Half Moon Bay

Name		Yr	School	Prelim Time	Finals Time
A - Final					
1	Nate Evans	SO	Hillsdale	34.23	33.57
2	Anzell Nursalim	SO	El Camino	36.27	33.75
3	Emmett Forrest	FR	Half Moon Bay	37.74	40.09
4	Gabriel Javinal	FR	El Camino	43.86	42.59
5	Patrick Tang	SO	El Camino	44.09	46.99
---	Evan Fu	FR	Hillsdale	44.50	DQ
B - Final					
7	Emre Uygur	FR	Hillsdale	45.92	45.78
8	Sergio Fonseca Paredes	FR	Capuchino High School	52.66	50.11

Boys 50 Yard Backstroke Junior Varsity

PAL: 28.37 2010 Carter White Half Moon Bay

Name		Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Nate Evans	SO	Hillsdale		34.23 q
2	Anzell Nursalim	SO	El Camino		36.27 q
3	Emmett Forrest	FR	Half Moon Bay		37.74 q
4	Gabriel Javinal	FR	El Camino		43.86 q
5	Patrick Tang	SO	El Camino		44.09 q
6	Evan Fu	FR	Hillsdale		44.50 q
7	Emre Uygur	FR	Hillsdale		45.92 q
8	Sergio Fonseca Paredes	FR	Capuchino High School		52.66 q
---	Ethan Liu	SO	El Camino		DFS
Declared false start					

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Boys 100 Yard Backstroke Varsity

PAL: 50.60 4/28/2022 Jeremy Tan El Camino
49.07 ALAM Auto Al-American
49.90 CIF CIF State MEET
50.18 CONS Al-American Consider
56.99 CCS

Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Ashton Phan	SR	El Camino	55.20	52.58	CCS
2	Dane Potter	SR	Terra Nova	55.92	55.81	CCS
3	Joaquin Grafilo	SR	Westmoor	1:00.62	59.36	
4	Jacob Ng	SO	Hillsdale	1:03.32	1:01.48	
5	Adam Hu	SO	El Camino	1:04.51	1:03.84	
6	Maurico Navarro	FR	El Camino	1:04.33	1:04.56	
B - Final						
7	Kyle Chen	SO	Westmoor	1:05.73	1:03.52	
8	Isaac Goulart	JR	Half Moon Bay	1:07.92	1:10.53	
9	Alexander Glynn	JR	Terra Nova	1:11.91	1:10.69	
10	Zackery Fung	SO	El Camino	1:11.43	1:11.40	
11	Baker Book	JR	Half Moon Bay	1:11.31	1:11.44	
12	Clive Go	SO	Jefferson	1:15.25	1:14.19	

Boys 100 Yard Backstroke Junior Varsity

PAL: 1:02.45 2010 Carter White Half Moon Bay
49.07 ALAM Auto Al-American
49.90 CIF CIF State MEET
50.18 CONS Al-American Consider
56.99 CCS

Name		Yr	School	Finals Time
1	Anzell Nursalim	SO	El Camino	1:20.56
2	Nova Auerbach Polanco	JR	Westmoor	1:21.71
3	Matthew Pun	JR	El Camino	1:27.78
4	Ethan Liu	SO	El Camino	1:30.04
5	Kamal Khalil	FR	Hillsdale	1:47.01

Boys 100 Yard Backstroke Varsity

PAL: 50.60 4/28/2022 Jeremy Tan El Camino
49.07 ALAM Auto Al-American
49.90 CIF CIF State MEET
50.18 CONS Al-American Consider
56.99 CCS

Name		Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Ashton Phan	SR	El Camino		55.20	qCCS
2	Dane Potter	SR	Terra Nova		55.92	qCCS
3	Joaquin Grafilo	SR	Westmoor		1:00.62	q
4	Jacob Ng	SO	Hillsdale		1:03.32	q
5	Maurico Navarro	FR	El Camino		1:04.33	q
6	Adam Hu	SO	El Camino		1:04.51	q
7	Kyle Chen	SO	Westmoor		1:05.73	q
8	Isaac Goulart	JR	Half Moon Bay		1:07.92	q

