

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****Event 1 Girls 200 Yard Medley Relay Junior Varsity**

PAL: 2:07.41 1997
1:58.99 CCS

Terra Nova

Team	Relay	Seed Time	Finals Time
1 Mills		2:19.61	2:21.63
1) Lina Cheung SO	2) Michelle Chan JR	3) Mandy Chung JR	4) Jocelyn Quach SO
2 Terra Nova		2:24.22	2:24.01
1) Sophia Alyward SO	2) Mayalani Leal FR	3) Gia Szabo SO	4) Anna Steinberg FR
3 Half Moon Bay		2:24.45	2:24.07
1) Rachel Jenar FR	2) Mia Orr FR	3) Dana Hammerstrom FR	4) Tess Hilvert SO
4 Westmoor High School		2:45.00	2:40.26
1) Christy Huo SO	2) Athena Le SO	3) Alexyss Bolanos FR	4) Irene Lee FR
5 El Camino		2:45.72	2:40.58
1) Victoria Torres SO	2) Kaitlyn Cruz FR	3) Jheyzelle Perez SO	4) Isabel McCarthy FR
6 Oceana High School		2:40.37	3:00.17
1) Leah Sangalang FR	2) Katelyn Fishtrom SO	3) Chanel Lejano SO	4) Makayla Seagren SO
--- Terra Nova	B	2:35.00	x2:30.78
1) Jennifer Murphy JR	2) Isabella Dal Porto JR	3) Faith Esparza FR	4) Mikayla Martinez FR
--- Mills	B	2:58.84	x2:42.41
1) Meera Singh SO	2) Krista Woo SO	3) Alyssa Huie SO	4) Catheren Nakagawara SO
--- Westmoor High School	B	3:00.00	x2:56.78
1) Nan Kham FR	2) Amanda Hua SO	3) Dominnique Dollentas SO	4) Stephanie Alvarez JR

Event 2 Boys 200 Yard Medley Relay Junior Varsity

PAL: 1:57.79 2006
1:45.99 CCS

Westmoor

Team	Relay	Seed Time	Finals Time
1 Mills		1:57.00	1:56.21
1) Bryan Tam JR	2) Nuri Capanoglu SO	3) Dennis Ly SO	4) Ronald Wise SO
2 Terra Nova		2:13.52	2:07.90
1) Hunter Wong Hin SO	2) Andrew Stibor JR	3) Evan Ansgarius FR	4) Chris Lou FR
3 Westmoor High School		2:36.00	2:13.93
1) Brandon Nieu FR	2) Alex Wong SO	3) Frederick Phillip Javier SO	4) Ryan Warrick SO
4 Capuchino High School		2:07.79	2:14.67
1) Aidan Lai SO	2) George Atallah SO	3) Joseph Smith FR	4) Jacob Askins SO
5 Half Moon Bay		2:09.80	2:20.14
1) Elijah Lurie FR	2) Kai Guevara FR	3) Bailey Harger SO	4) Ashton Hacke SO
6 Oceana High School		2:35.75	2:28.03
1) John King JR	2) Jaime Elepano SO	3) Ronan Brosnan FR	4) Jake Kane FR
7 El Camino		2:29.99	2:30.98
1) Sean Siapno FR	2) Eduardo Lactaen FR	3) Ian Pantoja FR	4) Rico Abrenila FR
8 South San Francisco		2:56.59	2:45.60
1) Mario Tapia JR	2) Christopher Tse FR	3) Ansel Ric Policarpio JR	4) Jack Perrin FR
--- Westmoor High School	B	3:09.00	x2:23.37
1) James Rey Macasa SO	2) Ryan Pham FR	3) Albert Jian FR	4) Thomas Htet SO
--- Terra Nova	B	2:20.00	x2:44.07
1) Brandon Vintero FR	2) Ethan Kapp FR	3) Preston Woodworth FR	4) Aidan Roberts SO

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****Event 3 Girls 200 Yard Medley Relay Varsity**

PAL: 1:54.70 2015

1:58.99 CCS

San Mateo

Team	Relay	Seed Time	Finals Time
1 Half Moon Bay		1:55.35	1:53.99 CCS
1) Riley Rhodes SO	2) Grace Anderson SO	3) Eve Kearns SO	4) Mia Griffiths SO
2 Mills		1:57.47	1:59.25
1) Jennifer Paiva SO	2) Vivian Lin JR	3) Carrie Ho FR	4) Alice Peterson SO
3 El Camino		2:01.20	2:00.20
1) Kaitlyn Panopio SO	2) Peony Lum SR	3) Vera Tang SR	4) Kailan Turcios SR
4 Terra Nova		2:08.00	2:11.33
1) Remy Dizon SO	2) Rebecca Villalobos SR	3) Brooke Garrett SO	4) Maia Haley SR
5 South San Francisco		2:15.57	2:12.50
1) Kiona Lum SR	2) Tiana Ko FR	3) Meiling Chia FR	4) Nicole Yang SR
6 Oceana High School		2:25.16	2:24.62
1) Mimi Trawinski JR	2) Samantha Grover JR	3) Carrie Saquing JR	4) Presley Forrest SO
--- Mills	B	2:17.00	x2:13.26
1) Victoria Ngo JR	2) Tina Lam FR	3) Alexis Loo SR	4) Kristen Lee JR
--- Half Moon Bay	B	2:16.69	x2:17.34
1) Sophia Pappalardo JR	2) Jensen Tinevez FR	3) Raven Chalif SR	4) Carly Hilvert SR
--- Terra Nova	B	2:20.20	x2:19.19
1) Lisa Luhrs JR	2) Kaylie Mini SO	3) Bella Reyes SR	4) Tiana Cole SO
--- Oceana High School	B	2:43.72	x2:43.20
1) Summer Snyder FR	2) Jessica Zhao FR	3) Alison Luo FR	4) Kirsten Rhodes FR
--- Westmoor High School	B	2:40.00	DQ
1) Emerald Wong SO	2) Briana Yik SR	3) Hannah Delos Santos SO	4) Elyssa Tapawan SR
--- Westmoor High School	B	2:16.98	DQ
1) Yadanar Aung SR	2) Allison Irabon SO	3) Nyla Eugenio FR	4) Melinda Quan SR

Event 4 Boys 200 Yard Medley Relay Varsity

PAL: 1:40.95 2015

1:45.99 CCS

El Camino

Team	Relay	Seed Time	Finals Time
1 El Camino		1:43.64	1:43.29 CCS
1) Jon Lam FR	2) Nick Tan SR	3) Nathaniel Macapagal SO	4) Leo Avila SR
2 Mills		1:45.55	1:45.67 CCS
1) Justin Chang JR	2) Thomas Ko JR	3) Jonathan Huang SO	4) Bryan Chan JR
3 Oceana High School		1:45.72	1:46.03
1) Louis Seftel FR	2) Chris Cheng SO	3) Jacob Lumbang JR	4) Dylan Lee JR
4 Capuchino High School		1:56.53	1:52.14
1) Michael Askndafi SR	2) Marcos Gabriel Cintra JR	3) Brendan Verna JR	4) Nick Huang SR
5 Westmoor High School		1:57.50	1:55.28
1) Aung Myat FR	2) Michael Leong JR	3) Aiden Cheung FR	4) Desmond Cheung JR
6 Half Moon Bay		1:56.36	1:56.84
1) Zach Turner SO	2) Keith Shuttle FR	3) Nate Feix JR	4) Matt Orr SR
7 Terra Nova		1:55.05	1:57.48
1) Ethan Quan SO	2) Alex Amundsen SO	3) Edgar Santos-Figueroa SO	4) Chris Cothran JR
--- Mills	B	2:06.00	x1:54.72
1) Wilson Chiu SR	2) Alex Fang SR	3) Matthew Lee SR	4) Nathaniel Chu JR
--- Oceana High School	B	2:02.58	x2:01.79
1) William Chen SR	2) Ben Wu SO	3) Tanu Pradhan JR	4) Friedrich Zurawka SR
--- Terra Nova	B	2:10.00	x2:02.02
1) Zach Zavodnik SO	2) Jason Wu SR	3) Brandon Buckley SR	4) Victor Corbelli SR

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(Event 4 Boys 200 Yard Medley Relay Varsity)

Team	Relay	Seed Time	Finals Time
--- Westmoor High School	B	2:12.00	x2:05.44
1) Noah Dungca SO	2) Jonathan Wong JR	3) Justin Wong SR	4) Leo Wong JR
--- Capuchino High School	B	2:10.15	DQ
1) Luca Kinchen JR	2) Aaron Alberto, Aaron SR	3) Tyler Verna JR	4) Sklyer Mak SR
--- Jefferson		2:30.13	DQ
1) Allen Agao JR	2) Daniel Xu SR	3) Bill Lam SR	4) Eric Ecosio JR

Event 5 Girls 200 Yard Freestyle Junior Varsity

PAL: 2:03.67 2012

Sarah Stretch

Half Moon Bay

2:00.99 CCS

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Jocelyn Quach	SO	Mills	2:37.70	2:33.49
2 Anna Steinberg	FR	Terra Nova	2:36.08	2:33.55
3 Sophia Alyward	SO	Terra Nova	2:43.68	2:42.76
4 Tess Hilvert	SO	Half Moon Bay	2:45.76	2:44.00
5 Kelsey Juul	FR	Mills	2:50.77	2:46.55
6 Mikayla Martinez	FR	Terra Nova	2:50.68	2:54.05
B - Final				
7 Roxy Trade	FR	Terra Nova	2:51.51	2:47.57
8 Eula Marie Camara	SO	Westmoor High School	3:23.03	3:15.87
9 Stephanie Alvarez	JR	Westmoor High School	3:27.54	3:24.21

Event 5 Girls 200 Yard Freestyle Junior Varsity

PAL: 2:03.67 2012

Sarah Stretch

Half Moon Bay

2:00.99 CCS

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Anna Steinberg	FR	Terra Nova	2:37.25	2:36.08 q
2 Jocelyn Quach	SO	Mills	2:36.96	2:37.70 q
3 Sophia Alyward	SO	Terra Nova	2:38.38	2:43.68 q
4 Tess Hilvert	SO	Half Moon Bay	2:44.59	2:45.76 q
5 Mikayla Martinez	FR	Terra Nova	2:51.01	2:50.68 q
6 Kelsey Juul	FR	Mills	2:53.01	2:50.77 q
7 Roxy Trade	FR	Terra Nova	2:51.00	2:51.51 q
8 Camila Martinez	FR	Capuchino High School	3:20.80	3:10.86 q
9 Eula Marie Camara	SO	Westmoor High School	3:17.92	3:23.03 q
10 Stephanie Alvarez	JR	Westmoor High School	3:27.39	3:27.54 q

Event 6 Boys 200 Yard Freestyle Junior Varsity

PAL: 2:02.44 2002

Carlos Sanchez

Terra Nova

1:48.59 CCS

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Armand Royeca	SO	Capuchino High School	2:13.56	2:10.57
2 Mason Liaghat	FR	Half Moon Bay	2:16.67	2:19.05
3 Ronan Brosnan	FR	Oceana High School	2:25.21	2:25.62
4 Preston Woodworth	FR	Terra Nova	2:32.28	2:30.25
5 Albert Jian	FR	Westmoor High School	2:40.05	2:39.48
6 Jake Kane	FR	Oceana High School	2:40.15	2:42.40

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B - Final ... (Event 6 Boys 200 Yard Freestyle Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
B - Final				
7 Brandon Nieu	FR	Westmoor High School	2:40.80	2:37.70
8 Brandon Jonathan Ho	SO	Capuchino High School	2:55.45	2:44.20
9 Ryan Warrick	SO	Westmoor High School	2:44.79	2:45.37
10 Maxwell Bennett	FR	Terra Nova	3:21.65	3:20.01

Event 6 Boys 200 Yard Freestyle Junior Varsity

PAL: 2:02.44 2002
1:48.59 CCS

Carlos Sanchez

Terra Nova

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Armand Royeca	SO	Capuchino High School	2:13.87	2:13.56 q
2 Mason Liaghat	FR	Half Moon Bay	2:18.13	2:16.67 q
3 Ronan Brosnan	FR	Oceana High School	2:22.71	2:25.21 q
4 Aidan Roberts	SO	Terra Nova	2:23.18	2:25.63 q
5 Preston Woodworth	FR	Terra Nova	2:31.81	2:32.28 q
6 Albert Jian	FR	Westmoor High School	2:47.14	2:40.05 q
7 Jake Kane	FR	Oceana High School	2:46.00	2:40.15 q
8 Brandon Nieu	FR	Westmoor High School	2:46.14	2:40.80 q
9 Ryan Warrick	SO	Westmoor High School	2:47.82	2:44.79 q
10 Brandon Jonathan Ho	SO	Capuchino High School	2:50.79	2:55.45 q
11 Maxwell Bennett	FR	Terra Nova	3:10.00	3:21.65 q

Event 7 Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007
2:00.99 CCS

Stephanie Brooks

Sequoia

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Mia Griffiths	SO	Half Moon Bay	2:01.95	1:59.24 CCS
2 Alice Peterson	SO	Mills	2:01.11	1:59.42 CCS
3 Meiling Chia	FR	South San Francisco	2:09.90	2:06.71
4 Cassie Smith	SR	Terra Nova	2:11.71	2:09.74
5 Carly Hilvert	SR	Half Moon Bay	2:14.43	2:14.14
6 Megan Conklin	JR	El Camino	2:13.10	2:15.74
B - Final				
7 Michelina Ng Solano	FR	Mills	2:16.15	2:15.17
8 Vera Tang	SR	El Camino	2:22.29	2:18.26
9 Melinda Quan	SR	Westmoor High School	2:21.99	2:21.70
10 Kaitlyn Hoo	SR	Mills	2:25.95	2:23.73
11 Brooke Garrett	SO	Terra Nova	2:32.60	2:32.81
12 Yadanar Aung	SR	Westmoor High School	2:32.77	2:40.63

Event 7 Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007
2:00.99 CCS

Stephanie Brooks

Sequoia

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Alice Peterson	SO	Mills	1:58.94	2:01.11 q
2 Mia Griffiths	SO	Half Moon Bay	1:58.72	2:01.95 q
3 Meiling Chia	FR	South San Francisco	2:12.76	2:09.90 q

