

2019 MCAL Swimming and Diving Championships

Congratulations to the graduating Seniors!

04/25/2019 - 04/27/2019

SC Yards

Event # 3 WOMENS SENIOR 200Y FREE

| MCAL MEET | Cali Raukar | Marin Catholic | 1:48.78 | '14 | |
|-----------------------------------|-------------------------|----------------|---------|------|-----|
| LEAGUE | Cali Raukar | Marin Catholic | 1:47.54 | '16 | |
| ~ is a standard to mark achievers | | | | | |
| ~ | NCS Automatic | NCS-A | 1:54.89 | a | |
| ~ | NCS Consideration | NCS-C | 2:02.99 | b | |
| | | | SEED | MEET | PTS |
| 2 | Madison Gruender | JR TAMA | 1:57.00 | b 17 | |
| | 26.74 29.17 30.59 30.50 | | | | |
| 3 | Samantha Sternfels | SO TAMA | 1:58.25 | b 16 | |
| | 27.43 29.63 30.91 30.28 | | | | |
| 4 | Miya French | FR SMHS | 1:58.55 | b 15 | |
| | 27.92 29.93 30.74 29.96 | | | | |
| 9 | Kailah Sarganis | JR MCAT | 2:04.94 | 9 | |
| | 28.77 31.86 32.61 31.70 | | | | |
| 10 | Jada Andrews | JR TAMA | 2:06.17 | 7 | |
| | 29.42 32.43 32.78 31.54 | | | | |
| 11 | Reese Dahlgren | FR BRAN | 2:06.89 | 6 | |
| | 29.37 31.66 32.76 33.10 | | | | |

PRELIM RESULTS

| | | | | |
|----|-------------------------|---------|---------|---|
| 1 | Madison Gruender | JR TAMA | 1:56.75 | b |
| | 27.20 30.05 30.16 29.34 | | | |
| 2 | Miya French | FR SMHS | 1:57.63 | b |
| | 27.53 29.72 30.35 30.03 | | | |
| 3 | Samantha Sternfels | SO TAMA | 1:57.94 | b |
| | 27.67 29.94 30.21 30.12 | | | |
| 9 | Reese Dahlgren | FR BRAN | 2:05.97 | |
| | 28.81 30.82 32.65 33.69 | | | |
| 10 | Kailah Sarganis | JR MCAT | 2:06.45 | |
| | 29.20 32.08 33.05 32.12 | | | |
| 11 | Jada Andrews | JR TAMA | 2:06.74 | |
| | 28.98 31.60 32.98 33.18 | | | |
| 17 | Emily Fee | FR REDW | 2:12.53 | |
| | 28.55 33.46 35.48 35.04 | | | |
| 21 | Lulu O'Leary | SO NOVA | 2:15.24 | |
| | 28.48 32.94 36.40 37.42 | | | |
| 22 | Samantha Scruton | SO REDW | 2:17.53 | |
| | 30.95 34.58 35.84 36.16 | | | |
| 26 | Emma Wait | JR REDW | 2:21.64 | |
| | 31.14 34.87 37.14 38.49 | | | |

Event # 4 MENS SENIOR 200Y FREE

| MCAL MEET | Nick Bigot | Terra Linda | 1:40.03 | '14 | |
|-----------------------------------|-------------------------|-------------|---------|------|-----|
| LEAGUE | Leo Collins | Redwood | 1:37.80 | '18 | |
| ~ is a standard to mark achievers | | | | | |
| ~ | NCS Automatic | NCS-A | 1:42.80 | a | |
| ~ | NCS Consideration | NCS-C | 1:49.99 | b | |
| | | | SEED | MEET | PTS |
| 1 | Jackson Mason | SR SRFD | 1:42.12 | a 20 | |
| | 24.42 26.73 26.62 24.35 | | | | |
| 2 | Leo Collins | SR REDW | 1:43.86 | b 17 | |
| | 24.78 26.57 26.34 26.17 | | | | |
| 3 | Robert Hieleman | SO SRFD | 1:46.74 | b 16 | |
| | 24.66 27.19 27.58 27.31 | | | | |
| 4 | Finn Aune | SO REDW | 1:47.48 | b 15 | |
| | 25.26 27.15 27.59 27.48 | | | | |
| 6 | Dylan Ramirez | SO SRFD | 1:49.70 | b 13 | |
| | 25.31 27.28 28.45 28.66 | | | | |
| 7 | Bruno Coelho | JR BRAN | 1:50.86 | 12 | |
| | 25.75 27.50 28.21 29.40 | | | | |

| | | | | |
|----|-------------------------|---------|---------|-----|
| 8 | Gavin Green | FR REDW | 1:52.01 | 11 |
| | 25.18 27.60 28.85 30.38 | | | |
| 9 | Duncan Bailey | JR REDW | 1:49.28 | b 9 |
| | 25.15 27.72 28.15 28.26 | | | |
| 10 | Alejandro Alvarado | SO TERR | 1:51.09 | 7 |
| | 25.54 27.81 28.55 29.19 | | | |
| 11 | Bennett Brewer | SR NOVA | 1:57.46 | 6 |
| | 25.89 29.33 31.02 31.22 | | | |
| 12 | Aayush Shah | JR BRAN | 2:00.27 | 5 |
| | 27.66 29.85 30.65 32.11 | | | |

