

2009 DFAL Varsity Championships - 5/7/2009 to 5/9/2009**DFAL Varsity Championships****Results - DFAL Finals****Event 1 Women 200 Yard Medley Relay**

DFAL 1:44.11 ! 2008 Las Lomas

record:

1:49.32 AAA

1:50.85 AAC

1:55.06 NCS

2:03.99 CON

Team	Relay	Prelim Time	Finals Time	Points
Finals				
1 Las Lomas High School	A	1:47.07	1:44.95 AAA	40
1) Zepeda, Samantha	2) Carlson, Kasey	3) Amog, Jaclyn	4) Thomas, Chrissy	
28.12	55.22 (27.10)	1:21.13 (25.91)	1:44.95 (23.82)	
2 Campolindo High School	A	1:51.38	1:47.82 AAA	34
1) Russell, Hayley	2) Alva, Olivia	3) Lukins, Caroline	4) Holt, Dana	
27.45	57.83 (30.38)	1:23.55 (25.72)	1:47.82 (24.27)	
3 Acalanes High School	A	1:57.73	1:51.46 NCS	32
1) Kroetch, KJ	2) Tanner, Bryce	3) Records, Kathrine	4) Chan, Natalie	
27.60	59.41 (31.81)	1:27.25 (27.84)	1:51.46 (24.21)	
4 Miramonte High School	A	1:55.49	1:52.04 NCS	30
1) Robbins, Sierra	2) Swinton, Samantha	3) Miyamoto-Mills, Melissa	4) Haufler, Jenna	
5 Dougherty Valley High School	A	1:57.98	1:56.75 CON	28
1) Hori, Jessica	2) Doan, Kristine	3) Taylor, Jackie	4) Rogers, Kristin	
31.17	1:03.24 (32.07)	1:31.21 (27.97)	1:56.75 (25.54)	
6 Alhambra	A	2:09.33	2:06.55	26
1) Capozzo, Monica	2) Bellici, Melissa	3) Metzger, Lindsey	4) Baumgartner, Erin	
34.80	1:10.21 (35.41)	1:37.19 (26.98)	2:06.55 (29.36)	
7 Dublin High School	A	2:18.96	2:17.08	24
1) Khandel, Ladan 9	2) Bettis, Gabrielle 11	3) Briones, Amanda 11	4) Somerville, Katie 9	
34.90	1:12.25 (37.35)	1:51.33 (39.08)	2:17.08 (25.75)	

Event 2 Men 200 Yard Medley Relay

DFAL 1:35.78 ! 5/9/2009 Acalanes High School Acalanes-

record:

1:37.22 AAA

1:38.50 AAC

1:42.08 NCS

1:51.09 CON

D Palley, M Kennedy, P Gibson, N Hoversten

Team	Relay	Prelim Time	Finals Time	Points
Finals				
1 Acalanes High School	A	1:44.61	1:35.78! AAA	40
1) Palley, David	2) Kennedy, Morgan	3) Gibson, Piankhi	4) Hoversten, Nick	
2 Miramonte High School	A	1:39.20	1:37.05 AAA	34
1) Langer, Nathan	2) Ryner, Aleck	3) Deaver, Nick	4) Haufler, Sean	
3 Campolindo High School	A	1:37.94	1:39.04 NCS	32
1) Chang, Jeremy	2) Chuck, Chris	3) Malley, Sean	4) Ashby, Robbie	
4 Las Lomas High School	A	1:41.08	1:41.03 NCS	30
1) Stringer, Shaun	2) Henri, Pearson	3) Lin, Curtis	4) Michels, Nick	
5 Dublin High School	A	1:43.77	1:42.51 CON	28
1) Sollom-Brotherton, Galen	2) Wilkenson, Kagan 10	3) Lind, Brandon 12	4) Reed, Brent 11	

6 Dougherty Valley High School A 1:45.94 1:46.44 CON 26

1) Silva, Sebastian 2) Lundeen, Trevor 3) Eustes, Dominic 4) Fitzgerald, Scott

Event 3 Women 200 Yard Freestyle

DFAL 1:51.25 ! 2008 Shelley Harper Las Lomas

record:

1:51.56 AAA

1:52.99 AAC

1:56.31 NCS

2:02.79 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Luchini, Shelbi	Campolindo High School	1:57.49	1:52.66 AAC	20
2 Erickson, Eva	Campolindo High School	1:57.20	1:54.96 NCS	17
3 Carlson, Taylor	Las Lomas High School	1:55.92	1:55.97 NCS	16
4 Howland, Molly	Campolindo High School	1:55.02	1:56.35 CON	15
5 Johnson, Danielle	Las Lomas High School	1:59.40	1:56.39 CON	14
6 Rogers, Kristin	Dougherty Valley High School	1:57.90	1:56.96 CON	13
7 Schlenker, Amanda	Campolindo High School	1:57.63	1:58.83 CON	12
8 Everett, Anne	Acalanes High School	1:57.02	2:00.15 CON	11
B - Final				
9 Bartow, Melissa	Las Lomas High School	2:03.15	2:01.54 CON	9
10 Louie, Savannah	Las Lomas High School	2:02.62	2:01.83 CON	7
11 Hoover, Evelyn	Miramonte High School	2:03.16	2:02.09 CON	6
12 Sharf, Maxine	Miramonte High School	2:05.93	2:04.83	5
13 Attard, Margaux	Miramonte High School	2:07.06	2:06.65	4
14 Metzger, Lindsey	Alhambra	2:08.23	2:07.19	3
15 Welcomer, Jessie	Acalanes High School	2:09.27	2:08.13	2
16 Rogers, Sophia	Miramonte High School	2:07.87	2:08.75	1

Event 4 Men 200 Yard Freestyle

DFAL 1:41.78 ! 2005 Scott Lathrope Camplindo

record:

1:41.75 AAA

1:42.97 AAC

1:46.77 NCS

1:53.29 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Jensen, Tor	Campolindo High School	1:46.19	1:44.18 NCS	20
2 Kingery, Stephen	Campolindo High School	1:44.12	1:44.78 NCS	17
3 Melton, Andrew	Campolindo High School	1:47.86	1:45.00 NCS	16
4 Smith, Ben	Campolindo High School	1:46.16	1:46.97 CON	15
5 Higgins, Ryan	Miramonte High School	1:46.97	1:47.07 CON	14
6 Perry, James	Miramonte High School	1:50.38	1:47.86 CON	13
7 Buffo, John	Las Lomas High School	1:50.24	1:50.06 CON	12
8 Briskey, Tommy	Miramonte High School	1:49.50	1:50.88 CON	11
B - Final				
9 Vaiana, Nick	Acalanes High School	1:50.96	1:47.19 CON	9
10 Crocker, Danny	Miramonte High School	1:50.55	1:50.41 CON	7
11 Ngo, Jonathan	Dougherty Valley High School	1:51.00	1:51.11 CON	6
12 Dietrich, Joe	Acalanes High School	1:51.43	1:51.62 CON	5
13 Weiss, Amit	Acalanes High School	1:52.49	1:52.16 CON	4

14 Whitten, Cy	Acalanes High School	1:52.05	1:52.59	CON	3
15 Snyder, Douglas	Las Lomas High School	1:53.02	1:52.88	CON	2
--- Silva, Sebastian	Dougherty Valley High School	1:53.18	X1:52.59	CON	

Event 5 Women 200 Yard IM

DFAL 2:02.77 ! 2005
record:

Heather White

Miramonte

2:05.74 AAA
2:07.60 AAC
2:12.07 NCS
2:18.69 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Ward, Andrea	Campolindo High School	2:10.91	2:03.66 AAA	20
2 Thomas, Chrissy	Las Lomas High School	2:11.49	2:05.29 AAA	17
3 Woodward, Brooke	Miramonte High School	2:13.19	2:10.79 NCS	16
4 Swinton, Samantha	Miramonte High School	2:13.48	2:12.47 CON	15
5 Records, Kathrine	Acalanes High School	2:12.38	2:13.57 CON	14
6 Doan, Kristine	Dougherty Valley High School	2:17.23	2:13.91 CON	13
7 Watson, Kayley	Campolindo High School	2:18.56	2:18.48 CON	12
8 White, Erica	Miramonte High School	2:17.22	2:19.84	11
B - Final				
9 Yeh, Katy	Miramonte High School	2:20.43	2:17.11 CON	9
10 Nishimi, Andie	Campolindo High School	2:19.12	2:17.82 CON	7
11 Marinchak, Katherine	Las Lomas High School	2:22.03	2:18.34 CON	6
12 Bozzini, Julianne	Acalanes High School	2:18.71	2:21.54	5
13 Lanier, Barbara	Acalanes High School	2:22.61	2:21.88	4
14 Shockley, Kelsey	Las Lomas High School	2:25.84	2:26.35	3
15 Johnston, Hailey	9Dublin High School	2:51.10	2:48.14	2
16 Bettis, Gabrielle	11Dublin High School	2:51.17	2:53.23	1

Event 6 Men 200 Yard IM

DFAL 1:52.96 ! 2004
record:

Scott Lathrope

Campolindo

1:54.33 AAA
1:55.96 AAC
2:00.56 NCS
2:08.69 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Dowley, Tommy	Campolindo High School	2:01.15	1:55.58 AAC	20
2 Lin, Curtis	Las Lomas High School	1:59.94	1:57.52 NCS	17
3 Chuck, Chris	Campolindo High School	1:58.66	1:59.21 NCS	16
4 Haufler, Sean	Miramonte High School	2:01.63	1:59.76 NCS	15
5 Palley, David	Acalanes High School	2:02.55	2:01.03 CON	14
6 Mooney, Sean	Acalanes High School	2:04.61	2:03.52 CON	13
7 Strausser, Jeffrey	Campolindo High School	2:04.08	2:03.88 CON	12
8 Taapken, Zachary	Miramonte High School	2:03.13	2:04.17 CON	11
B - Final				
9 Burke, Matthew	Las Lomas High School	2:06.03	2:04.08 CON	9
10 Fluegge, Robby	Miramonte High School	2:04.93	2:05.15 CON	7
11 Lin, Lucas	Las Lomas High School	2:05.82	2:05.53 CON	6
12 Byrne, Connor	Miramonte High School	2:07.82	2:06.82 CON	5

13 Worthing, Michael	Acalanes High School	2:06.16	2:06.89	CON	4
14 Green, Connor	Las Lomas High School	2:09.52	2:08.14	CON	3
15 Young, Ben	10Dublin High School	2:17.56	2:17.24		2
16 Eustes, Dominic	Dougherty Valley High School	2:24.23	2:24.33		1

Event 7 Women 50 Yard Freestyle

DFAL 23.33 ! 2008 Kasey Carlson Las Lomas
 record:
 23.86 AAA
 24.12 AAC
 24.67 NCS
 25.79 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Robbins, Sierra	Miramonte High School	24.16	23.94 AAC	20
2 White, Meredith	Miramonte High School	24.27	23.97 AAC	17
3 Cleak, Rachel	Campolindo High School	25.02	24.21 NCS	16
4 Chan, Natalie	Acalanes High School	24.59	24.41 NCS	15
5 Alva, Olivia	Campolindo High School	25.10	24.54 NCS	14
6 Holt, Dana	Campolindo High School	24.69	24.62 NCS	13
7 Bugglin, Lauren	Campolindo High School	24.80	24.78 CON	12
8 Capozzo, Monica	Alhambra	25.31	25.84	11
B - Final				
9 Grabow, Abbi	Las Lomas High School	26.29	25.92	9
10 Green, Addie	Las Lomas High School	26.66	26.21	7
11 Honens, Haley	Miramonte High School	26.51	26.36	6
12 Wolff, Alison	Las Lomas High School	26.88	26.51	5
13 Meadows, Megan	Miramonte High School	26.72	26.56	4
14 Quinn, Molly	Acalanes High School	26.66	26.68	3
15 Crane, Kelley	Las Lomas High School	26.88	26.76	2
16 Fassler, Laura Jean	Acalanes High School	26.77	27.05	1

Event 8 Men 50 Yard Freestyle

DFAL 21.36 ! 5/7/2009 Piankhi Gibson Acalanes-
 record:
 21.20 AAA
 21.48 AAC
 21.79 NCS
 22.89 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Gibson, Piankhi	Acalanes High School	21.36	21.36! AAC	20
2 Lathrope, Bret	Miramonte High School	21.50	21.55 NCS	17
3 Hoversten, Nick	Acalanes High School	21.93	21.73 NCS	16
4 Zolintakis, Nick	Campolindo High School	21.70	21.94 CON	15
5 Sanders, Brian	Campolindo High School	21.95	22.00 CON	14
6 Loomis, Stephen	Campolindo High School	22.00	22.08 CON	13
*7 Ryner, Aleck	Miramonte High School	22.18	22.21 CON	11.50
*7 Dyer, Chris	Campolindo High School	22.10	22.21 CON	11.50
B - Final				
9 Boone, Nate	Acalanes High School	22.42	21.98 CON	9
10 Holland, John	Miramonte High School	22.54	22.09 CON	7
11 Sander, Michael	Alhambra	22.55	22.23 CON	6
12 Reed, Brent	11Dublin High School	22.30	22.42 CON	5
13 Unger, Jeremy	Miramonte High School	22.55	22.62 CON	4

14 Sinkevich, Mikhail	Las Lomas High School	23.09	22.82	CON	3
15 Sinkevich, Alexei	Las Lomas High School	22.91	23.20		2
16 Gordon, Steven	Alhambra	23.11	23.34		1

