

**2026 Tri-County Athletic League Swimming & Diving Championships**  
**30 April 2026 | Hercules Community Pool | Hercules, CA**  
**Results**

**Event 1 Girls 200 Yard Medley Relay Junior Varsity**

Team	Relay	Seed Time	Finals Time	Points
1 Salesian Pride	A	2:50.74	2:53.28	40
1) Espino Lopez, Valentina SO	2) De Los Reyes, Erica Rose FI	3) Juachon, Logan FR	4) Oodhams, Heaven FR	
2 Pinole Valley High School	A	3:25.01	3:26.11	34
1) Rocha, Isabella SO	2) Poole, Jah'zae JR	3) Anderson, Leah SO	4) Vega, Fabiola SO	

**Event 2 Boys 200 Yard Medley Relay Junior Varsity**

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	2:46.32	2:19.74	40
1) Morris, Kaelin	2) Matheney, Drake	3) Lekas, Robert	4) Lu, Justin	
2 Salesian Pride	A	2:57.75	2:59.45	34
1) Kidane, Bereketeab JR	2) Smith, Zach JR	3) Tobar, Ivan JR	4) Tirado-Heredia, Angel SO	
--- Pinole Valley High School	A	3:06.39	DQ	
1) Mendoza, Santiago FR	2) Olsen, William SO	3) Sioudy, Omar FR	4) Reese, Ryder FR	

**Event 3 Girls 200 Yard Medley Relay Varsity**

TCAL Meet: 1:54.98 @ 2019

Albany High School

S. Del Priore, N. Phoonpirom, J. Jungey, M. Zhou

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	1:56.00	1:54.16 @	40
1) Kwong, Liv SO	2) Zhang, Katherine SO	3) Lieu, Maia	4) Stevenson, Addy JR	
2 El Cerrito High Gauchos	A	2:03.45	1:56.56	34
1) de Hart, Ellie JR	2) Berliner, Miki SR	3) Ritter, Stella FR	4) Bluit, Maya FR	
3 Saint Mary's Panthers	A	1:58.00	2:09.86	32
1) Gaspardone, Kaitlyn	2) Rohlfes, Jordan JR	3) Lee, Yenna JR	4) Devine, Paula JR	
4 Salesian Pride	A	2:13.83	2:13.72	30
1) Fix, Zoe JR	2) Gonzales, Eva JR	3) Cosentino, Nadia JR	4) Recendez, Sabina JR	
5 Pinole Valley High School	A	2:39.47	2:27.33	28
1) Whaling, Lilianne SO	2) McLaren, Melia JR	3) Cintron, Yaleesa SR	4) Lester, Lydia FR	
6 John Swett HS Warriors	A	2:29.60	2:29.12	26
1) Vieira, Sophia SO	2) O'Riva, Cayden SR	3) Leclair, JJ JR	4) Alizaga, Nina SR	
7 Hercules Titans	A	2:20.00	2:41.22	24
1) Rogelio-Moreno, Danyelle S	2) Chen, Melody SR	3) Legarte, Addison Hope FR	4) Pinpin, Jillian SR	
--- El Cerrito High Gauchos	B	2:34.09	X2:22.83	
1) Ford, Tallulah FR	2) Chen, Juliet JR	3) Power, Georgia SR	4) Luna, Ava SR	
--- St Patrick-St Vincent Bruins	A	2:03.85	DQ	
1) Macasaet, Amanda JR	2) Naranjo, Olivia	3) Bremer, Kenzi FR	4) Gamboa, Lyla SO	

**Event 4 Boys 200 Yard Medley Relay Varsity**

TCAL Meet: 1:42.28 @ 2019

Hercules High School

D. Pugged, M. Yenke, I. Lin, J. Louie

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	1:46.00	1:38.19 @	40
1) Hong, Ryan SR	2) Gladkevich, Peter SR	3) Dangol, Aasish SR	4) Chansiri, Phumin SR	
2 Hercules Titans	A	1:51.51	1:51.07	34
1) Sandhu, Kabir JR	2) Picache, Kai JR	3) Malonzo, Jacob SO	4) Manaoat, Shane FR	
3 John Swett HS Warriors	A	1:58.82	1:57.70	32
1) Chambers, Alex SR	2) Sheats, Devin SO	3) Ragonton, Jacob SO	4) Arthur, Giacomo FR	
4 Saint Mary's Panthers	A	2:06.05	1:59.42	30
1) Halligan, Kai JR	2) Guzman, Sebastian SO	3) Detwiler, James SO	4) Vargas, Enzo SO	
5 Pinole Valley High School	A	2:16.42	2:02.42	28
1) Perez Gonzalez, Teo FR	2) Cintron, Luis SO	3) McLaren, Ryan FR	4) Brown, Billy SR	

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Team	Relay	Seed Time	Finals Time	Points
6 El Cerrito High Gauchos	A	2:10.60	2:03.74	26
1) Rocher, Ethan SR	2) Shiozaki, Tetsuya SO	3) Garcia, Gabriel FR	4) Houser, Alden SR	
7 St Patrick-St Vincent Bruins	A	1:52.63	2:06.56	24
1) Herndon, Asher JR	2) Ruszel, Liam	3) Smart, Anthony SO	4) Gomez, Sebastian JR	
8 Salesian Pride	A	2:15.24	2:10.98	22
1) Mireles, Gabriel JR	2) Timbang, Benjamin JR	3) Espino, Enosh	4) Simpson, Darren JR	
--- Hercules Titans	B	2:04.00	X2:05.98	
1) Feraren, Xavier SO	2) De Guzman, Brandon SO	3) Mendoza, Roshan FR	4) Manandhar, Pratyush FR	
--- Hercules Titans	C	2:19.00	X2:28.75	
1) Ali, Azhar SR	2) Gordon, Devin FR	3) Andres, Dillon SR	4) Malbas, Matthew SR	

**Event 5 Girls 50 Yard Backstroke Junior Varsity**

Name	Yr School	Seed Time	Finals Time	Points
1 Espino Lopez, Valentina	SO Salesian Pride	52.44	46.98	20
2 Firas, Nadia	SO Pinole Valley High School	54.93	54.48	17
3 Rocha, Isabella	SO Pinole Valley High School	52.93	56.02	16
4 Davis, NyAri	SO Pinole Valley High School	56.00	56.53	15
5 Pacheco, Lindsay	St Patrick-St Vincent Bruins	1:04.35	1:04.09	14