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Preliminaries ... (Boys 100 Yard Backstroke Varsity)

Name	Yr	School	Seed Time	Prelim Time
9 Baker Book	JR	Half Moon Bay		1:11.31 q
10 Zackery Fung	SO	El Camino		1:11.43 q
11 Alexander Glynn	JR	Terra Nova		1:11.91 q
12 Clive Go	SO	Jefferson		1:15.25 q
*13 Tyler Paing	SR	Oceana		1:19.26
*13 Dominic Presta	SO	Oceana		1:19.26

Swim-Off Required

15 Kai Gieraths	SO	Terra Nova		1:21.31
16 Tyler Fassler	JR	Capuchino High School		1:31.62
17 Jhosse Cerritos Perez	SR	South San Francisco		1:35.48
18 Keanu Morikawa	SR	Capuchino High School		1:39.27

Boys 50 Yard Breaststroke Junior Varsity

PAL:		31.73	2006	Albert Shu	Westmoor	
Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Aden Chang	JR	El Camino	36.64	36.67	
2	Brendan Chen	FR	El Camino	36.05	37.66	
3	Clayton Lau	SO	El Camino	38.21	38.72	
4	Daniel Kim	SO	Hillsdale	39.25	39.19	
5	Emmett Forrest	FR	Half Moon Bay	41.27	42.26	
6	Soren Eoff	SO	Half Moon Bay	43.21	42.70	
B - Final						
7	Kai Higaki	FR	Half Moon Bay	43.41	40.92	
8	Erkan Mecit	SO	Hillsdale	43.83	41.91	
9	Randy Chen	FR	Westmoor	44.71	44.91	

Boys 50 Yard Breaststroke Junior Varsity

PAL:		31.73	2006	Albert Shu		Westmoor	
Name			Yr	School	Seed Time	Prelim Time	
Preliminaries							
1	Brendan Chen		FR	El Camino		36.05	q
2	Aden Chang		JR	El Camino		36.64	q
3	Clayton Lau		SO	El Camino		38.21	q
4	Daniel Kim		SO	Hillsdale		39.25	q
5	Emmett Forrest		FR	Half Moon Bay		41.27	q
6	Soren Eoff		SO	Half Moon Bay		43.21	q
7	Kai Higaki		FR	Half Moon Bay		43.41	q
8	Erkan Mecit		SO	Hillsdale		43.83	q
9	Randy Chen		FR	Westmoor		44.71	q
---	James Newton		FR	El Camino		SCR	
---	Declan Reed		FR	Oceana		SCR	
---	Evan Fu		FR	Hillsdale		SCR	

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Boys 100 Yard Breaststroke Varsity

PAL: 58.75 2018 Nick Tan EL Camino
55.44 ALAM Auto Al-American
56.65 CIF CIF State MEET
56.68 CONS Al-American Consider
1:01.99 CCS

Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Justin Ferrer	JR	Westmoor	59.44	59.42	CCS
2	Aditya Tendulkar	JR	Hillsdale	1:03.73	1:03.61	
3	Leo Lai	FR	El Camino	1:06.59	1:04.78	
4	Marcus McMichael	FR	Terra Nova	1:08.53	1:07.77	
5	Tyler Ho	FR	Westmoor	1:12.13	1:10.50	
6	Henry Cattermole	JR	Half Moon Bay	1:13.05	1:12.75	
B - Final						
7	Isaiah Yeager	SO	Hillsdale	1:13.95	1:10.31	
8	Adam Hu	SO	El Camino	1:13.56	1:12.66	
9	Sean Rogerson	FR	Half Moon Bay	1:14.27	1:12.90	
10	Ryan Choy	JR	Hillsdale	1:15.05	1:14.52	
11	Elliot Mai	SO	Capuchino High School	1:15.06	1:14.67	
12	Maurico Navarro	FR	El Camino	1:14.99	1:15.42	

Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009 Andrew Buckley Terra Nova
55.44 ALAM Auto Al-American
56.65 CIF CIF State MEET
56.68 CONS Al-American Consider
1:01.99 CCS

Name		Yr	School	Prelim Time	Finals Time	
A - Final						
1	Matthew Cho	JR	El Camino	1:21.79	1:18.20	
2	Josh Parecki	SO	Hillsdale	1:24.96	1:23.48	
3	Clayton Lau	SO	El Camino	1:26.88	1:26.39	
4	Aden Chang	JR	El Camino	1:27.71	1:26.84	
5	Daniel Kim	SO	Hillsdale	1:27.47	1:27.94	
6	Kamal Khalil	FR	Hillsdale	1:29.53	1:33.93	
B - Final						
7	Randy Chen	FR	Westmoor	1:39.84	1:38.78	
8	Yiu-wai Wu	FR	Oceana	1:40.37	1:41.82	
9	Omar Alsharif	FR	Capuchino High School	1:56.00	1:54.41	

Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009 Andrew Buckley Terra Nova
55.44 ALAM Auto Al-American
56.65 CIF CIF State MEET
56.68 CONS Al-American Consider
1:01.99 CCS

Name		Yr	School	Seed Time	Prelim Time	
Preliminaries						
1	Matthew Cho	JR	El Camino		1:21.79	q
2	Josh Parecki	SO	Hillsdale		1:24.96	q

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Preliminaries ... (Boys 100 Yard Breaststroke Junior Varsity)

	Name	Yr	School	Seed Time	Prelim Time
3	Clayton Lau	SO	El Camino		1:26.88 q
4	Daniel Kim	SO	Hillsdale		1:27.47 q
5	Aden Chang	JR	El Camino		1:27.71 q
6	Ezra Quiroz	FR	Capuchino High School		1:29.02 q
7	Kamal Khalil	FR	Hillsdale		1:29.53 q
8	Randy Chen	FR	Westmoor		1:39.84 q
9	Yiu-wai Wu	FR	Oceana		1:40.37 q
10	Omar Alsharif	FR	Capuchino High School		1:56.00 q
---	James Newton	FR	El Camino		SCR

Boys 100 Yard Breaststroke Varsity

PAL:	58.75	2018	Nick Tan	EL Camino
	55.44	ALAM Auto	AL-American	
	56.65	CIF	CIF State	MEET
	56.68	CONS	AL-American	Consider
	1:01.99	CCS		

	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Justin Ferrer	JR	Westmoor		59.44 qCCS
2	Aditya Tendulkar	JR	Hillsdale		1:03.73 q
3	Leo Lai	FR	El Camino		1:06.59 q
4	Marcus McMichael	FR	Terra Nova		1:08.53 q
5	Tyler Ho	FR	Westmoor		1:12.13 q
6	Henry Cattermole	JR	Half Moon Bay		1:13.05 q
7	Adam Hu	SO	El Camino		1:13.56 q
8	Isaiah Yeager	SO	Hillsdale		1:13.95 q
9	Sean Rogerson	FR	Half Moon Bay		1:14.27 q
10	Maurico Navarro	FR	El Camino		1:14.99 q
11	Ryan Choy	JR	Hillsdale		1:15.05 q
12	Elliot Mai	SO	Capuchino High School		1:15.06 q
13	Gavin Koelsch	JR	Half Moon Bay		1:16.97
14	Ian Keaney	SR	Terra Nova		1:18.35
15	Christian Perez	JR	Capuchino High School		1:24.54
16	Xavier Caspe	JR	Jefferson		1:25.69
17	Wyatt Haggarty	SO	Terra Nova		1:25.89
18	Erik Lo	SO	Capuchino High School		1:28.02
19	Edward Tian	JR	South San Francisco		1:30.98
20	Kai Gieraths	SO	Terra Nova		1:31.83
21	Jaden Ortiz	JR	Oceana		1:33.85
22	Lance Kim	SO	Oceana		1:36.92
---	Jhosse Cerritos Perez	SR	South San Francisco		DQ
---	Eljhon Valenzuela	SO	South San Francisco		SCR
---	Aiden Ng	SO	Oceana		SCR