Event 11 Women 100 Yard Butterfly

DFAL 56.02 ! 5/9/2009 Courtney Whyte Campolindo-
record:

56.75 AAA
57.50 AAC
58.87 NCS
1:03.69 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Whyte, Courtney	Campolindo High School	58.70	56.02! AAA	20
2 Amog, Jaclyn	Las Lomas High School	57.33	56.35 AAA	17
3 Lukins, Caroline	Campolindo High School	58.18	57.54 NCS	16
4 Kroetch, KJ	Acalanes High School	58.80	59.71 CON	15
5 Russell, Hayley	Campolindo High School	59.04	59.93 CON	14
6 Nishimi, Andie	Campolindo High School	1:00.75	1:00.47 CON	13
7 White, Erica	Miramonte High School	1:00.45	1:00.70 CON	12
8 Capozzo, Monica	Alhambra	1:00.05	1:00.94 CON	11
B - Final				
9 Wolff, Erin	Las Lomas High School	1:02.37	1:01.81 CON	9
10 Zepeda, Samantha	Las Lomas High School	1:04.73	1:02.23 CON	7
11 Delaporte, Erin	Las Lomas High School	1:04.89	1:02.33 CON	6
12 Taylor, Jackie	Dougherty Valley High School	1:02.81	1:03.14 CON	5
13 Arsenault, Tessa	Acalanes High School	1:04.42	1:03.58 CON	4
14 Miyamoto-Mills, Melissa	Miramonte High School	1:04.11	1:05.36	3
15 Tarpey, Brianna	Acalanes High School	1:06.21	1:06.02	2
16 Tarpey, Michaela	Acalanes High School	1:05.88	1:07.39	1

Event 12 Men 100 Yard Butterfly

DFAL 49.99 ! 2005 Jesse Krompier Campolindo
record:

50.92 AAA
51.72 AAC
52.71 NCS
57.29 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Gibson, Piankhi	Acalanes High School	50.35	50.24 AAA	20
2 Deaver, Nick	Miramonte High School	51.02	51.01 AAC	17
3 Strausser, Jeffrey	Campolindo High School	51.96	51.85 NCS	16
4 Malley, Sean	Campolindo High School	53.68	52.17 NCS	15
5 Stringer, Shaun	Las Lomas High School	54.19	52.57 NCS	14
6 Boone, Nate	Acalanes High School	53.90	52.94 CON	13
7 Wonnenberg, Michael	Alhambra	53.69	53.06 CON	12
8 Chang, Jeremy	Campolindo High School	53.53	53.66 CON	11
B - Final				
9 Unger, Jeremy	Miramonte High School	55.07	54.41 CON	9
10 Lind, Brandon	12Dublin High School	54.62	54.42 CON	7
11 Baier, Brian	Miramonte High School	56.01	55.00 CON	6
12 Choi, Kevin	Las Lomas High School	56.05	55.28 CON	5
13 Burke, Matthew	Las Lomas High School	57.05	55.93 CON	4

14 Fuller, Tim	Miramonte High School	55.57	55.95	CON	3
15 Connolly, Ryan	Acalanes High School	56.94	56.87	CON	2
16 Gousios, Christopher	Campolindo High School	57.74	57.75		1

Event 13 Women 100 Yard Freestyle

DFAL 49.53 ! 5/9/2009 Kasey Carlson Las Lomas-
record:

51.72 AAA
52.39 AAC
53.70 NCS
55.39 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Carlson, Kasey	Las Lomas High School	50.39	49.53! AAA	20
2 Cleak, Rachel	Campolindo High School	53.61	52.19 AAC	17
3 Yoder, Shaila	Las Lomas High School	53.02	52.46 NCS	16
4 White, Meredith	Miramonte High School	53.59	53.10 NCS	15
5 Holt, Dana	Campolindo High School	53.95	53.80 CON	14
6 Chan, Natalie	Acalanes High School	55.11	54.71 CON	13
7 Bugglin, Lauren	Campolindo High School	55.29	55.05 CON	12
8 Haufler, Jenna	Miramonte High School	55.21	55.37 CON	11
B - Final				
9 Wells, Kate	Campolindo High School	55.65	55.99	9
10 Honens, Haley	Miramonte High School	57.78	57.09	7
11 Louie, Savannah	Las Lomas High School	57.63	57.22	6
12 Avery, Kate	Acalanes High School	57.91	57.35	5
13 Quinn, Molly	Acalanes High School	57.06	57.62	4
14 Wolff, Alison	Las Lomas High School	57.66	58.09	3
*15 Meadows, Megan	Miramonte High School	58.27	58.86	1. 50
*15 Fassler, Laura Jean	Acalanes High School	59.50	58.86	1. 50