PRELIM RESULTS

| | | | | |
|----|-------------------------|---------|---------|---|
| 1 | Jackson Mason | SR SRFD | 1:43.74 | b |
| | 23.72 26.51 27.00 26.51 | | | |
| 2 | Robert Hieleman | SO SRFD | 1:46.43 | b |
| | 24.45 27.24 27.27 27.47 | | | |
| 3 | Leo Collins | SR REDW | 1:48.24 | b |
| | 26.09 27.63 27.17 27.35 | | | |
| 4 | Finn Aune | SO REDW | 1:49.08 | b |
| | 25.36 27.74 28.20 27.78 | | | |
| 5 | Bruno Coelho | JR BRAN | 1:49.21 | b |
| | 26.00 27.81 28.15 27.25 | | | |
| 6 | Dylan Ramirez | SO SRFD | 1:49.38 | b |
| | 25.23 27.20 28.25 28.70 | | | |
| 8 | Gavin Green | FR REDW | 1:49.70 | b |
| | 25.41 27.94 28.69 27.66 | | | |
| 9 | Duncan Bailey | JR REDW | 1:49.89 | b |
| | 25.39 27.69 28.37 28.44 | | | |
| 10 | Alejandro Alvarado | SO TERR | 1:51.67 | |
| | 26.36 28.74 28.01 28.56 | | | |
| 12 | Bennett Brewer | SR NOVA | 1:56.76 | |
| | 26.08 29.26 30.54 30.88 | | | |
| 15 | Aayush Shah | JR BRAN | 2:00.31 | |
| | 27.54 30.27 31.25 31.25 | | | |

Event # 5 WOMENS SENIOR 200Y I.M.

| MCAL MEET | Halle Morris | Terra Linda | 2:06.08 | '16 | |
|-----------------------------------|-------------------------|-------------|---------|------|-----|
| LEAGUE | Brooke Hanley | San Rafael | 2:01.45 | '89 | |
| ~ is a standard to mark achievers | | | | | |
| ~ | NCS Automatic | NCS-A | 2:09.65 | a | |
| ~ | NCS Consideration | NCS-C | 2:18.69 | b | |
| | | | SEED | MEET | PTS |
| 2 | Olivia Greenberg | SR REDW | 2:07.95 | a 17 | |
| | 27.36 31.86 38.01 30.72 | | | | |
| 3 | May Ling Roberts | SO BRAN | 2:08.64 | a 16 | |
| | 28.93 32.41 36.18 31.12 | | | | |
| 4 | Bianca Bayer | SO NOVA | 2:10.47 | b 15 | |
| | 28.13 31.57 39.52 31.25 | | | | |
| 5 | Kyra Carney | JR TAMA | 2:17.17 | b 14 | |
| | 28.47 33.25 42.79 32.66 | | | | |
| 7 | Kseniya Krayeva | SO NOVA | 2:21.38 | 12 | |
| | 29.71 37.27 40.69 33.71 | | | | |
| 8 | Nina Lawson | FR TAMA | 2:24.18 | 11 | |
| | 30.54 35.88 42.23 36.04 | | | | |
| 14 | Ella Brait | FR SARA | 2:27.39 | 3 | |
| | 30.97 38.29 42.67 35.46 | | | | |

PRELIM RESULTS

| | | | | |
|---|-------------------------|---------|---------|---|
| 1 | Bianca Bayer | SO NOVA | 2:10.86 | b |
| | 28.04 32.44 39.30 31.08 | | | |
| 3 | Olivia Greenberg | SR REDW | 2:12.62 | b |
| | 28.03 33.42 39.05 32.12 | | | |

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SC Yards

| | | | | | | |
|----|------------------|-------|-------|-------|---------|-----|
| 4 | Kyra Carney | | JR | TAMA | 2:14.79 | b |
| | 28.48 | 33.82 | 41.20 | 31.29 | | |
| 5 | Coco Berkenfield | | SR | SARA | 2:15.67 | bsf |
| | 28.69 | 34.54 | 40.61 | 31.83 | | |
| 7 | May Ling Roberts | | SO | BRAN | 2:16.90 | b |
| | 30.03 | 35.31 | 39.04 | 32.52 | | |
| 8 | Nina Lawson | | FR | TAMA | 2:19.93 | |
| | 30.32 | 35.43 | 40.89 | 33.29 | | |
| 9 | Kseniya Kraveva | | SO | NOVA | 2:22.56 | |
| | 30.54 | 37.91 | 40.95 | 33.16 | | |
| 16 | Ella Brait | | FR | SARA | 2:29.77 | |
| | 32.35 | 38.53 | 44.23 | 34.66 | | |
| EX | Emma Allen | | FR | BRAN | 2:36.46 | |
| | 32.46 | 41.02 | 47.00 | 35.98 | | |

Event # 6 MENS SENIOR 200Y I.M.