Boys 50 Yard Butterfly Junior Varsity

PAL:	27.83	2015	Zachary Romsdahl	Half Moon Bay
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	Name	Yr	School	Finals Time
1	Ivan La	SO	Westmoor	31.08
2	Lorenzo Domingo	SO	El Camino	32.22

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	Name	Yr	School	Finals Time
3	Ivan Tong	FR	El Camino	33.43
4	Gavin Fowler	FR	Hillsdale	38.37
5	Gabriel Javinal	FR	El Camino	41.12
---	Alex Wright	FR	Hillsdale	DQ

Boys 100 Yard Butterfly Varsity

PAL:	50.85	4/27/2022	Jeremy Tan	El Camino
	48.57	ALAM Auto	Al-American	
	49.55	CIF	CIF State MEET	
	49.69	CONS	Al-American Consider	
	54.99	CCS		

	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Jackson Grafilo	SO	Westmoor	57.36	54.24 CCS
2	Jose Garcia	SR	El Camino	1:00.60	56.53
3	Baker Book	JR	Half Moon Bay	1:06.13	1:03.97
4	Braiden Sommerfeld	FR	Hillsdale	1:05.35	1:05.05
5	Jerrick Sunga	FR	South San Francisco	1:02.58	1:05.06
---	Milan Dizitser	FR	Hillsdale	1:02.30	DQ
B - Final					
7	Jonathan Martins-Rettes	SO	Terra Nova	1:06.57	1:05.56
8	Tyler Paing	SR	Oceana	1:11.92	1:10.23
9	Liam McCarroll	SR	Oceana	1:11.22	1:11.63

Boys 100 Yard Butterfly Varsity

PAL:	50.85	4/27/2022	Jeremy Tan	El Camino
	48.57	ALAM Auto	Al-American	
	49.55	CIF	CIF State MEET	
	49.69	CONS	Al-American Consider	
	54.99	CCS		

	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Jackson Grafilo	SO	Westmoor		57.36 q
2	Jose Garcia	SR	El Camino		1:00.60 q
3	Milan Dizitser	FR	Hillsdale		1:02.30 q
4	Jerrick Sunga	FR	South San Francisco		1:02.58 q
5	Braiden Sommerfeld	FR	Hillsdale		1:05.35 q
6	Baker Book	JR	Half Moon Bay		1:06.13 q
7	Jonathan Martins-Rettes	SO	Terra Nova		1:06.57 q
8	Liam McCarroll	SR	Oceana		1:11.22 q
9	Tyler Paing	SR	Oceana		1:11.92 q
10	JB Ferreira	JR	Capuchino High School		1:26.51 q
---	Xian Lumbang	FR	Oceana		SCR

Boys 100 Yard IM Junior Varsity

PAL:	1:02.63	2000	Rainer Amora	Westmoor
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	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Ivan La	SO	Westmoor	1:10.32	1:10.70
2	Benjamin Steinbach	SO	Hillsdale	1:13.86	1:15.56

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A - Final ... (Boys 100 Yard IM Junior Varsity)

	Name	Yr	School	Prelim Time	Finals Time
3	Ivan Tong	FR	El Camino	1:17.34	1:16.70
4	Kai Higaki	FR	Half Moon Bay	1:22.27	1:21.82
5	Mataio Lozada	SO	Capuchino High School	1:39.11	1:35.84
---	Lorenzo Domingo	SO	El Camino	1:20.91	DQ