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

Name	Yr	School	Seed Time	Prelim Time	
4 Cassie Smith	SR	Terra Nova	2:11.41	2:11.71	q
5 Megan Conklin	JR	El Camino	2:13.40	2:13.10	q
6 Carly Hilvert	SR	Half Moon Bay	2:12.12	2:14.43	q
7 Michelina Ng Solano	FR	Mills	2:19.09	2:16.15	q
8 Melinda Quan	SR	Westmoor High School	2:25.21	2:21.99	q
9 Vera Tang	SR	El Camino	2:19.63	2:22.29	q
10 Kaitlyn Hoo	SR	Mills	2:30.73	2:25.95	q
11 Brooke Garrett	SO	Terra Nova	2:31.49	2:32.60	q
12 Yadanar Aung	SR	Westmoor High School	2:36.02	2:32.77	q
13 Jadalyn Eagens	SR	Mills	2:33.38	2:35.79	
14 Bella Reyes	SR	Terra Nova	2:39.08	2:37.94	
15 Presley Forrest	SO	Oceana High School	2:48.70	2:42.60	
16 Alannah Linden	FR	Capuchino High School	2:47.57	2:44.70	
17 Tanya Fish	FR	Capuchino High School	2:52.03	2:52.97	
18 Summer Snyder	FR	Oceana High School	2:56.66	2:54.15	
19 Emerald Wong	SO	Westmoor High School	3:06.00	2:58.60	
20 Hannah Delos Santos	SO	Westmoor High School	3:10.15	3:03.06	

Event 8 Boys 200 Yard Freestyle Varsity

PAL: 1:45.26 2013
1:48.59 CCS

JJ Harlet

San Mateo

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Luka Goncharov	FR	Terra Nova	1:57.07	1:52.85
2 Berg Guibadoulline	SO	Terra Nova	1:58.59	1:54.79
3 Brendan Verna	JR	Capuchino High School	2:03.25	1:56.19
4 Waylon Tang	FR	El Camino	2:04.82	2:02.39
5 Desmond Cheung	JR	Westmoor High School	2:06.84	2:05.72
6 Victor Corbelli	SR	Terra Nova	2:08.42	2:10.26
B - Final				
7 Matt Orr	SR	Half Moon Bay	2:09.23	2:07.39
8 Marco Tinoco	JR	El Camino	2:14.06	2:08.36
9 Nico Simrock	SO	Half Moon Bay	2:11.66	2:08.42
10 Rhys Girouard	JR	Mills	2:10.86	2:10.70
11 Alex Obando Vasquez	SR	Capuchino High School	2:16.53	2:11.62
12 Tanu Pradhan	JR	Oceana High School	2:12.06	2:14.91

Event 8 Boys 200 Yard Freestyle Varsity

PAL: 1:45.26 2013
1:48.59 CCS

JJ Harlet

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Luka Goncharov	FR	Terra Nova	1:55.55	1:57.07	q
2 Berg Guibadoulline	SO	Terra Nova	1:54.00	1:58.59	q
3 Brendan Verna	JR	Capuchino High School	2:05.28	2:03.25	q
4 Waylon Tang	FR	El Camino	2:05.16	2:04.82	q
5 Desmond Cheung	JR	Westmoor High School	2:08.14	2:06.84	q
6 Victor Corbelli	SR	Terra Nova	2:09.88	2:08.42	q
7 Matt Orr	SR	Half Moon Bay	2:08.54	2:09.23	q

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PAL Trials and Finals 2018

Oceana High School

Results

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

Name	Yr	School	Seed Time	Prelim Time	
8 Rhys Girouard	JR	Mills	2:10.43	2:10.86	q
9 Nico Simrock	SO	Half Moon Bay	2:09.76	2:11.66	q
10 Tanu Pradhan	JR	Oceana High School	2:16.50	2:12.06	q
11 Marco Tinoco	JR	El Camino	2:11.82	2:14.06	q
12 Alex Obando Vasquez	SR	Capuchino High School	2:15.28	2:16.53	q
13 Aaron Alberto, Aaron	SR	Capuchino High School	2:25.39	2:27.67	
14 Matheus Medeiros	SR	Capuchino High School	2:20.01	2:35.08	
15 Patrick Choi	SR	South San Francisco	2:44.13	2:36.22	
16 Leo Wong	JR	Westmoor High School	3:06.85	2:49.59	
17 Benjamin Lee	SR	Westmoor High School	3:00.50	2:52.30	
18 Ritvik Kumar	JR	South San Francisco	2:48.51	2:53.48	
19 Gil Darren Manzana	SR	Westmoor High School	2:58.60	2:55.23	

Event 9 Girls 100 Yard IM Junior Varsity

PAL: 1:09.04 1999			Cara Savelli	Westmoor	
Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Rachel Jenar	FR	Half Moon Bay	1:15.72	1:13.55	
2 Michelle Chan	JR	Mills	1:17.32	1:14.52	
3 Helene Kleinfeld	FR	Terra Nova	1:17.91	1:15.74	
4 Holly Eibert	SO	Half Moon Bay	1:19.99	1:19.84	
5 Gia Szabo	SO	Terra Nova	1:20.60	1:19.91	
6 Mandy Chung	JR	Mills	1:21.73	1:24.26	
B - Final					
7 Dana Hammerstrom	FR	Half Moon Bay	1:22.98	1:23.14	
8 Isabella Dal Porto	JR	Terra Nova	1:25.62	1:26.05	
9 Alyssa Huie	SO	Mills	1:28.48	1:26.50	
10 Jennifer Murphy	JR	Terra Nova	1:29.84	1:28.89	
11 Amanda Hua	SO	Westmoor High School	1:31.72	1:36.31	

Event 9 Girls 100 Yard IM Junior Varsity

PAL: 1:09.04 1999			Cara Savelli	Westmoor	
Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Rachel Jenar	FR	Half Moon Bay	1:13.71	1:15.72	q
2 Michelle Chan	JR	Mills	1:14.16	1:17.32	q
3 Helene Kleinfeld	FR	Terra Nova	1:19.01	1:17.91	q
4 Holly Eibert	SO	Half Moon Bay	1:22.05	1:19.99	q
5 Gia Szabo	SO	Terra Nova	1:20.69	1:20.60	q
6 Mandy Chung	JR	Mills	1:22.45	1:21.73	q
7 Dana Hammerstrom	FR	Half Moon Bay	1:22.72	1:22.98	q
8 Isabella Dal Porto	JR	Terra Nova	1:26.10	1:25.62	q
9 Alyssa Huie	SO	Mills	38:28.25	1:28.48	q
10 Jennifer Murphy	JR	Terra Nova	1:30.73	1:29.84	q
11 Amanda Hua	SO	Westmoor High School	1:39.78	1:31.72	q
12 Audry David	FR	Capuchino High School	1:32.07	1:32.09	q
13 Maggie Cai	FR	South San Francisco	1:37.78	1:33.10	
14 Alexyss Bolanos	FR	Westmoor High School	1:39.93	1:36.26	

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Oceana High School

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

Name	Yr	School	Seed Time	Prelim Time
15 Irene Lee	FR	Westmoor High School	1:40.45	1:36.51
16 Julia DeFoe	FR	Capuchino High School	1:47.43	1:40.64
17 Chanel Lejano	SO	Oceana High School	1:52.66	1:42.40
18 Kaitlyn Cruz	FR	El Camino	1:46.26	1:46.51

Event 10 Boys 100 Yard IM Junior Varsity

PAL: 1:02.63 2000

Rainer Amora

Westmoor

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Dennis Ly	SO	Mills	1:05.56	1:05.25
2 Brandon Tam	JR	Mills	1:07.57	1:07.13
3 Evan Ansgarius	FR	Terra Nova	1:07.81	1:07.24
4 Alex Wong	SO	Westmoor High School	1:07.66	1:07.58
5 Ian Pantoja	FR	El Camino	1:07.45	1:07.83
6 Frederick Phillip Javier	SO	Westmoor High School	1:14.02	1:15.20
B - Final				
7 Dimi Dimitrov	JR	Terra Nova	1:14.23	1:11.29
8 Bailey Harger	SO	Half Moon Bay	1:17.35	1:17.76
9 Joseph Smith	FR	Capuchino High School	1:18.08	1:18.52
10 Rigoberto Bueso-Bello, Rigober	SO	Capuchino High School	1:23.72	1:21.95
11 Ansel Ric Policarpio	JR	South San Francisco	1:33.52	1:32.91
--- Henry Villalobos	SO	Terra Nova	1:14.05	DQ

Event 10 Boys 100 Yard IM Junior Varsity

PAL: 1:02.63 2000

Rainer Amora

Westmoor

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Dennis Ly	SO	Mills	1:05.78	1:05.56 q
2 Ian Pantoja	FR	El Camino	1:20.21	1:07.45 q
3 Brandon Tam	JR	Mills	1:08.57	1:07.57 q
4 Alex Wong	SO	Westmoor High School	1:09.61	1:07.66 q
5 Evan Ansgarius	FR	Terra Nova	1:09.26	1:07.81 q
6 Frederick Phillip Javier	SO	Westmoor High School	1:19.66	1:14.02 q
7 Henry Villalobos	SO	Terra Nova	1:15.25	1:14.05 q
8 Dimi Dimitrov	JR	Terra Nova	1:12.83	1:14.23 q
9 Bailey Harger	SO	Half Moon Bay	1:19.05	1:17.35 q
10 Joseph Smith	FR	Capuchino High School	1:20.10	1:18.08 q
11 Rigoberto Bueso-Bello, Rigober	SO	Capuchino High School	1:22.14	1:23.72 q
12 Ansel Ric Policarpio	JR	South San Francisco	1:31.07	1:33.52 q

Event 11 Girls 200 Yard IM Varsity

PAL: 2:08.22 2009

Alicia Grima

Woodside

2:17.49 CCS

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Peony Lum	SR	El Camino	2:19.21	2:16.94 CCS
2 Eve Kearns	SO	Half Moon Bay	2:17.74	2:17.98
3 Carrie Ho	FR	Mills	2:19.96	2:20.01
4 Jensen Tinevez	FR	Half Moon Bay	2:28.64	2:29.68
5 Allison Wong	JR	Terra Nova	2:31.54	2:31.77

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A - Final ... (Event 11 Girls 200 Yard IM Varsity)

Name	Yr	School	Prelim Time	Finals Time
6 Lisa Luhrs	JR	Terra Nova	2:46.60	2:47.50

B - Final

7 Carrie Saquing	JR	Oceana High School	2:50.37	2:46.58
8 Tiana Ko	FR	South San Francisco	2:48.30	2:46.65
9 Nyla Eugenio	FR	Westmoor High School	2:49.90	2:48.37
10 Mimi Trawinski	JR	Oceana High School	2:51.00	2:50.70
11 Alexis Loo	SR	Mills	2:54.50	2:52.71
--- Julia Cordero	JR	Capuchino High School	3:13.10	DQ

Event 11 Girls 200 Yard IM Varsity

PAL: 2:08.22 2009
2:17.49 CCS

Alicia Grima

Woodside

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Eve Kearns	SO	Half Moon Bay	2:20.00	2:17.74	q
2 Peony Lum	SR	El Camino	2:18.72	2:19.21	q
3 Carrie Ho	FR	Mills	2:15.74	2:19.96	q
4 Jensen Tinevez	FR	Half Moon Bay	2:27.28	2:28.64	q
5 Allison Wong	JR	Terra Nova	1:29.35	2:31.54	q
6 Lisa Luhrs	JR	Terra Nova	2:49.70	2:46.60	q
7 Tiana Ko	FR	South San Francisco	2:46.43	2:48.30	q
8 Nyla Eugenio	FR	Westmoor High School	2:47.01	2:49.90	q
9 Carrie Saquing	JR	Oceana High School	2:45.22	2:50.37	q
10 Mimi Trawinski	JR	Oceana High School	3:02.16	2:51.00	q
11 Alexis Loo	SR	Mills	2:54.87	2:54.50	q
12 Julia Cordero	JR	Capuchino High School	3:08.00	3:13.10	q

Event 12 Boys 200 Yard IM Varsity

PAL: 1:54.25 2002
2:02.99 CCS

Ronald Chan

San Mateo

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Nick Tan	SR	El Camino	1:54.18	1:52.95	CCS
2 Bryan Chan	JR	Mills	2:12.11	2:10.96	
3 Thomas Ko	JR	Mills	2:11.99	2:12.15	
4 Alex Amundsen	SO	Terra Nova	2:11.85	2:14.17	
5 Sebastian Law	FR	Mills	2:12.11	2:16.50	
6 Aiden Cheung	FR	Westmoor High School	2:19.35	2:20.70	
B - Final					
7 Chris Cheng	SO	Oceana High School	2:21.10	2:18.82	
8 Chris Cothran	JR	Terra Nova	2:21.57	2:22.10	
9 Noah Dungca	SO	Westmoor High School	2:32.29	2:24.39	
10 Keith Shuttle	FR	Half Moon Bay	2:29.57	2:28.35	
11 Oz Monroy	SO	Half Moon Bay	2:33.34	2:33.82	
12 Colin DeLeon	SR	El Camino	2:50.13	2:48.12	

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Event 12 Boys 200 Yard IM Varsity

PAL: 1:54.25 2002
2:02.99 CCS

Ronald Chan

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Nick Tan	SR	El Camino	1:55.84	1:54.18	qCCS
2 Alex Amundsen	SO	Terra Nova	2:12.66	2:11.85	q
3 Thomas Ko	JR	Mills	2:22.43	2:11.99	q
*4 Sebastian Law	FR	Mills	2:01.85	2:12.11	q
*4 Bryan Chan	JR	Mills	2:21.75	2:12.11	q
6 Aiden Cheung	FR	Westmoor High School	2:20.61	2:19.35	q
7 Chris Cheng	SO	Oceana High School	2:21.41	2:21.10	q
8 Chris Cothran	JR	Terra Nova	2:24.40	2:21.57	q
9 Keith Shuttle	FR	Half Moon Bay	2:30.66	2:29.57	q
10 Noah Dungca	SO	Westmoor High School	2:32.88	2:32.29	q
11 Oz Monroy	SO	Half Moon Bay	2:32.97	2:33.34	q
12 Colin DeLeon	SR	El Camino	2:49.08	2:50.13	q