| | | | | | | |
|-----------------------|-----------------------------------|-----------------|---------|---------|---------|------|
| | MCAL MEET | Emillio DeSomma | Redwood | 1:52.11 | '16 | |
| | LEAGUE | Emillio DeSomma | Redwood | 1:49.19 | '16 | |
| | ~ is a standard to mark achievers | | | | | |
| ~ | NCS Automatic | | NCS-A | 1:57.15 | a | |
| ~ | NCS Consideration | | NCS-C | 2:05.99 | b | |
| | | | SEED | MEET | PTS | |
| 1 | Gabriel Giacoppo | | SR | BRAN | 1:54.62 | a 20 |
| | 24.12 | 28.54 | 34.56 | 27.40 | | |
| 2 | Massimo "max" De Somma | | JR | REDW | 1:56.98 | a 17 |
| | 24.58 | 30.36 | 33.49 | 28.55 | | |
| 3 | Nathan Luis | | SR | SMHS | 1:57.34 | b 16 |
| | 25.01 | 30.19 | 35.04 | 27.10 | | |
| 5 | Christoph Horky | | SR | SRFD | 1:58.17 | b 14 |
| | 25.84 | 30.72 | 32.70 | 28.91 | | |
| 6 | Charles Stewart | | SO | TAMA | 1:59.68 | b 13 |
| | 26.54 | 31.06 | 33.79 | 28.29 | | |
| 7 | Victor Pilgaard | | JR | MCAT | 2:03.77 | b 12 |
| | 26.18 | 30.74 | 36.66 | 30.19 | | |
| 9 | Henry Harlow | | SO | REDW | 2:02.67 | b 9 |
| | 25.66 | 32.05 | 35.76 | 29.20 | | |
| 10 | William Todebush | | SR | TAMA | 2:06.54 | 7 |
| | 26.58 | 33.70 | 36.13 | 30.13 | | |
| 13 | Cooper Thelen | | FR | NOVA | 2:16.27 | 4 |
| | 28.75 | 36.60 | 36.89 | 34.03 | | |
| PRELIM RESULTS | | | | | | |
| 1 | Gabriel Giacoppo | | SR | BRAN | 1:57.46 | b |
| | 24.83 | 30.10 | 34.77 | 27.76 | | |
| 2 | Massimo "max" De Somma | | JR | REDW | 1:58.18 | b |
| | 24.46 | 30.31 | 34.46 | 28.95 | | |
| 3 | Nathan Luis | | SR | SMHS | 1:59.01 | b |
| | 25.39 | 30.85 | 35.16 | 27.61 | | |
| 4 | Christoph Horky | | SR | SRFD | 1:59.48 | b |
| | 25.32 | 31.51 | 33.25 | 29.40 | | |
| 6 | Charles Stewart | | SO | TAMA | 2:02.19 | b |
| | 27.20 | 32.71 | 33.94 | 28.34 | | |
| 8 | Victor Pilgaard | | JR | MCAT | 2:03.19 | b |
| | 25.86 | 31.66 | 35.18 | 30.49 | | |
| 10 | Henry Harlow | | SO | REDW | 2:06.22 | |
| | 25.63 | 32.85 | 36.74 | 31.00 | | |
| 11 | William Todebush | | SR | TAMA | 2:07.54 | |
| | 26.72 | 34.15 | 36.23 | 30.44 | | |
| 12 | Cooper Thelen | | FR | NOVA | 2:13.41 | |
| | 28.40 | 35.76 | 35.74 | 33.51 | | |
| 18 | Wes Schwietert | | FR | SARA | 2:21.31 | |
| | 30.34 | 35.79 | 42.19 | 32.99 | | |

Event # 7 WOMENS SENIOR 50Y FREE

| | | | | | | |
|-----------------------|-----------------------------------|----------------|----------------|--------|-------|------|
| | MCAL MEET | Kathryn Murphv | Marin Catholic | :23.03 | '09 | |
| | LEAGUE | Kathryn Murphv | Marin Catholic | :22.89 | '09 | |
| | ~ is a standard to mark achievers | | | | | |
| ~ | NCS Automatic | | NCS-A | :24.63 | a | |
| ~ | NCS Consideration | | NCS-C | :25.69 | b | |
| | | | SEED | MEET | PTS | |
| 1 | Jay Jay Ayan-Eaton | | SR | REDW | 23.94 | a 20 |
| | 23.94 | | | | | |
| 2 | Catherine Watrous | | FR | REDW | 24.19 | a 17 |
| | 24.19 | | | | | |
| 3 | Alexandra Gershman | | SO | TAMA | 24.37 | a 16 |
| | 24.37 | | | | | |
| 4 | Sydney Brakebill | | FR | MCAT | 24.38 | a 15 |
| | 24.38 | | | | | |
| 5 | Maya McCauley | | JR | NOVA | 24.94 | b 14 |
| | 24.94 | | | | | |
| 9 | Elizabeth Chatard | | SO | SRFD | 25.88 | 9 |
| | 25.88 | | | | | |
| 12 | Lauren Solomon | | JR | REDW | 26.13 | 5 |
| | 26.13 | | | | | |
| PRELIM RESULTS | | | | | | |
| 1 | Jay Jay Ayan-Eaton | | SR | REDW | 24.46 | a |
| | 24.46 | | | | | |
| 2 | Alexandra Gershman | | SO | TAMA | 24.68 | b |
| | 24.68 | | | | | |
| 3 | Sydney Brakebill | | FR | MCAT | 24.78 | b |
| | 24.78 | | | | | |
| 4 | Catherine Watrous | | FR | REDW | 24.80 | b |
| | 24.80 | | | | | |
| 6 | Maya McCauley | | JR | NOVA | 25.11 | b |
| | 25.11 | | | | | |
| 9 | Elizabeth Chatard | | SO | SRFD | 25.87 | |
| | 25.87 | | | | | |
| 15 | Lauren Solomon | | JR | REDW | 26.38 | |
| | 26.38 | | | | | |
| EX | Emma Allen | | FR | BRAN | 28.10 | |
| | 28.10 | | | | | |
| 46 | Kate Lynch | | FR | REDW | 29.07 | |
| | 29.07 | | | | | |
| 86 | Annette Zavala | | FR | NOVA | 30.77 | |
| | 30.77 | | | | | |
| | Elizabeth Wooster | | JR | SRFD | | NS |

Event # 8 MENS SENIOR 50Y FREE

| | | | | | | |
|----|-----------------------------------|----------------|-----------|--------|-------|------|
| | MCAL MEET | Andrew Latimer | Tamalpais | :20.32 | '09 | |
| | LEAGUE | Andrew Latimer | Tamalpais | :20.32 | '09 | |
| | ~ is a standard to mark achievers | | | | | |
| ~ | NCS Automatic | | NCS-A | :21.82 | a | |
| ~ | NCS Consideration | | NCS-C | :22.88 | b | |
| | | | SEED | MEET | PTS | |
| 1 | Zachary McIntyre | | JR | NOVA | 20.96 | a 20 |
| | 20.96 | | | | | |
| 5 | Matthew Scruton | | SR | REDW | 21.90 | b 14 |
| | 21.90 | | | | | |
| 6 | Nicky Glenn | | FR | TAMA | 21.94 | b 13 |
| | 21.94 | | | | | |
| 9 | Sam Rhinehart | | FR | NOVA | 22.29 | b 9 |
| | 22.29 | | | | | |
| 12 | Hudson Wunderlich | | FR | MCAT | 23.18 | 4.5 |
| | 23.18 | | | | | |