Boys 100 Yard IM Junior Varsity

PAL: 1:02.63		2000	Rainer Amora	Westmoor	
	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Ivan La	SO	Westmoor		1:10.32 q
2	Benjamin Steinbach	SO	Hillsdale		1:13.86 q
3	Ivan Tong	FR	El Camino		1:17.34 q
4	Lorenzo Domingo	SO	El Camino		1:20.91 q
5	Kai Higaki	FR	Half Moon Bay		1:22.27 q
6	Mataio Lozada	SO	Capuchino High School		1:39.11 q
---	Sergio Fonseca Paredes	FR	Capuchino High School		1:42.39
---	Gavin Fowler	FR	Hillsdale		DQ

Boys 200 Yard IM Varsity

PAL: 1:52.95		2018	Nick Tan	El Camino	
1:49.50		ALAM Auto AI-American			
1:51.52		CONS AI-American Consider			
1:51.56		CIF CIF State MEET			
2:02.49		CCS			
	Name	Yr	School	Prelim Time	Finals Time
A - Final					
1	Ryan Musich	SR	Hillsdale	2:00.71	1:56.03 CCS
2	Justin Ferrer	JR	Westmoor	2:01.18	1:58.13 CCS
3	Jose Garcia	SR	El Camino	2:16.23	2:07.49
4	Leo Lai	FR	El Camino	2:14.31	2:09.26
5	Sean Rogerson	FR	Half Moon Bay	2:23.75	2:18.32
6	Jacob Ng	SO	Hillsdale	2:21.64	2:23.46
B - Final					
7	Tyler Ho	FR	Westmoor	2:31.03	2:22.66
8	Liam McCarroll	SR	Oceana	2:31.28	2:28.42
9	Henry Cattermole	JR	Half Moon Bay	2:40.20	2:32.23
10	Vaisigago Uperesa-Teleai	SR	Terra Nova	2:33.48	2:35.73
11	Ian Keaney	SR	Terra Nova	2:43.13	2:38.51
12	Clive Go	SO	Jefferson	2:45.25	2:45.55

Boys 200 Yard IM Varsity

PAL: 1:52.95		2018	Nick Tan	El Camino	
1:49.50		ALAM Auto AI-American			
1:51.52		CONS AI-American Consider			
1:51.56		CIF CIF State MEET			
2:02.49		CCS			
	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Ryan Musich	SR	Hillsdale		2:00.71 qCCS
2	Justin Ferrer	JR	Westmoor		2:01.18 qCCS

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Preliminaries ... (Boys 200 Yard IM Varsity)

Name	Yr	School	Seed Time	Prelim Time
3 Leo Lai	FR	El Camino		2:14.31 q
4 Jose Garcia	SR	El Camino		2:16.23 q
5 Jacob Ng	SO	Hillsdale		2:21.64 q
6 Sean Rogerson	FR	Half Moon Bay		2:23.75 q
7 Tyler Ho	FR	Westmoor		2:31.03 q
8 Liam McCarroll	SR	Oceana		2:31.28 q
9 Vaisigago Uperesa-Teleai	SR	Terra Nova		2:33.48 q
10 Henry Cattermole	JR	Half Moon Bay		2:40.20 q
11 Ian Keaney	SR	Terra Nova		2:43.13 q
12 Clive Go	SO	Jefferson		2:45.25 q
13 Ryan Choy	JR	Hillsdale		2:46.57
14 Erik Lo	SO	Capuchino High School		3:11.10
--- Xian Lumbang	FR	Oceana		SCR

Boys 200 Yard Freestyle Relay Varsity

PAL:	1:31.35	2015	El Camino
	1:24.34	ALAM Auto Al-American	
	1:25.75	CONS Al-American Consider	
	1:25.85	CIF CIF State MEET	
	1:34.39	CCS	

