

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

Event 1 Girls 200 Yard Medley Relay

Palomar Leag: 1:47.55 P 2006 Torrey Pines High School
 CIFSDS: 1:48.10 C 2006 Torrey Pines High School TPHS
 2:03.00 D2A
 2:05.00 D1A
 2:17.00 D2C
 2:17.00 D1C

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Torrey Pines High School	A	2:01.75	1:53.42 D2A	40
29.59 1:01.40 (31.81)	1:28.63 (27.23)	1:53.42 (24.79)		
2 Poway High School	A	1:58.13	1:55.24 D2A	34
1) Koonings, Jennifer 11 2) Lawless, Lindsey 11	3) Casciari, Bianca 11 4) Winton, Caitlin 9			
29.21 1:02.63 (33.42)	1:28.45 (25.82)	1:55.24 (26.79)		
3 Rancho Bernardo High School	A	2:00.88	1:55.39 D2A	32
1) Thornbrough, Lauren JR 2) Smyth, Danielle SO	3) Witko, Brie SR 4) Nokes, Heather SO			
28.89 1:01.25 (32.36)	1:28.96 (27.71)	1:55.39 (26.43)		
4 Mt. Carmel High School	A	2:11.19	1:55.63 D2A	30
1) Dorr, Wendy FR 2) Ryder, Jessica JR	3) Barber, Emily JR 4) Evans, Vanessa L SO			
29.52 1:01.83 (32.31)	1:30.23 (28.40)	1:55.63 (25.40)		
5 Westview	A	2:01.74	2:00.30 D2A	28
1) Pham, Chi 2) Erazo, Holly	3) McCoy, Kaitlin 4) Marcis, Kaley			
29.67 1:03.78 (34.11)	1:33.81 (30.03)	2:00.30 (26.49)		
6 La Costa Canyon High School	A	2:08.99	2:05.98 D2C	26
30.56 1:06.90 (36.34)	1:38.34 (31.44)	2:05.98 (27.64)		
B - Final				
9 Mt. Carmel High School	B	2:17.24	2:01.26 D2A	18
1) Kragten, Kirsten SO 2) Gentes, Jacquelyn V FR	3) Swann, Lauren JR 4) Bugg, Taylor SO			
30.65 1:04.17 (33.52)	1:34.54 (30.37)	2:01.26 (26.72)		
10 Rancho Bernardo High School	B	2:01.52	2:02.02 D2A	14
1) Nguyen, Nancy FR 2) Pietrzyk, Amber FR	3) Rusk, Jenny FR 4) Seikkula, Samantha JR			
31.27 1:05.09 (33.82)	1:34.25 (29.16)	2:02.02 (27.77)		
11 Westview	B	2:05.91	2:04.22 D1A	12
1) Zaba, Camille 2) Quach, Justine	3) Hoelscher, Rebekah 4) Schwartz, Rachael			
32.40 1:05.86 (33.46)	1:36.32 (30.46)	2:04.22 (27.90)		
12 Poway High School	B	2:03.81	2:04.77 D1A	10
1) Peterson, Carly 11 2) Ruppert, Ashley 10	3) Closson, Melissa 11 4) Ennedey, Ashley 11			
32.21 1:06.27 (34.06)	1:38.08 (31.81)	2:04.77 (26.69)		
13 La Costa Canyon High School	B	2:13.99	2:13.69 D2C	8
33.70 1:13.37 (39.67)	1:45.48 (32.11)	2:13.69 (28.21)		

Event 1 Girls 200 Yard Medley Relay

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

Palomar Leag: 1:47.55 P 2006 **Torrey Pines High School**
CIFSDS: 1:48.10 C 2006 **Torrey Pines High School** **TPHS**
2:03.00 D2A
2:05.00 D1A
2:17.00 D2C
2:17.00 D1C

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Poway High School	A	1:57.75	1:58.13 D2A
1) Koonings, Jennifer 11	2) Lawless, Lindsey 11	3) Casciari, Bianca 11	4) Winton, Caitlin 9
2 Rancho Bernardo High School	A	1:55.14	2:00.88 D2A
1) Thornbrough, Lauren JR	2) Smyth, Danielle SO	3) Witko, Brie SR	4) Nokes, Heather SO
Preliminaries ... (Event 1 Girls 200 Yard Medley Relay)			
Team	Relay	Seed Time	Prelim Time
3 Rancho Bernardo High School	B	2:03.50	2:01.52 D2A
1) Nguyen, Nancy FR	2) Pietrzyk, Amber FR	3) Rusk, Jenny FR	4) Seikkula, Samantha JR
31.88	1:05.62 (33.74)	1:35.02 (29.40)	2:01.52 (26.50)
4 Westview	A	2:00.86	2:01.74 D2A
1) Pham, Chi	2) Erazo, Holly	3) McCoy, Kaitlin	4) Marcis, Kaley
5 Torrey Pines High School	A	1:49.60	2:01.75 D2A
1) Loy, Kelsey SO	2) Pedley, Brett SR	3) Wimer, Murphy SR	4) Zhang, Adele SR
6 Poway High School	B	2:10.96	2:03.81 D1A
1) Peterson, Carly 11	2) Ruppert, Ashley 10	3) Closson, Melissa 11	4) Ennedey, Ashley 11
31.18	1:05.58 (34.40)	1:36.81 (31.23)	2:03.81 (27.00)
7 Westview	B	2:07.33	2:05.91 D2C
1) Zaba, Camille	2) Quach, Justine	3) Hoelscher, Rebekah	4) Schwartz, Rachael
32.81	1:07.13 (34.32)	1:37.70 (30.57)	2:05.91 (28.21)
8 La Costa Canyon High School	A	2:08.58	2:08.99 D2C
1) Demichelle, Jenna JR	2) Brabyn, Caroline SO	3) Wai, Kathy SR	4) Amakawa, Tomomi SR
9 Mt. Carmel High School	A	2:09.00	2:11.19 D2C
1) Dorr, Wendy FR	2) Ryder, Jessica JR	3) Barber, Emily JR	4) Evans, Vanessa L SO
10 La Costa Canyon High School	B	NT	2:13.99 D2C
1) Chappell, Ashley SR	2) Jacobs, Tatiana JR		
34.36	1:13.89 (39.53)	1:45.57 (31.68)	2:13.99 (28.42)
11 Mt. Carmel High School	B	2:15.00	2:17.24
1) Kragten, Kirsten SO	2) Gentes, Jacquelyn V FR	3) Swann, Lauren JR	4) Bugg, Taylor SO
34.44	1:11.12 (36.68)	1:47.57 (36.45)	2:17.24 (29.67)
--- Santa Fe Christian	A	2:11.72	X2:12.05 D2C
--- Santa Fe Christian	B	2:39.42	X2:37.70

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

38.44 1:25.44 (47.00) 2:03.62 (38.18) 2:37.70 (34.08)

Event 2 Boys 200 Yard Medley Relay**Palomar Leag: 1:40.49 P 2005****La Costa Canyon****CIFSDS: 1:37.15 C 2005****CHS****A.Morales, A.Mulvey,K.Le,K.Loos****1:49.00 D1A****1:50.00 D2A****2:03.00 D2C****2:03.00 D1C**