**Event 6 Boys 50 Yard Backstroke Junior Varsity**

Name	Yr School	Seed Time	Finals Time	Points
1 Morris, Kaelin	Albany Cougars	40.00	38.79	20
2 Mireles, Gabriel	JR Salesian Pride	53.59	45.42	17
3 Saballos, Benicio	FR Pinole Valley High School	51.55	50.20	16
4 Kidane, Bereketeab	JR Salesian Pride	50.04	51.46	15
5 Tirado-Heredia, Angel	SO Salesian Pride	58.68	52.80	14
6 Fitzgerald, Jahmai	JR Salesian Pride	55.18	56.92	13
7 Makthepharack, Shoghan	FR El Cerrito High Gauchos	1:09.53	59.21	12
--- Frank, David	Albany Cougars	46.63	DQ	

**Event 7 Girls 200 Yard Freestyle Varsity**

TCAL Meet: 1:56.81 @ 2014		Ariana Saghafi [ALBA]	Albany		
Name	Yr School	Seed Time	Finals Time	Points	
1 Ritter, Stella	FR El Cerrito High Gauchos	2:03.06	1:57.31	20	
2 de Hart, Ellie	JR El Cerrito High Gauchos	2:03.16	1:58.64	17	
3 Stevenson, Addy	JR Albany Cougars	1:59.41	1:59.18	16	
4 Abughosh, Jenna	SR Hercules Titans	2:04.80	2:07.72	15	
5 Power, Georgia	SR El Cerrito High Gauchos	2:31.15	2:24.76	14	
6 Gaspardone, Kaitlyn	Saint Mary's Panthers	2:24.83	2:25.19	13	
7 Whaling, Lilianne	SO Pinole Valley High School	2:30.65	2:28.30	12	
8 Bourg, Leonie	Albany Cougars	2:28.86	2:29.11	11	
9 Cosentino, Nadia	JR Salesian Pride	2:29.30	2:29.18	9	
10 Vieira, Sophia	SO John Swett HS Warriors	2:30.11	2:30.64	7	
11 Davison, Kajsa	Albany Cougars	2:57.47	2:35.75	6	
12 Taniguchi, Samantha	SR El Cerrito High Gauchos	2:36.36	2:46.20	5	
13 Castro, Julia	FR Hercules Titans	3:00.00	2:53.81	4	
14 Smart, Attiana	SR St Patrick-St Vincent Bruins	3:05.93	3:03.66	3	
15 James-Palisoc, Maile	JR St Patrick-St Vincent Bruins	3:17.23	3:06.44	2	
16 Nieuwenhuis, Audrey	SO St Patrick-St Vincent Bruins	3:27.22	3:21.52	1	
17 Arrozal, Ariana	JR St Patrick-St Vincent Bruins	3:23.78	3:24.23		

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## Event 8 Boys 200 Yard Freestyle Varsity

TCAL Meet: 1:52.11 @ 2023		David Shalz [PIVA]		Pinole Valley		
Name	Yr	School	Seed Time	Finals Time	Points	
1 Dangol, Aasish	SR	Albany Cougars	1:40.76	1:40.52@	20	
2 Samang, Ethan		Albany Cougars	1:56.91	1:56.38	17	
3 Vasquez, Eoin	FR	Saint Mary's Panthers	2:19.26	2:14.21	16	
4 Gordon, Devin	FR	Hercules Titans	2:23.11	2:17.08	15	
5 Ruszel, Liam		St Patrick-St Vincent Bruins	2:22.31	2:17.52	14	
6 Westad, Beau	JR	St Patrick-St Vincent Bruins	2:23.02	2:19.68	13	
7 Hortillosa-Wencl, Kenobi		Albany Cougars	2:23.84	2:22.40	12	
8 Manandhar, Pratyush	FR	Hercules Titans	2:24.93	2:23.13	11	
9 Smith, Trace	SR	El Cerrito High Gauchos	2:25.09	2:26.33	9	
10 Carson, Maxwell	FR	Pinole Valley High School	2:28.90	2:29.67	7	
11 Makthepharack, Loghan	JR	El Cerrito High Gauchos	2:51.88	2:39.32	6	
12 Burnham, Westley	SO	El Cerrito High Gauchos	2:47.26	2:43.03	5	
13 Ali, Azhar	SR	Hercules Titans	3:02.47	3:09.97	4	
14 Butler, Zaiden	FR	St Patrick-St Vincent Bruins	2:58.70	3:20.39	3	
15 Moreno, Giovanni		St Patrick-St Vincent Bruins	3:31.22	3:31.60	2	
16 Pham, Jason	SO	John Swett HS Warriors	2:42.03	3:34.73	1	
--- Najera, Victor	JR	John Swett HS Warriors	3:17.39	DQ		

## Event 11 Girls 200 Yard IM Varsity

TCAL Meet: 2:13.32 @ 2022		Sophia Vitek [ALBA]		Albany		
Name	Yr	School	Seed Time	Finals Time	Points	
1 Zhang, Katherine	SO	Albany Cougars	2:20.16	2:23.51	20	
2 Moon, Lena	JR	Albany Cougars	2:39.72	2:36.51	17	
3 Cintron, Yaleesa	SR	Pinole Valley High School	2:47.26	2:38.76	16	
4 Berliner, Miki	SR	El Cerrito High Gauchos	2:45.22	2:43.51	15	
5 Chen, Juliet	JR	El Cerrito High Gauchos	2:47.65	2:51.22	14	
6 Luna, Ava	SR	El Cerrito High Gauchos	2:54.99	2:54.19	13	
7 McLaren, Melia	JR	Pinole Valley High School	3:04.39	2:57.48	12	
8 Legarte, Addison Hope	FR	Hercules Titans	3:06.56	3:10.48	11	
9 Sumii, Itsuka	JR	El Cerrito High Gauchos	3:18.47	3:12.33	9	
10 Boreen, Lydia	JR	El Cerrito High Gauchos	3:18.45	x3:20.01		
11 Calma, Aela	JR	St Patrick-St Vincent Bruins	3:45.07	3:41.81	7	
--- Minor, Artrani	JR	Pinole Valley High School	3:31.00	DQ		
--- Navarro, Ruby	FR	St Patrick-St Vincent Bruins	3:25.34	DQ		
--- Gelbard, Sonora	JR	El Cerrito High Gauchos	3:38.83	DQ		

## Event 12 Boys 200 Yard IM Varsity

TCAL Meet: 1:55.19 @ 2024		Aasish Dangol [ALBA]		Albany		
Name	Yr	School	Seed Time	Finals Time	Points	
1 Hong, Ryan	SR	Albany Cougars	2:19.62	2:09.27	20	
2 Zhou, Lucas	JR	Albany Cougars	2:21.00	2:10.79	17	
3 Sandhu, Kabir	JR	Hercules Titans	2:15.63	2:11.73	16	
4 Garcia, Gabriel	FR	El Cerrito High Gauchos	2:21.62	2:21.99	15	
5 Sheats, Devin	SO	John Swett HS Warriors	2:30.13	2:32.35	14	
6 Begin, Liam		Albany Cougars	2:32.09	2:33.79	13	
7 Ruszel, Liam		St Patrick-St Vincent Bruins	2:34.85	2:36.22	12	
8 De Guzman, Brandon	SO	Hercules Titans	2:45.28	2:44.25	11	
9 Herndon, Asher	JR	St Patrick-St Vincent Bruins	2:44.50	2:47.27	9	
--- Castle, Diego	FR	El Cerrito High Gauchos	2:54.26	DQ		