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SC Yards

PRELIM RESULTS

| | | | | |
|----------------------|----|------|-------|---|
| 1 Zachary McIntyre | JR | NOVA | 20.78 | a |
| 20.78 | | | | |
| 4 Matthew Scruton | SR | REDW | 21.86 | b |
| 21.86 | | | | |
| 6 Nicky Glenn | FR | TAMA | 22.16 | b |
| 22.16 | | | | |
| 10 Sam Rhinehart | FR | NOVA | 22.61 | b |
| 22.61 | | | | |
| 14 Hudson Wunderlich | FR | MCAT | 23.02 | |
| 23.02 | | | | |
| 38 Joseph Mellberg | SR | REDW | 24.94 | |
| 24.94 | | | | |
| 78 Patrick McConnell | SR | NOVA | 27.93 | |
| 27.93 | | | | |

| | | | | |
|---------------------|-------|------|--------|------|
| ~ NCS Automatic | NCS-A | | :51.69 | a |
| ~ NCS Consideration | NCS-C | | :55.55 | b |
| | | SEED | MEET | PTS |
| 2 Nathan Luis | SR | SMHS | 51.28 | a 17 |
| 24.91 26.37 | | | | |
| 3 Marcus Belingheri | SR | NOVA | 53.24 | b 16 |
| 24.77 28.47 | | | | |
| 4 Zev Schuman | SO | SRFD | 53.71 | b 15 |
| 25.17 28.54 | | | | |
| 5 Henry Harlow | SO | REDW | 54.60 | b 14 |
| 25.19 29.41 | | | | |
| 6 Ryan Hernandez | JR | NOVA | 54.83 | b 13 |
| 25.02 29.81 | | | | |
| 9 Seaver Dahlgren | SR | BRAN | 56.09 | 9 |
| 25.76 30.33 | | | | |
| 10 Dylan Ramirez | SO | SRFD | 56.48 | 7 |
| 26.40 30.08 | | | | |

Event # 11 WOMENS SENIOR 100Y FLY

| | | | | |
|-----------------------------------|--------------------|-----------|---------|-------|
| MCAL MEET | Jav Jav Ayan-Eaton | Redwood | :55.71 | '18 |
| LEAGUE | Meghan Campbell | San Marin | :55.25 | '13 |
| ~ is a standard to mark achievers | | | | |
| ~ NCS Automatic | | NCS-A | :58.33 | a |
| ~ NCS Consideration | | NCS-C | 1:01.99 | b |
| | | SEED | MEET | PTS |
| 1 Jay Jav Ayan-Eaton | SR | REDW | 54.67 | *a 20 |
| 25.67 29.00 | | | | |
| 2 Coco Berkenfield | SR | SARA | 58.60 | b 17 |
| 27.40 31.20 | | | | |
| 3 Kate O'Leary | SO | NOVA | 59.03 | b 16 |
| 27.21 31.82 | | | | |
| 5 Madison Gruender | JR | TAMA | 1:01.75 | b 14 |
| 28.31 33.44 | | | | |
| 7 Kseniya Krayeva | SO | NOVA | 1:02.32 | 12 |
| 29.22 33.10 | | | | |
| 8 Beatrix Franus | FR | TERR | 1:02.86 | 11 |
| 28.27 34.59 | | | | |
| 9 Natalia Castillo | JR | BRAN | 1:01.48 | b 9 |
| 28.52 32.96 | | | | |

PRELIM RESULTS

| | | | | |
|---------------------|----|------|-------|---|
| 2 Nathan Luis | SR | SMHS | 52.31 | b |
| 25.28 27.03 | | | | |
| 3 Marcus Belingheri | SR | NOVA | 53.43 | b |
| 24.31 29.12 | | | | |
| 4 Zev Schuman | SO | SRFD | 53.69 | b |
| 25.14 28.55 | | | | |
| 5 Ryan Hernandez | JR | NOVA | 54.83 | b |
| 24.73 30.10 | | | | |
| 8 Henry Harlow | SO | REDW | 56.05 | |
| 26.07 29.98 | | | | |
| 9 Dylan Ramirez | SO | SRFD | 56.06 | |
| 26.17 29.89 | | | | |
| 11 Seaver Dahlgren | SR | BRAN | 57.60 | |
| 26.73 30.87 | | | | |

Event # 13 WOMENS SENIOR 100Y FREE

| | | | | |
|-----------------------------------|---------------|-----------|---------|------|
| MCAL MEET | Daniell Becks | San Marin | :50.79 | '00 |
| LEAGUE | Miki Dahlke | Tamalpais | :49.81 | '16 |
| ~ is a standard to mark achievers | | | | |
| ~ NCS Automatic | | NCS-A | :53.44 | a |
| ~ NCS Consideration | | NCS-C | :55.99 | b |
| | | SEED | MEET | PTS |
| 1 Catherine Watrous | FR | REDW | 52.09 | a 20 |
| 24.98 27.11 | | | | |
| 2 Kaley McIntyre | FR | NOVA | 53.32 | a 17 |
| 25.52 27.80 | | | | |
| 3 Alexandra Gershman | SO | TAMA | 53.71 | b 16 |
| 25.93 27.78 | | | | |
| 4 Sydney Brakebill | FR | MCAT | 55.03 | b 15 |
| 26.04 28.99 | | | | |
| PRELIM RESULTS | | | | |
| 1 Catherine Watrous | FR | REDW | 53.74 | b |
| 25.94 27.80 | | | | |
| 2 Alexandra Gershman | SO | TAMA | 54.18 | b |
| 26.31 27.87 | | | | |
| 3 Kaley McIntyre | FR | NOVA | 54.89 | b |
| 26.59 28.30 | | | | |
| 6 Sydney Brakebill | FR | MCAT | 55.09 | b |
| 26.24 28.85 | | | | |
| 20 Lauren Solomon | JR | REDW | 1:00.01 | |
| 29.32 30.69 | | | | |
| Elizabeth Wooster | JR | SRFD | | NS |