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Torrey Pines High School	A	1:43.21	1:40.84 D1A	40
25.65 53.85 (28.20)		1:18.41 (24.56)		
2 Poway High School	A	1:42.96	1:41.17 D1A	34
1) Schwab, Daniel 10	2) Garretson, Bryant 12	3) Evans, Kyle 9	4) Tomasello, Matt 11	
26.28 54.27 (27.99)	1:18.84 (24.57)	1:41.17 (22.33)		
3 Mt. Carmel High School	A	1:50.51	1:43.81 D1A	32
1) Vasko, Mike A JR	2) Dierkhising, Joe O SR	3) Sultz, Taylor JR	4) Gallardo, Chris SO	
28.07 55.85 (27.78)	1:20.61 (24.76)	1:43.81 (23.20)		
4 Rancho Bernardo High Schoo	A	1:45.45	1:44.60 D1A	30
1) Krause, Ryan JR	2) Bahmani Pour, Jobin SO	3) Bruner, Matt JR	4) Swanepoel, Alec SR	
26.46 55.62 (29.16)	1:21.62 (26.00)	1:44.60 (22.98)		
5 La Costa Canyon High Schoo	A	1:49.64	1:44.74 D1A	28
28.32 56.65 (28.33)	1:21.57 (24.92)	1:44.74 (23.17)		
6 Westview	A	1:49.36	1:49.19 D2A	26
1) Kerr, Justin	2) Lam, Jacob	3) Holland, Jaromy	4) Lee, Ryan	
26.49 58.46 (31.97)	1:25.33 (26.87)	1:49.19 (23.86)		

B - Final ... (Event 2 Boys 200 Yard Medley Relay)

Team	Relay	Prelim Time	Finals Time	Points
B - Final				
9 Poway High School	B	1:47.86	1:47.13 D1A	18
1) Ferrill, Cabot 11	2) Rath, Andrew 11	3) Ainsworth, Sean 11	4) Wilson, Nick 9	
28.24 58.14 (29.90)	1:23.63 (25.49)	1:47.13 (23.50)		
10 Torrey Pines High School	B	1:49.31	1:48.51 D1A	14
28.60 58.82 (30.22)	1:24.78 (25.96)	1:48.51 (23.73)		
11 Rancho Bernardo High Schoo	B	1:49.09	1:48.94 D1A	12
1) Hartman, Chris JR	2) Chard, Thomas JR	3) Liu, Dennis SO	4) Rubadue, Chris SR	
28.98 57.68 (28.70)	1:25.22 (27.54)	1:48.94 (23.72)		
12 Mt. Carmel High School	B	1:57.33	1:49.00 D1A	10
1) Heise, Evan FR	2) Duan, Peter SR	3) Nathanson, Anton JR	4) Woolley, Austin SO	
28.74 59.15 (30.41)	1:25.11 (25.96)	1:49.00 (23.89)		
13 Westview	B	1:52.79	1:56.88 D2C	8

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

1) Rock, Ryan	2) Cunha, Brenden	3) Rew, Curtis	4) Wertz, Kyle
30.41	1:04.46 (34.05)	1:32.42 (27.96)	1:56.88 (24.46)
14 La Costa Canyon High School	B	2:02.55	2:00.39 D2C 6
31.99	1:04.87 (32.88)	1:35.11 (30.24)	2:00.39 (25.28)

Event 2 Boys 200 Yard Medley Relay

Palomar Leag: 1:40.49 P 2005	La Costa Canyon
CIFSDS: 1:37.15 C 2005	CHS
	A.Morales, A.Mulvey,K.Le,K.Loos
1:49.00 D1A	
1:50.00 D2A	
2:03.00 D2C	
2:03.00 D1C	

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Poway High School	A	1:42.20	1:42.96 D1A
1) Schwab, Daniel 10	2) Garretson, Bryant 12	3) Evans, Kyle 9	4) Tomasello, Matt 11
2 Torrey Pines High School	A	1:42.72	1:43.21 D1A
1) Balch, Kevin SR	2) Miller, Cody JR	3) Paris, Zachary SR	4) Gerber, Colin SR
3 Rancho Bernardo High Schoo	A	1:43.85	1:45.45 D1A
1) Krause, Ryan JR	2) Bahmani Pour, Jobin SO	3) Bruner, Matt JR	4) Swanepoel, Alec SR
4 Poway High School	B	1:51.08	1:47.86 D1A
1) Ferrill, Cabot 11	2) Rath, Andrew 11	3) Ainsworth, Sean 11	4) Wilson, Nick 9
5 Rancho Bernardo High Schoo	B	1:50.57	1:49.09 D2A
1) Hartman, Chris JR	2) Chard, Thomas JR	3) Liu, Dennis SO	4) Rubadue, Chris SR
6 Torrey Pines High School	B	1:51.00	1:49.31 D2A
1) Kafka, Chris FR	2) Stein, Nathan SR	3) Tsui, Chi Shing JR	4) Lee, Ryan
7 Westview	A	1:49.17	1:49.36 D2A
1) Kerr, Justin	2) Lam, Jacob	3) Holland, Jaromy	4) Aguilar, Michael SO
8 La Costa Canyon High Schoo	A	1:48.59	1:49.64 D2A
1) Clermont, Matt JR	2) Giddens, Jay JR	3) Domenie, Derek SR	4) Aguilar, Michael SO
9 Mt. Carmel High School	A	1:51.00	1:50.51 D2C
1) Vasko, Mike A JR	2) Dierkhising, Joe O SR	3) Sultz, Taylor JR	4) Gallardo, Chris SO
10 Westview	B	1:56.64	1:52.79 D2C
1) Rock, Ryan	2) Cunha, Brenden	3) Rew, Curtis	4) Wertz, Kyle
11 Mt. Carmel High School	B	1:57.00	1:57.33 D2C
1) Heise, Evan FR	2) Duan, Peter SR	3) Nathanson, Anton JR	4) Woolley, Austin SO
12 La Costa Canyon High Schoo	B	NT	2:02.55 D2C
--- Santa Fe Christian	A	1:54.67	X1:52.14 D2C

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

--- Santa Fe Christian B 2:10.14 X2:05.06

Event 3 Girls 200 Yard Freestyle

Palomar Leag: 1:48.37 P 2006

CIFSDS: 1:46.62 C 2005

2:05.00 D2A

2:05.00 D1A

2:10.50 D1C

2:12.00 D2C

Whitney Spence

Blake Hayter

MCHS

USDH

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Hermann, Linda	SR	Torrey Pines High School	1:55.81	1:52.23 D2A	20
53.81		1:22.67 ()	1:52.23 (29.56)		
2 Spence, Dani L	SO	Mt. Carmel High School	1:57.40	1:54.69 D2A	17
56.03		1:25.60 ()	1:54.69 (29.09)		
3 Dodd, Stephanie	JR	Torrey Pines High School	2:00.31	1:55.91 D2A	16
56.93		1:26.46 ()	1:55.91 (29.45)		
4 Zhang, Adele	SR	Torrey Pines High School	1:58.22	1:56.52 D2A	15
56.65		1:26.45 ()	1:56.52 (30.07)		
5 Schmidbauer, Janessa	JR	Mt. Carmel High School	2:00.29	1:58.34 D2A	14
57.32		1:27.69 ()	1:58.34 (30.65)		
6 Demichelle, Jenna	JR	La Costa Canyon High School-CA	1:59.69	1:58.61 D2A	13
57.91		1:28.28 ()	1:58.61 (30.33)		
7 Quigley, Kelsey M	JR	Mt. Carmel High School	2:03.84	2:02.74 D2A	12
3:42.33		1:31.38 ()	2:02.74 (31.36)		
8 Smyth, Danielle	SO	Rancho Bernardo High School	2:02.06	2:03.49 D2A	11
58.69		1:30.76 ()	2:03.49 (32.73)		
B - Final					
9 Webb, Christina	SO	Mt. Carmel High School	2:04.69	2:02.45 D2A	9
28.79	59.47 (30.68)	1:31.12 (31.65)	2:02.45 (31.33)		
10 Quach, Amy		Westview	2:04.88	2:04.01 D2A	7
28.54	59.65 (31.11)	1:31.78 (32.13)	2:04.01 (32.23)		
11 Lighterink, Bridget	SR	Torrey Pines High School	2:08.18	2:05.48 D1C	6
29.36	1:00.79 (31.43)	1:33.27 (32.48)	2:05.48 (32.21)		
12 Marcis, Kaley		Westview	2:09.79	2:08.43 D1C	5
29.55	1:02.15 (32.60)	1:35.35 (33.20)	2:08.43 (33.08)		
13 Zaba, Camille		Westview	2:08.55	2:10.00 D1C	4
29.89	1:02.68 (32.79)	1:36.67 (33.99)	2:10.00 (33.33)		
14 Thoreson, Katrina	JR	Rancho Bernardo High School	2:12.76	2:10.85 D2C	2. 50