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**(Event 12 Boys 200 Yard IM Varsity)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Soto, Noah	JR	St Patrick-St Vincent Bruins	3:30.89	DQ	

**Event 13 Girls 50 Yard Freestyle Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Juachon, Logan	FR	Salesian Pride	33.36	35.24	20
2 Campos, Genesis	SO	Pinole Valley High School	43.55	38.43	17
3 Kapoor, Ella		Albany Cougars	41.62	39.18	16
4 De Los Reyes, Erica Rose	FR	Salesian Pride	40.54	39.55	15
5 Schmidt, Mia		Albany Cougars	39.18	39.85	14
6 Vega, Fabiola	SO	Pinole Valley High School	40.30	39.98	13
7 Oodhams, Heaven	FR	Salesian Pride	39.26	40.72	12
8 Espino Lopez, Valentina	SO	Salesian Pride	41.34	41.06	11
9 Hou, Katie		Albany Cougars	40.72	41.48	9
10 Rocha, Isabella	SO	Pinole Valley High School	42.59	41.95	7
11 Davis, NyAri	SO	Pinole Valley High School	40.89	42.03	6
12 Anderson, Leah	SO	Pinole Valley High School	50.96	x53.12	

**Event 14 Boys 50 Yard Freestyle Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Lekas, Robert		Albany Cougars	28.78	28.42	20
2 Morris, Kaelin		Albany Cougars	31.50	31.92	17
3 Olsen, William	SO	Pinole Valley High School	33.65	32.32	16
4 Mendoza, Santiago	FR	Pinole Valley High School	34.02	32.41	15
5 Matheney, Drake		Albany Cougars	NT	32.99	14
6 Mireles, Gabriel	JR	Salesian Pride	36.29	33.69	13
7 Tobar, Ivan	JR	Salesian Pride	37.45	36.08	12
8 Tirado-Heredia, Angel	SO	Salesian Pride	36.08	38.03	11
9 Kidane, Bereketeab	JR	Salesian Pride	39.31	38.21	9
10 Smith, Zach	JR	Salesian Pride	41.22	x38.24	
11 Louis Villadelgado, Jesse	SO	Salesian Pride	40.82	x38.61	
12 Christian, Joshua	JR	Salesian Pride	41.14	x41.13	
13 Fitzgerald, Jahmai	JR	Salesian Pride	45.13	x42.15	
14 Simpson, Darren	JR	Salesian Pride	29.60	x44.19	
15 Saballos, Benicio	FR	Pinole Valley High School	40.16	44.91	7
16 Makthepharack, Shoghan	FR	El Cerrito High Gauchos	49.31	51.33	6

**Event 15 Girls 50 Yard Freestyle Varsity**

TCAL Meet: 24.49 @ 2016		Katie Gray [SWET]		John Swett	
Name	Yr	School	Seed Time	Finals Time	Points
1 Devine, Paula	JR	Saint Mary's Panthers	24.86	24.87	20
2 Lieu, Maia		Albany Cougars	27.22	26.98	17
3 Kenny, Bella	FR	St Patrick-St Vincent Bruins	27.02	27.63	16
4 deGuzman, Juliana	SO	St Patrick-St Vincent Bruins	27.03	27.64	15
5 Fix, Zoe	JR	Salesian Pride	28.29	28.15	14
6 Bluitt, Maya	FR	El Cerrito High Gauchos	28.42	28.23	13
7 Lasmanis, Calliope	SO	El Cerrito High Gauchos	28.92	28.99	12
8 Gonzales, Eva	JR	Salesian Pride	29.63	29.22	11
9 Bremer, Kenzi	FR	St Patrick-St Vincent Bruins	29.88	29.93	9
10 Rose, Sophie		Albany Cougars	31.66	30.17	7
11 Martinez, Nicole	SR	De Anza Dons	30.44	30.48	6
12 Baggeroer, Kaelin	FR	Saint Mary's Panthers	33.60	31.18	5

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	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
13	Naranjo, Olivia		St Patrick-St Vincent Bruins	31.86	31.50	4
14	Pinpin, Jillian	SR	Hercules Titans	30.84	31.70	3
15	Rohlfes, Jordan	JR	Saint Mary's Panthers	30.00	32.26	2
16	Recendez, Sabina	JR	Salesian Pride	32.10	32.44	1
17	Kapral, Jaida		Albany Cougars	33.00	32.59	
18	Chen, Melody	SR	Hercules Titans	32.75	32.76	
19	Lester, Lydia	FR	Pinole Valley High School	32.07	32.88	
20	Manivong, Malia	JR	Salesian Pride	33.43	33.88	
21	O'Riva, Cayden	SR	John Swett HS Warriors	36.87	34.93	
22	Tuft, Ally	SR	El Cerrito High Gauchos	38.01	35.55	
23	Minor, Artranae	JR	Pinole Valley High School	39.28	39.81	
24	Rogelio-Moreno, Danyelle	SR	Hercules Titans	43.02	39.96	
25	Davis, Kaitlyn	JR	John Swett HS Warriors	43.93	41.27	
26	Moreno, Amaya	JR	John Swett HS Warriors	40.02	42.45	