Event 14 Men 100 Yard Freestyle

DFAL 46.01 ! 2008 Matt Dentone College Park
record:

46.44 AAA
46.98 AAC
48.52 NCS
50.49 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Ashby, Robbie	Campolindo High School	47.35	47.17 NCS	20
2 Kingery, Stephen	Campolindo High School	48.16	47.62 NCS	17
*3 Barker, Tyler	Miramonte High School	49.42	48.30 NCS	15. 50
*3 Zolintakis, Nick	Campolindo High School	48.30	48.30 NCS	15. 50
5 Melton, Andrew	Campolindo High School	48.50	48.34 NCS	14
6 Langer, Nathan	Miramonte High School	48.33	48.88 CON	13
7 Holland, John	Miramonte High School	49.05	49.04 CON	12
8 Reed, Brent	11 Dublin High School	49.23	49.16 CON	11
B - Final				
9 Nash, John	Miramonte High School	49.54	49.18 CON	9
10 Richards, Spencer	Las Lomas High School	49.47	49.96 CON	7
11 Michels, Nick	Las Lomas High School	50.49	50.00 CON	6
12 Kisner, Jake	Acalanes High School	50.57	50.01 CON	5
13 Lonzo, Charlie	Las Lomas High School	51.67	50.09 CON	4
14 Lind, Brandon	12 Dublin High School	50.97	51.15	3

15 Kennedy, Morgan	Acalanes High School	51.38	51.34	2
16 Sinkevich, Mikhail	Las Lomas High School	51.19	51.60	1

Event 15 Women 500 Yard Freestyle

DFAL 4:57.11 ! 2008 Shelley Harper Las Lomas
record:

4:58.13 AAA
5:02.19 AAC
5:13.00 NCS
5:32.09 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Ward, Andrea	Campolindo High School	5:15.55	5:02.13 AAC	20
2 Johnson, Danielle	Las Lomas High School	5:18.94	5:07.48 NCS	17
3 Howland, Molly	Campolindo High School	5:07.79	5:07.79 NCS	16
4 Whyte, Courtney	Campolindo High School	5:20.12	5:07.82 NCS	15
5 Rogers, Kristin	Dougherty Valley High School	5:17.12	5:13.17 CON	14
6 Schlenker, Amanda	Campolindo High School	5:16.68	5:19.56 CON	13
7 Everett, Anne	Acalanes High School	5:20.24	5:22.56 CON	12
8 Diaz, Isabella	Las Lomas High School	5:22.10	5:31.46 CON	11
B - Final				
9 Marinchak, Katherine	Las Lomas High School	5:27.68	5:23.33 CON	9
10 Yeh, Katy	Miramonte High School	5:35.37	5:31.04 CON	7
11 Hoover, Evelyn	Miramonte High School	5:34.32	5:33.48	6
12 Welcomer, Jessie	Acalanes High School	5:48.79	5:43.96	5
13 Metzger, Lindsey	Alhambra	5:36.00	5:44.97	4
14 Light, Alison	Miramonte High School	5:41.65	5:48.68	3
15 Mes, Megan	Acalanes High School	5:47.44	5:50.01	2
16 Sheehan, Mandy	Acalanes High School	5:52.13	5:50.09	1

Event 16 Men 500 Yard Freestyle

DFAL 4:34.67 ! 2008 Galen Sollom-Brotherton Dublin
record:

4:36.08 AAA
4:39.82 AAC
4:51.25 NCS
5:08.99 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Lathrope, Bret	Miramonte High School	4:46.91	4:35.31 AAA	20
2 Jensen, Tor	Campolindo High School	4:45.96	4:46.38 NCS	17
3 Higgins, Ryan	Miramonte High School	4:47.06	4:51.97 CON	16
4 Vaiana, Nick	Acalanes High School	5:01.48	4:55.17 CON	15
5 Henri, Pearson	Las Lomas High School	4:59.62	4:58.03 CON	14
6 Smith, Ben	Campolindo High School	4:53.11	5:00.34 CON	13
7 Ngo, Jonathan	Dougherty Valley High School	5:00.12	5:02.59 CON	12
8 Dowley, Tommy	Campolindo High School	4:55.48	5:06.35 CON	11
B - Final				
9 Whitten, Cy	Acalanes High School	5:04.07	5:01.03 CON	9
10 Buffo, John	Las Lomas High School	5:02.26	5:01.61 CON	7
11 Briskey, Tommy	Miramonte High School	5:06.12	5:06.30 CON	6
12 Crocker, Danny	Miramonte High School	5:02.04	5:07.50 CON	5
13 Gabrielson, Andrew	Campolindo High School	5:14.48	5:12.19	4
14 Schultz, Ryan	Acalanes High School	5:14.84	5:18.31	3