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

14	Lu, Sirena	31.21	1:03.61 (32.40)	1:38.00 (34.39)	2:10.85 (32.85)				
			SO	Rancho Bernardo High School	2:12.00	2:10.85	D2C	2.	50
16	Kelly, Misha	31.07	1:03.55 (32.48)	1:36.82 (33.27)	2:10.85 (34.03)				
			FR	La Costa Canyon High School-CA	2:12.82	2:11.93	D2C	1	
		29.85	1:02.84 (32.99)	1:37.66 (34.82)	2:11.93 (34.27)				

Event 3 Girls 200 Yard Freestyle

Palomar Leag:	1:48.37 P 2006	Whitney Spence	MCHS
CIFSDS:	1:46.62 C 2005	Blake Hayter	USDH
	2:05.00 D2A		
	2:05.00 D1A		
	2:10.50 D1C		
	2:12.00 D2C		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Hermann, Linda	SR Torrey Pines High School	1:54.32	1:55.81	D2A
2	Spence, Dani L	SO Mt. Carmel High School	1:56.19	1:57.40	D2A

Preliminaries ... (Event 3 Girls 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
3	Zhang, Adele	SR Torrey Pines High School	1:57.51	1:58.22	D2A
4	Demichelle, Jenna	JR La Costa Canyon High School-CA	1:57.84	1:59.69	D2A
5	Schmidbauer, Janessa	JR Mt. Carmel High School	1:59.72	2:00.29	D2A
6	Dodd, Stephanie	JR Torrey Pines High School	1:57.53	2:00.31	D2A
7	Smyth, Danielle	SO Rancho Bernardo High School	2:01.83	2:02.06	D2A
8	Quigley, Kelsey M	JR Mt. Carmel High School	2:03.28	2:03.84	D2A
9	Webb, Christina	SO Mt. Carmel High School	2:02.39	2:04.69	D2A
10	Quach, Amy	Westview	2:04.67	2:04.88	D2A
11	Lighterink, Bridget	SR Torrey Pines High School	2:07.09	2:08.18	D1C
12	Zaba, Camille	Westview	2:10.07	2:08.55	D1C
13	Marcis, Kaley	Westview	2:11.79	2:09.79	D1C
14	Lu, Sirena	SO Rancho Bernardo High School	2:10.23	2:12.00	D2C
15	Thoreson, Katrina	JR Rancho Bernardo High School	2:14.29	2:12.76	
16	Kelly, Misha	FR La Costa Canyon High School-CA	2:20.64	2:12.82	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

17	Crosby, Jackie	SR	Rancho Bernardo High School	2:15.28	2:13.77	
18	Arredondo, Brandy		Westview	2:20.26	2:14.43	
19	Hargraves, Tempest	SO	La Costa Canyon High School-CA	2:17.55	2:18.47	
20	Papet, Marilyn	10	Poway High School	2:24.07	2:20.15	
21	Cassell, Morgan	SO	La Costa Canyon High School-CA	2:25.37	2:26.17	
22	Brown, Lauren	11	Poway High School	2:32.63	2:27.87	
23	Morris, Katherine	9	Poway High School	2:28.12	2:28.04	
---	Heim, Jessica		Horizon	1:58.16	X1:56.49	D2A
---	Abshier, Karli	9	Santa Fe Christian	2:15.45	X2:14.46	
---	Moore, Becky	10	Santa Fe Christian	2:38.60	X2:35.06	

Event 4 Boys 200 Yard Freestyle

Palomar Leag:	1:46.07	P	2006	Ryan Moore	TPHS
CIFSDS:	1:38.44	C	1989	Mike Picotte	MMHS
	1:51.00		D1A		
	1:55.00		D2A		
	1:58.00		D1C		
	2:03.00		D2C		

	Name	Yr	School	Prelim Time	Finals Time	Points
A - Final						
1	Stavros, Ian	11	Poway High School	1:49.64	1:44.38P D1A	20
				24.20 50.69 (26.49) 1:17.72 (27.03) 1:44.38 (26.66)		
2	Moore, Austin	SO	Torrey Pines High School	1:51.55	1:47.78 D1A	17
				24.93 51.99 (27.06) 1:19.97 (27.98) 1:47.78 (27.81)		
3	VanderLinde, Harrison J	SO	Mt. Carmel High School	1:52.55	1:49.05 D1A	16
				25.06 52.32 (27.26) 1:20.77 (28.45) 1:49.05 (28.28)		
4	Nowak, Patrick	SO	Mt. Carmel High School	1:50.60	1:49.07 D1A	15
				25.30 52.91 (27.61) 1:21.29 (28.38) 1:49.07 (27.78)		
5	Caldwell, Tony	9	Poway High School	1:52.71	1:51.13 D2A	14
				25.45 53.59 (28.14) 1:22.75 (29.16) 1:51.13 (28.38)		
6	Miller, Tanner	FR	Torrey Pines High School	1:53.38	1:51.74 D2A	13
				25.39 53.89 (28.50) 1:23.09 (29.20) 1:51.74 (28.65)		
7	Brandalise, Caleb	10	Poway High School	1:52.77	1:54.26 D2A	12
				24.96 53.11 (28.15) 1:23.42 (30.31) 1:54.26 (30.84)		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

8	Vasko, Mike A	JR	Mt. Carmel High School	1:54.35	1:55.54	D1C	11
	26.48	55.88 (29.40)	1:26.67 (30.79)	1:55.54 (28.87)			
B - Final ... (Event 4 Boys 200 Yard Freestyle)							
	Name	Yr	School	Prelim Time	Finals Time		Points
B - Final							
9	Theophilo, Claudio	JR	Rancho Bernardo High School	1:56.08	1:53.20	D2A	9
	26.33	55.48 (29.15)	1:25.02 (29.54)	1:53.20 (28.18)			
10	Lee, Ryan		Westview	1:54.72	1:53.46	D2A	7
	26.84	56.19 (29.35)	1:25.09 (28.90)	1:53.46 (28.37)			
11	Sullivan, Ryan		Westview	1:56.05	1:54.25	D2A	6
	27.14	56.21 (29.07)	1:24.78 (28.57)	1:54.25 (29.47)			
12	Healy, Jeff	12	Poway High School	1:55.03	1:54.32	D2A	5
	26.18	54.67 (28.49)	1:24.59 (29.92)	1:54.32 (29.73)			
13	Grimshaw, Jesse	SR	Mt. Carmel High School	1:54.52	1:56.86	D1C	4
	26.28	55.03 (28.75)	1:24.97 (29.94)	1:56.86 (31.89)			
14	Asfazadour, Warren	FR	Rancho Bernardo High School	1:57.82	1:58.24	D2C	3
	27.78	57.52 (29.74)	1:27.87 (30.35)	1:58.24 (30.37)			
15	Kafka, Chris	FR	Torrey Pines High School	1:58.86	1:59.56	D2C	2
	27.69	57.59 (29.90)	1:28.80 (31.21)	1:59.56 (30.76)			
16	Huang, Brian	JR	Rancho Bernardo High School	2:01.35	2:00.72	D2C	1
	28.05	58.61 (30.56)	1:29.74 (31.13)	2:00.72 (30.98)			