Team	Relay			Finals Time	
1 Westmoor	A			1:33.21	CCS
1) Joaquin Grafilo SR	2) Justin Ferrer JR	3) Kyle Chen SO	4) Jackson Grafilo SO		
2 El Camino	A			1:33.57	CCS
1) Leo Lai FR	2) Ashton Phan SR	3) Jose Garcia SR	4) Adam Hu SO		
3 Hillsdale	A			1:33.89	CCS
1) Jacob Ng SO	2) Ryan Musich SR	3) Chris Stray SO	4) Aditya Tendulkar JR		
4 Half Moon Bay	A			1:41.51	
1) Brennan Higaki SR	2) Henry Cattermole JR	3) Shane McGuirk JR	4) Liam Wilson SR		
5 Terra Nova	A			1:55.19	
1) Ian Keaney SR	2) Alexander Glynn JR	3) Wyatt Haggarty SO	4) Adam Rice FR		
6 Oceana	A			1:59.09	
1) Dominic Presta SO	2) Jayden Vong JR	3) Sav Zhukov FR	4) Chris Yoberd JR		
7 Capuchino High School	A			2:00.06	
1) Elliot Mai SO	2) Dom Mathers FR	3) Christian Perez JR	4) Kaleo Lozada SR		
--- South San Francisco	A			SCR	
1) Jerrick Sunga FR	2) Edward Tian JR	3) Gabriel Machado SO	4) Eljhon Valenzuela SO		

Boys 200 Yard Freestyle Relay Junior Varsity

PAL:	1:44.70	2010	Half Moon Bay
	1:24.34	ALAM Auto Al-American	
	1:25.75	CONS Al-American Consider	
	1:25.85	CIF CIF State MEET	
	1:34.39	CCS	

Team		Relay		Finals Time
1	El Camino	A		1:53.45
	1) David Nguyen SO	2) Bradley Petterson FR	3) Anzell Nursalim SO	4) Clayton Lau SO
2	Half Moon Bay	A		2:00.12
	1) Zander Merrill SO	2) Soren Eoff SO	3) Kai Higaki FR	4) Colin Travis JR

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(Boys 200 Yard Freestyle Relay Junior Varsity)

Team	Relay			Finals Time
3 Westmoor	A			2:04.25
1) Randy Chen FR	2) Nova Auerbach Polanco JR	3) Krounyx Bolleser JR	4) Ivan La SO	
4 Hillsdale	A			2:11.30
1) Go Sugai FR	2) Kamal Khalil FR	3) Alex Wright FR	4) Gavin Fowler FR	

Boys 400 Yard Freestyle Relay Junior Varsity

PAL: 3:54.23 2015 Half Moon Bay
3:05.74 ALAM Auto Al-American
3:08.40 CONS Al-American Consider
3:08.45 CIF CIF State MEET
3:31.99 CCS

Team	Relay			Finals Time
1 Hillsdale	A			4:20.25
1) Erkan Mecit SO	2) Go Sugai FR	3) Nate Evans SO	4) Benjamin Steinbach SO	
2 El Camino	A			4:29.13
1) Matthew Cho JR	2) Brendan Chen FR	3) David Nguyen SO	4) Aden Chang JR	

Boys 400 Yard Freestyle Relay Varsity

PAL: 3:26.59 2005 Half Moon Bay
3:05.74 ALAM Auto Al-American
3:08.40 CONS Al-American Consider
3:08.45 CIF CIF State MEET
3:31.99 CCS

Team	Relay			Finals Time
1 Half Moon Bay	A			3:41.55
1) Brennan Higaki SR	2) Isaac Goulart JR	3) Baker Book JR	4) Liam Wilson SR	
2 Hillsdale	A			3:47.03
1) Anderson Birkett FR	2) Milan Dizitser FR	3) Taner Heidenreich SO	4) Isaiah Yeager SO	
3 El Camino	A			3:47.36
1) Zackery Fung SO	2) Maurico Navarro FR	3) Adit Rai SR	4) Gabriel Hua SR	
4 Westmoor	A			3:55.19
1) Lawrence Kuang SR	2) Tyler Ho FR	3) Josh Kyaw SR	4) Lin Myat SO	
5 Terra Nova	A			4:42.77
1) Shane Ansgarius FR	2) Jacob Truong FR	3) Adam Rice FR	4) Kai Gieraths SO	
--- Oceana	A			DFS
Declared false start				
1) Mathew Jenkins-Cruz JR	2) Liam McCarroll SR	3) Xian Lumbang FR	4) Tyler Paing SR	