**Event 16 Boys 50 Yard Freestyle Varsity**

<b>TCAL Meet: 21.76 @ 2015</b>		<b>Jeremy Peris [HERC]</b>		<b>Hercules</b>		
	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Gladkevich, Peter	SR	Albany Cougars	23.31	22.11	20
2	Chansiri, Phumin	SR	Albany Cougars	22.92	22.54	17
3	Chambers, Alex	SR	John Swett HS Warriors	22.27	22.55	16
4	Vargas, Enzo	SO	Saint Mary's Panthers	24.68	23.36	15
5	Picache, Kai	JR	Hercules Titans	24.61	24.56	14
6	Rogers, Spencer	SR	St Patrick-St Vincent Bruins	24.66	24.92	13
7	Timbang, Benjamin	JR	Salesian Pride	25.78	25.01	12
8	McLaren, Ryan	FR	Pinole Valley High School	25.49	25.38	11
9	Manaoat, Shane	FR	Hercules Titans	26.01	26.01	9
10	Johnwell, Miles	FR	Saint Mary's Panthers	26.50	26.27	7
11	Arteaga, Rafa	SO	John F Kennedy Eagles	28.28	26.91	6
12	Espino, Enosh		Salesian Pride	27.64	26.99	5
13	Houser, Alden	SR	El Cerrito High Gauchos	27.69	27.12	4
14	Gomez, Sebastian	JR	St Patrick-St Vincent Bruins	29.00	27.16	3
15	Westad, Beau	JR	St Patrick-St Vincent Bruins	26.77	27.23	2
16	Rocher, Ethan	SR	El Cerrito High Gauchos	26.60	27.47	1
17	Andres, Dillon	SR	Hercules Titans	29.57	28.80	
18	Malone, Caden	SO	Pinole Valley High School	29.21	29.04	
19	Brown, Billy	SR	Pinole Valley High School	28.22	29.12	
20	Johnson, Cooper	SR	El Cerrito High Gauchos	30.14	33.16	
21	Li, Andrew		Albany Cougars	40.00	34.87	
22	Malbas, Matthew	SR	Hercules Titans	33.65	34.89	
23	Ali, Azhar	SR	Hercules Titans	33.16	x34.98	
24	Pham, Jason	SO	John Swett HS Warriors	38.78	36.63	
25	Villalobos, Miguel	JR	John Swett HS Warriors	47.36	36.73	

**Event 17 Girls 50 Yard Butterfly Junior Varsity**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals Time</b>	<b>Points</b>
1	Juachon, Logan	FR	Salesian Pride	40.71	41.80	20
2	Oodhams, Heaven	FR	Salesian Pride	50.18	45.49	17
3	Anderson, Leah	SO	Pinole Valley High School	1:07.44	59.77	16

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**Event 18 Boys 50 Yard Butterfly Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Lekas, Robert		Albany Cougars	34.35	36.10	20
2 Tobar, Ivan	JR	Salesian Pride	53.40	45.96	17

**Event 19 Girls 100 Yard Butterfly Varsity**

TCAL Meet: 58.10 @ 2014		Ariana Saghafi [ALBA]	Albany		
Name	Yr	School	Seed Time	Finals Time	Points
1 Devine, Paula	JR	Saint Mary's Panthers	59.00	1:00.39	20
2 Lieu, Maia		Albany Cougars	1:06.00	1:10.02	17
3 Bauer, Hollyce	SR	El Cerrito High Gauchos	1:15.59	1:10.79	16
4 Gordon, Olivia	FR	St Patrick-St Vincent Bruins	1:10.18	1:11.55	15
5 ZHOU, Ruen		Albany Cougars	1:16.55	1:14.08	14
6 Lasmanis, Calliope	SO	El Cerrito High Gauchos	1:14.09	1:14.48	13
7 Bremer, Kenzi	FR	St Patrick-St Vincent Bruins	1:18.95	1:15.21	12
8 Lo, Leah		Albany Cougars	1:22.42	1:20.26	11
9 Power, Georgia	SR	El Cerrito High Gauchos	1:20.63	1:20.50	9
10 Arrozal, Ariana	JR	St Patrick-St Vincent Bruins	1:50.19	1:48.03	7
11 Calma, Aela	JR	St Patrick-St Vincent Bruins	1:54.09	1:54.25	6
--- Taniguchi, Samantha	SR	El Cerrito High Gauchos	1:27.43	DQ	
--- Leclair, JJ	JR	John Swett HS Warriors	NT	DQ	

**Event 20 Boys 100 Yard Butterfly Varsity**

TCAL Meet: 51.59 @ 2024		Aasish Dangol [ALBA]	Albany		
Name	Yr	School	Seed Time	Finals Time	Points
1 Dangol, Aasish	SR	Albany Cougars	50.61	49.57 @	20
2 Samang, Ethan		Albany Cougars	56.86	56.22	17
3 Detwiler, James	SO	Saint Mary's Panthers	56.86	56.56	16
4 Vargas, Enzo	SO	Saint Mary's Panthers	1:01.04	57.39	15
5 Caniezo, Justin	SR	St Patrick-St Vincent Bruins	1:00.11	59.31	14
6 Malonzo, Jacob	SO	Hercules Titans	1:08.76	1:02.25	13
7 Ragonton, Jacob	SO	John Swett HS Warriors	1:06.61	1:05.98	12
8 Cintron, Luis	SO	Pinole Valley High School	1:12.75	1:09.05	11
9 Mendoza, Roshan	FR	Hercules Titans	1:10.87	1:12.15	9
10 Begin, Liam		Albany Cougars	1:05.00	1:12.44	7
11 Gordon, Devin	FR	Hercules Titans	1:20.78	1:14.05	6
12 Smart, Anthony	SO	St Patrick-St Vincent Bruins	1:20.40	1:17.25	5
13 Gomez, Sebastian	JR	St Patrick-St Vincent Bruins	1:21.40	1:19.82	4
14 Smith, Trace	SR	El Cerrito High Gauchos	1:22.26	1:21.98	3

**Event 21 Girls 100 Yard Freestyle Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Campos, Genesis	SO	Pinole Valley High School	1:32.12	1:28.11	20
2 Poole, Jah'zae	JR	Pinole Valley High School	1:27.78	1:28.34	17
3 Firas, Nadia	SO	Pinole Valley High School	1:41.56	1:36.06	16
4 Naumova, Gabriela	FR	St Patrick-St Vincent Bruins	2:03.57	2:04.63	15
5 Pacheco, Lindsay		St Patrick-St Vincent Bruins	NT	2:23.13	14

**Event 22 Boys 100 Yard Freestyle Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Olsen, William	SO	Pinole Valley High School	1:14.41	1:13.63	20
2 Reese, Ryder	FR	Pinole Valley High School	1:16.74	1:14.10	17
3 Turner, Ian		Albany Cougars	1:30.86	1:20.04	16