Event 13 Girls 50 Yard Freestyle Junior Varsity

PAL: 27.14 1998
25.59 CCS

Erica Gellerman

Sequoia

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Christy Huo	SO	Westmoor High School	31.45	31.50	
2 Jocelyn Quach	SO	Mills	32.28	31.78	
3 Mikayla Martinez	FR	Terra Nova	33.01	32.16	
4 Andrea McMullan	FR	Capuchino High School	32.77	32.70	
5 Isabel McCarthy	FR	El Camino	31.88	33.27	
6 Victoria Torres	SO	El Camino	34.28	34.07	
B - Final					
7 Madison King	FR	Half Moon Bay	35.50	33.67	
8 Hannah Downes	FR	Capuchino High School	35.21	33.73	
9 Jacqueline Dellins	JR	Half Moon Bay	35.59	33.94	
10 Nan Kham	FR	Westmoor High School	35.50	34.74	
11 Kaitlin Rodriguez	FR	Terra Nova	35.88	35.15	
12 Makayla Seagren	SO	Oceana High School	35.58	35.33	

Event 13 Girls 50 Yard Freestyle Junior Varsity

PAL: 27.14 1998
25.59 CCS

Erica Gellerman

Sequoia

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Christy Huo	SO	Westmoor High School	32.46	31.45	q
2 Isabel McCarthy	FR	El Camino	33.29	31.88	q
3 Jocelyn Quach	SO	Mills	32.90	32.28	q
4 Andrea McMullan	FR	Capuchino High School	32.57	32.77	q
5 Mikayla Martinez	FR	Terra Nova	33.61	33.01	q
6 Victoria Torres	SO	El Camino	34.77	34.28	q
7 Hannah Downes	FR	Capuchino High School	36.25	35.21	q
*8 Nan Kham	FR	Westmoor High School	36.56	35.50	q
*8 Madison King	FR	Half Moon Bay	35.50	35.50	q

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

Name	Yr	School	Seed Time	Prelim Time	
10 Makayla Seagren	SO	Oceana High School	37.04	35.58	q
11 Jacqueline Dellins	JR	Half Moon Bay	39.05	35.59	q
12 Kaitlin Rodriguez	FR	Terra Nova	35.35	35.88	q
13 Chanel Lejano	SO	Oceana High School	38.25	36.67	
14 Grecia Maldonado	SO	El Camino	39.41	36.72	
15 Madison McGough	SO	Capuchino High School	37.50	37.16	
16 Sara Sprankle	FR	Half Moon Bay	34.78	37.49	
17 Isabella Giaquinto	FR	Half Moon Bay	42.50	37.65	
18 Nathalie Alfaro	SO	South San Francisco	38.82	38.16	
19 Jamie Flick	FR	South San Francisco	37.34	38.21	
20 Lia Warnke	FR	Terra Nova	39.17	38.24	
21 Daniela Barajas	FR	Terra Nova	38.70	39.02	
22 Stephanie Haro	FR	Jefferson	40.61	39.34	
23 Dominnique Dollentas	SO	Westmoor High School	48.57	41.92	
24 Seidi Godoy	FR	Oceana High School	41.28	42.51	
25 Umit Capanoglu	SO	Mills	49.25	45.33	

Event 14 Boys 50 Yard Freestyle Junior Varsity

PAL: 24.93 2015 Jarod Frias
22.69 CCS

Capuchino

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Ronald Wise	SO	Mills	24.89	25.23
2 Rico Abrenila	FR	El Camino	26.46	26.69
3 Jordan Wong	JR	Mills	26.92	26.79
4 Aidan Lai	SO	Capuchino High School	26.69	26.82
5 Armand Royeca	SO	Capuchino High School	26.74	27.58
6 Jacob Askins	SO	Capuchino High School	27.13	27.60
B - Final				
7 Ashton Hacke	SO	Half Moon Bay	28.27	27.91
8 Andrew Williamson	FR	Half Moon Bay	27.87	28.42
9 Thomas Htet	SO	Westmoor High School	29.50	29.15
10 Chris Lou	FR	Terra Nova	29.01	29.71
11 Nica Belluomini	JR	Terra Nova	29.87	30.11
12 George Atallah	SO	Capuchino High School	29.65	30.35

Event 14 Boys 50 Yard Freestyle Junior Varsity

PAL: 24.93 2015 Jarod Frias
22.69 CCS

Capuchino

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Ronald Wise	SO	Mills	29.60	24.89	q
2 Rico Abrenila	FR	El Camino	26.85	26.46	q
3 Aidan Lai	SO	Capuchino High School	28.00	26.69	q
4 Armand Royeca	SO	Capuchino High School	26.18	26.74	q
5 Jordan Wong	JR	Mills	28.76	26.92	q
6 Jacob Askins	SO	Capuchino High School	26.82	27.13	q
7 Andrew Williamson	FR	Half Moon Bay	28.72	27.87	q
8 Ashton Hacke	SO	Half Moon Bay	28.99	28.27	q

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Preliminaries ... (Event 14 Boys 50 Yard Freestyle Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time	
9 Chris Lou	FR	Terra Nova	29.62	29.01	q
10 Thomas Htet	SO	Westmoor High School	32.53	29.50	q
11 George Atallah	SO	Capuchino High School	29.00	29.65	q
12 Nica Belluomini	JR	Terra Nova	30.20	29.87	q
13 Ryan Guinid	JR	Oceana High School	30.58	30.84	
14 Wesley McIntosh	JR	Oceana High School	31.27	31.10	
15 Preston Woodworth	FR	Terra Nova	31.93	31.13	
16 John King	JR	Oceana High School	32.42	32.60	
17 Sean Siapno	FR	El Camino	34.27	32.73	
18 Brandon Vintero	FR	Terra Nova	35.62	33.68	
19 Jack Perrin	FR	South San Francisco	35.25	35.10	
20 James Rey Macasa	SO	Westmoor High School	35.80	35.19	
21 Christopher Tse	FR	South San Francisco	37.63	35.35	
22 Eduardo Lactaen	FR	El Camino	37.26	35.94	
23 Mario Tapia	JR	South San Francisco	33.29	37.92	
24 Calvin Kwok	SO	Mills	42.90	39.93	

Event 15 Girls 50 Yard Freestyle Varsity

PAL: 24.72 2007
25.59 CCS

Daphne Yeung

S. San Francisco

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Grace Anderson	SO	Half Moon Bay	24.86	24.65	CCS
2 Allison Irabon	SO	Westmoor High School	25.13	25.29	CCS
3 Kaycie Lindland	JR	Terra Nova	25.95	25.43	CCS
4 Jennifer Paiva	SO	Mills	27.12	26.52	
5 Casey Chang	JR	Mills	27.96	28.13	
6 Maia Haley	SR	Terra Nova	28.42	29.12	
B - Final					
7 Kailan Turcios	SR	El Camino	28.77	28.49	
8 Graycen Mahon	SO	Capuchino High School	29.58	29.15	
9 Sophia Baltasar	FR	Mills	29.27	29.24	
10 Rebecca Villalobos	SR	Terra Nova	30.11	29.89	
11 Victoria Ngo	JR	Mills	30.57	30.62	
12 Tiana Cole	SO	Terra Nova	30.11	30.95	

Event 15 Girls 50 Yard Freestyle Varsity

PAL: 24.72 2007
25.59 CCS

Daphne Yeung

S. San Francisco

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Grace Anderson	SO	Half Moon Bay	24.56	24.86	qCCS
2 Allison Irabon	SO	Westmoor High School	25.80	25.13	qCCS
3 Kaycie Lindland	JR	Terra Nova	26.31	25.95	q
4 Jennifer Paiva	SO	Mills	26.32	27.12	q
5 Casey Chang	JR	Mills	28.17	27.96	q
6 Maia Haley	SR	Terra Nova	28.06	28.42	q
7 Kailan Turcios	SR	El Camino	28.06	28.77	q
8 Sophia Baltasar	FR	Mills	29.95	29.27	q

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

Name	Yr	School	Seed Time	Prelim Time	
9 Graycen Mahon	SO	Capuchino High School	30.25	29.58	q
*10 Rebecca Villalobos	SR	Terra Nova	29.02	30.11	q
*10 Tiana Cole	SO	Terra Nova	30.69	30.11	q
12 Naomi Albanes Ortega	SO	Capuchino High School	30.80	30.14	q
13 Victoria Ngo	JR	Mills	30.65	30.57	
14 Yadanar Aung	SR	Westmoor High School	32.13	30.83	
15 Hannah Krackow	SR	El Camino	30.50	31.39	
16 Presley Forrest	SO	Oceana High School	32.50	31.46	
17 Isabel Ibarbia	FR	Capuchino High School	31.74	31.74	
18 Briana Yik	SR	Westmoor High School	32.11	32.31	
19 Lauren Pagsoligan	SR	El Camino	32.82	33.28	
20 Christy Chai	SR	South San Francisco	35.33	35.79	
21 Jessica Zhao	FR	Oceana High School	37.67	37.28	
22 Kirsten Rhodes	FR	Oceana High School	39.52	39.23	
23 Arianna Aralar	JR	Jefferson	40.76	40.02	
24 Queenie Lam	SO	South San Francisco	40.87	42.25	
25 Jennifer Palacios	JR	Jefferson	44.58	44.70	
26 Kyra Lazo	JR	Jefferson	49.63	45.45	
27 Andrea Ugalde Duran	JR	Jefferson	59.70	53.15	

Event 16 Boys 50 Yard Freestyle Varsity

PAL: 21.75 5/3/2017 Nathaniel Macapagal El Camino
22.69 CCS

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Nathaniel Macapagal	SO	El Camino	21.91	21.56	CCS
2 Jacob Lumbang	JR	Oceana High School	22.50	22.46	CCS
3 Darren Wong	SO	South San Francisco	23.16	23.12	
4 Johnny Nitenson	SR	Terra Nova	22.68	23.25	
5 Dylan Lee	JR	Oceana High School	23.85	23.62	
6 Nick Huang	SR	Capuchino High School	23.50	24.02	
B - Final					
7 Louis Seftel	FR	Oceana High School	24.84	24.54	
*8 Sklyer Mak	SR	Capuchino High School	25.05	24.80	
*8 Jared Kwong	FR	Mills	24.39	24.80	
10 Matthew Lee	SR	Mills	24.62	24.92	
11 Andy Vana	SO	Half Moon Bay	25.06	25.68	
12 Leo Avila	SR	El Camino	25.14	26.49	

Event 16 Boys 50 Yard Freestyle Varsity

PAL: 21.75 5/3/2017 Nathaniel Macapagal El Camino
22.69 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Nathaniel Macapagal	SO	El Camino	21.47	21.91	qCCS
2 Jacob Lumbang	JR	Oceana High School	22.07	22.50	qCCS
3 Johnny Nitenson	SR	Terra Nova	22.84	22.68	qCCS
4 Darren Wong	SO	South San Francisco	23.42	23.16	q
5 Nick Huang	SR	Capuchino High School	23.19	23.50	q

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

Name	Yr	School	Seed Time	Prelim Time	
6 Dylan Lee	JR	Oceana High School	23.63	23.85	q
7 Jared Kwong	FR	Mills	24.18	24.39	q
8 Matthew Lee	SR	Mills	24.27	24.62	q
9 Louis Seftel	FR	Oceana High School	24.05	24.84	q
10 Sklyer Mak	SR	Capuchino High School	25.34	25.05	q
11 Andy Vana	SO	Half Moon Bay	24.71	25.06	q
12 Leo Avila	SR	El Camino	24.85	25.14	q
13 Patrick Harmon	FR	Terra Nova	25.50	25.28	
14 William Chen	SR	Oceana High School	25.19	25.47	
15 Brandon Buckley	SR	Terra Nova	26.86	26.00	
16 Jalen Lee	SR	El Camino	27.53	27.27	
17 Alex Fang	SR	Mills	28.43	27.39	
18 Nico Simrock	SO	Half Moon Bay	25.07	27.70	
19 Allen Agao	JR	Jefferson	30.61	29.05	
20 Aaron Ang	SR	Capuchino High School	28.00	29.51	
21 Jerry Sheng	SR	Terra Nova	30.28	29.54	
22 Justin Wong	SR	Westmoor High School	30.40	30.00	
23 Michael Leong	JR	Westmoor High School	29.75	30.21	
24 Eric Ecosio	JR	Jefferson	30.32	31.29	
25 Bill Lam	SR	Jefferson	33.02	33.26	
26 Richard Raygoza Rodriguez	JR	South San Francisco	35.39	34.17	
27 Dace Jan Ulibas	SR	Westmoor High School	35.12	35.58	
28 Mark Gelera	JR	Jefferson	36.36	36.47	

Event 17 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 Lina Cheung	SO	Mills	35.97	36.23	
2 Iris Tholke	FR	Half Moon Bay	37.62	37.52	
3 Sydney Gallant	FR	Terra Nova	39.30	38.72	
4 Lauren Nevin	FR	Terra Nova	39.61	40.24	
5 Roslyn Catilis	FR	El Camino	42.26	40.95	
6 Diala Nasser	FR	Capuchino High School	40.65	41.82	
B - Final					
7 Maggie Cai	FR	South San Francisco	43.48	42.13	
8 Eula Marie Camara	SO	Westmoor High School	42.39	42.19	
9 Meera Singh	SO	Mills	44.20	44.20	
10 Alexandra Enriquez Velasco	FR	Capuchino High School	43.14	44.36	
11 Annika Cale	FR	Terra Nova	44.71	45.25	
12 Julia DeFoe	FR	Capuchino High School	46.06	46.18	

Event 17 Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004 Joanna Sherman				Half Moon Bay	
Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Lina Cheung	SO	Mills	39.00	35.97	q
2 Iris Tholke	FR	Half Moon Bay	45.00	37.62	q
3 Sydney Gallant	FR	Terra Nova	39.68	39.30	q