Boys 200 Yard Medley Relay Varsity

PAL: 1:40.95 2015 El Camino
1:32.76 ALAM Auto Al-American
1:34.41 CONS Al-American Consider
1:34.50 CIF CIF State MEET
1:45.99 CCS

Team	Relay			Finals Time
1 Westmoor	A			1:41.37 CCS
1) Joaquin Grafilo SR	2) Justin Ferrer JR	3) Jackson Grafilo SO	4) Kyle Chen SO	
2 El Camino	A			1:42.33 CCS
1) Ashton Phan SR	2) Leo Lai FR	3) Jose Garcia SR	4) Adam Hu SO	
3 Hillsdale	A			1:44.41 CCS
1) Jacob Ng SO	2) Aditya Tendulkar JR	3) Ryan Musich SR	4) Chris Stray SO	

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(Boys 200 Yard Medley Relay Varsity)

	Team	Relay		Finals Time
4	Terra Nova	A		1:53.30
	1) Dane Potter SR	2) Marcus McMichael FR	3) Jonathan Martins-Rettes SO	4) Vaisigago Uperesa-Teleai SR
5	Half Moon Bay	A		1:56.72
	1) Isaac Goulart JR	2) Henry Cattermole JR	3) Baker Book JR	4) Shane McGuirk JR
6	Oceana	A		2:00.91
	1) Mathew Jenkins-Cruz JR	2) Liam McCarroll SR	3) Tyler Paing SR	4) Xian Lumbang FR
7	Capuchino High School	A		2:11.68
	1) Dom Mathers FR	2) Elliot Mai SO	3) Kaleo Lozada SR	4) Christian Perez JR
---	South San Francisco	A		SCR
	1) Jerrick Sunga FR	2) Edward Tian JR	3) Eljhon Valenzuela SO	4) Gabriel Machado SO

Boys 200 Yard Medley Relay Junior Varsity

PAL:	1:57.79	2006	Westmoor
	1:32.76	ALAM Auto Al-American	
	1:34.41	CONS Al-American Consider	
	1:34.50	CIF CIF State MEET	
	1:45.99	CCS	

	Team	Relay	Finals Time
1	El Camino	A	2:05.24
	1) Anzell Nursalim SO	2) Matthew Cho JR	3) Ivan Tong FR
2	Half Moon Bay	A	2:15.54
	1) Emmett Forrest FR	2) Kai Higaki FR	3) Zander Merrill SO
---	Westmoor	A	DQ
	1) Nova Auerbach Polanco JR	2) Randy Chen FR	3) Ivan La SO
---	Hillsdale	A	DQ
	1) Josh Parecki SO	2) Daniel Kim SO	3) Nate Evans SO

Scores - Women

Women - Varsity - Team Rankings - Through Event 117			
1. Half Moon Bay	268	2. Hillsdale	237
3. Westmoor	193	4. Terra Nova	154
5. El Camino	126	6. Oceana	84
7. Jefferson	57	8. Capuchino High School	25

Scores - Men

Men - Varsity - Team Rankings - Through Event 117			
1. Hillsdale	250	2. Westmoor	231
3. El Camino	218	4. Half Moon Bay	186
5. Terra Nova	150	6. Oceana	69
7. Capuchino High School	30	8. South San Francisco	14
9. Jefferson	7		

Scores - Women

Women - Junior Varsity - Team Rankings - Through Event 117			
1. Hillsdale	307	2. Half Moon Bay	204
3. Westmoor	171	4. El Camino	154
5. Capuchino High School	134	6. Jefferson	60

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Scores - Men

Men - Junior Varsity - Team Rankings - Through Event 117

1. El Camino	386	2. Hillsdale	227
3. Half Moon Bay	143	4. Westmoor	110
5. Capuchino High School	19	6. Oceana	8