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**Results**

**Event 23 Girls 100 Yard Freestyle Varsity**

TCAL Meet: 54.05 @ 2025		Paula Devine [STMY]		Saint Mary's		Points
Name	Yr	School	Seed Time	Finals Time		
1	Ritter, Stella	FR	El Cerrito High Gauchos	57.08	55.40	20
2	Kwong, Liv	SO	Albany Cougars	1:00.00	59.13	17
3	Caniezo, Calissa	SO	St Patrick-St Vincent Bruins	1:03.12	1:01.53	16
4	Lee, Yenna	JR	Saint Mary's Panthers	NT	1:02.03	15
5	Gordon, Olivia	FR	St Patrick-St Vincent Bruins	1:03.19	1:02.84	14
6	Cintron, Yaleesa	SR	Pinole Valley High School	1:05.81	1:05.03	13
7	Martinez, Nicole	SR	De Anza Dons	1:06.47	1:07.24	12
8	Lo, Leah		Albany Cougars	1:10.00	1:07.95	11
9	Recendez, Sabina	JR	Salesian Pride	1:12.89	1:10.00	9
10	Legarte, Addison Hope	FR	Hercules Titans	1:13.68	1:11.61	7
11	Rose, Sophie		Albany Cougars	1:16.14	1:12.78	6
12	Levin, Madeline		Albany Cougars	1:18.24	1:14.51	5
13	Lester, Lydia	FR	Pinole Valley High School	1:12.02	1:14.57	4
14	McGarry, Dylan	JR	El Cerrito High Gauchos	1:19.35	1:16.50	3
15	Penafior, Mackenzie	FR	St Patrick-St Vincent Bruins	1:20.32	1:18.16	2
16	Castro, Julia	FR	Hercules Titans	1:20.29	1:18.90	1
17	Navarro, Ruby	FR	St Patrick-St Vincent Bruins	1:18.84	1:19.48	
18	Tuft, Ally	SR	El Cerrito High Gauchos	1:26.35	1:21.28	
19	Spilman, Carly	SO	Pinole Valley High School	1:23.26	1:30.88	
20	Alizaga, Nina	SR	John Swett HS Warriors	1:32.85	1:31.78	
21	Moreno, Amaya	JR	John Swett HS Warriors	1:31.50	1:33.01	
22	Davis, Kaitlyn	JR	John Swett HS Warriors	1:41.69	1:34.04	

**Event 24 Boys 100 Yard Freestyle Varsity**

TCAL Meet: 48.15 @ 2014		Jeremy Peris [HERC]		Hercules		Points
Name	Yr	School	Seed Time	Finals Time		
1	Chansiri, Phumin	SR	Albany Cougars	50.92	49.22	20
2	Chambers, Alex	SR	John Swett HS Warriors	49.87	50.47	17
3	Alvarado, Dominic	JR	St Patrick-St Vincent Bruins	53.33	52.74	16
4	Rogers, Spencer	SR	St Patrick-St Vincent Bruins	56.00	57.71	15
5	Shiozaki, Tetsuya	SO	El Cerrito High Gauchos	59.09	57.96	14
6	Johnwell, Miles	FR	Saint Mary's Panthers	1:02.20	58.17	13
7	Manaoat, Shane	FR	Hercules Titans	59.40	58.18	12
8	Zheng, Luke		Albany Cougars	55.00	58.70	11
9	McLaren, Ryan	FR	Pinole Valley High School	1:01.80	59.30	9
10	Arteaga, Rafa	SO	John F Kennedy Eagles	1:06.26	1:02.24	7
11	Perez Gonzalez, Teo	FR	Pinole Valley High School	1:05.32	1:03.81	6
12	Houser, Alden	SR	El Cerrito High Gauchos	1:08.26	1:04.53	5
13	Halligan, Kai	JR	Saint Mary's Panthers	1:06.64	1:05.06	4
14	Guzman, Sebastian	SO	Saint Mary's Panthers	1:08.19	1:05.11	3
15	Andres, Dillon	SR	Hercules Titans	1:06.36	1:05.78	2
16	Arthur, Giacomo	FR	John Swett HS Warriors	1:06.30	1:06.89	1
17	Malone, Caden	SO	Pinole Valley High School	1:09.41	1:08.43	
18	Macasaet, Aspen	FR	St Patrick-St Vincent Bruins	1:10.35	1:09.52	
19	Hill, Mason	SO	Saint Mary's Panthers	1:08.20	1:10.14	
20	Hung, Calvin	SO	El Cerrito High Gauchos	1:13.97	1:10.38	
21	Najera, Victor	JR	John Swett HS Warriors	1:17.52	1:10.60	
22	Pellos, Dennis	SR	John Swett HS Warriors	1:14.23	1:10.79	
23	Malbas, Matthew	SR	Hercules Titans	1:22.50	1:18.77	

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Name	Yr	School	Seed Time	Finals Time	Points
24 Villalobos, Miguel	JR	John Swett HS Warriors	1:35.40	x1:32.20	
--- Feraren, Xavier	SO	Hercules Titans	1:00.64	DQ	

**Event 26 Boys 200 Yard Freestyle Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Sioudy, Omar	FR	Pinole Valley High School	2:58.32	2:51.57	20

**Event 27 Girls 500 Yard Freestyle Varsity**

TCAL Meet: 5:28.12 @ 2025		Ellie de Hart [ELCE]	El Cerrito		Points
Name	Yr	School	Seed Time	Finals Time	Points
1 Stevenson, Addy	JR	Albany Cougars	5:22.32	5:17.17 @	20
2 de Hart, Ellie	JR	El Cerrito High Gauchos	5:35.49	5:27.61 @	17
3 Bluitt, Maya	FR	El Cerrito High Gauchos	6:26.26	6:23.31	16
4 Bourg, Leonie		Albany Cougars	6:28.17	6:24.72	15
5 Luna, Ava	SR	El Cerrito High Gauchos	6:50.87	6:40.23	14
6 Cosentino, Nadia	JR	Salesian Pride	6:48.05	6:43.98	13
7 Vieira, Sophia	SO	John Swett HS Warriors	6:53.57	6:50.58	12
8 McLaren, Melia	JR	Pinole Valley High School	7:03.78	6:58.55	11
9 Kapral, Jaida		Albany Cougars	8:10.58	7:45.41	9
10 Ford, Tallulah	FR	El Cerrito High Gauchos	7:47.39	7:50.04	7
11 Gamboa, Lyla	SO	St Patrick-St Vincent Bruins	8:07.62	8:01.11	6
12 Smart, Attiana	SR	St Patrick-St Vincent Bruins	8:18.13	8:08.14	5
13 Macasaet, Amanda	JR	St Patrick-St Vincent Bruins	6:44.37	8:11.36	4
14 James-Palisoc, Maile	JR	St Patrick-St Vincent Bruins	8:28.62	8:38.29	3