PRELIM RESULTS

| | | | | |
|----------------------|----|------|---------|---|
| 1 Jay Jav Ayan-Eaton | SR | REDW | 56.29 | a |
| 26.79 29.50 | | | | |
| 2 Kate O'Leary | SO | NOVA | 59.50 | b |
| 27.44 32.06 | | | | |
| 3 Coco Berkenfield | SR | SARA | 59.83 | b |
| 28.58 31.25 | | | | |
| 5 Madison Gruender | JR | TAMA | 1:01.19 | b |
| 28.22 32.97 | | | | |
| 7 Beatrix Franus | FR | TERR | 1:01.62 | b |
| 28.35 33.27 | | | | |
| 8 Kseniya Krayeva | SO | NOVA | 1:02.38 | |
| 29.50 32.88 | | | | |
| 10 Natalia Castillo | JR | BRAN | 1:03.00 | |
| 28.71 34.29 | | | | |
| 25 Emma Wait | JR | REDW | 1:13.31 | |
| 32.22 41.09 | | | | |
| 27 Kate Lynch | FR | REDW | 1:18.08 | |
| 34.28 43.80 | | | | |

Event # 12 MENS SENIOR 100Y FLY

| | | | | |
|-----------------------------------|-----------------|---------|--------|-----|
| MCAL MEET | Emillio DeSomma | Redwood | :49.70 | '16 |
| LEAGUE | Emillio DeSomma | Redwood | :48.44 | '16 |
| ~ is a standard to mark achievers | | | | |

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SC Yards

Event # 14 MENS SENIOR 100Y FREE

| MCAL MEET | Christopher Packer | Branson | :45.12 | '09 |
|-----------------------------------|--------------------|-------------|--------|----------|
| LEAGUE | Nick Bigot | Terra Linda | :44.74 | '14 |
| ~ is a standard to mark achievers | | | | |
| ~ NCS Automatic | | NCS-A | :47.85 | a |
| ~ NCS Consideration | | NCS-C | :49.99 | b |
| | | | SEED | MEET PTS |
| 1 Zachary McIntyre | JR | NOVA | 45.65 | a 20 |
| 21.70 23.95 | | | | |
| 4 Matthew Scruton | SR | REDW | 47.69 | a 15 |
| 23.03 24.66 | | | | |
| 7 Nicky Glenn | FR | TAMA | 49.30 | b 12 |
| 23.43 25.87 | | | | |
| 10 Hudson Wunderlich | FR | MCAT | 50.29 | 7 |
| 24.16 26.13 | | | | |
| 11 Sam Rhinehart | FR | NOVA | 50.31 | 6 |
| 23.84 26.47 | | | | |

PRELIM RESULTS

| | | | | |
|----------------------|----|------|---------|---|
| 1 Zachary McIntyre | JR | NOVA | 45.77 | a |
| 21.89 23.88 | | | | |
| 4 Matthew Scruton | SR | REDW | 47.80 | a |
| 23.03 24.77 | | | | |
| 7 Nicky Glenn | FR | TAMA | 48.87 | b |
| 23.47 25.40 | | | | |
| 9 Sam Rhinehart | FR | NOVA | 49.91 | b |
| 23.95 25.96 | | | | |
| 12 Hudson Wunderlich | FR | MCAT | 50.60 | |
| 24.73 25.87 | | | | |
| 19 Bennett Brewer | SR | NOVA | 53.06 | |
| 24.86 28.20 | | | | |
| 32 Joseph Mellberg | SR | REDW | 56.55 | |
| 27.56 28.99 | | | | |
| 51 Josh Chu | SO | NOVA | 1:00.74 | |
| 29.24 31.50 | | | | |
| 59 Patrick McConnell | SR | NOVA | 1:03.45 | |
| 30.02 33.43 | | | | |

Event # 15 WOMENS SENIOR 500Y FREE

| MCAL MEET | Kimberlev Baca | Tamalpais | 5:02.01 | '12 |
|---|----------------|-----------|---------|----------|
| LEAGUE | Emma McCarthy | Redwood | 4:56.72 | '15 |
| ~ is a standard to mark achievers | | | | |
| ~ NCS Automatic | | NCS-A | 5:20.95 | a |
| ~ NCS Consideration | | NCS-C | 5:34.99 | b |
| | | | SEED | MEET PTS |
| 2 Miya French | FR | SMHS | 5:15.49 | a 17 |
| 28.96 30.95 31.99 32.02 32.30 32.20 32.69 32.01 | | | | |
| 31.54 30.83 | | | | |
| 4 Natalia Castillo | JR | BRAN | 5:28.78 | b 15 |
| 28.95 32.11 32.46 32.98 32.58 33.16 33.52 34.02 | | | | |
| 34.83 34.17 | | | | |
| 5 Beatrix Franus | FR | TERR | 5:34.38 | b 14 |
| 30.04 33.20 34.17 34.02 34.03 34.32 34.49 34.88 | | | | |
| 33.96 31.27 | | | | |
| 7 Kailah Sarganis | JR | MCAT | 5:35.00 | 12 |
| 30.05 33.33 34.41 34.89 34.06 34.07 34.70 34.09 | | | | |
| 33.65 31.75 | | | | |
| 10 Reese Dahlgren | FR | BRAN | 5:43.00 | 7 |
| 30.67 33.25 34.13 34.89 35.06 35.19 35.24 35.58 | | | | |
| 35.03 33.96 | | | | |
| 11 Nina Lawson | FR | TAMA | 5:46.01 | 6 |
| 30.85 33.07 33.68 34.88 34.71 35.66 35.80 35.62 | | | | |
| 35.68 40.46 | | | | |

| | | | | |
|---|----|------|---------|---|
| 13 Jada Andrews | JR | TAMA | 5:52.42 | 4 |
| 30.77 34.27 34.63 34.55 35.24 35.84 36.10 37.73 | | | | |
| 38.64 34.65 | | | | |
| 15 Emily Fee | FR | REDW | 5:56.18 | 2 |
| 30.00 33.71 35.77 35.98 36.46 36.59 36.57 37.71 | | | | |
| 37.94 35.45 | | | | |