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Preliminaries ... (Event 17 Girls 50 Yard Backstroke Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time	
4 Lauren Nevin	FR	Terra Nova	40.16	39.61	q
5 Diala Nasser	FR	Capuchino High School	43.98	40.65	q
6 Roslyn Catilis	FR	El Camino	42.59	42.26	q
7 Eula Marie Camara	SO	Westmoor High School	43.41	42.39	q
8 Alexandra Enriquez Velasco	FR	Capuchino High School	43.22	43.14	q
9 Maggie Cai	FR	South San Francisco	45.35	43.48	q
10 Meera Singh	SO	Mills	45.67	44.20	q
11 Annika Cale	FR	Terra Nova	44.81	44.71	q
12 Julia DeFoe	FR	Capuchino High School	52.60	46.06	q
13 April Ng	SO	Westmoor High School	50.90	47.72	
14 Lila Franco	FR	Terra Nova	46.28	47.99	
15 Nataly Valles	SO	El Camino	49.26	48.08	
16 Alexis Situ	SO	Mills	52.16	48.27	
17 Seidi Godoy	FR	Oceana High School	49.53	49.44	
18 Jennel Macatuno	SO	Oceana High School	46.45	50.44	
19 Grecia Maldonado	SO	El Camino	56.00	51.18	
20 Cruz Cruz	SO	South San Francisco	1:02.65	58.32	

Event 18 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 Albert Jian	FR	Westmoor High School	31.55	30.75		
2 Hunter Wong Hin	SO	Terra Nova	31.10	31.67		
3 Marcus Wong	JR	Mills	35.29	34.06		
4 Luke Hafer	FR	Capuchino High School	34.94	36.27		
5 Andrew Williamson	FR	Half Moon Bay	38.43	37.13		
6 Jaime Elepano	SO	Oceana High School	37.59	37.69		
B - Final						
7 Wesley McIntosh	JR	Oceana High School	39.24	36.63		
8 Elijah Lurie	FR	Half Moon Bay	38.96	39.51		
9 Conor Makowski	SO	Half Moon Bay	39.42	41.09		
10 Victor Wu	FR	Terra Nova	41.93	42.22		
11 Aiden Selli	FR	Terra Nova	43.64	42.99		
12 Remy Tran	FR	Westmoor High School	44.05	43.99		

Event 18 Boys 50 Yard Backstroke Junior Varsity

PAL:		28.37	2010	Carter White	Half Moon Bay	
Name	Yr	School	Seed Time	Prelim Time		
Preliminaries						
1 Hunter Wong Hin	SO	Terra Nova	33.44	31.10	q	
2 Albert Jian	FR	Westmoor High School	33.98	31.55	q	
3 Luke Hafer	FR	Capuchino High School	37.45	34.94	q	
4 Marcus Wong	JR	Mills	38.18	35.29	q	
5 Jaime Elepano	SO	Oceana High School	39.10	37.59	q	
6 Andrew Williamson	FR	Half Moon Bay	40.12	38.43	q	
7 Elijah Lurie	FR	Half Moon Bay	42.11	38.96	q	
8 Wesley McIntosh	JR	Oceana High School	38.39	39.24	q	
9 Conor Makowski	SO	Half Moon Bay	42.91	39.42	q	

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Preliminaries ... (Event 18 Boys 50 Yard Backstroke Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time	
10 Victor Wu	FR	Terra Nova	44.25	41.93	q
11 Aiden Selli	FR	Terra Nova	45.81	43.64	q
12 Remy Tran	FR	Westmoor High School	47.26	44.05	q

Event 19 Girls 50 Yard Butterfly Junior Varsity

PAL: 28.69		2006	Justine Cordon		Capuchino	
Name	Yr	School	Prelim Time	Finals Time		
A - Final						
1 Helene Kleinfeld	FR	Terra Nova	34.78	33.21		
2 Mandy Chung	JR	Mills	36.63	36.47		
3 Faith Esparza	FR	Terra Nova	37.63	37.34		
4 Gia Szabo	SO	Terra Nova	37.38	37.69		
*5 Isabella Dal Porto	JR	Terra Nova	38.38	38.00		
*5 Dana Hammerstrom	FR	Half Moon Bay	37.31	38.00		
B - Final						
7 Tess Hilvert	SO	Half Moon Bay	43.48	42.99		
8 Alexyss Bolanos	FR	Westmoor High School	43.09	43.89		
9 Azul Tamayo	FR	Capuchino High School	46.29	48.59		
10 Sydney Mufarreh	SO	Mills	49.42	52.49		

Event 19 Girls 50 Yard Butterfly Junior Varsity

PAL: 28.69		2006	Justine Cordon		Capuchino	
Name	Yr	School	Seed Time	Prelim Time		
Preliminaries						
1 Helene Kleinfeld	FR	Terra Nova	33.83	34.78	q	
2 Mandy Chung	JR	Mills	35.44	36.63	q	
3 Dana Hammerstrom	FR	Half Moon Bay	36.58	37.31	q	
4 Gia Szabo	SO	Terra Nova	38.57	37.38	q	
5 Faith Esparza	FR	Terra Nova	38.29	37.63	q	
6 Isabella Dal Porto	JR	Terra Nova	45.00	38.38	q	
7 Alexyss Bolanos	FR	Westmoor High School	47.73	43.09	q	
8 Tess Hilvert	SO	Half Moon Bay	42.78	43.48	q	
9 Azul Tamayo	FR	Capuchino High School	48.46	46.29	q	
10 Sydney Mufarreh	SO	Mills	55.70	49.42	q	
11 Yemin Molina Villalobos	SO	Capuchino High School	53.07	52.69	q	

Event 20 Boys 50 Yard Butterfly Junior Varsity

PAL: 27.83		2015	Zachary Romsdahl		Half Moon Bay	
Name	Yr	School	Prelim Time	Finals Time		
A - Final						
1 Dennis Ly	SO	Mills	27.56	28.23		
2 Brandon Tam	JR	Mills	28.86	28.89		
3 Dimi Dimitrov	JR	Terra Nova	30.60	30.03		
4 Evan Ansgarius	FR	Terra Nova	29.61	30.79		
5 Ronan Brosnan	FR	Oceana High School	32.98	32.32		
6 Henry Villalobos	SO	Terra Nova	30.98	33.34		
B - Final						
7 Frederick Phillip Javier	SO	Westmoor High School	33.32	33.68		

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Event 20 Boys 50 Yard Butterfly Junior Varsity

PAL: 27.83 2015 Zachary Romsdahl

Half Moon Bay

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Dennis Ly	SO	Mills	28.34	27.56	q
2 Brandon Tam	JR	Mills	29.95	28.86	q
3 Evan Ansgarius	FR	Terra Nova	31.09	29.61	q
4 Dimi Dimitrov	JR	Terra Nova	30.43	30.60	q
5 Henry Villalobos	SO	Terra Nova	38.00	30.98	q
6 Ronan Brosnan	FR	Oceana High School	32.15	32.98	q
7 Frederick Phillip Javier	SO	Westmoor High School	35.97	33.32	q
8 Joseph Smith	FR	Capuchino High School	36.50	35.26	q

Event 21 Girls 100 Yard Butterfly Varsity

PAL: 1:00.52 2008 Megan Beach

Sequoia

1:01.59 CCS

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Kaitlyn Panopio	SO	El Camino	1:01.68	1:00.58	CCS
2 Eve Kearns	SO	Half Moon Bay	1:01.10	1:01.74	
3 Meiling Chia	FR	South San Francisco	1:06.24	1:04.04	
4 Sara Olsen	JR	Terra Nova	1:05.94	1:06.34	
5 Vivian Lin	JR	Mills	1:07.24	1:08.54	
6 Vera Tang	SR	El Camino	1:10.55	1:12.10	
B - Final					
7 Remy Dizon	SO	Terra Nova	1:11.02	1:08.57	
8 Sarah Wong	SO	Mills	1:10.57	1:09.39	
9 Alexis Loo	SR	Mills	1:16.05	1:15.59	
10 Muitara Carney	SR	Mills	1:23.02	1:19.55	
11 Kaylie Mini	SO	Terra Nova	1:21.50	1:21.41	
12 Brooke Garrett	SO	Terra Nova	1:18.75	1:23.83	

Event 21 Girls 100 Yard Butterfly Varsity

PAL: 1:00.52 2008 Megan Beach

Sequoia

1:01.59 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Eve Kearns	SO	Half Moon Bay	1:02.39	1:01.10	qCCS
2 Kaitlyn Panopio	SO	El Camino	1:02.99	1:01.68	q
3 Sara Olsen	JR	Terra Nova	1:05.23	1:05.94	q
4 Meiling Chia	FR	South San Francisco	1:08.64	1:06.24	q
5 Vivian Lin	JR	Mills	1:10.11	1:07.24	q
6 Vera Tang	SR	El Camino	1:11.11	1:10.55	q
7 Sarah Wong	SO	Mills	1:09.01	1:10.57	q
8 Remy Dizon	SO	Terra Nova	1:07.89	1:11.02	q
9 Alexis Loo	SR	Mills	1:17.87	1:16.05	q
10 Brooke Garrett	SO	Terra Nova	1:15.89	1:18.75	q
11 Kaylie Mini	SO	Terra Nova	1:20.50	1:21.50	q
12 Muitara Carney	SR	Mills	1:17.83	1:23.02	q
13 Alison Luo	FR	Oceana High School	1:39.88	1:37.14	

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Oceana High School

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Event 22 Boys 100 Yard Butterfly Varsity

PAL: 51.51 2012
54.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Luka Goncharov	FR	Terra Nova	55.76	54.99 CCS
2 Jonathan Huang	SO	Mills	56.37	56.53
3 Jared Kwong	FR	Mills	57.07	56.74
4 Brendan Verna	JR	Capuchino High School	58.55	58.12
5 Jon Lam	FR	El Camino	57.76	58.34
6 Aiden Cheung	FR	Westmoor High School	1:00.78	1:00.81
B - Final				
7 Darren Wong	SO	South San Francisco	1:01.20	56.10
8 Ethan Quan	SO	Terra Nova	1:03.64	1:03.06
9 Rhys Girouard	JR	Mills	1:05.02	1:04.64
10 Chris Cheng	SO	Oceana High School	1:05.87	1:04.94
11 Michael Askndafi	SR	Capuchino High School	1:04.74	1:04.97
12 Desmond Cheung	JR	Westmoor High School	1:04.52	1:05.82

Event 22 Boys 100 Yard Butterfly Varsity

PAL: 51.51 2012
54.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Kevin Dai	SO	South San Francisco	59.00	55.43 q
2 Luka Goncharov	FR	Terra Nova	56.50	55.76 q
3 Jonathan Huang	SO	Mills	58.00	56.37 q
4 Jared Kwong	FR	Mills	58.70	57.07 q
5 Jon Lam	FR	El Camino	57.99	57.76 q
6 Brendan Verna	JR	Capuchino High School	1:00.20	58.55 q
7 Aiden Cheung	FR	Westmoor High School	1:04.87	1:00.78 q
8 Darren Wong	SO	South San Francisco	56.98	1:01.20 q
9 Ethan Quan	SO	Terra Nova	1:01.04	1:03.64 q
10 Desmond Cheung	JR	Westmoor High School	1:08.69	1:04.52 q
11 Michael Askndafi	SR	Capuchino High School	1:04.13	1:04.74 q
12 Rhys Girouard	JR	Mills	1:00.89	1:05.02 q
13 Chris Cheng	SO	Oceana High School	1:06.03	1:05.87
14 Clapton Hernandez	SO	South San Francisco	1:07.13	1:06.44
15 Edgar Santos-Figueroa	SO	Terra Nova	1:04.64	1:07.32
16 Aung Myat	FR	Westmoor High School	1:08.94	1:09.40
17 Tyler Verna	JR	Capuchino High School	1:10.00	1:11.44

Event 23 Girls 100 Yard Freestyle Junior Varsity

PAL: 58.03 2012
56.09 CCS

Sarah Stretch

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Anna Steinberg	FR	Terra Nova	1:06.97	1:07.63
2 Megan Hary	SO	Mills	1:09.83	1:10.81
3 Lauren Nevin	FR	Terra Nova	1:12.34	1:11.83

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

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

Name	Yr	School	Prelim Time	Finals Time
*4 Christy Huo	SO	Westmoor High School	1:10.97	1:12.35
*4 Ella Vetrone	SO	Half Moon Bay	1:13.07	1:12.35
6 Grayson Barmore	SO	Half Moon Bay	1:13.27	1:14.55

B - Final

7 Hannah Downes	FR	Capuchino High School	1:19.99	1:15.77
8 Victoria Torres	SO	El Camino	1:13.97	1:15.96
9 Isabel McCarthy	FR	El Camino	1:14.64	1:17.53
10 Kaitlin Rodriguez	FR	Terra Nova	1:21.74	1:21.95
11 Nathalie Alfaro	SO	South San Francisco	1:23.55	1:27.28

Event 23 Girls 100 Yard Freestyle Junior Varsity

PAL: 58.03 2012 Sarah Stretch Half Moon Bay
56.09 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Anna Steinberg	FR	Terra Nova	1:10.40	1:06.97	q
2 Megan Hary	SO	Mills	1:11.20	1:09.83	q
3 Christy Huo	SO	Westmoor High School	1:15.09	1:10.97	q
4 Lauren Nevin	FR	Terra Nova	1:12.19	1:12.34	q
5 Ella Vetrone	SO	Half Moon Bay	1:12.15	1:13.07	q
6 Grayson Barmore	SO	Half Moon Bay	1:12.59	1:13.27	q
7 Victoria Torres	SO	El Camino	1:17.43	1:13.97	q
8 Isabel McCarthy	FR	El Camino	1:18.62	1:14.64	q
9 Hannah Downes	FR	Capuchino High School	1:20.57	1:19.99	q
10 Kaitlin Rodriguez	FR	Terra Nova	1:18.05	1:21.74	q
11 Jennah Kattenhorn	FR	Capuchino High School	1:27.07	1:22.15	q
12 Nathalie Alfaro	SO	South San Francisco	1:27.50	1:23.55	q
13 Azul Tamayo	FR	Capuchino High School	1:20.41	1:24.31	
14 Zeliya Gomez	FR	South San Francisco	1:25.92	1:24.70	
15 Makayla Seagren	SO	Oceana High School	1:31.22	1:25.13	
16 Jamie Flick	FR	South San Francisco	1:21.10	1:25.40	
17 Brianna Johnson	FR	Half Moon Bay	1:32.00	1:26.47	
18 Nola Zimdars	FR	Terra Nova	1:25.00	1:30.34	
19 Sydney Mufarreh	SO	Mills	1:47.32	1:33.91	
20 Dominnique Dollentas	SO	Westmoor High School	1:47.72	1:34.15	
21 Stephanie Haro	FR	Jefferson	1:42.46	1:36.74	
22 Estefany Gomez	FR	Oceana High School	1:41.25	1:47.09	