**Event 28 Boys 500 Yard Freestyle Varsity**

TCAL Meet: 4:38.06 @ 2025		Aasish Dangol [ALBA]	Albany		Points
Name	Yr	School	Seed Time	Finals Time	Points
1 Detwiler, James	SO	Saint Mary's Panthers	5:18.60	5:09.11	20
2 Zhou, Lucas	JR	Albany Cougars	5:31.29	5:24.13	17
3 Garcia, Gabriel	FR	El Cerrito High Gauchos	5:54.60	5:48.71	16
4 Vasquez, Eoin	FR	Saint Mary's Panthers	6:18.61	6:07.76	15
5 Ragonton, Jacob	SO	John Swett HS Warriors	6:22.12	6:14.29	14
6 Manandhar, Pratyush	FR	Hercules Titans	6:19.65	6:17.41	13
7 Espino, Enosh		Salesian Pride	6:34.13	6:24.76	12
8 Rocher, Ethan	SR	El Cerrito High Gauchos	6:36.57	6:34.71	11
9 Carson, Maxwell	FR	Pinole Valley High School	6:36.47	6:40.26	9
10 Burnham, Westley	SO	El Cerrito High Gauchos	7:37.89	7:47.42	7
11 Spacco, Leo	FR	St Patrick-St Vincent Bruins	9:29.66	7:55.91	6
12 Butler, Zaiden	FR	St Patrick-St Vincent Bruins	9:02.22	8:51.24	5
13 Moreno, Giovanni		St Patrick-St Vincent Bruins	10:17.17	10:04.13	4

**Event 29 Girls 50 Yard Breaststroke Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 De Los Reyes, Erica Rose	FR	Salesian Pride	49.63	46.32	20
2 Kapoor, Ella		Albany Cougars	52.75	51.85	17
3 Vega, Fabiola	SO	Pinole Valley High School	1:03.52	1:05.62	16
--- Schmidt, Mia		Albany Cougars	53.87	DQ	

**Event 30 Boys 50 Yard Breaststroke Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Matheney, Drake		Albany Cougars	39.86	37.83	20

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	Name	Yr School	Seed Time	Finals Time	Points
2	Simpson, Darren	JR Salesian Pride	44.62	41.91	17
3	Turner, Ian	Albany Cougars	45.44	44.12	16
4	Smith, Zach	JR Salesian Pride	48.66	45.85	15
5	Louis Villadelgado, Jesse	SO Salesian Pride	50.45	47.64	14

**Event 31 Girls 200 Yard Freestyle Relay Varsity**

TCAL Meet: 1:41.78 @ 2022

El Cerrito High School

M. de Hart, N. Brunetti, N. Thompson, C. Lu

	Team	Relay	Seed Time	Finals Time	Points
1	Albany Cougars	A	1:49.00	1:44.49	40
	1) Zhang, Katherine SO	2) Lieu, Maia	3) Kwong, Liv SO	4) Stevenson, Addy JR	
2	El Cerrito High Gauchos	A	1:52.19	1:47.18	34
	1) Ritter, Stella FR	2) Bauer, Hollyce SR	3) de Hart, Ellie JR	4) Bluitt, Maya FR	
3	St Patrick-St Vincent Bruins	A	1:51.19	1:51.00	32
	1) deGuzman, Juliana SO	2) Caniezo, Calissa SO	3) Gordon, Olivia FR	4) Kenny, Bella FR	
4	Saint Mary's Panthers	A	1:53.00	1:51.55	30
	1) Gaspardone, Kaitlyn	2) Rohlfes, Jordan JR	3) Lee, Yenna JR	4) Devine, Paula JR	
5	Salesian Pride	A	1:59.53	2:01.32	28
	1) Fix, Zoe JR	2) Gonzales, Eva JR	3) Cosentino, Nadia JR	4) Recendez, Sabina JR	
6	Pinole Valley High School	A	2:07.98	2:06.56	26
	1) Cintron, Yaleesa SR	2) Lester, Lydia FR	3) Minor, Artrani JR	4) Whaling, Lillianne SO	
7	Hercules Titans	A	2:04.86	2:17.81	24
	1) Castro, Julia FR	2) Chen, Melody SR	3) Rogelio-Moreno, Danyelle	4) Abughosh, Jenna SR	
---	El Cerrito High Gauchos	B	2:15.84	X2:13.09	
	1) McGarry, Dylan JR	2) Tuft, Ally SR	3) Taniguchi, Samantha SR	4) Lasmanis, Calliope SO	
---	John Swett HS Warriors	A	2:13.80	DQ	
	1) Leclair, JJ JR	2) Alizaga, Nina SR	3) O'Riva, Cayden SR	4) Vieira, Sophia SO	

**Event 32 Boys 200 Yard Freestyle Relay Varsity**

TCAL Meet: 1:31.79 @ 2015

Hercules High School

B. McDonald, J.P. Palabrica, M. Pugged, J. Peris

	Team	Relay	Seed Time	Finals Time	Points
1	Albany Cougars	A	1:37.00	1:30.13 @	40
	1) Dangol, Aasish SR	2) Hong, Ryan SR	3) Chansiri, Phumin SR	4) Gladkevich, Peter SR	
2	Hercules Titans	A	1:40.04	1:39.37	34
	1) Sandhu, Kabir JR	2) Malonzo, Jacob SO	3) Manaoat, Shane FR	4) Picache, Kai JR	
3	Saint Mary's Panthers	A	1:40.00	1:40.61	32
	1) Detwiler, James SO	2) Johnwell, Miles FR	3) Vasquez, Eoin FR	4) Vargas, Enzo SO	
4	St Patrick-St Vincent Bruins	A	1:40.40	1:40.78	30
	1) Rogers, Spencer SR	2) Westad, Beau JR	3) Alvarado, Dominic JR	4) Caniezo, Justin SR	
5	El Cerrito High Gauchos	A	1:51.93	1:52.80	28
	1) Houser, Alden SR	2) Johnson, Cooper SR	3) Smith, Trace SR	4) Shiozaki, Tetsuya SO	
6	Salesian Pride	A	1:59.37	1:57.59	26
	1) Mireles, Gabriel JR	2) Timbang, Benjamin JR	3) Espino, Enosh	4) Simpson, Darren JR	
7	Pinole Valley High School	A	2:03.79	1:59.20	24
	1) Carson, Maxwell FR	2) Malone, Caden SO	3) Brown, Billy SR	4) Cintron, Luis SO	
---	El Cerrito High Gauchos	B	2:02.95	X2:02.94	
	1) Makthepharack, Loghan JR	2) Hung, Calvin SO	3) Castle, Diego FR	4) Burnham, Westley SO	
---	Hercules Titans	B	2:04.00	X2:09.02	
	1) Andres, Dillon SR	2) Malbas, Matthew SR	3) Ali, Azhar SR	4) Mendoza, Roshan FR	
---	John Swett HS Warriors	A	1:46.84	DQ	
	1) Chambers, Alex SR	2) Najera, Victor JR	3) Ragonton, Jacob SO	4) Sheats, Devin SO	

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**Event 33 Girls 100 Yard Backstroke Junior Varsity**

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Naumova, Gabriela	FR	St Patrick-St Vincent Bruins	3:37.43	2:51.47	20

**Event 34 Boys 100 Yard Backstroke Junior Varsity**

	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Sioudy, Omar	FR	Pinole Valley High School	1:43.09	1:40.56	20
2	Reese, Ryder	FR	Pinole Valley High School	1:43.76	1:42.99	17
3	Mendoza, Santiago	FR	Pinole Valley High School	1:52.59	1:49.80	16