Event 4 Boys 200 Yard Freestyle

Palomar Leag: 1:46.07 P 2006

CIFSDS: 1:38.44 C 1989

1:51.00 D1A

1:55.00 D2A

1:58.00 D1C

2:03.00 D2C

Ryan Moore

Mike Picotte

TPHS

MMHS

	Name	Yr	School	Seed Time	Prelim Time		
Preliminaries							
1	Stavros, Ian	11	Poway High School	1:49.41	1:49.64	D1A	
2	Nowak, Patrick	SO	Mt. Carmel High School	1:52.20	1:50.60	D1A	
3	Moore, Austin	SO	Torrey Pines High School	1:51.65	1:51.55	D2A	
4	VanderLinde, Harrison J	SO	Mt. Carmel High School	1:50.23	1:52.55	D2A	
5	Caldwell, Tony	9	Poway High School	1:53.57	1:52.71	D2A	
6	Brandalise, Caleb	10	Poway High School	1:57.47	1:52.77	D2A	
7	Miller, Tanner	FR	Torrey Pines High School	1:53.39	1:53.38	D2A	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

8	Vasko, Mike A	JR	Mt. Carmel High School	1:56.82	1:54.35	D2A
9	Grimshaw, Jesse	SR	Mt. Carmel High School	1:56.16	1:54.52	D2A
10	Lee, Ryan		Westview	1:54.94	1:54.72	D2A
11	Healy, Jeff	12	Poway High School	1:59.79	1:55.03	D1C
12	Sullivan, Ryan		Westview	1:56.99	1:56.05	D1C
13	Theophilo, Claudio	JR	Rancho Bernardo High School	1:54.54	1:56.08	D1C
14	Asfazadour, Warren	FR	Rancho Bernardo High School	1:57.89	1:57.82	D1C
15	Kafka, Chris	FR	Torrey Pines High School	1:59.36	1:58.86	D2C
16	Huang, Brian	JR	Rancho Bernardo High School	1:59.50	2:01.35	D2C
17	Koller, Jeffrey	SO	Torrey Pines High School	2:06.99	2:02.06	D2C
18	Syka, Luke		Westview	2:05.19	2:02.71	D2C
19	Cunha, Brenden		Westview	2:09.32	2:06.84	
20	Ingham, Matt	JR	Rancho Bernardo High School	2:05.00	2:07.24	
21	Conley, Daniel	FR	La Costa Canyon High School-CA	2:16.25	2:08.31	
22	Paulson, Nathan	JR	La Costa Canyon High School-CA	NT	2:16.77	
---	Hopkinson, Erik	12	Santa Fe Christian	1:58.77	X1:57.49	D1C
---	Walker, Hercules	12	Santa Fe Christian	2:07.94	X2:03.98	

Preliminaries ... (Event 4 Boys 200 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time	
---	Sacher, Ben	11	Santa Fe Christian	2:04.18	X2:10.49
---	Wardrip, Ed	11	Santa Fe Christian	2:24.36	X2:25.39

Event 5 Girls 200 Yard IM

Palomar Leag:	2:04.30	P	2003	Becky Kreutzjans	PHS
CIFSDS:	2:01.86	C	2005	Jessica Schmitt	TPHS
	2:21.00	D1A			
	2:22.00	D2A			
	2:30.00	D2C			
	2:30.00	D1C			

Name	Yr	School	Prelim Time	Finals Time	Points
------	----	--------	-------------	-------------	--------

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

A - Final

1	Schmitt, Jessica	SO	Torrey Pines High School	2:05.64	2:02.05 P	D1A	20
	27.34	58.80 (31.46)	1:33.70 (34.90)	2:02.05 (28.35)			
2	Casciari, Bianca	11	Poway High School	2:11.28	2:03.72 P	D1A	17
	26.31	58.04 (31.73)	1:33.69 (35.65)	2:03.72 (30.03)			
3	Wimer, Murphy	SR	Torrey Pines High School	2:14.00	2:10.62	D1A	16
	28.52	1:01.71 (33.19)	1:38.89 (37.18)	2:10.62 (31.73)			
4	Papadopoulos, Helen	SO	Torrey Pines High School	2:22.48	2:19.42	D1A	15
	30.62	1:05.13 (34.51)	1:46.41 (41.28)	2:19.42 (33.01)			
5	Witko, Brie	SR	Rancho Bernardo High School	2:23.17	2:22.64	D2C	14
	29.29	1:04.46 (35.17)	1:48.39 (43.93)	2:22.64 (34.25)			
6	Bugg, Taylor	SO	Mt. Carmel High School	2:25.13	2:24.70	D2C	13
	31.63	1:08.66 (37.03)	1:51.33 (42.67)	2:24.70 (33.37)			
7	Quach, Justine		Westview	2:26.55	2:27.58	D2C	12
	32.90	1:11.74 (38.84)	1:52.88 (41.14)	2:27.58 (34.70)			
8	Gentes, Jacquelyn V	FR	Mt. Carmel High School	2:25.81	2:27.68	D2C	11
	32.17	1:09.72 (37.55)	1:51.20 (41.48)	2:27.68 (36.48)			

B - Final

9	Watson, Mattie A	JR	Mt. Carmel High School	2:28.80	2:25.43	D2C	9
	30.89	1:08.06 (37.17)	1:51.88 (43.82)	2:25.43 (33.55)			
10	Pietrzyk, Amber	FR	Rancho Bernardo High School	2:26.69	2:27.70	D2C	7
	33.33	1:12.58 (39.25)	1:52.83 (40.25)	2:27.70 (34.87)			
11	Erazo, Holly		Westview	2:28.28	2:28.36	D2C	6
	33.63	1:12.92 (39.29)	1:54.96 (42.04)	2:28.36 (33.40)			
12	Winders, Tabitha	SR	Rancho Bernardo High School	2:28.46	2:28.54	D2C	5
	32.58	1:10.27 (37.69)	1:54.61 (44.34)	2:28.54 (33.93)			
13	Hoelscher, Rebekah		Westview	2:28.68	2:28.64	D2C	4
	32.94	1:09.98 (37.04)	1:54.02 (44.04)	2:28.64 (34.62)			
14	Schmidt, Nicole	SO	Rancho Bernardo High School	2:30.59	2:31.58		3
	32.01	1:09.63 (37.62)	1:56.61 (46.98)	2:31.58 (34.97)			
15	Peterson, Carly	11	Poway High School	2:34.00	2:34.51		2
	34.28	1:12.14 (37.86)	1:58.64 (46.50)	2:34.51 (35.87)			
16	Norton, Kelsie	FR	La Costa Canyon High School-CA	2:36.09	2:36.71		1
	33.37	1:12.15 (38.78)	1:58.82 (46.67)	2:36.71 (37.89)			

Event 5 Girls 200 Yard IM

Palomar Leag:	2:04.30	P	2003	Becky Kreutzjans	PHS
CIFSDS:	2:01.86	C	2005	Jessica Schmitt	TPHS

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

2:21.00 D1A
 2:22.00 D2A
 2:30.00 D2C
 2:30.00 D1C

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Schmitt, Jessica	SO	Torrey Pines High School	2:05.18	2:05.64	D1A
2 Casciari, Bianca	11	Poway High School	2:08.23	2:11.28	D1A
3 Wimer, Murphy	SR	Torrey Pines High School	2:10.68	2:14.00	D1A
4 Papadopoulos, Helen	SO	Torrey Pines High School	2:23.23	2:22.48	D2C
5 Witko, Brie	SR	Rancho Bernardo High School	2:22.84	2:23.17	D2C
6 Bugg, Taylor	SO	Mt. Carmel High School	2:24.12	2:25.13	D2C
7 Gentes, Jacquelyn V	FR	Mt. Carmel High School	2:28.46	2:25.81	D2C
8 Quach, Justine		Westview	2:27.58	2:26.55	D2C
9 Pietrzyk, Amber	FR	Rancho Bernardo High School	2:28.37	2:26.69	D2C
10 Erazo, Holly		Westview	2:29.25	2:28.28	D2C
11 Winders, Tabitha	SR	Rancho Bernardo High School	2:29.29	2:28.46	D2C
12 Hoelscher, Rebekah		Westview	2:28.27	2:28.68	D2C
13 Watson, Mattie A	JR	Mt. Carmel High School	2:27.51	2:28.80	D2C
14 Schmidt, Nicole	SO	Rancho Bernardo High School	2:29.97	2:30.59	
15 Peterson, Carly	11	Poway High School	2:35.16	2:34.00	
16 Norton, Kelsie	FR	La Costa Canyon High School-CA	2:37.58	2:36.09	
17 Deane, Ivy	FR	La Costa Canyon High School-CA	2:38.85	2:37.62	
18 Estes, Taylor N	FR	Mt. Carmel High School	2:38.35	2:40.95	
19 Esmailian, Alina	FR	La Costa Canyon High School-CA	2:49.90	2:51.42	
20 Zhang, Michelle		Westview	NT	3:01.85	
--- Coogan, Ryann	12	Santa Fe Christian	2:09.78	X2:11.29	D1A
--- Defrank, Haylie	9	Santa Fe Christian	2:46.57	X2:48.40	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