Event 24 Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012 Avery Calhoun Half Moon Bay
49.99 CCS

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Ronald Wise	SO	Mills	56.42	56.79
2 Jordan Wong	JR	Mills	59.15	58.38
3 Rico Abrenila	FR	El Camino	58.82	58.64
4 Mason Liaghat	FR	Half Moon Bay	1:01.92	1:02.49
5 Ashton Hacke	SO	Half Moon Bay	1:04.46	1:05.49
6 Jacob Askins	SO	Capuchino High School	1:01.88	1:09.40

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PAL Trials and Finals 2018

Oceana High School

Results

B - Final ... (Event 24 Boys 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
B - Final				
7 Ryan Guinid	JR	Oceana High School	1:10.10	1:07.25
*8 Chris Lou	FR	Terra Nova	1:05.68	1:07.39
*8 Luke Hafer	FR	Capuchino High School	1:05.21	1:07.39
10 Rigoberto Bueso-Bello, Rigober	SO	Capuchino High School	1:07.01	1:07.52
11 Jake Kane	FR	Oceana High School	1:07.29	1:07.76
12 Ryan Warrick	SO	Westmoor High School	1:09.99	1:08.63

Event 24 Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012 Avery Calhoun
49.99 CCS

Half Moon Bay

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Ronald Wise	SO	Mills	57.94	56.42	q
2 Rico Abrenila	FR	El Camino	1:02.00	58.82	q
3 Jordan Wong	JR	Mills	1:01.09	59.15	q
4 Jacob Askins	SO	Capuchino High School	1:06.00	1:01.88	q
5 Mason Liaghat	FR	Half Moon Bay	1:02.45	1:01.92	q
6 Ashton Hacke	SO	Half Moon Bay	1:10.32	1:04.46	q
7 Luke Hafer	FR	Capuchino High School	1:11.00	1:05.21	q
8 Chris Lou	FR	Terra Nova	1:07.95	1:05.68	q
9 Rigoberto Bueso-Bello, Rigober	SO	Capuchino High School	1:08.50	1:07.01	q
10 Jake Kane	FR	Oceana High School	1:11.15	1:07.29	q
11 Charles Chetcuti	FR	Capuchino High School	1:10.00	1:08.42	q
12 Ryan Warrick	SO	Westmoor High School	1:09.75	1:09.99	q
13 Ryan Guinid	JR	Oceana High School	1:11.34	1:10.10	
14 Nica Belluomini	JR	Terra Nova	1:15.10	1:12.81	
15 Jack Perrin	FR	South San Francisco	1:16.11	1:16.47	
16 Remy Tran	FR	Westmoor High School	1:19.51	1:18.70	
17 Victor Wu	FR	Terra Nova	1:40.00	1:19.84	
18 Mario Tapia	JR	South San Francisco	1:33.36	1:20.99	

Event 25 Girls 100 Yard Freestyle Varsity

PAL: 53.63 2007 Daphne Yeung
56.09 CCS

S. San Francisco

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Grace Anderson	SO	Half Moon Bay	54.32	54.38	CCS
2 Allison Irabon	SO	Westmoor High School	55.63	55.56	CCS
3 Alice Peterson	SO	Mills	54.64	55.60	CCS
4 Kaycie Lindland	JR	Terra Nova	57.18	56.22	
5 Kiona Lum	SR	South San Francisco	59.62	59.71	
6 Jennifer Paiva	SO	Mills	59.21	1:00.64	
B - Final					
7 Kailan Turcios	SR	El Camino	1:02.82	1:02.87	
8 Maia Haley	SR	Terra Nova	1:03.80	1:03.73	
9 Kristen Lee	JR	Mills	1:06.87	1:04.54	
10 Hannah Krackow	SR	El Camino	1:09.41	1:08.20	
11 Tiana Cole	SO	Terra Nova	1:11.04	1:09.71	

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Oceana High School

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B - Final ... (Event 25 Girls 100 Yard Freestyle Varsity)

Name	Yr	School	Prelim Time	Finals Time
12 Bella Reyes	SR	Terra Nova	1:09.36	1:10.75

Event 25 Girls 100 Yard Freestyle Varsity

PAL: 53.63 2007 Daphne Yeung S. San Francisco
56.09 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Grace Anderson	SO	Half Moon Bay	54.36	54.32	qCCS
2 Alice Peterson	SO	Mills	57.54	54.64	qCCS
3 Allison Irabon	SO	Westmoor High School	56.92	55.63	qCCS
4 Kaycie Lindland	JR	Terra Nova	57.56	57.18	q
5 Jennifer Paiva	SO	Mills	1:02.85	59.21	q
6 Kiona Lum	SR	South San Francisco	1:00.76	59.62	q
7 Kailan Turcios	SR	El Camino	1:03.00	1:02.82	q
8 Maia Haley	SR	Terra Nova	1:03.19	1:03.80	q
9 Kristen Lee	JR	Mills	1:06.91	1:06.87	q
10 Bella Reyes	SR	Terra Nova	1:09.60	1:09.36	q
11 Hannah Krackow	SR	El Camino	1:09.48	1:09.41	q
12 Tiana Cole	SO	Terra Nova	1:12.62	1:11.04	q
13 Briana Yik	SR	Westmoor High School	1:16.62	1:12.33	
14 Natalie Sanchez	SR	El Camino	1:18.93	1:14.22	
15 Kristen Seki	FR	Capuchino High School	1:14.81	1:16.30	
16 Yisela Chavarria	FR	Capuchino High School	1:12.68	1:16.72	
17 Nicole Yang	SR	South San Francisco	1:16.77	1:17.67	
18 Summer Snyder	FR	Oceana High School	1:19.64	1:20.59	
19 Elyssa Tapawan	SR	Westmoor High School	1:24.75	1:21.04	
20 Kelly Lin	JR	Jefferson	1:41.60	1:30.06	
21 Hannah Chan	SO	Oceana High School	1:35.24	1:33.21	
22 Kirsten Rhodes	FR	Oceana High School	1:32.62	1:33.31	
23 Michelle Huynh	JR	Jefferson	1:48.47	1:41.52	
24 Isis Malpartida	JR	Jefferson	2:23.32	1:41.88	
25 Jennifer Palacios	JR	Jefferson	1:52.66	1:48.25	

Event 26 Boys 100 Yard Freestyle Varsity

PAL: 47.70 5/4/2017 Nathaniel Macapagal El Camino
49.99 CCS

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Nathaniel Macapagal	SO	El Camino	47.98	48.47	CCS
2 Justin Chang	JR	Mills	53.71	51.96	
3 Johnny Nitenson	SR	Terra Nova	51.66	52.20	
4 Nick Huang	SR	Capuchino High School	53.59	54.35	
5 Dylan Lee	JR	Oceana High School	54.09	54.39	
6 Wilson Chiu	SR	Mills	55.23	55.66	
B - Final					
7 Sklyer Mak	SR	Capuchino High School	56.13	55.95	
8 Victor Corbelli	SR	Terra Nova	56.02	56.04	
9 Aaron Saria	SR	El Camino	56.49	56.99	
10 William Chen	SR	Oceana High School	57.99	58.55	

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Results

B - Final ... (Event 26 Boys 100 Yard Freestyle Varsity)

Name	Yr	School	Prelim Time	Finals Time
11 Tanu Pradhan	JR	Oceana High School	57.27	58.63
12 Leo Avila	SR	El Camino	56.32	59.69

Event 26 Boys 100 Yard Freestyle Varsity

PAL: 47.70 5/4/2017 Nathaniel Macapagal El Camino
49.99 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Nathaniel Macapagal	SO	El Camino	48.25	47.98	qCCS
2 Johnny Nitenson	SR	Terra Nova	52.68	51.66	q
3 Nick Huang	SR	Capuchino High School	54.58	53.59	q
4 Justin Chang	JR	Mills	53.34	53.71	q
5 Dylan Lee	JR	Oceana High School	55.75	54.09	q
6 Wilson Chiu	SR	Mills	58.42	55.23	q
7 Victor Corbelli	SR	Terra Nova	58.59	56.02	q
8 Sklyer Mak	SR	Capuchino High School	57.42	56.13	q
9 Leo Avila	SR	El Camino	58.00	56.32	q
10 Aaron Saria	SR	El Camino	56.75	56.49	q
11 Tanu Pradhan	JR	Oceana High School	1:00.29	57.27	q
12 William Chen	SR	Oceana High School	1:02.80	57.99	q
13 Brandon Buckley	SR	Terra Nova	59.19	58.86	
14 Trevor Keller	SO	Half Moon Bay	57.89	59.09	
15 Tyler Verna	JR	Capuchino High School	1:05.00	59.76	
16 Friedrich Zurawka	SR	Oceana High School	1:04.76	1:00.56	
17 Zach Turner	SO	Half Moon Bay	56.04	1:00.68	
18 Jalen Lee	SR	El Camino	1:05.16	1:03.46	
19 Aaron Alberto, Aaron	SR	Capuchino High School	1:05.00	1:05.12	
20 Matheus Medeiros	SR	Capuchino High School	1:06.50	1:05.22	
21 Leo Wong	JR	Westmoor High School	1:12.97	1:06.62	
22 Eric Ecosio	JR	Jefferson	1:15.52	1:09.58	
23 Daniel Xu	SR	Jefferson	1:13.87	1:11.88	
24 Kevin Wong	SR	Mills	1:09.73	1:12.65	
25 Benjamin Lee	SR	Westmoor High School	1:18.35	1:14.87	
26 Luis Gonzalez	JR	Jefferson	1:24.27	1:19.73	
27 Richard Raygoza Rodriguez	JR	South San Francisco	1:20.84	1:23.72	
28 Nathan Barquira	JR	Jefferson	1:30.53	1:28.48	

Event 27 Girls 50 Yard Breaststroke Junior Varsity

PAL: 35.33 2012 Kiyomi, O'Connell Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Gabriella Handoku	FR	Mills	41.12	40.65
2 Mia Orr	FR	Half Moon Bay	41.50	41.41
3 Mayalani Leal	FR	Terra Nova	42.23	41.54
4 Maya Rippberger	FR	Half Moon Bay	41.57	42.28
5 Athena Le	SO	Westmoor High School	42.37	42.63
--- Roxy Trade	FR	Terra Nova	43.86	DQ
B - Final				
7 Harlee Ahuna	FR	Capuchino High School	44.55	44.82

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Results

B - Final ... (Event 27 Girls 50 Yard Breaststroke Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
8 Kelsey Juul	FR	Mills	44.01	44.99
9 Krista Woo	SO	Mills	46.75	45.69
10 Kaitlyn Cruz	FR	El Camino	48.10	45.89
11 Carina McAllister	FR	Terra Nova	47.30	47.58
12 Katelyn Fishtrom	SO	Oceana High School	48.22	49.23

Event 27 Girls 50 Yard Breaststroke Junior Varsity

PAL: 35.33 2012		Kiyomi, O'Connell		Half Moon Bay	
Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Gabriella Handoku	FR	Mills	41.06	41.12	q
2 Mia Orr	FR	Half Moon Bay	42.42	41.50	q
3 Maya Ripberger	FR	Half Moon Bay	45.05	41.57	q
4 Mayalani Leal	FR	Terra Nova	42.03	42.23	q
5 Athena Le	SO	Westmoor High School	43.54	42.37	q
6 Roxy Trade	FR	Terra Nova	44.05	43.86	q
7 Kelsey Juul	FR	Mills	45.35	44.01	q
8 Harlee Ahuna	FR	Capuchino High School	46.45	44.55	q
9 Krista Woo	SO	Mills	46.95	46.75	q
10 Carina McAllister	FR	Terra Nova	47.95	47.30	q
11 Kaitlyn Cruz	FR	El Camino	48.53	48.10	q
12 Isabella Canaya	FR	Capuchino High School	47.81	48.18	q
13 Katelyn Fishtrom	SO	Oceana High School	48.28	48.22	
14 Melissa Clinton	SO	Terra Nova	49.00	49.23	
15 Jheyzelle Perez	SO	El Camino	46.57	50.66	
16 Leah Sangalang	FR	Oceana High School	50.05	51.39	
17 Amanda Hua	SO	Westmoor High School	52.82	52.03	
18 Bethany Yuen	SO	Mills	53.23	52.59	

Event 28 Boys 50 Yard Breaststroke Junior Varsity

PAL: 31.73 2006		Albert Shu		Westmoor	
Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Nuri Capanoglu	SO	Mills	34.05	32.94	
2 Thomas Htet	SO	Westmoor High School	37.39	36.99	
3 Andrew Stibor	JR	Terra Nova	37.04	37.24	
4 Ryan Pham	FR	Westmoor High School	39.09	37.55	
5 Kai Guevara	FR	Half Moon Bay	38.14	38.96	
6 Aidan San Juan-Lam	SO	Capuchino High School	38.69	38.99	
B - Final					
7 Ethan Kapp	FR	Terra Nova	39.72	38.09	
8 George Atallah	SO	Capuchino High School	39.27	39.45	
9 Cole Tinch Mak	FR	Capuchino High School	39.70	39.90	
10 Sean Siapno	FR	El Camino	43.49	43.33	
11 John King	JR	Oceana High School	45.66	46.76	
12 Eduardo Lactaen	FR	El Camino	49.77	48.87	

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Event 28 Boys 50 Yard Breaststroke Junior Varsity