PRELIM RESULTS

| | | | | |
|---|----|------|---------|---|
| 1 Miya French | FR | SMHS | 5:15.69 | a |
| 28.82 31.07 31.59 32.18 32.79 32.22 32.00 32.56 | | | | |
| 31.69 30.77 | | | | |
| 3 Natalia Castillo | JR | BRAN | 5:28.59 | b |
| 29.83 32.62 33.11 33.74 32.79 33.64 32.48 33.64 | | | | |
| 33.56 33.18 | | | | |
| 6 Beatrix Franus | FR | TERR | 5:34.65 | b |
| 30.47 32.85 33.19 33.90 33.51 34.22 34.95 34.71 | | | | |
| 33.97 32.88 | | | | |
| 7 Kailah Sarganis | JR | MCAT | 5:35.36 | |
| 30.31 32.98 33.83 33.78 33.88 34.06 34.62 34.39 | | | | |
| 34.45 33.06 | | | | |
| 9 Nina Lawson | FR | TAMA | 5:39.63 | |
| 30.64 33.17 33.75 34.34 34.03 34.52 35.56 35.09 | | | | |
| 34.92 33.61 | | | | |
| 10 Reese Dahlgren | FR | BRAN | 5:40.55 | |
| 30.15 32.84 33.81 34.30 34.98 35.00 34.84 35.27 | | | | |
| 35.11 34.25 | | | | |
| 13 Emily Fee | FR | REDW | 5:52.51 | |
| 29.95 34.28 35.31 35.81 35.93 36.80 37.24 37.46 | | | | |
| 35.84 33.89 | | | | |
| 14 Jada Andrews | JR | TAMA | 5:54.10 | |
| 30.81 34.23 34.79 35.14 34.64 35.82 37.93 38.33 | | | | |
| 37.65 34.76 | | | | |
| 19 Ava Lyall | FR | SMHS | 6:01.57 | |
| 31.73 34.77 35.82 36.57 36.32 36.67 37.51 37.42 | | | | |
| 37.96 36.80 | | | | |
| 20 Samantha Scruton | SO | REDW | 6:04.30 | |
| 31.88 35.15 36.67 36.82 36.90 37.70 37.94 37.56 | | | | |
| 37.47 36.21 | | | | |
| 21 Lulu O'Leary | SO | NOVA | 6:05.14 | |
| 30.26 34.44 35.77 37.27 37.20 38.23 38.63 38.86 | | | | |
| 37.81 36.67 | | | | |

Event # 16 MENS SENIOR 500Y FREE

| MCAL MEET | Ivan Kurakin | Redwood | 4:33.94 | '18 |
|---|--------------|---------|---------|----------|
| LEAGUE | Ivan Kurakin | Redwood | 4:25.12 | '18 |
| ~ is a standard to mark achievers | | | | |
| ~ NCS Automatic | | NCS-A | 4:40.13 | a |
| ~ NCS Consideration | | NCS-C | 5:05.99 | b |
| | | | SEED | MEET PTS |
| 1 Leo Collins | SR | REDW | 4:48.71 | b 20 |
| 26.50 29.04 29.28 29.29 29.27 29.58 29.57 29.31 | | | | |
| 29.40 27.47 | | | | |
| 2 Bruno Coelho | JR | BRAN | 4:49.93 | b 17 |
| 26.57 28.66 29.25 29.42 29.53 29.83 29.73 29.59 | | | | |
| 29.41 27.94 | | | | |
| 3 Duncan Bailey | JR | REDW | 4:56.22 | b 16 |
| 26.46 29.38 29.79 29.95 30.02 30.11 30.25 30.48 | | | | |
| 30.38 29.40 | | | | |
| 4 Robert Hieleman | SO | SRFD | 4:58.10 | b 15 |
| 26.50 29.34 30.44 30.61 31.07 30.90 30.39 30.54 | | | | |
| 30.09 28.22 | | | | |
| 5 Gavin Green | FR | REDW | 4:58.76 | b 14 |
| 26.79 29.59 30.13 30.79 30.71 30.55 30.85 30.58 | | | | |
| 30.25 28.52 | | | | |

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Congratulations to the graduating Seniors!

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SC Yards

| | | | | | | | | | |
|----|--------------------|-------|-------|-------|-------|-------|---------|-------|----|
| 6 | Zev Schuman | | SO | SRFD | | | 4:59.16 | b | 13 |
| | 26.60 | 29.64 | 29.87 | 30.74 | 31.29 | 30.81 | 30.36 | 30.49 | |
| | 30.35 | 29.01 | | | | | | | |
| 7 | Alejandro Alvarado | | SO | TERR | | | 5:08.85 | | 12 |
| | 27.04 | 29.92 | 30.09 | 30.55 | 30.92 | 31.16 | 31.73 | 32.48 | |
| | 32.83 | 32.13 | | | | | | | |
| 10 | Sam Morris | | JR | NOVA | | | 5:18.09 | | 7 |
| | 28.29 | 31.13 | 31.97 | 32.23 | 32.16 | 32.61 | 32.65 | 33.11 | |
| | 32.26 | 31.68 | | | | | | | |

| | | | | | | | | | | |
|---|------------------|-------|----|------|--|--|--|--|---------|---|
| 3 | Kaley McIntyre | | FR | NOVA | | | | | 1:00.20 | b |
| | 29.51 | 30.69 | | | | | | | | |
| 4 | Olivia Greenberg | | SR | REDW | | | | | 1:00.44 | b |
| | 29.56 | 30.88 | | | | | | | | |
| 5 | Bianca Bayer | | SO | NOVA | | | | | 1:00.92 | b |
| | 29.52 | 31.40 | | | | | | | | |
| 7 | Kate O'Leary | | SO | NOVA | | | | | 1:03.73 | |
| | 30.44 | 33.29 | | | | | | | | |