--- Samson, Ruth 9 Poway High School 2:43.04 DQ

Event 6 Boys 200 Yard IM

Palomar Leag: 1:55.91 P 1999 Joe Brennan RBHS
 CIFSDS: 1:49.47 C 1998 Tim Sicliano SMHS
 2:07.00 D1A
 2:11.00 D2A
 2:18.50 D1C
 2:20.00 D2C

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Miller, Cody	JR	Torrey Pines High School	1:59.63	1:58.74 D1A	20
26.45	57.82 (31.37)	1:30.97 (33.15)	1:58.74 (27.77)		
2 Schwab, Daniel	10	Poway High School	2:03.90	2:02.70 D1A	17
27.30	57.01 (29.71)	1:34.06 (37.05)	2:02.70 (28.64)		
3 Chard, Thomas	JR	Rancho Bernardo High School	2:06.42	2:04.18 D1A	16
27.68	1:00.55 (32.87)	1:35.28 (34.73)	2:04.18 (28.90)		
4 Evans, Kyle	9	Poway High School	2:04.75	2:04.28 D1A	15
26.25	58.41 (32.16)	1:36.14 (37.73)	2:04.28 (28.14)		
5 Zhu, Jimmy		Westview	2:04.32	2:05.79 D1A	14
26.13	56.99 (30.86)	1:35.52 (38.53)	2:05.79 (30.27)		
A - Final ... (Event 6 Boys 200 Yard IM)					
Name	Yr	School	Prelim Time	Finals Time	Points
6 Nathanson, Anton	JR	Mt. Carmel High School	2:08.29	2:08.72 D2A	13
26.87	1:00.63 (33.76)	1:38.51 (37.88)	2:08.72 (30.21)		
7 Bahmani Pour, Jobin	SO	Rancho Bernardo High School	2:08.56	2:10.07 D2A	12
27.75	1:01.39 (33.64)	1:37.70 (36.31)	2:10.07 (32.37)		
8 Dierkhising, Joe O	SR	Mt. Carmel High School	2:10.23	2:11.55 D1C	11
28.51	1:03.41 (34.90)	1:39.28 (35.87)	2:11.55 (32.27)		
B - Final					
9 Winton, Steve	11	Poway High School	2:11.44	2:10.95 D2A	9
27.98	1:00.64 (32.66)	1:40.41 (39.77)	2:10.95 (30.54)		
10 Saito, Daichi	FR	Torrey Pines High School	2:13.09	2:11.92 D1C	7
28.36	1:02.42 (34.06)	1:41.53 (39.11)	2:11.92 (30.39)		
11 Boal, Hayden		Westview	2:13.32	2:13.12 D1C	6
29.60	1:04.32 (34.72)	1:43.25 (38.93)	2:13.12 (29.87)		
12 Dashefsky, Michael	FR	Torrey Pines High School	2:14.44	2:14.48 D1C	5
28.50	1:02.70 (34.20)	1:42.69 (39.99)	2:14.48 (31.79)		
13 Chen, Albert	JR	Torrey Pines High School	2:17.30	2:16.94 D1C	4

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

14	Nguyen, Ricky	29.84	1:07.46 (37.62)	JR	Rancho Bernardo High School	1:46.13 (38.67)	2:16.94 (30.81)	2:17.54	2:16.98	D1C	3
15	Wen, Justin	28.95	1:04.15 (35.20)	JR	Mt. Carmel High School	1:43.77 (39.62)	2:16.98 (33.21)	2:22.61	2:22.78		2
16	Oakes, Tim	29.44	1:07.75 (38.31)	10	Poway High School	1:49.92 (42.17)	2:22.78 (32.86)	2:24.03	2:24.54		1
		31.61	1:07.99 (36.38)			1:50.66 (42.67)	2:24.54 (33.88)				

Event 6 Boys 200 Yard IM

Palomar Leag:	1:55.91	P	1999	Joe Brennan	RBHS
CIFSDS:	1:49.47	C	1998	Tim Sicliano	SMHS
	2:07.00		D1A		
	2:11.00		D2A		
	2:18.50		D1C		
	2:20.00		D2C		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Miller, Cody	JR Torrey Pines High School	1:58.39	1:59.63	D1A
2	Schwab, Daniel	10 Poway High School	1:59.63 (28.01)	2:05.33	2:03.90 D1A
3	Zhu, Jimmy	Westview	56.95 (29.78) 1:34.70 (37.75)	2:03.90 (29.20)	2:06.80 2:04.32 D1A
4	Evans, Kyle	9 Poway High School	57.88 (30.98) 1:36.02 (38.14)	2:04.32 (28.30)	2:04.40 2:04.75 D1A
5	Chard, Thomas	JR Rancho Bernardo High School	26.18 58.56 (32.38) 1:36.36 (37.80)	2:04.75 (28.39)	2:08.50 2:06.42 D1A
6	Nathanson, Anton	JR Mt. Carmel High School	1:01.99 1:36.72 (34.73) 2:06.40 (29.68)	2:06.42 (0.02)	2:10.77 2:08.29 D2A
7	Bahmani Pour, Jobin	SO Rancho Bernardo High School	26.41 1:00.23 (33.82) 1:37.84 (37.61)	2:08.29 (30.45)	2:08.90 2:08.56 D2A
8	Candelore, Tanner	SO Rancho Bernardo High School	28.09 1:02.60 (34.51) 1:37.52 (34.92)	2:08.56 (31.04)	2:10.82 2:09.94 D2A
9	Dierkhising, Joe O	SR Mt. Carmel High School	59.58 1:39.91 (40.33) 2:10.05 (30.14)	2:09.94 ()	2:12.65 2:10.23 D2A
10	Winton, Steve	11 Poway High School	1:02.12 1:37.09 (34.97) 2:10.31 (33.22)	2:10.23 ()	2:16.60 2:11.44 D1C
			1:01.83 1:41.21 (39.38) 2:11.44 (30.23)		

Preliminaries ... (Event 6 Boys 200 Yard IM)