PAL: 31.73		2006		Albert Shu		Westmoor	
Name	Yr	School	Seed Time	Prelim Time			
Preliminaries							
1	Nuri Capanoglu	SO Mills	34.91	34.05	q		
2	Andrew Stibor	JR Terra Nova	37.18	37.04	q		
3	Thomas Htet	SO Westmoor High School	40.68	37.39	q		
4	Kai Guevara	FR Half Moon Bay	38.00	38.14	q		
5	Aidan San Juan-Lam	SO Capuchino High School	39.62	38.69	q		
6	Ryan Pham	FR Westmoor High School	38.86	39.09	q		
7	George Atallah	SO Capuchino High School	39.31	39.27	q		
8	Cole Tinch Mak	FR Capuchino High School	39.50	39.70	q		
9	Ethan Kapp	FR Terra Nova	38.35	39.72	q		
10	Aidan Roberts	SO Terra Nova	42.72	41.73	q		
11	Sean Siapno	FR El Camino	46.63	43.49	q		
12	John King	JR Oceana High School	50.08	45.66	q		
13	Calvin Kwok	SO Mills	50.17	47.32			
14	Eduardo Lactaon	FR El Camino	48.09	49.77			
15	Aiden Selli	FR Terra Nova	49.56	50.02			

Event 29 Girls 500 Yard Freestyle Varsity

PAL: 5:08.52		2014		Michelle Karpishin		Hillsdale	
5:28.99 CCS		Name	Yr	School	Prelim Time	Finals Time	
A - Final							
1	Mia Griffiths	SO Half Moon Bay	5:27.28	5:29.69			
2	Riley Rhodes	SO Half Moon Bay	5:28.69	5:34.74			
3	Allison Wong	JR Terra Nova	5:54.13	5:48.40			
4	Michelina Ng Solano	FR Mills	6:19.48	6:15.72			
5	Tina Lam	FR Mills	6:31.67	6:29.73			
6	Rebecca Villalobos	SR Terra Nova	6:50.01	7:29.79			
B - Final							
7	Chloe Marsh	SR Terra Nova	6:58.30	6:55.28			
8	Nyla Eugenio	FR Westmoor High School	7:00.02	6:57.16			
9	Sophia Baltasar	FR Mills	7:03.09	7:00.77			
10	Mimi Trawinski	JR Oceana High School	7:21.41	7:09.47			
11	Alannah Linden	FR Capuchino High School	7:23.44	7:34.26			
12	Kiarra Dolan	SR Terra Nova	7:46.26	7:41.60			

Event 29 Girls 500 Yard Freestyle Varsity

PAL: 5:08.52		2014		Michelle Karpishin		Hillsdale	
5:28.99 CCS		Name	Yr	School	Seed Time	Prelim Time	
Preliminaries							
1	Mia Griffiths	SO Half Moon Bay	5:24.73	5:27.28	qCCS		
2	Riley Rhodes	SO Half Moon Bay	5:28.00	5:28.69	qCCS		
3	Allison Wong	JR Terra Nova	5:54.07	5:54.13	q		
4	Michelina Ng Solano	FR Mills	6:09.76	6:19.48	q		
5	Tina Lam	FR Mills	6:30.91	6:31.67	q		
6	Rebecca Villalobos	SR Terra Nova	6:30.39	6:50.01	q		

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

Preliminaries ... (Event 29 Girls 500 Yard Freestyle Varsity)

Name	Yr	School	Seed Time	Prelim Time	
7 Chloe Marsh	SR	Terra Nova	6:56.02	6:58.30	q
8 Nyla Eugenio	FR	Westmoor High School	7:01.30	7:00.02	q
9 Sophia Baltasar	FR	Mills	7:22.33	7:03.09	q
10 Mimi Trawinski	JR	Oceana High School	6:43.97	7:21.41	q
11 Alannah Linden	FR	Capuchino High School	7:52.23	7:23.44	q
12 Kiarra Dolan	SR	Terra Nova	7:57.14	7:46.26	q
13 Tanya Fish	FR	Capuchino High School	8:07.16	7:49.59	

Event 30 Boys 500 Yard Freestyle Varsity

PAL: 4:45.10 2010
4:57.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Berg Guibadouline	SO	Terra Nova	5:12.90	5:09.23
2 Sebastian Law	FR	Mills	5:25.88	5:29.19
3 Michael Fearon	SO	Mills	5:41.50	5:33.60
4 Zach Zavodnik	SO	Terra Nova	5:50.20	5:46.51
5 Chris Cothran	JR	Terra Nova	5:44.34	5:49.41
6 Luca Kinchen	JR	Capuchino High School	6:40.77	7:01.80
B - Final				
7 Logan Pelowitz	JR	Half Moon Bay	6:42.94	6:40.47
8 Jason Wu	SR	Terra Nova	6:44.01	6:43.09
9 Jonathan Wong	JR	Westmoor High School	6:52.40	6:48.03

Event 30 Boys 500 Yard Freestyle Varsity

PAL: 4:45.10 2010
4:57.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Berg Guibadouline	SO	Terra Nova	5:07.05	5:12.90	q
2 Sebastian Law	FR	Mills	5:37.94	5:25.88	q
3 Michael Fearon	SO	Mills	5:53.56	5:41.50	q
4 Chris Cothran	JR	Terra Nova	5:49.71	5:44.34	q
5 Zach Zavodnik	SO	Terra Nova	5:47.01	5:50.20	q
6 Luca Kinchen	JR	Capuchino High School	6:40.00	6:40.77	q
7 Logan Pelowitz	JR	Half Moon Bay	6:52.44	6:42.94	q
8 Jason Wu	SR	Terra Nova	6:47.01	6:44.01	q
9 Jonathan Wong	JR	Westmoor High School	7:01.89	6:52.40	q

Event 31 Girls 200 Yard Freestyle Relay Junior Varsity

PAL: 1:54.07 1998
1:46.99 CCS

Sequoia

Team	Relay	Seed Time	Finals Time
1 Terra Nova		2:04.58	2:04.02
1) Helene Kleinfeld FR	2) Sydney Gallant FR	3) Mikayla Martinez FR	4) Isabella Dal Porto JR
2 Half Moon Bay		2:16.82	2:09.94
1) Maya Rippberger FR	2) Ella Vetrone SO	3) Holly Eibert SO	4) Grayson Barmore SO
3 El Camino		2:23.72	2:20.16
1) Victoria Torres SO	2) Roslyn Catilis FR	3) Kaitlyn Cruz FR	4) Isabel McCarthy FR

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****(Event 31 Girls 200 Yard Freestyle Relay Junior Varsity)**

Team	Relay	Seed Time	Finals Time
4 Westmoor High School		2:45.00	2:22.24
1) Stephanie Alvarez JR	2) Nan Kham FR	3) Amanda Hua SO	4) Eula Marie Camara SO
5 South San Francisco		2:38.92	2:26.37
1) Nathalie Alfaro SO	2) Jamie Flick FR	3) Zeliya Gomez FR	4) Maggie Cai FR
6 Oceana High School		3:08.12	2:35.68
1) Makayla Seagren SO	2) Leah Sangalang FR	3) Katelyn Fishtrom SO	4) Chanel Lejano SO
--- Terra Nova	B	2:15.15	x2:19.45
1) Kaitlin Rodriguez FR	2) Claire Schaeffer FR	3) Lauren Nevin FR	4) Roxy Trade FR
--- Half Moon Bay	B	2:20.00	x2:26.32
1) Brianna Johnson FR	2) Bella Pappalardo FR	3) Paige Holl FR	4) Jacqueline Dellins JR
--- Mills		2:49.65	DQ
1) Sydney Mufarreh SO	2) Alexis Situ SO	3) Umit Capanolglu SO	4) Meera Singh SO

Event 32 Boys 200 Yard Freestyle Relay Junior Varsity

PAL: 1:44.70 2010
1:34.39 CCS

Half Moon Bay

Team	Relay	Seed Time	Finals Time
1 Terra Nova		1:53.77	1:49.20
1) Dimi Dimitrov JR	2) Chris Lou FR	3) Andrew Stibor JR	4) Henry Villalobos SO
2 Capuchino High School		1:50.27	1:49.78
1) Aidan Lai SO	2) George Atallah SO	3) Jacob Askins SO	4) Armand Royeca SO
3 Mills		1:52.00	1:51.39
1) Marcus Wong JR	2) Jordan Wong JR	3) Bryan Tam JR	4) Brandon Tam JR
4 Oceana High School		2:04.13	2:01.69
1) Wesley McIntosh JR	2) Jake Kane FR	3) John King JR	4) Ronan Brosnan FR
5 El Camino		2:12.12	2:05.50
1) Ian Pantoja FR	2) Eduardo Lactaen FR	3) Sean Siapno FR	4) Rico Abrenila FR
6 Westmoor High School		2:50.00	2:12.66
1) James Rey Macasa SO	2) Ryan Pham FR	3) Brandon Nieu FR	4) Thomas Htet SO
--- Terra Nova	B	2:05.00	x2:04.97
1) Brandon Vintero FR	2) Maxwell Bennett FR	3) Nica Belluomini JR	4) Aiden Selli FR
--- Half Moon Bay		1:58.05	DQ
1) Ashton Hacke SO	2) Bailey Harger SO	3) Conor Makowski SO	4) Andrew Williamson FR

Event 33 Girls 200 Yard Freestyle Relay Varsity

PAL: 1:44.79 2015
1:46.99 CCS

San Mateo

Team	Relay	Seed Time	Finals Time
1 Terra Nova		1:49.09	1:46.44 CCS
1) Kaycie Lindland JR	2) Sara Olsen JR	3) Allison Wong JR	4) Cassie Smith SR
2 El Camino		1:50.00	1:50.33
1) Kaitlyn Panopio SO	2) Vera Tang SR	3) Kailan Turcios SR	4) Peony Lum SR
3 Mills		1:54.27	1:55.08
1) Vivian Lin JR	2) Tina Lam FR	3) Casey Chang JR	4) Michelina Ng Solano FR
4 Westmoor High School		2:05.00	1:56.31
1) Allison Irabon SO	2) Nyla Eugenio FR	3) Yadanar Aung SR	4) Melinda Quan SR
5 South San Francisco		2:22.85	2:16.67
1) Tiana Ko FR	2) Queenie Lam SO	3) Kimberly Concepcion FR	4) Nicole Yang SR
6 Oceana High School		2:28.94	2:27.15
1) Hannah Chan SO	2) Kirsten Rhodes FR	3) Samantha Grover JR	4) Alison Luo FR
7 Jefferson		2:58.00	2:55.08
1) Michelle Huynh JR	2) Arianna Aralar JR	3) Jennifer Palacios JR	4) Kelly Lin JR

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****(Event 33 Girls 200 Yard Freestyle Relay Varsity)**

Team	Relay	Seed Time	Finals Time
--- Terra Nova	B	1:57.00	x2:04.12
1) Bella Reyes SR	2) Brooke Garrett SO	3) Chloe Marsh SR	4) Kiarra Dolan SR
--- Westmoor High School	B	2:25.00	x2:15.69
1) Emerald Wong SO	2) Elyssa Tapawan SR	3) Hannah Delos Santos SO	4) Briana Yik SR
--- Jefferson	B	3:15.00	x2:59.60
1) Isis Malpartida JR	2) Kimberly Brown JR	3) Kyra Lazo JR	4) Diane Chao JR
--- Mills	B	2:04.09	DQ
1) Jadalyn Eagens SR	2) Alexis Loo SR	3) Muitara Carney SR	4) Kaitlyn Hoo SR

Event 34 Boys 200 Yard Freestyle Relay Varsity

PAL: 1:31.35 2015
1:34.39 CCS

El Camino

Team	Relay	Seed Time	Finals Time
1 El Camino		1:32.90	1:31.95 CCS
1) Jon Lam FR	2) Nick Tan SR	3) Leo Avila SR	4) Nathaniel Macapagal SO
2 Terra Nova		1:34.31	1:32.31 CCS
1) Johnny Nitenson SR	2) Patrick Harmon FR	3) Luka Goncharov FR	4) Berg Guibadouline SO
3 Oceana High School		1:33.79	1:34.47
1) Louis Seftel FR	2) Dylan Lee JR	3) William Chen SR	4) Jacob Lumbang JR
4 Mills		1:18.11	1:37.97
1) Jared Kwong FR	2) Sebastian Law FR	3) Thomas Ko JR	4) Bryan Chan JR
5 Capuchino High School		1:45.10	1:38.94
1) Sklyer Mak SR	2) Tyler Verna JR	3) Brendan Verna JR	4) Nick Huang SR
6 Half Moon Bay		1:49.08	1:44.10
1) Nico Simrock SO	2) Ian O'Connor SO	3) Trevor Keller SO	4) Andy Vana SO
7 South San Francisco		2:05.31	2:04.58
1) Thuan Ta JR	2) Richard Raygoza Rodriguez JR	3) Ritvik Kumar JR	4) Clapton Hernandez SO
8 Jefferson		2:07.42	2:05.75
1) Allen Agao JR	2) Bill Lam SR	3) Eric Ecosio JR	4) Daniel Xu SR
--- Mills	B	1:45.30	x1:41.72
1) Wilson Chiu SR	2) Rhys Girouard JR	3) Nathaniel Chu JR	4) Michael Fearon SO
--- Terra Nova	B	1:50.50	x1:44.93
1) Victor Corbelli SR	2) Brandon Buckley SR	3) Jason Wu SR	4) Chris Cothran JR
--- Capuchino High School	B	1:54.00	x1:46.79
1) Alex Obando Vasquez SR	2) Aaron Ang SR	3) Marcos Gabriel Cintra JR	4) Michael Askndafi SR
--- Westmoor High School		1:55.00	DQ
1) Michael Leong JR	2) Jonathan Wong JR	3) Leo Wong JR	4) Noah Dunga SO

Event 35 Girls 100 Yard Backstroke Junior Varsity

PAL: 1:08.84 1999
1:02.99 CCS

Westmoor

Name	Yr School	Prelim Time	Finals Time
A - Final			
1 Rachel Jenar	FR Half Moon Bay	1:10.98	1:11.56
2 Lina Cheung	SO Mills	1:23.55	1:21.34
3 Sophia Alyward	SO Terra Nova	1:26.11	1:23.75
4 Sydney Gallant	FR Terra Nova	1:25.32	1:26.96
5 Diala Nasser	FR Capuchino High School	1:29.49	1:30.84
6 Faith Esparza	FR Terra Nova	1:26.90	1:31.31
B - Final			
7 Jennifer Murphy	JR Terra Nova	1:30.66	1:30.24