PRELIM RESULTS

| | | | | | | | | | |
|----|--------------------|-------|-------|-------|-------|-------|---------|-------|---|
| 1 | Bruno Coelho | | JR | BRAN | | | 4:48.83 | | b |
| | 26.79 | 28.49 | 28.91 | 29.30 | 29.29 | 29.05 | 29.47 | 29.38 | |
| | 29.90 | 28.25 | | | | | | | |
| 2 | Robert Hieleman | | SO | SRFD | | | 4:53.84 | | b |
| | 26.02 | 29.23 | 29.35 | 30.34 | 29.76 | 30.52 | 29.32 | 31.28 | |
| | 30.08 | 27.94 | | | | | | | |
| 3 | Leo Collins | | SR | REDW | | | 4:55.38 | | b |
| | 27.15 | 29.38 | 30.14 | 30.96 | 30.19 | 30.06 | 30.06 | 29.53 | |
| | 29.15 | 28.76 | | | | | | | |
| 4 | Zev Schuman | | SO | SRFD | | | 4:56.60 | | b |
| | 25.51 | 28.43 | 29.74 | 30.61 | 30.56 | 30.72 | 30.55 | 30.28 | |
| | 30.51 | 29.69 | | | | | | | |
| 5 | Duncan Bailey | | JR | REDW | | | 4:58.51 | | b |
| | 26.70 | 29.51 | 30.33 | 30.63 | 30.33 | 30.53 | 30.39 | 30.32 | |
| | 30.43 | 29.34 | | | | | | | |
| 6 | Gavin Green | | FR | REDW | | | 4:59.32 | | b |
| | 26.95 | 29.33 | 30.01 | 30.59 | 30.80 | 30.24 | 30.48 | 30.69 | |
| | 30.69 | 29.54 | | | | | | | |
| 7 | Alejandro Alvarado | | SO | TERR | | | 5:07.77 | | |
| | 27.89 | 30.47 | 30.47 | 30.91 | 31.01 | 31.09 | 31.14 | 31.56 | |
| | 31.94 | 31.29 | | | | | | | |
| 10 | Sam Morris | | JR | NOVA | | | 5:24.02 | | |
| | 28.12 | 31.40 | 32.32 | 33.32 | 33.53 | 33.65 | 33.71 | 33.10 | |
| | 32.82 | 32.05 | | | | | | | |
| 17 | Wes Schwietert | | FR | SARA | | | 5:36.78 | | |
| | 29.20 | 32.76 | 33.27 | 33.92 | 34.78 | 34.51 | 35.16 | 34.66 | |
| | 34.77 | 33.75 | | | | | | | |

Event # 19 WOMENS SENIOR 100Y BACK

| | | | | |
|-----------------------------------|-------------------|----------------|---------|-----|
| MCAL MEET | Cali Raukar | Marin Catholic | :54.98 | '13 |
| LEAGUE | Deborah Roth | Redwood | :53.33 | '09 |
| ~ is a standard to mark achievers | | | | |
| ~ | NCS Automatic | NCS-A | :59.81 | a |
| ~ | NCS Consideration | NCS-C | 1:02.99 | b |

| | | | | |
|---|--------------------|-------|------|--------------|
| | | SEED | MEET | PTS |
| 1 | Kaley McIntyre | FR | NOVA | 58.55 a 20 |
| | 28.57 | 29.98 | | |
| 2 | Olivia Greenberg | SR | REDW | 59.47 a 17 |
| | 29.06 | 30.41 | | |
| 3 | Samantha Sternfels | SO | TAMA | 59.59 a 16 |
| | 29.11 | 30.48 | | |
| 4 | Kyra Carney | JR | TAMA | 1:00.72 b 15 |
| | 29.34 | 31.38 | | |
| 5 | Bianca Bayer | SO | NOVA | 1:00.84 b 14 |
| | 29.66 | 31.18 | | |
| 7 | Kate O'Leary | SO | NOVA | 1:03.21 12 |
| | 30.38 | 32.83 | | |

PRELIM RESULTS

| | | | | |
|---|--------------------|-------|------|---------|
| 1 | Samantha Sternfels | SO | TAMA | 59.76 a |
| | 29.08 | 30.68 | | |
| 2 | Kyra Carney | JR | TAMA | 59.84 b |
| | 28.91 | 30.93 | | |

Event # 20 MENS SENIOR 100Y BACK

| | | | | |
|-----------------------------------|---------------------|-----------|--------|------------|
| MCAL MEET | Kenneth Castro-Abra | San Marin | :50.27 | '13 |
| LEAGUE | Kenneth Castro-Abra | San Marin | :49.44 | '13 |
| ~ is a standard to mark achievers | | | | |
| ~ | NCS Automatic | NCS-A | :53.30 | a |
| ~ | NCS Consideration | NCS-C | :57.99 | b |
| | | SEED | MEET | PTS |
| 1 | Jackson Mason | SR | SRFD | 52.66 a 20 |
| | 25.65 | 27.01 | | |
| 3 | Gabriel Giacoppo | SR | BRAN | 53.39 b 16 |
| | 26.01 | 27.38 | | |
| 5 | Finn Aune | SO | REDW | 56.30 b 14 |
| | 27.98 | 28.32 | | |
| 6 | Ryan Hernandez | JR | NOVA | 56.75 b 13 |
| | 27.61 | 29.14 | | |
| 11 | Sam Morris | JR | NOVA | 59.64 6 |
| | 28.87 | 30.77 | | |
| 13 | Sean Padillo | FR | SMHS | 1:00.99 4 |
| | 29.92 | 31.07 | | |