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

11	Saito, Daichi	FR	Torrey Pines High School	2:11.65	2:13.09	D1C
	28.95	1:04.09 (35.14)	1:43.27 (39.18)	2:13.09 (29.82)		
12	Boal, Hayden		Westview	2:14.06	2:13.32	D1C
	29.50	1:04.79 (35.29)	1:43.65 (38.86)	2:13.32 (29.67)		
13	Dashefsky, Michael	FR	Torrey Pines High School	2:12.51	2:14.44	D1C
	28.49	1:02.18 (33.69)	1:41.79 (39.61)	2:14.44 (32.65)		
14	Chen, Albert	JR	Torrey Pines High School	2:17.04	2:17.30	D1C
	30.30	1:06.94 (36.64)	1:45.91 (38.97)	2:17.30 (31.39)		
15	Nguyen, Ricky	JR	Rancho Bernardo High School	2:17.57	2:17.54	D1C
	28.74	1:04.88 (36.14)	1:44.49 (39.61)	2:17.54 (33.05)		
16	Wen, Justin	JR	Mt. Carmel High School	2:27.50	2:22.61	
	1:08.72	1:50.70 (41.98)	2:22.62 (31.92)	2:22.61 ()		
17	Oakes, Tim	10	Poway High School	2:27.61	2:24.03	
	30.99	1:07.11 (36.12)	1:51.39 (44.28)	2:24.03 (32.64)		
18	Rock, Ryan		Westview	2:25.09	2:24.48	
	31.21	1:07.13 (35.92)	1:51.58 (44.45)	2:24.48 (32.90)		
19	Ramsay, Jack	SO	La Costa Canyon High School-CA	2:28.47	2:27.12	
	31.58	1:09.76 (38.18)	1:52.63 (42.87)	2:27.12 (34.49)		
20	Condon, Brandon	SO	La Costa Canyon High School-CA	2:30.18	2:28.77	
	32.88	1:11.50 (38.62)	1:54.13 (42.63)	2:28.77 (34.64)		
21	Stein, Jared		Westview	2:39.21	2:29.81	
	32.41	1:08.72 (36.31)	1:57.45 (48.73)	2:29.81 (32.36)		
---	Wren, Kevin	11	San Dieguito Acadamy	2:04.69	X2:02.50	D1A
	56.93	1:33.93 (37.00)	2:02.72 (28.79)	2:02.50 ()		
---	Moser, Mike	11	Santa Fe Christian	2:15.88	X2:19.57	D2C
	29.57	1:06.90 (37.33)	1:47.33 (40.43)	2:19.57 (32.24)		
---	Tower, Jared	9	Santa Fe Christian	2:25.41	X2:29.13	
	32.19	1:12.50 (40.31)	1:55.42 (42.92)	2:29.13 (33.71)		
---	Huffman, Ryan	10	Santa Fe Christian	2:33.17	X2:30.82	
	30.92	1:11.58 (40.66)	1:57.22 (45.64)	2:30.82 (33.60)		
---	Fan, David I	FR	Mt. Carmel High School	2:19.63		DQ
	1:03.68	1:46.51 (42.83)	2:19.23 (32.72)	DQ (24.50)		

Event 7 Girls 50 Yard Freestyle

Palomar Leag: 24.11 P 2001
 CIFSDS: 23.75 C 2003
 26.00 D2A

Kirsten Rasmuson
 Hannah McClurg

MCHS
 RBHS

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

26.10 D1A
27.20 D2C
27.20 D1C

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Ettelson, Hayley C	SR	Mt. Carmel High School	24.68	24.29 D2A	20
2 Loy, Kelsey	SO	Torrey Pines High School	25.43	25.18 D2A	17
3 Pedley, Brett	SR	Torrey Pines High School	25.44	25.28 D2A	16
4 Piarino, Alexandra	JR	Torrey Pines High School	25.93	26.12 D2C	15
5 Evans, Vanessa L	SO	Mt. Carmel High School	26.12	26.17 D2C	14
6 Webb, Christina	SO	Mt. Carmel High School	26.28	26.32 D2C	13
7 Marcis, Kaley		Westview	26.49	26.40 D2C	12
8 Silvas, Madison	FR	Torrey Pines High School	26.60	26.64 D2C	11
B - Final					
9 Lui, Olivia		Westview	26.99	26.47 D2C	9

B - Final ... (Event 7 Girls 50 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
10 Le, Jessica		Westview	26.64	26.50 D2C	7
11 Bigbie, Erika	SR	Mt. Carmel High School	27.16	26.81 D2C	6
12 Nokes, Heather	SO	Rancho Bernardo High School	26.80	26.86 D2C	5
13 Lawless, Lindsey	11	Poway High School	27.61	27.49	4
14 Winton, Caitlin	9	Poway High School	27.00	27.76	3
15 Seikkula, Samantha	JR	Rancho Bernardo High School	27.25	27.90	2
16 Daley, Lauren	10	Poway High School	27.58	27.99	1

Event 7 Girls 50 Yard Freestyle

Palomar Leag: 24.11 P 2001
CIFSDS: 23.75 C 2003
26.00 D2A
26.10 D1A
27.20 D2C
27.20 D1C

Kirsten Rasmuson
Hannah McClurg

MCHS
RBHS

Name	Yr	School	Seed Time	Prelim Time
Preliminaries				
1 Ettelson, Hayley C	SR	Mt. Carmel High School	24.50	24.68 D2A

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

2	Loy, Kelsey	SO	Torrey Pines High School	26.10	25.43	D2A
3	Pedley, Brett	SR	Torrey Pines High School	25.75	25.44	D2A
4	Piarino, Alexandra	JR	Torrey Pines High School	26.16	25.93	D2A
5	Evans, Vanessa L	SO	Mt. Carmel High School	26.31	26.12	D2C
6	Webb, Christina	SO	Mt. Carmel High School	25.88	26.28	D2C
7	Marcis, Kaley		Westview	26.84	26.49	D2C
8	Silvas, Madison	FR	Torrey Pines High School	26.40	26.60	D2C
9	Le, Jessica		Westview	26.68	26.64	D2C
10	Nokes, Heather	SO	Rancho Bernardo High School	27.30	26.80	D2C
11	Lui, Olivia		Westview	26.54	26.99	D2C
12	Winton, Caitlin	9	Poway High School	27.56	27.00	D2C
13	Bigbie, Erika	SR	Mt. Carmel High School	26.31	27.16	D2C
14	Seikkula, Samantha	JR	Rancho Bernardo High School	26.78	27.25	
15	Daley, Lauren	10	Poway High School	27.85	27.58	
16	Lawless, Lindsey	11	Poway High School	27.42	27.61	
17	Kaplanek, Kelsey	SR	La Costa Canyon High School-CA	28.08	27.79	
18	Schwartz, Rachael		Westview	27.45	28.10	
19	Lally, Bridget	SO	La Costa Canyon High School-CA	28.86	28.25	
20	Ruppert, Ashley	10	Poway High School	27.89	28.42	
21	Amakawa, Tomomi	SR	La Costa Canyon High School-CA	28.64	28.43	
22	Winders, Heather	SO	Rancho Bernardo High School	29.31	29.31	
23	Obeji, Gabby	SR	La Costa Canyon High School-CA	29.13	29.65	
24	Lu, Shannon	SO	Rancho Bernardo High School	29.90	30.16	
---	Abshier, Kellianne	12	Santa Fe Christian	29.88	X29.83	
---	Easton, Amanda	9	Santa Fe Christian	31.86	X31.61	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results****Event 8 Boys 50 Yard Freestyle**

Palomar Leag:	21.35 P 2001	Ryan Carlson	TPHS
CIFSDS:	20.67 C 2002	Ryan Carlson	TPHS
	23.00 D2A		
	23.10 D1A		
	23.80 D1C		
	24.20 D2C		

	Name	Yr	School	Prelim Time	Finals Time	Points
A - Final						
1	Rancourt, Chris		Westview	22.20	21.56 D2A	20
2	Krause, Ryan	JR	Rancho Bernardo High School	22.31	22.24 D2A	17
3	Balch, Kevin	SR	Torrey Pines High School	22.74	22.58 D2A	16
4	Garretson, Bryant	12	Poway High School	23.05	22.86 D2A	15
5	Sultz, Taylor	JR	Mt. Carmel High School	23.00	23.35 D1C	14
6	Gerber, Colin	SR	Torrey Pines High School	23.18	23.36 D1C	13
7	Sullivan, Ryan		Westview	23.45	23.41 D1C	12
8	Gallardo, Chris	SO	Mt. Carmel High School	23.50	24.03 D2C	11
B - Final						
9	Tomasello, Matt	11	Poway High School	23.65	23.17 D1C	9
10	Dorr, Scott	JR	Mt. Carmel High School	23.80	23.61 D1C	7
11	Wilson, Nick	9	Poway High School	23.91	24.08 D2C	6
12	Woolley, Austin	SO	Mt. Carmel High School	24.10	24.28	4. 50
12	Rubadue, Chris	SR	Rancho Bernardo High School	24.58	24.28	4. 50
14	Avraham, Gabriel	JR	Torrey Pines High School	24.41	24.61	3
15	Liu, Dennis	SO	Rancho Bernardo High School	24.94	25.12	2
---	Tsui, Chi Shing	JR	Torrey Pines High School	23.53	DQ	