**Event 35 Girls 100 Yard Backstroke Varsity**

TCAL Meet: 57.87 @ 2023		Ashley Dangol [ALBA]		Albany		
	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Kwong, Liv	SO	Albany Cougars	1:03.27	1:02.54	20
2	deGuzman, Juliana	SO	St Patrick-St Vincent Bruins	1:12.00	1:08.41	17
3	Moon, Lena	JR	Albany Cougars	1:12.00	1:08.71	16
4	Fix, Zoe	JR	Salesian Pride	1:12.89	1:11.06	15
5	Lee, Yenna	JR	Saint Mary's Panthers	1:13.46	1:11.39	14
6	Bauer, Hollyce	SR	El Cerrito High Gauchos	1:13.42	1:11.62	13
7	ZHOU, Ruen		Albany Cougars	1:14.63	1:11.84	12
8	Caniezo, Calissa	SO	St Patrick-St Vincent Bruins	1:17.37	1:12.27	11
9	Gaspardone, Kaitlyn		Saint Mary's Panthers	1:15.60	1:14.31	9
10	Macasaet, Amanda	JR	St Patrick-St Vincent Bruins	1:23.17	1:20.12	7
11	Whaling, Lilianne	SO	Pinole Valley High School	1:22.18	1:20.24	6
12	Levin, Madeline		Albany Cougars	1:24.20	1:23.96	5
13	Leclair, JJ	JR	John Swett HS Warriors	1:23.80	1:24.16	4
14	Gamboa, Lyla	SO	St Patrick-St Vincent Bruins	1:37.27	1:28.73	3
15	Spilman, Carly	SO	Pinole Valley High School	1:34.90	1:32.41	2
16	Boreen, Lydia	JR	El Cerrito High Gauchos	1:34.57	1:33.41	1
17	Baggeroer, Kaelin	FR	Saint Mary's Panthers	1:36.15	1:35.06	
18	Ford, Tallulah	FR	El Cerrito High Gauchos	1:35.39	1:36.03	
19	McGarry, Dylan	JR	El Cerrito High Gauchos	1:38.26	1:39.27	
20	Minor, Artranae	JR	Pinole Valley High School	1:55.31	1:53.16	
21	Rogelio-Moreno, Danyelle	SR	Hercules Titans	1:53.31	1:53.64	

**Event 36 Boys 100 Yard Backstroke Varsity**

TCAL Meet: 54.81 @ 2024		Nate Willett Burfoot [ELCE]		El Cerrito		
	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>	<u>Finals Time</u>	<u>Points</u>
1	Hong, Ryan	SR	Albany Cougars	59.43	58.61	20
2	Sandhu, Kabir	JR	Hercules Titans	1:01.89	1:00.96	17
3	Caniezo, Justin	SR	St Patrick-St Vincent Bruins	1:05.87	1:01.91	16
4	Feraren, Xavier	SO	Hercules Titans	1:07.49	1:07.13	15
5	Perez Gonzalez, Teo	FR	Pinole Valley High School	1:16.57	1:12.37	14
6	Mendoza, Roshan	FR	Hercules Titans	1:14.50	1:13.33	13
7	De Guzman, Brandon	SO	Hercules Titans	1:18.67	1:15.18	12
8	Halligan, Kai	JR	Saint Mary's Panthers	1:14.48	1:17.71	11
9	Smart, Anthony	SO	St Patrick-St Vincent Bruins	1:12.01	1:18.91	9
10	Macasaet, Aspen	FR	St Patrick-St Vincent Bruins	1:26.72	1:22.98	7
11	Hung, Calvin	SO	El Cerrito High Gauchos	1:29.85	1:28.34	6
12	Brown, Billy	SR	Pinole Valley High School	1:25.89	1:28.75	5
13	Makthepharack, Loghan	JR	El Cerrito High Gauchos	1:35.88	1:33.10	4
---	Pellos, Dennis	SR	John Swett HS Warriors	1:33.13	DQ	
---	Herndon, Asher	JR	St Patrick-St Vincent Bruins	1:16.22	DQ	

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**(Event 36 Boys 100 Yard Backstroke Varsity)**

Name	Yr	School	Seed Time	Finals Time	Points
--- Zheng, Luke		Albany Cougars	1:12.18	DQ	

**Event 37 Girls 100 Yard Breaststroke Junior Varsity**

Name	Yr	School	Seed Time	Finals Time	Points
1 Poole, Jah'zae	JR	Pinole Valley High School	1:42.90	1:50.60	20

**Event 39 Girls 100 Yard Breaststroke Varsity**

TCAL Meet: 1:08.03 @ 2025		Katherine Zhang [ALBA]		Albany	
Name	Yr	School	Seed Time	Finals Time	Points
1 Zhang, Katherine	SO	Albany Cougars	1:12.00	1:09.70	20
2 Berliner, Miki	SR	El Cerrito High Gauchos	1:14.43	1:14.23	17
3 Abughosh, Jenna	SR	Hercules Titans	1:14.94	1:15.59	16
4 Chen, Juliet	JR	El Cerrito High Gauchos	1:21.53	1:21.38	15
5 Gonzales, Eva	JR	Salesian Pride	1:21.09	1:21.47	14
6 Kenny, Bella	FR	St Patrick-St Vincent Bruins	1:22.35	1:23.17	13
7 Davison, Kajsa		Albany Cougars	1:31.22	1:25.94	12
8 Naranjo, Olivia		St Patrick-St Vincent Bruins	1:32.23	1:28.24	11
9 Pinpin, Jillian	SR	Hercules Titans	1:30.82	1:28.41	9
10 Rohlfs, Jordan	JR	Saint Mary's Panthers	1:27.30	1:33.94	7
11 Chen, Melody	SR	Hercules Titans	1:39.91	1:36.10	6
12 Sumii, Itsuka	JR	El Cerrito High Gauchos	1:29.26	1:36.29	5
13 Minor, Artrani	JR	Pinole Valley High School	1:44.36	1:36.47	4
14 Nieuwenhuis, Audrey	SO	St Patrick-St Vincent Bruins	1:40.34	1:37.61	3
15 Penaflor, Mackenzie	FR	St Patrick-St Vincent Bruins	1:51.37	1:44.05	2
16 O'Riva, Cayden	SR	John Swett HS Warriors	1:47.20	1:45.63	1
17 Manivong, Malia	JR	Salesian Pride	1:47.01	1:46.86	
18 Gelbard, Sonora	JR	El Cerrito High Gauchos	1:56.17	1:53.44	
19 Alizaga, Nina	SR	John Swett HS Warriors	2:02.87	1:59.32	