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

B - Final ... (Event 35 Girls 100 Yard Backstroke Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
8 Catheren Nakagawara	SO	Mills	1:34.64	1:30.91
9 Roslyn Catilis	FR	El Camino	1:35.70	1:36.77
10 Nan Kham	FR	Westmoor High School	1:40.78	1:37.23
11 Alexandra Enriquez Velasco	FR	Capuchino High School	1:38.37	1:37.30
12 Zeliya Gomez	FR	South San Francisco	1:41.28	1:42.21

Event 35 Girls 100 Yard Backstroke Junior Varsity

PAL: 1:08.84 1999
1:02.99 CCS

Cara Savelli

Westmoor

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Rachel Jenar	FR	Half Moon Bay	1:12.77	1:10.98	q
2 Lina Cheung	SO	Mills	1:20.19	1:23.55	q
3 Sydney Gallant	FR	Terra Nova	1:29.11	1:25.32	q
4 Sophia Alyward	SO	Terra Nova	1:22.38	1:26.11	q
5 Faith Esparza	FR	Terra Nova	1:40.00	1:26.90	q
6 Diala Nasser	FR	Capuchino High School	1:38.06	1:29.49	q
7 Jennifer Murphy	JR	Terra Nova	1:29.33	1:30.66	q
8 Audry David	FR	Capuchino High School	1:33.41	1:31.61	q
9 Catheren Nakagawara	SO	Mills	1:43.75	1:34.64	q
10 Roslyn Catilis	FR	El Camino	1:37.06	1:35.70	q
11 Alexandra Enriquez Velasco	FR	Capuchino High School	1:38.07	1:38.37	q
12 Nan Kham	FR	Westmoor High School	1:41.81	1:40.78	q
13 Zeliya Gomez	FR	South San Francisco	1:45.63	1:41.28	
14 Stephanie Alvarez	JR	Westmoor High School	1:51.13	1:43.70	
15 April Ng	SO	Westmoor High School	1:50.18	1:43.99	
16 Meera Singh	SO	Mills	1:43.58	1:45.19	
17 Alyssa Weittstein	FR	Capuchino High School	46.38	1:47.25	
18 Jennel Macatuno	SO	Oceana High School	1:51.12	1:54.30	
19 Nataly Valles	SO	El Camino	1:57.89	1:54.94	

Event 36 Boys 100 Yard Backstroke Junior Varsity

PAL: 1:02.45 2010
57.69 CCS

Carter White

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Bryan Tam	JR	Mills	1:06.94	1:05.42
2 Aidan Lai	SO	Capuchino High School	1:12.23	1:15.11
3 Marcus Wong	JR	Mills	1:17.49	1:16.74
4 Hunter Wong Hin	SO	Terra Nova	1:16.69	1:19.25
5 Elijah Lurie	FR	Half Moon Bay	1:24.16	1:26.26
6 Jaime Elepano	SO	Oceana High School	1:24.34	1:30.43
B - Final				
7 Brandon Nieu	FR	Westmoor High School	1:31.75	1:32.22
8 Brandon Vintero	FR	Terra Nova	1:37.93	1:36.67
9 James Rey Macasa	SO	Westmoor High School	1:35.56	1:37.73
10 Maxwell Bennett	FR	Terra Nova	1:49.27	1:51.32

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

Event 36 Boys 100 Yard Backstroke Junior Varsity

PAL: 1:02.45 2010

Carter White

Half Moon Bay

57.69 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Bryan Tam	JR	Mills	1:06.92	1:06.94	q
2 Aidan Lai	SO	Capuchino High School	1:16.34	1:12.23	q
3 Hunter Wong Hin	SO	Terra Nova	1:19.80	1:16.69	q
4 Marcus Wong	JR	Mills	1:23.15	1:17.49	q
5 Elijah Lurie	FR	Half Moon Bay	1:27.79	1:24.16	q
6 Jaime Elepano	SO	Oceana High School	1:30.87	1:24.34	q
7 Charles Chetcuti	FR	Capuchino High School	1:31.92	1:27.84	q
8 Brandon Nieu	FR	Westmoor High School	1:31.57	1:31.75	q
9 James Rey Macasa	SO	Westmoor High School	1:37.02	1:35.56	q
10 Brandon Vintero	FR	Terra Nova	1:50.00	1:37.93	q
11 Maxwell Bennett	FR	Terra Nova	1:50.00	1:49.27	q

Event 37 Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017

Kaitlyn Panopio

El Camino

1:02.99 CCS

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Kaitlyn Panopio	SO	El Camino	1:00.14	59.15	CCS
2 Riley Rhodes	SO	Half Moon Bay	1:02.15	1:00.81	CCS
3 Kiona Lum	SR	South San Francisco	1:04.02	1:03.83	
4 Megan Conklin	JR	El Camino	1:07.08	1:06.11	
5 Remy Dizon	SO	Terra Nova	1:08.81	1:08.13	
--- Carrie Ho	FR	Mills	1:01.83	DQ	
B - Final					
7 Kaitlyn Hoo	SR	Mills	1:13.85	1:13.15	
8 Victoria Ngo	JR	Mills	1:15.29	1:14.11	
9 Carrie Saquing	JR	Oceana High School	1:15.78	1:14.73	
10 Lisa Luhrs	JR	Terra Nova	1:15.74	1:15.04	
11 Melinda Quan	SR	Westmoor High School	1:16.65	1:15.14	
--- Sarah Wong	SO	Mills	1:09.27	DQ	

Event 37 Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017

Kaitlyn Panopio

El Camino

1:02.99 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Kaitlyn Panopio	SO	El Camino	1:01.01	1:00.14	qCCS
2 Carrie Ho	FR	Mills	1:03.19	1:01.83	qCCS
3 Riley Rhodes	SO	Half Moon Bay	1:01.23	1:02.15	qCCS
4 Kiona Lum	SR	South San Francisco	1:02.98	1:04.02	q
5 Megan Conklin	JR	El Camino	1:07.19	1:07.08	q
6 Remy Dizon	SO	Terra Nova	1:07.07	1:08.81	q
7 Sarah Wong	SO	Mills	1:11.45	1:09.27	q
8 Kaitlyn Hoo	SR	Mills	1:12.21	1:13.85	q
9 Victoria Ngo	JR	Mills	1:12.25	1:15.29	q
10 Lisa Luhrs	JR	Terra Nova	1:14.96	1:15.74	q

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

Preliminaries ... (Event 37 Girls 100 Yard Backstroke Varsity)

Name	Yr	School	Seed Time	Prelim Time	
11 Carrie Saquing	JR	Oceana High School	1:15.01	1:15.78	q
12 Melinda Quan	SR	Westmoor High School	1:17.24	1:16.65	q
13 Kimberly Concepcion	FR	South San Francisco	1:24.08	1:21.45	
14 Emerald Wong	SO	Westmoor High School	1:23.99	1:21.73	
15 Lauren Pagsolingan	SR	El Camino	1:18.07	1:22.35	
16 Chloe Marsh	SR	Terra Nova	1:25.73	1:25.42	
17 Alison Luo	FR	Oceana High School	1:28.69	1:28.14	
18 Kiarra Dolan	SR	Terra Nova	1:26.73	1:29.51	
19 Hannah Delos Santos	SO	Westmoor High School	1:30.59	1:30.23	
20 Abigail Tolentino	FR	Capuchino High School	1:44.15	1:38.35	
21 Arianna Aralar	JR	Jefferson	1:42.60	1:39.91	
22 Diane Chao	JR	Jefferson	1:48.00	1:44.38	
23 Kelly Lin	JR	Jefferson	1:44.64	1:45.79	
24 Kimberly Brown	JR	Jefferson	3:08.65	1:55.21	

Event 38 Boys 100 Yard Backstroke Varsity

PAL: 53.14 5/4/2017 Nick Tan El Camino
57.69 CCS

Name	Yr	School	Prelim Time	Finals Time	
A - Final					
1 Jon Lam	FR	El Camino	55.70	55.84	CCS
2 Justin Chang	JR	Mills	58.76	57.72	
3 Jonathan Huang	SO	Mills	1:00.40	59.72	
4 Louis Seftel	FR	Oceana High School	1:00.69	1:00.53	
5 Aung Myat	FR	Westmoor High School	1:03.02	1:03.63	
6 Patrick Harmon	FR	Terra Nova	1:03.40	1:04.11	
B - Final					
7 Ethan Quan	SO	Terra Nova	1:05.75	1:03.02	
8 Edgar Santos-Figueroa	SO	Terra Nova	1:06.06	1:05.44	
9 Marco Tinoco	JR	El Camino	1:06.22	1:06.24	
10 Wilson Chiu	SR	Mills	1:05.64	1:06.25	
11 Clapton Hernandez	SO	South San Francisco	1:05.91	1:06.87	
12 Michael Askndafi	SR	Capuchino High School	1:08.95	1:09.67	

Event 38 Boys 100 Yard Backstroke Varsity

PAL: 53.14 5/4/2017 Nick Tan El Camino
57.69 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Jon Lam	FR	El Camino	57.89	55.70	qCCS
2 Justin Chang	JR	Mills	59.42	58.76	q
3 Jonathan Huang	SO	Mills	1:00.85	1:00.40	q
4 Louis Seftel	FR	Oceana High School	1:00.87	1:00.69	q
5 Aung Myat	FR	Westmoor High School	1:06.13	1:03.02	q
6 Patrick Harmon	FR	Terra Nova	1:06.15	1:03.40	q
7 Wilson Chiu	SR	Mills	1:09.32	1:05.64	q
8 Ethan Quan	SO	Terra Nova	1:04.16	1:05.75	q
9 Clapton Hernandez	SO	South San Francisco	1:10.56	1:05.91	q
10 Edgar Santos-Figueroa	SO	Terra Nova	1:09.38	1:06.06	q

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

Preliminaries ... (Event 38 Boys 100 Yard Backstroke Varsity)

Name	Yr	School	Seed Time	Prelim Time	
11 Marco Tinoco	JR	El Camino	1:07.91	1:06.22	q
12 Michael Askndafi	SR	Capuchino High School	1:07.90	1:08.95	q
13 Ben Wu	SO	Oceana High School	1:09.25	1:09.02	
14 Zach Zavodnik	SO	Terra Nova	1:07.88	1:09.76	
15 Zach Turner	SO	Half Moon Bay	1:11.03	1:10.38	
16 Colin DeLeon	SR	El Camino	1:14.59	1:11.89	
17 Allen Agao	JR	Jefferson	1:16.53	1:12.38	
18 Justin Wong	SR	Westmoor High School	1:20.62	1:16.61	
19 Luis Gonzalez	JR	Jefferson	1:38.92	1:35.66	

Event 39 Girls 100 Yard Breaststroke Junior Varsity

PAL: 1:17.41 2012 Kiyomi O'Connell
1:10.99 CCS

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Michelle Chan	JR	Mills	1:23.23	1:21.23
2 Gabriella Handoku	FR	Mills	1:25.91	1:27.53
3 Mayalani Leal	FR	Terra Nova	1:30.05	1:27.86
*4 Maya Rippberger	FR	Half Moon Bay	1:30.74	1:29.25
*4 Holly Eibert	SO	Half Moon Bay	1:31.85	1:29.25
6 Mia Orr	FR	Half Moon Bay	1:29.77	1:30.12
B - Final				
7 Athena Le	SO	Westmoor High School	1:32.52	1:36.59
8 Alyssa Weittstein	FR	Capuchino High School	1:38.15	1:39.09
9 Umit Capanoglu	SO	Mills	1:43.80	1:42.08
10 Claire Schaeffer	FR	Terra Nova	1:46.09	1:50.25
11 Irene Lee	FR	Westmoor High School	1:48.80	1:50.69

Event 39 Girls 100 Yard Breaststroke Junior Varsity

PAL: 1:17.41 2012 Kiyomi O'Connell
1:10.99 CCS

Half Moon Bay

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Michelle Chan	JR	Mills	1:21.64	1:23.23	q
2 Gabriella Handoku	FR	Mills	1:30.58	1:25.91	q
3 Mia Orr	FR	Half Moon Bay	1:30.56	1:29.77	q
4 Mayalani Leal	FR	Terra Nova	1:29.65	1:30.05	q
5 Maya Rippberger	FR	Half Moon Bay	1:32.67	1:30.74	q
6 Holly Eibert	SO	Half Moon Bay	1:35.00	1:31.85	q
7 Athena Le	SO	Westmoor High School	1:37.46	1:32.52	q
8 Alyssa Weittstein	FR	Capuchino High School	1:40.62	1:38.15	q
9 Harlee Ahuna	FR	Capuchino High School	1:47.79	1:41.79	q
10 Umit Capanoglu	SO	Mills	1:52.68	1:43.80	q
11 Claire Schaeffer	FR	Terra Nova	1:33.68	1:46.09	q
12 Nicole Cota	FR	Capuchino High School	1:51.25	1:46.47	q
13 Irene Lee	FR	Westmoor High School	1:47.53	1:48.80	
14 Melissa Clinton	SO	Terra Nova	1:53.53	1:50.35	
15 Carina McAllister	FR	Terra Nova	1:55.77	1:50.61	

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

Preliminaries ... (Event 39 Girls 100 Yard Breaststroke Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time
16 Katelyn Fishtrom	SO	Oceana High School	1:51.91	1:52.09
17 Jheyzelle Perez	SO	El Camino	1:50.00	1:53.21
18 Leah Sangalang	FR	Oceana High School	2:13.12	1:58.18

Event 40 Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009 Andrew Buckley Terra Nova
1:02.99 CCS