Event 8 Boys 50 Yard Freestyle

Palomar Leag:	21.35 P 2001	Ryan Carlson	TPHS
CIFSDS:	20.67 C 2002	Ryan Carlson	TPHS
	23.00 D2A		
	23.10 D1A		
	23.80 D1C		
	24.20 D2C		

	Name	Yr	School	Seed Time	Prelim Time
Preliminaries					
1	Rancourt, Chris		Westview	22.83	22.20 D2A

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

2	Krause, Ryan	JR	Rancho Bernardo High School	22.59	22.31	D2A
3	Balch, Kevin	SR	Torrey Pines High School	22.64	22.74	D2A
4	Sultz, Taylor	JR	Mt. Carmel High School	23.04	23.00	D2A
5	Garretson, Bryant	12	Poway High School	23.29	23.05	D1A
6	Gerber, Colin	SR	Torrey Pines High School	23.41	23.18	D1C
7	Lowe, Evan	SR	La Costa Canyon High School-CA	23.08	23.25	D1C
8	Sullivan, Ryan		Westview	23.78	23.45	D1C
9	Gallardo, Chris	SO	Mt. Carmel High School	24.20	23.50	D1C
10	Tsui, Chi Shing	JR	Torrey Pines High School	23.27	23.53	D1C
11	Tomasello, Matt	11	Poway High School	23.15	23.65	D1C
12	Dorr, Scott	JR	Mt. Carmel High School	23.98	23.80	D1C
13	Wilson, Nick	9	Poway High School	24.45	23.91	D2C
14	Woolley, Austin	SO	Mt. Carmel High School	25.39	24.10	D2C
15	Earnest, Joey		Westview	24.26	24.31	
16	Avraham, Gabriel	JR	Torrey Pines High School	23.80	24.41	

Preliminaries ... (Event 8 Boys 50 Yard Freestyle)

	Name	Yr	School	Seed Time	Prelim Time	
17	Rubadue, Chris	SR	Rancho Bernardo High School	24.45	24.58	
18	Liu, Dennis	SO	Rancho Bernardo High School	25.00	24.94	
19	Tornambe, Dominic	12	Poway High School	24.24	25.02	
20	Wertz, Kyle		Westview	24.70	25.06	
21	La Rue, Robert	SO	La Costa Canyon High School-CA	25.98	25.36	
22	Murphy, Brent	SO	La Costa Canyon High School-CA	25.53	25.47	
23	Shaw, Lucas	SO	Rancho Bernardo High School	25.67	25.71	
---	Farrington, Matt	12	Santa Fe Christian	22.62	X22.78	D2A
---	Saber, Graham	12	Santa Fe Christian	24.21	X24.10	D2C

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

---	Pullman, Kyle	10	Santa Fe Christian	26.75	X26.14
---	Anthony, Jason	9	Santa Fe Christian	27.22	X27.77

Event 9 Girls 100 Yard Butterfly

Palomar Leag:	56.08	P	2006	Bianca Casciari	PHS
CIFSDS:	55.51	C	2005	Erin Yamamoto	MCHS
	1:04.00		D2A		
	1:04.00		D1A		
	1:09.50		D1C		
	1:11.00		D2C		

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Casciari, Bianca	11	Poway High School	58.68	56.51 D2A	20
	26.79	56.51 (29.72)			
2 Pold, Anna	JR	Torrey Pines High School	58.75	57.03 D2A	17
	27.14	57.03 (29.89)			
3 Wimer, Murphy	SR	Torrey Pines High School	1:02.17	59.89 D2A	16
	28.51	59.89 (31.38)			
4 Thornbrough, Lauren	JR	Rancho Bernardo High School	1:00.83	1:00.58 D2A	15
	28.29	1:00.58 (32.29)			
5 Koonings, Jennifer	11	Poway High School	1:02.21	1:01.21 D2A	14
	28.88	1:01.21 (32.33)			
6 Chucholowski, Amelia	SR	Torrey Pines High School	1:03.59	1:02.78 D2A	13
	29.67	1:02.78 (33.11)			
7 Witko, Brie	SR	Rancho Bernardo High School	1:02.58	1:03.56 D2A	12
	30.08	1:03.56 (33.48)			
8 Barber, Emily	JR	Mt. Carmel High School	1:03.88	1:03.74 D2A	11
	30.29	1:03.74 (33.45)			
B - Final					
9 Kragten, Kirsten	SO	Mt. Carmel High School	1:05.34	1:04.65 D1C	9
	30.77	1:04.65 (33.88)			
10 Rusk, Jenny	FR	Rancho Bernardo High School	1:05.01	1:05.33 D1C	7
	29.83	1:05.33 (35.50)			
11 McCoy, Kaitlin		Westview	1:06.57	1:07.13 D1C	6
	31.01	1:07.13 (36.12)			
12 Bugg, Taylor	SO	Mt. Carmel High School	1:07.86	1:07.38 D1C	5
	31.95	1:07.38 (35.43)			
13 Hoelscher, Rebekah		Westview	1:09.50	1:09.09 D1C	4

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

33.71 1:09.09 (35.38)
 14 Swann, Lauren JR Mt. Carmel High School 1:07.39 1:09.26 D1C 3

31.19 1:09.26 (38.07)
 15 Dahl, CC Westview 1:10.82 1:10.90 D2C 2

31.92 1:10.90 (38.98)
B - Final ... (Event 9 Girls 100 Yard Butterfly)

Name	Yr	School	Prelim Time	Finals Time	Points
16 Closson, Melissa	11	Poway High School	1:11.75	1:11.87	1

32.16 1:11.87 (39.71)

Event 9 Girls 100 Yard Butterfly

Palomar Leag:	56.08	P	2006	Bianca Casciari	PHS
CIFSDS:	55.51	C	2005	Erin Yamamoto	MCHS
	1:04.00		D2A		
	1:04.00		D1A		
	1:09.50		D1C		
	1:11.00		D2C		

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Preliminaries

1 Casciari, Bianca	11	Poway High School	57.73	58.68 D2A
--------------------	----	-------------------	-------	-----------

2 Pold, Anna	JR	Torrey Pines High School	58.84	58.75 D2A
--------------	----	--------------------------	-------	-----------

3 Thornbrough, Lauren	JR	Rancho Bernardo High School	1:01.70	1:00.83 D2A
-----------------------	----	-----------------------------	---------	-------------

4 Wimer, Murphy	SR	Torrey Pines High School	1:00.55	1:02.17 D2A
-----------------	----	--------------------------	---------	-------------

5 Koonings, Jennifer	11	Poway High School	1:01.58	1:02.21 D2A
----------------------	----	-------------------	---------	-------------

6 Witko, Brie	SR	Rancho Bernardo High School	1:02.24	1:02.58 D2A
---------------	----	-----------------------------	---------	-------------

7 Chucholowski, Amelia	SR	Torrey Pines High School	1:02.12	1:03.59 D2A
------------------------	----	--------------------------	---------	-------------

8 Barber, Emily	JR	Mt. Carmel High School	1:05.34	1:03.88 D2A
-----------------	----	------------------------	---------	-------------

9 Rusk, Jenny	FR	Rancho Bernardo High School	1:04.73	1:05.01 D1C
---------------	----	-----------------------------	---------	-------------