**Event 40 Boys 100 Yard Breaststroke Varsity**

TCAL Meet: 58.34 @ 2025		Peter Gladkevich [ALBA]		Albany	
Name	Yr	School	Seed Time	Finals Time	Points
1 Alvarado, Dominic	JR	St Patrick-St Vincent Bruins	1:04.63	1:02.68	20
2 Picache, Kai	JR	Hercules Titans	1:07.13	1:05.39	17
3 Malonzo, Jacob	SO	Hercules Titans	1:08.77	1:06.67	16
4 Timbang, Benjamin	JR	Salesian Pride	1:10.98	1:06.82	15
5 Shiozaki, Tetsuya	SO	El Cerrito High Gauchos	1:09.88	1:08.60	14
6 Cintron, Luis	SO	Pinole Valley High School	1:15.90	1:10.67	13
7 Sheats, Devin	SO	John Swett HS Warriors	1:17.58	1:15.62	12
8 Guzman, Sebastian	SO	Saint Mary's Panthers	1:24.03	1:19.10	11
9 Johnson, Cooper	SR	El Cerrito High Gauchos	1:21.68	1:20.97	9
10 Li, Andrew		Albany Cougars	1:20.91	1:21.13	7
11 Hortillosa-Wencl, Kenobi		Albany Cougars	1:33.47	1:23.53	6
12 Spacco, Leo	FR	St Patrick-St Vincent Bruins	1:26.69	1:24.35	5
13 Castle, Diego	FR	El Cerrito High Gauchos	1:28.01	1:24.92	4
14 Hill, Mason	SO	Saint Mary's Panthers	1:25.30	1:26.22	3
15 Arthur, Giacomo	FR	John Swett HS Warriors	1:27.66	1:29.68	2
--- Gladkevich, Peter	SR	Albany Cougars	1:00.70	DQ	
--- Soto, Noah	JR	St Patrick-St Vincent Bruins	1:30.56	DQ	

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Team	Relay	Seed Time	Finals Time	Points
1 Salesian Pride	A	3:39.26	2:36.25	40
1) Espino Lopez, Valentina SO	2) De Los Reyes, Erica Rose FI	3) Juachon, Logan FR	4) Oodhams, Heaven FR	
2 Pinole Valley High School	A	2:46.42	2:43.62	34
1) Poole, Jah'zae JR	2) Rocha, Isabella SO	3) Firas, Nadia SO	4) Vega, Fabiola SO	

**Event 42 Boys 200 Yard Freestyle Relay Junior Varsity**

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	2:20.83	2:06.38	40
1) Turner, Ian	2) Matheney, Drake	3) Morris, Kaelin	4) Lekas, Robert	
2 Pinole Valley High School	A	2:19.71	2:20.87	34
1) Saballos, Benicio FR	2) Reese, Ryder FR	3) Sioudy, Omar FR	4) Olsen, William SO	
--- Salesian Pride	A	2:40.98	DQ	
1) Louis Villadelgado, Jesse SC	2) Kidane, Bereketeab JR	3) Christian, Joshua JR	4) Fitzgerald, Jahmai JR	

**Event 43 Girls 400 Yard Freestyle Relay Varsity**

TCAL Meet: 3:54.01 @ 2023

El Cerrito High School

N. Thompson, T. Roorda, H. Bauer, M. de Hart

Team	Relay	Seed Time	Finals Time	Points
1 St Patrick-St Vincent Bruins	A	4:31.28	4:14.39	40
1) Caniezo, Calissa SO	2) deGuzman, Juliana SO	3) Gordon, Olivia FR	4) Kenny, Bella FR	
2 Albany Cougars	A	4:22.00	4:18.54	34
1) ZHOU, Ruen	2) Lo, Leah	3) Bourg, Leonie	4) Moon, Lena JR	
3 El Cerrito High Gauchos	A	4:30.23	4:19.25	32
1) Bauer, Hollyce SR	2) Power, Georgia SR	3) Lasmanis, Calliope SO	4) Berliner, Miki SR	
4 Hercules Titans	A	4:34.00	4:49.82	30
1) Pinpin, Jillian SR	2) Legarte, Addison Hope FR	3) Castro, Julia FR	4) Abughosh, Jenna SR	
5 Pinole Valley High School	A	5:21.79	5:36.66	28
1) McLaren, Melia JR	2) Spilman, Carly SO	3) Minor, Artranae JR	4) Minor, Artrani JR	
--- El Cerrito High Gauchos	B	5:34.77	X5:26.16	
1) Boreen, Lydia JR	2) Sumii, Itsuka JR	3) Gelbard, Sonora JR	4) McGarry, Dylan JR	

**Event 44 Boys 400 Yard Freestyle Relay Varsity**

TCAL Meet: 3:27.45 @ 2017

Hercules High School

B. McDonald, K. Louie, M. Yenke, M. Pugged

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	3:43.00	3:41.28	40
1) Samang, Ethan	2) Zheng, Luke	3) Zhou, Lucas JR	4) Begin, Liam	
2 St Patrick-St Vincent Bruins	A	3:54.81	3:41.99	34
1) Rogers, Spencer SR	2) Westad, Beau JR	3) Caniezo, Justin SR	4) Alvarado, Dominic JR	
3 Hercules Titans	A	3:54.64	4:06.64	32
1) Gordon, Devin FR	2) De Guzman, Brandon SO	3) Manandhar, Pratyush FR	4) Feraren, Xavier SO	
4 El Cerrito High Gauchos	A	4:06.25	4:15.43	30
1) Rocher, Ethan SR	2) Burnham, Westley SO	3) Smith, Trace SR	4) Garcia, Gabriel FR	
5 Pinole Valley High School	A	4:19.68	4:24.62	28
1) Perez Gonzalez, Teo FR	2) Malone, Caden SO	3) Carson, Maxwell FR	4) McLaren, Ryan FR	
--- El Cerrito High Gauchos	B	4:40.13	X4:57.51	
1) Hung, Calvin SO	2) Johnson, Cooper SR	3) Castle, Diego FR	4) Makthepharack, Loghan JR	
--- John Swett HS Warriors	A	5:14.57	DQ	
1) Pham, Jason SO	2) Pellos, Dennis SR	3) Arthur, Giacomo FR	4) Najera, Victor JR	

**2026 Tri-County Athletic League Swimming & Diving Championships**  
**30 April 2026 | Hercules Community Pool | Hercules, CA**  
**Results**

**Event 103 Girls 1 mtr Diving Varsity**

TCAL Meet: 259.45 @ 2015

Arabella Wood [STMY]

Saint Mary's

<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Finals Score</u>	<u>Points</u>
1 Ubalde, Luisa		Saint Mary's Panthers	NP 39.00	20