15 Rim, Patrick	Dougherty Valley High School	5:38.93	5:43.02	2
--- Sollom-Brotherton, Galen	12Dublin High School	5:02.02	DQ	

Delay of meet

Event 17 Women 200 Yard Freestyle Relay

DFAL 1:36.92 ! 5/9/2009 Campolindo High School Campolindo-
record:

A Ward, D Holt, O Alva, R Cleak

1:38.34 AAA
1:39.64 AAC
1:43.69 NCS
1:51.09 CON

Team	Relay	Prelim Time	Finals Time	Points
Finals				
1 Campolindo High School	A	1:41.77	1:36.92! AAA	40
1) Ward, Andrea	2) Holt, Dana	3) Alva, Olivia	4) Cleak, Rachel	
2 Miramonte High School	A	1:46.40	1:38.11 AAA	34
1) Robbins, Sierra	2) White, Meredith	3) Honens, Haley	4) Woodward, Brooke	
3 Las Lomas High School	A	1:41.05	1:38.97 AAC	32
1) Amog, Jaclyn	2) Grabow, Abbi	3) Carlson, Taylor	4) Yoder, Shaila	
4 Acalanes High School	A	1:47.34	1:41.47 NCS	30
1) Chan, Natalie	2) Bozzini, Julianne	3) Records, Kathrine	4) Everett, Anne	
5 Dougherty Valley High School	A	1:46.04	1:45.80 CON	28
1) Taylor, Jackie	2) Hori, Jessica	3) Rogers, Kristin	4) Doan, Kristine	
6 Alhambra	A	1:49.77	1:49.31 CON	26
1) Capozzo, Monica	2) Bellici, Melissa	3) Metzger, Lindsey	4) Baumgartner, Erin	
7 Dublin High School	A	1:58.06	1:58.61	24
1) Ugarte, Alexandria 9	2) Fisher, Crystal 9	3) Kenney, Ann 11	4) Somerville, Katie 9	

Event 18 Men 200 Yard Freestyle Relay

DFAL 1:26.97 ! 5/9/2009 Miramonte High School Miramonte-
record:

B Lathrope, A Ryner, J Holland, J Perry

1:27.06 AAA
1:28.29 AAC
1:31.89 NCS
1:38.09 CON

Team	Relay	Prelim Time	Finals Time	Points
Finals				
1 Miramonte High School	A	1:32.62	1:26.97! AAA	40
1) Lathrope, Bret	2) Ryner, Aleck	3) Holland, John	4) Perry, James	
2 Campolindo High School	A	1:29.11	1:28.69 NCS	34
1) Dowley, Tommy	2) Melton, Andrew	3) Kingery, Stephen	4) Dyer, Chris	
3 Las Lomas High School	A	1:30.40	1:29.40 NCS	32
1) Michels, Nick	2) Sinkevich, Alexei	3) Lonzo, Charlie	4) Richards, Spencer	
	22.25 1:29.40 (1:07.15)			
4 Dublin High School	A	1:31.22	1:29.58 NCS	30
1) Sollom-Brotherton, Galen	2) Page, Cavan 10	3) Lind, Brandon 12	4) Reed, Brent 11	
12				
5 Alhambra	A	1:32.50	1:29.78 NCS	28
1) Sander, Michael	2) Wanket, Tony	3) Wonnemberg, Michael	4) Gordon, Steven	
6 Acalanes High School	A	1:34.15	1:31.01 NCS	26

1) Boone, Nate	2) Grover, Alex	3) Quinn, Conor	4) Vaiana, Nick	
7 Dougherty Valley High School	A	1:32.63	1:32.12 CON	24

1) Silva, Sebastian	2) Cruz, Nathan	3) Ngo, Jonathan	4) Fitzgerald, Scott
---------------------	-----------------	------------------	----------------------

Event 19 Women 100 Yard Backstroke

DFAL **57.03 ! 2005** **Heather White** **Miramonte**
record:

57.50 AAA
58.43 AAC
1:00.43 NCS
1:05.99 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Luchini, Shelbi	Campolindo High School	59.84	57.18 AAA	20
2 Thomas, Chrissy	Las Lomas High School	1:00.89	57.53 AAC	17
3 Erickson, Eva	Campolindo High School	59.10	58.32 AAC	16
4 Robbins, Sierra	Miramonte High School	59.76	59.19 NCS	15
5 Kroetch, KJ	Acalanes High School	59.26	1:00.32 NCS	14
6 Russell, Hayley	Campolindo High School	1:00.68	1:00.90 CON	13
7 Sivesind, Padon	Campolindo High School	1:01.44	1:01.20 CON	12
8 Zepeda, Samantha	Las Lomas High School	1:01.28	1:01.49 CON	11
B - Final				
9 Haufler, Jenna	Miramonte High School	1:02.97	1:01.88 CON	9
10 Bartow, Melissa	Las Lomas High School	1:04.65	1:02.18 CON	7
11 Rogers, Sophia	Miramonte High School	1:03.99	1:03.73 CON	6
12 Hori, Jessica	Dougherty Valley High School	1:05.44	1:05.87 CON	5
13 Avery, Kate	Acalanes High School	1:08.09	1:07.62	4
14 Attard, Margaux	Miramonte High School	1:07.46	1:07.88	3
15 Taylor, Jackie	Dougherty Valley High School	1:07.56	1:08.72	2
16 Stewart, Kaitlyn	16Acalanes High School	1:09.52	1:08.73	1

Event 20 Men 100 Yard Backstroke

DFAL **51.86 ! 2005** **Scott Lathrope** **Campolindo**
record:

52.09 AAA
52.90 AAC
55.00 NCS
59.29 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Deaver, Nick	Miramonte High School	52.50	52.64 AAC	20
2 Palley, David	Acalanes High School	54.27	53.37 NCS	17
3 Haufler, Sean	Miramonte High School	54.35	54.00 NCS	16
4 Malley, Sean	Campolindo High School	54.70	54.24 NCS	15
5 Ashby, Robbie	Campolindo High School	53.26	54.47 NCS	14
6 Langer, Nathan	Miramonte High School	53.82	54.87 NCS	13
7 Hoversten, Nick	Acalanes High School	54.56	55.12 CON	12
8 Chang, Jeremy	Campolindo High School	55.86	56.91 CON	11
B - Final				
9 Stringer, Shaun	Las Lomas High School	57.74	54.61 NCS	9
10 Fluegge, Robby	Miramonte High School	56.31	56.51 CON	7
11 Wonnenberg, Michael	Alhambra	58.41	56.79 CON	6
12 Worthing, Michael	Acalanes High School	56.99	57.24 CON	5
13 Stewart, Rory	Las Lomas High School	57.20	57.35 CON	4

14 Silva, Sebastian	Dougherty Valley High School	58.27	57.49	CON	3
15 Mefford, Jake	Acalanes High School	57.81	58.29	CON	2
16 Lonzo, Charlie	Las Lomas High School	58.88	59.71		1

Event 21 Women 100 Yard Breaststroke

DFAL 58.89 ! 5/9/2009 Kasey Carlson Las Lomas-record:

1:05.24 AAA
1:06.28 AAC
1:07.57 NCS
1:12.59 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Carlson, Kasey	Las Lomas High School	1:00.74	58.89! AAA	20
2 Yoder, Shaila	Las Lomas High School	1:03.78	1:04.31 AAA	17
3 Carlson, Taylor	Las Lomas High School	1:07.03	1:06.71 NCS	16
4 Swinton, Samantha	Miramonte High School	1:08.70	1:07.84 CON	15
5 Chase, Daelyn	Campolindo High School	1:08.25	1:07.86 CON	14
6 Doan, Kristine	Dougherty Valley High School	1:09.20	1:08.56 CON	13
7 Records, Kathrine	Acalanes High School	1:08.43	1:08.92 CON	12
8 Jackson, Nikki	Campolindo High School	1:09.33	1:09.27 CON	11
B - Final				
9 Alva, Olivia	Campolindo High School	1:10.81	1:08.38 CON	9
10 Mascheroni, Lindsey	Campolindo High School	1:09.69	1:08.96 CON	7
11 Tanner, Bryce	Acalanes High School	1:11.00	1:08.97 CON	6
12 Woodward, Brooke	Miramonte High School	1:10.09	1:09.04 CON	5
13 Light, Alison	Miramonte High School	1:10.31	1:09.41 CON	4
14 Redig, Natalie	Miramonte High School	1:10.12	1:10.36 CON	3
15 Lanier, Barbara	Acalanes High School	1:10.91	1:11.03 CON	2
16 Bozzini, Julianne	Acalanes High School	1:11.67	1:12.19 CON	1

Event 22 Men 100 Yard Breaststroke

DFAL 57.45 ! 2006 Tyler Schlenker Campolindo-record:

58.58 AAA
59.40 AAC
1:00.86 NCS
1:05.09 CON

Name	AgeSchool	Prelim Time	Finals Time	Points
A - Final				
1 Chuck, Chris	Campolindo High School	58.70	58.68 AAC	20
2 Ryner, Aleck	Miramonte High School	58.85	58.78 AAC	17
3 Lin, Curtis	Las Lomas High School	1:01.36	59.44 NCS	16
4 Siri, Stephen	Miramonte High School	1:01.36	59.49 NCS	15
5 Chrestionson, Jason	Campolindo High School	1:01.53	59.81 NCS	14
6 Henri, Pearson	Las Lomas High School	1:01.82	1:01.20 CON	13
7 Kennedy, Morgan	Acalanes High School	1:01.84	1:01.79 CON	12
8 Wilkinson, Silas	Miramonte High School	1:01.13	1:01.96 CON	11
B - Final				
9 Barker, Tyler	Miramonte High School	1:03.03	1:01.96 CON	9
10 Lin, Lucas	Las Lomas High School	1:02.96	1:02.74 CON	7
11 Richards, Spencer	Las Lomas High School	1:02.67	1:03.12 CON	6
12 Kisner, Jake	Acalanes High School	1:03.52	1:03.15 CON	5
13 Gousios, Christopher	Campolindo High School	1:04.89	1:05.15	4

14 Lundeen, Trevor	Dougherty Valley High School	1:05.97	1:05.81	3
15 Mooney, Sean	Acalanes High School	1:05.93	1:06.24	2
16 Streeter, Adam	Campolindo High School	1:07.56	1:07.99	1

Event 23 Women 400 Yard Freestyle Relay

DFAL 3:29.44 ! 2008 Las Lomas
record:

3:33.90 AAA
3:36.76 AAC
3:44.37 NCS
4:05.09 CON

Team	Relay	Prelim Time	Finals Time	Points
Finals				
1 Las Lomas High School	A	3:35.22	3:30.93 AAA	40
1) Amog, Jaclyn	2) Thomas, Chrissy	3) Yoder, Shaila	4) Carlson, Kasey	
2 Campolindo High School	A	3:41.04	3:35.35 AAC	34
1) Ward, Andrea	2) Luchini, Shelbi	3) Cleak, Rachel	4) Erickson, Eva	
3 Miramonte High School	A	3:59.05	3:40.92 NCS	32
1) White, Meredith	2) Swinton, Samantha	3) Honens, Haley	4) Haufler, Jenna	
4 Acalanes High School	A	3:56.66	3:49.23 CON	30
1) Everett, Anne	2) Quinn, Molly	3) Avery, Kate	4) Kroetch, KJ	
5 Dougherty Valley High School	A	4:23.68	4:18.17	28
1) Louis, Lexi	2) Snyder, Gina	3) Hong, Linda	4) Dong, Vanessa	
6 Dublin High School	A	4:21.24	4:19.82	26
1) Johanasson, Kirsten 10	2) Fisher, Crystal 9	3) Kenney, Ann 11	4) Johnston, Hailey 9	

Event 24 Men 400 Yard Freestyle Relay

DFAL 3:09.56 ! 5/9/2009 Miramonte High School Miramonte-
record:

B Lathrope, N Langer, J Perry, N Deaver

3:11.64 AAA
3:13.93 AAC
3:23.42 NCS
3:42.99 CON

Team	Relay	Prelim Time	Finals Time	Points
Finals				
1 Miramonte High School	A	3:25.50	3:09.56! AAA	40
1) Lathrope, Bret	2) Langer, Nathan	3) Perry, James	4) Deaver, Nick	
2 Acalanes High School	A	3:25.87	3:13.50 AAC	34
1) Hoversten, Nick	2) Gibson, Piankhi	3) Boone, Nate	4) Kisner, Jake	
3 Las Lomas High School	A	3:21.45	3:18.14 NCS	32
1) Stringer, Shaun	2) Lin, Lucas	3) Richards, Spencer	4) Lin, Curtis	
4 Campolindo High School	A	3:18.25	3:19.95 NCS	30
1) Dowley, Tommy	2) Melton, Andrew	3) Ashby, Robbie	4) Kingery, Stephen	
5 Dublin High School	A	3:36.92	3:35.80 CON	28
1) Van Dorn, Jeff 12	2) Page, Cavan 10	3) Wilkenson, Kagan 10	4) Young, Ben 10	
--- Dougherty Valley High School	A	3:34.59	DQ	
Early take-off swimmer #2				
1) Eustes, Dominic	2) Aiello, Joey	3) Cruz, Nathan	4) Ngo, Jonathan	