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Nuri Capanoglu	SO	Mills	1:15.98	1:13.84
2 Ian Pantoja	FR	El Camino	1:16.83	1:18.61
3 Alex Wong	SO	Westmoor High School	1:19.98	1:18.67
4 Kai Guevara	FR	Half Moon Bay	1:25.36	1:24.64
5 Andrew Stibor	JR	Terra Nova	1:23.03	1:24.71
6 Ethan Kapp	FR	Terra Nova	1:23.00	1:27.91
B - Final				
7 Ryan Pham	FR	Westmoor High School	1:28.01	1:24.28
8 Aidan San Juan-Lam	SO	Capuchino High School	1:27.80	1:26.98
9 Cole Tinch Mak	FR	Capuchino High School	1:28.73	1:28.27
10 Ansel Ric Policarpio	JR	South San Francisco	1:35.29	1:39.87

Event 40 Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009 Andrew Buckley Terra Nova
1:02.99 CCS

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Nuri Capanoglu	SO	Mills	1:16.43	1:15.98 q
2 Ian Pantoja	FR	El Camino	1:12.00	1:16.83 q
3 Alex Wong	SO	Westmoor High School	1:23.25	1:19.98 q
4 Ethan Kapp	FR	Terra Nova	1:26.02	1:23.00 q
5 Andrew Stibor	JR	Terra Nova	1:25.03	1:23.03 q
6 Kai Guevara	FR	Half Moon Bay	1:27.63	1:25.36 q
7 Aidan San Juan-Lam	SO	Capuchino High School	1:29.39	1:27.80 q
8 Ryan Pham	FR	Westmoor High School	1:28.44	1:28.01 q
9 Cole Tinch Mak	FR	Capuchino High School	1:27.50	1:28.73 q
10 Ansel Ric Policarpio	JR	South San Francisco	1:37.45	1:35.29 q

Event 41 Girls 100 Yard Breaststroke Varsity

PAL: 1:04.92 2014 Larisa Tam San Mateo
1:10.99 CCS

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Jensen Tinevez	FR	Half Moon Bay	1:15.26	1:13.55
2 Peony Lum	SR	El Camino	1:13.78	1:13.62
3 Cassie Smith	SR	Terra Nova	1:15.76	1:13.67
4 Vivian Lin	JR	Mills	1:17.11	1:13.79
5 Sara Olsen	JR	Terra Nova	1:16.91	1:17.23
6 Tina Lam	FR	Mills	1:21.90	1:20.54
B - Final				
7 Tiana Ko	FR	South San Francisco	1:24.52	1:24.48

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018

PAL Trials and Finals 2018

Oceana High School

Results

B - Final ... (Event 41 Girls 100 Yard Breaststroke Varsity)

Name	Yr	School	Prelim Time	Finals Time
8 Kaylie Mini	SO	Terra Nova	1:27.24	1:29.97
9 Graycen Mahon	SO	Capuchino High School	1:32.33	1:32.64
10 Jessica Zhao	FR	Oceana High School	1:30.61	1:33.29
11 Samantha Grover	JR	Oceana High School	1:34.79	1:35.40
12 Natalie Sanchez	SR	El Camino	1:36.63	1:35.97

Event 41 Girls 100 Yard Breaststroke Varsity

PAL: 1:04.92 2014
1:10.99 CCS

Larisa Tam

San Mateo

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Peony Lum	SR	El Camino	1:14.00	1:13.78 q
2 Jensen Tinevez	FR	Half Moon Bay	1:15.78	1:15.26 q
3 Cassie Smith	SR	Terra Nova	1:15.71	1:15.76 q
4 Sara Olsen	JR	Terra Nova	1:15.71	1:16.91 q
5 Vivian Lin	JR	Mills	1:22.16	1:17.11 q
6 Tina Lam	FR	Mills	1:22.16	1:21.90 q
7 Tiana Ko	FR	South San Francisco	1:24.34	1:24.52 q
8 Kaylie Mini	SO	Terra Nova	1:26.54	1:27.24 q
9 Jessica Zhao	FR	Oceana High School	1:33.29	1:30.61 q
10 Graycen Mahon	SO	Capuchino High School	1:29.72	1:32.33 q
11 Samantha Grover	JR	Oceana High School	1:40.48	1:34.79 q
12 Natalie Sanchez	SR	El Camino	1:35.25	1:36.63 q
13 Elyssa Tapawan	SR	Westmoor High School	1:42.64	1:37.19
14 Hannah Chan	SO	Oceana High School	1:39.65	1:38.53
15 Christy Chai	SR	South San Francisco	1:46.00	1:43.73
16 Queenie Lam	SO	South San Francisco	1:58.49	1:52.11
17 Michelle Huynh	JR	Jefferson	2:10.33	2:05.85
18 Diane Chao	JR	Jefferson	2:41.18	2:24.62

Event 42 Boys 100 Yard Breaststroke Varsity

PAL: 59.56 2011
1:02.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Prelim Time	Finals Time
A - Final				
1 Nick Tan	SR	El Camino	1:00.11	58.75 CCS
2 Jacob Lumbang	JR	Oceana High School	1:00.49	59.87 CCS
3 Thomas Ko	JR	Mills	1:03.59	1:04.50
4 Bryan Chan	JR	Mills	1:06.22	1:05.94
5 Matthew Lee	SR	Mills	1:09.04	1:07.92
6 Alex Amundsen	SO	Terra Nova	1:07.61	1:08.33
B - Final				
7 Aaron Saria	SR	El Camino	1:11.14	1:10.69
8 Waylon Tang	FR	El Camino	1:12.14	1:11.20
9 Marcos Gabriel Cintra	JR	Capuchino High School	1:14.50	1:13.30
10 Ian O'Connor	SO	Half Moon Bay	1:13.67	1:13.43
11 Keith Shuttle	FR	Half Moon Bay	1:13.84	1:14.40
12 Noah Dungca	SO	Westmoor High School	1:15.26	1:16.76

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****Event 42 Boys 100 Yard Breaststroke Varsity**

PAL: 59.56 2011

Ronald Chen

San Mateo

1:02.99 CCS

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Nick Tan	SR	El Camino	1:01.63	1:00.11	qCCS
2 Jacob Lumbang	JR	Oceana High School	1:02.31	1:00.49	qCCS
3 Thomas Ko	JR	Mills	1:11.78	1:03.59	q
4 Bryan Chan	JR	Mills	1:05.93	1:06.22	q
5 Alex Amundsen	SO	Terra Nova	1:08.95	1:07.61	q
6 Matthew Lee	SR	Mills	1:11.47	1:09.04	q
7 Aaron Saria	SR	El Camino	1:12.40	1:11.14	q
8 Waylon Tang	FR	El Camino	1:12.97	1:12.14	q
9 Ian O'Connor	SO	Half Moon Bay	1:16.33	1:13.67	q
10 Keith Shuttle	FR	Half Moon Bay	1:15.88	1:13.84	q
11 Marcos Gabriela Cintra	JR	Capuchino High School	1:14.19	1:14.50	q
12 Noah Dungca	SO	Westmoor High School	1:20.50	1:15.26	q
13 Ben Wu	SO	Oceana High School	1:15.80	1:15.76	
14 Alex Obando Vasquez	SR	Capuchino High School	1:16.64	1:16.52	
15 Friedrich Zurawka	SR	Oceana High School	1:17.56	1:17.28	
16 Michael Leong	JR	Westmoor High School	1:20.47	1:17.42	
17 Patrick Choi	SR	South San Francisco	1:22.95	1:19.19	
18 Oz Monroy	SO	Half Moon Bay	1:16.72	1:19.22	
19 Thuan Ta	JR	South San Francisco	1:23.18	1:19.93	
20 Jason Wu	SR	Terra Nova	1:16.82	1:19.95	
21 Jerry Sheng	SR	Terra Nova	1:23.33	1:21.57	
22 Jonathan Wong	JR	Westmoor High School	1:24.31	1:23.23	
23 Daniel Xu	SR	Jefferson	1:28.39	1:26.72	
24 Bill Lam	SR	Jefferson	1:31.54	1:30.20	
25 Nathan Barquira	JR	Jefferson	1:44.19	1:42.90	

Event 43 Girls 400 Yard Freestyle Relay Junior Varsity

PAL: 4:19.11 2008

Hillsdale

3:56.99 CCS

Team	Relay	Seed Time	Finals Time
1 Terra Nova		4:45.00	4:38.77
1) Helene Kleinfeld FR	2) Sophia Alyward SO	3) Anna Steinberg FR	4) Gia Szabo SO
2 Half Moon Bay		4:53.16	4:50.86
1) Dana Hammerstrom FR	2) Tess Hilvert SO	3) Mia Orr FR	4) Rachel Jenar FR
3 Mills		6:16.90	5:20.85
1) Kelsey Juul FR	2) Krista Woo SO	3) Alyssa Huie SO	4) Lina Cheung SO
--- Half Moon Bay	B	5:11.83	x5:05.60
1) Grayson Barmore SO	2) Ella Vetrone SO	3) Sara Sprankle FR	4) Holly Eibert SO
--- Terra Nova	B	5:10.00	x5:12.52
1) Faith Esparza FR	2) Kamea Obando FR	3) Jennifer Murphy JR	4) Mayalani Leal FR

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****Event 44 Boys 400 Yard Freestyle Relay Junior Varsity**

PAL: 3:54.23 2015
3:29.99 CCS

Half Moon Bay

Team	Relay	Seed Time	Finals Time
1 Mills		4:30.37	4:00.09
1) Nuri Capanoglu SO	2) Brandon Tam JR	3) Dennis Ly SO	4) Ronald Wise SO
2 Terra Nova		4:29.13	4:07.99
1) Evan Ansgarius FR	2) Dimi Dimitrov JR	3) Henry Villalobos SO	4) Hunter Wong Hin SO
3 Half Moon Bay		4:11.48	4:20.41
1) Andrew Williamson FR	2) Bailey Harger SO	3) Kai Guevara FR	4) Mason Liaghat FR
4 Westmoor High School		5:51.00	4:32.50
1) Ryan Warrick SO	2) Frederick Phillip Javier SO	3) Albert Jian FR	4) Alex Wong SO
--- Terra Nova	B	4:50.00	x4:50.95
1) Preston Woodworth FR	2) Nica Belluomini JR	3) Ethan Kapp FR	4) Aidan Roberts SO

Event 45 Girls 400 Yard Freestyle Relay Varsity

PAL: 3:53.50 2004
3:56.99 CCS

Carlmont

Team	Relay	Seed Time	Finals Time
1 Half Moon Bay		3:48.07	3:46.84 CCS
1) Mia Griffiths SO	2) Riley Rhodes SO	3) Eve Kearns SO	4) Grace Anderson SO
2 Mills		3:53.09	3:55.33 CCS
1) Jennifer Paiva SO	2) Carrie Ho FR	3) Michelina Ng Solano FR	4) Alice Peterson SO
3 Terra Nova		3:56.43	3:56.75 CCS
1) Kaycie Lindland JR	2) Allison Wong JR	3) Sara Olsen JR	4) Cassie Smith SR
4 El Camino		4:58.06	4:46.85
1) Hannah Krackow SR	2) Natalie Sanchez SR	3) Lauren Pagsolingan SR	4) Megan Conklin JR
5 Oceana High School		5:11.71	4:52.46
1) Mimi Trawinski JR	2) Summer Snyder FR	3) Presley Forrest SO	4) Carrie Saquing JR
--- Terra Nova	B	4:20.00	x4:32.57
1) Rebecca Villalobos SR	2) Lisa Luhrs JR	3) Maia Haley SR	4) Remy Dizon SO

Event 46 Boys 400 Yard Freestyle Relay Varsity

PAL: 3:26.59 2005
3:29.99 CCS

Half Moon Bay

Team	Relay	Seed Time	Finals Time
1 Terra Nova		3:38.61	3:26.93 CCS
1) Luka Goncharov FR	2) Patrick Harmon FR	3) Johnny Nitenson SR	4) Berg Guibadoulline SO
2 Mills		3:41.81	3:28.47 CCS
1) Jared Kwong FR	2) Matthew Lee SR	3) Jonathan Huang SO	4) Justin Chang JR
3 Oceana High School		4:13.41	3:55.86
1) Chris Cheng SO	2) Ben Wu SO	3) Friedrich Zurawka SR	4) Tanu Pradhan JR
4 El Camino		3:54.69	3:56.32
1) Marco Tinoco JR	2) Jalen Lee SR	3) Waylon Tang FR	4) Aaron Saria SR
5 Westmoor High School		3:58.00	3:56.39
1) Aung Myat FR	2) Justin Wong SR	3) Desmond Cheung JR	4) Aiden Cheung FR
6 Half Moon Bay		3:54.49	3:57.06
	2) Trevor Keller SO	3) Oz Monroy SO	4) Keith Shuttle FR
--- Terra Nova	B	3:50.55	x3:49.60
1) Ethan Quan SO	2) Zach Zavodnik SO	3) Edgar Santos-Figueroa SO	4) Alex Amundsen SO
--- Mills	B	4:03.00	DQ
1) Sebastian Law FR	2) Michael Fearon SO	3) Rhys Girouard JR	4) Nathaniel Chu JR

PAL Championships Trials and Finals - 5/2/2018 to 5/5/2018**PAL Trials and Finals 2018****Oceana High School****Results****Scores - Women**Women - Varsity - Team Rankings - Through Event 46

1. Terra Nova	244	1. Mills	244
3. Half Moon Bay	217	4. El Camino	185
5. South San Francisco	98	6. Oceana High School	78
7. Westmoor High School	64	8. Jefferson	14
9. Capuchino High School	11		

Scores - MenMen - Varsity - Team Rankings - Through Event 46

1. Mills	256.5	2. Terra Nova	247
3. El Camino	215	4. Oceana High School	152
5. Capuchino High School	114.5	6. Westmoor High School	88
7. Half Moon Bay	84	8. South San Francisco	35
9. Jefferson	10		

Scores - WomenWomen - Junior Varsity - Team Rankings - Through Event 46

1. Terra Nova	347.5	2. Half Moon Bay	251
3. Mills	246	4. Westmoor High School	116.5
5. El Camino	89	6. Capuchino High School	64
7. Oceana High School	38	8. South San Francisco	30

Scores - MenMen - Junior Varsity - Team Rankings - Through Event 46

1. Mills	275	2. Terra Nova	233.5
3. Westmoor High School	188	4. Capuchino High School	174.5
5. Half Moon Bay	145	6. Oceana High School	107
7. El Camino	86	8. South San Francisco	15