PRELIM RESULTS

| | | | | |
|----|------------------|-------|------|---------|
| 1 | Jackson Mason | SR | SRFD | 53.25 a |
| | 25.78 | 27.47 | | |
| 3 | Gabriel Giacoppo | SR | BRAN | 55.46 b |
| | 26.98 | 28.48 | | |
| 4 | Finn Aune | SO | REDW | 56.55 b |
| | 27.89 | 28.66 | | |
| 5 | Ryan Hernandez | JR | NOVA | 57.12 b |
| | 27.90 | 29.22 | | |
| 11 | Sam Morris | JR | NOVA | 1:00.15 |
| | 29.17 | 30.98 | | |
| 13 | Sean Padillo | FR | SMHS | 1:01.36 |
| | 30.11 | 31.25 | | |

Event # 21 WOMENS SENIOR 100Y BREAST

| | | | | |
|-----------------------------------|-------------------|-------------|---------|--------------|
| MCAL MEET | Halle Morris | Terra Linda | 1:02.96 | '17 |
| LEAGUE | Halle Morris | Terra Linda | 1:00.85 | '16 |
| ~ is a standard to mark achievers | | | | |
| ~ | NCS Automatic | NCS-A | 1:05.69 | a |
| ~ | NCS Consideration | NCS-C | 1:10.89 | b |
| | | SEED | MEET | PTS |
| 2 | Elizabeth Chatard | SO | SRFD | 1:05.50 a 17 |
| | 30.96 | 34.54 | | |
| 3 | May Ling Roberts | SO | BRAN | 1:05.67 a 16 |
| | 31.23 | 34.44 | | |
| 4 | Maya McCauley | JR | NOVA | 1:09.63 b 15 |
| | 32.03 | 37.60 | | |
| 11 | Ella Brait | FR | SARA | 1:14.58 6 |
| | 35.26 | 39.32 | | |

PRELIM RESULTS

| | | | | |
|---|-------------------|-------|------|-----------|
| 1 | Elizabeth Chatard | SO | SRFD | 1:06.62 b |
| | 31.53 | 35.09 | | |
| 3 | Maya McCauley | JR | NOVA | 1:09.13 b |
| | 32.18 | 36.95 | | |

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| | | | | | |
|----|------------------|----|------|---------|---|
| 4 | May Ling Roberts | SO | BRAN | 1:09.32 | b |
| | 32.74 36.58 | | | | |
| 11 | Ella Brait | FR | SARA | 1:14.97 | |
| | 35.50 39.47 | | | | |
| 24 | Ava Lyall | FR | SMHS | 1:21.95 | |
| | 39.10 42.85 | | | | |
| 25 | Annette Zavala | FR | NOVA | 1:23.23 | |
| | 39.41 43.82 | | | | |

Event # 103 WOMENS SENIOR 100Y FLY

0 Bianca Bayer SO NOVA 1:01.99 a

Event # 22 MENS SENIOR 100Y BREAST

| | | | | |
|-----------------------------------|------------------------|------------|---------|--------------|
| MCAL MEET | Aidan Cumming | San Rafael | :57.68 | '16 |
| LEAGUE | Sam Schwartz | Tamalpais | :56.19 | '85 |
| ~ is a standard to mark achievers | | | | |
| ~ | NCS Automatic | NCS-A | :59.21 | a |
| ~ | NCS Consideration | NCS-C | 1:03.99 | b |
| | | SEED | MEET | PTS |
| 1 | Christoph Horky | SR | SRFD | 57.59 *a 20 |
| | 27.08 30.51 | | | |
| 2 | Seaver Dahlgren | SR | BRAN | 58.46 a 17 |
| | 27.66 30.80 | | | |
| 3 | Massimo "max" De Somma | JR | REDW | 58.67 a 16 |
| | 27.27 31.40 | | | |
| 5 | Charles Stewart | SO | TAMA | 59.93 b 14 |
| | 28.41 31.52 | | | |
| 6 | William Todebush | SR | TAMA | 1:00.03 b 13 |
| | 28.12 31.91 | | | |
| 8 | Cooper Thelen | FR | NOVA | 1:01.95 b 11 |
| | 29.06 32.89 | | | |
| 11 | Victor Pilgaard | JR | MCAT | 1:03.05 b 6 |
| | 29.16 33.89 | | | |
| 13 | Marcus Belingheri | SR | NOVA | 1:04.25 4 |
| | 29.43 34.82 | | | |
| 14 | Sean Padillo | FR | SMHS | 1:04.76 3 |
| | 31.46 33.30 | | | |

PRELIM RESULTS

| | | | | | |
|----|------------------------|----|------|---------|---|
| 1 | Christoph Horky | SR | SRFD | 57.92 | a |
| | 27.32 30.60 | | | | |
| 2 | Massimo "max" De Somma | JR | REDW | 58.32 | a |
| | 27.37 30.95 | | | | |
| 4 | William Todebush | SR | TAMA | 1:00.41 | b |
| | 28.18 32.23 | | | | |
| 6 | Charles Stewart | SO | TAMA | 1:01.30 | b |
| | 28.99 32.31 | | | | |
| 7 | Seaver Dahlgren | SR | BRAN | 1:01.71 | b |
| | 28.75 32.96 | | | | |
| 8 | Cooper Thelen | FR | NOVA | 1:01.85 | b |
| | 29.08 32.77 | | | | |
| 11 | Marcus Belingheri | SR | NOVA | 1:02.71 | b |
| | 28.97 33.74 | | | | |
| 12 | Victor Pilgaard | JR | MCAT | 1:02.95 | b |
| | 28.97 33.98 | | | | |
| 16 | Sean Padillo | FR | SMHS | 1:05.63 | |
| | 31.49 34.14 | | | | |
| 25 | Josh Chu | SO | NOVA | 1:12.14 | |
| | 33.48 38.66 | | | | |
| 27 | Aayush Shah | JR | BRAN | 1:13.24 | |
| | 34.88 38.36 | | | | |

Event # 102 MENS SENIOR 50Y FREE

| | | | | | |
|---|------------------------|----|------|-------|---|
| 0 | Massimo "max" De Somma | JR | REDW | 22.56 | a |
| 0 | Alejandro Alvarado | SO | TERR | 23.04 | a |