10 Kragten, Kirsten	SO	Mt. Carmel High School	1:05.85	1:05.34 D1C
---------------------	----	------------------------	---------	-------------

30.77 1:05.34 (34.57)

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

11	McCoy, Kaitlin	Westview	1:07.02	1:06.57	D1C
	30.89	1:06.57 (35.68)			
12	Swann, Lauren	JR Mt. Carmel High School	1:11.55	1:07.39	D1C
	31.09	1:07.39 (36.30)			
13	Bugg, Taylor	SO Mt. Carmel High School	1:08.24	1:07.86	D1C
	32.08	1:07.86 (35.78)			
14	Hoelscher, Rebekah	Westview	1:09.56	1:09.50	D1C
	32.53	1:09.50 (36.97)			
15	Dahl, CC	Westview	1:10.91	1:10.82	D2C
	31.32	1:10.82 (39.50)			
16	Closson, Melissa	11 Poway High School	1:11.69	1:11.75	
	32.43	1:11.75 (39.32)			
17	Brabyn, Caroline	SO La Costa Canyon High School-CA	1:12.84	1:13.12	
	32.72	1:13.12 (40.40)			
18	Wai, Kathy	SR La Costa Canyon High School-CA	1:14.14	1:13.64	
	33.75	1:13.64 (39.89)			
19	Winders, Heather	SO Rancho Bernardo High School	1:15.15	1:14.11	
	33.52	1:14.11 (40.59)			
20	Jacobs, Tatiana	JR La Costa Canyon High School-CA	1:15.53	1:14.63	
	33.67	1:14.63 (40.96)			

Preliminaries ... (Event 9 Girls 100 Yard Butterfly)

Name	Yr	School	Seed Time	Prelim Time	
21 Johnson, Hannah	SO	La Costa Canyon High School-CA	1:17.81	1:15.61	
	33.01	1:15.61 (42.60)			
22 Fowler, Aubrie		Westview	1:21.71	1:21.13	
	36.41	1:21.13 (44.72)			
--- Heim, Rachel		Horizon	59.65	X58.35	D2A
	27.53	58.35 (30.82)			

Event 10 Boys 100 Yard Butterfly

Palomar Leag:	50.86	P	2006	Jeff Giddens	LCC
CIFSDS:	49.49	C	2001	William McLaughlin	VHS
	57.00	D1A			
	59.00	D2A			
	1:00.00	D1C			
	1:02.00	D2C			

Name	Yr	School	Prelim Time	Finals Time	Points
------	----	--------	-------------	-------------	--------

A - Final

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

1	Weeks, Kyle	11	Poway High School	55.48	53.57	D1A	20
	25.03	53.57	(28.54)				
2	Evans, Kyle	9	Poway High School	55.33	54.89	D1A	17
	25.96	54.89	(28.93)				
3	Sultz, Taylor	JR	Mt. Carmel High School	56.70	56.07	D1A	16
	26.11	56.07	(29.96)				
4	Paris, Zachary	SR	Torrey Pines High School	56.98	56.11	D1A	15
	26.20	56.11	(29.91)				
5	Ainsworth, Sean	11	Poway High School	56.66	56.94	D1A	14
	26.44	56.94	(30.50)				
6	Stein, Nathan	SR	Torrey Pines High School	56.94	56.95	D1A	13
	26.37	56.95	(30.58)				
7	Nathanson, Anton	JR	Mt. Carmel High School	57.46	57.88	D2A	12
	27.12	57.88	(30.76)				
8	Bruner, Matt	JR	Rancho Bernardo High School	57.79	58.47	D2A	11
	27.16	58.47	(31.31)				
B - Final							
9	Fan, David I	FR	Mt. Carmel High School	58.42	57.08	D2A	9
	26.44	57.08	(30.64)				
10	Rubadue, Chris	SR	Rancho Bernardo High School	58.64	57.37	D2A	7
	26.54	57.37	(30.83)				
11	Domenie, Derek	SR	La Costa Canyon High School-CA	59.50	59.29	D1C	6
	27.63	59.29	(31.66)				
12	Nguyen, Johnny	JR	Rancho Bernardo High School	59.93	1:00.00	D1C	5
	27.88	1:00.00	(32.12)				
13	Clermont, Matt	JR	La Costa Canyon High School-CA	1:00.97	1:00.25	D2C	4
	27.88	1:00.25	(32.37)				
14	Holland, Jaromy		Westview	59.81	1:01.19	D2C	3
	27.91	1:01.19	(33.28)				
15	Lo, Kevin	SO	Torrey Pines High School	1:00.91	1:01.33	D2C	2
	29.47	1:01.33	(31.86)				
16	Yu, Joseph	FR	Torrey Pines High School	1:02.62	1:01.47	D2C	1
	28.68	1:01.47	(32.79)				

Event 10 Boys 100 Yard Butterfly

Palomar Leag:	50.86	P	2006	Jeff Giddens	LCC
CIFSDDS:	49.49	C	2001	William McLaughlin	VHS
	57.00	D1A			
	59.00	D2A			

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	1:00.00 D1C	1:02.00 D2C				
Name			Yr	School	Seed Time	Prelim Time
Preliminaries						
1 Evans, Kyle			9	Poway High School	54.80	55.33 D1A
	26.05	55.33 (29.28)				
2 Weeks, Kyle			11	Poway High School	54.45	55.48 D1A
	25.91	55.48 (29.57)				
3 Ainsworth, Sean			11	Poway High School	59.38	56.66 D1A
	26.46	56.66 (30.20)				
4 Sultz, Taylor			JR	Mt. Carmel High School	57.18	56.70 D1A
	26.89	56.70 (29.81)				
5 Stein, Nathan			SR	Torrey Pines High School	56.92	56.94 D1A
	26.78	56.94 (30.16)				
6 Paris, Zachary			SR	Torrey Pines High School	55.94	56.98 D1A
	26.53	56.98 (30.45)				
7 Nathanson, Anton			JR	Mt. Carmel High School	58.96	57.46 D2A
	27.17	57.46 (30.29)				
8 Bruner, Matt			JR	Rancho Bernardo High School	58.12	57.79 D2A
	27.07	57.79 (30.72)				
9 Fan, David I			FR	Mt. Carmel High School	57.91	58.42 D2A
	27.36	58.42 (31.06)				
10 Rubadue, Chris			SR	Rancho Bernardo High School	59.03	58.64 D2A
	26.92	58.64 (31.72)				
11 Domenie, Derek			SR	La Costa Canyon High School-CA	1:00.05	59.50 D1C
	27.51	59.50 (31.99)				
12 Holland, Jaromy				Westview	1:01.15	59.81 D1C
	27.90	59.81 (31.91)				
13 Nguyen, Johnny			JR	Rancho Bernardo High School	1:00.39	59.93 D1C
	27.78	59.93 (32.15)				
14 Lo, Kevin			SO	Torrey Pines High School	1:00.32	1:00.91 D2C
	28.22	1:00.91 (32.69)				
15 Clermont, Matt			JR	La Costa Canyon High School-CA	1:00.66	1:00.97 D2C
	28.34	1:00.97 (32.63)				
16 Yu, Joseph			FR	Torrey Pines High School	1:06.39	1:02.62
	29.20	1:02.62 (33.42)				

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

17	Rew, Curtis		Westview	1:05.24	1:03.52	
		29.26	1:03.52 (34.26)			
18	Liu, Dennis		SO Rancho Bernardo High School	1:01.00	1:03.94	
		29.03	1:03.94 (34.91)			
19	Lam, Jacob		Westview	1:05.89	1:04.51	
		30.36	1:04.51 (34.15)			
20	Wen, Justin		JR Mt. Carmel High School	1:08.77	1:06.62	
		30.55	1:06.62 (36.07)			
---	Wren, Kevin		11 San Dieguito Acadamy	55.78	X55.16	D1A
		25.77	55.16 (29.39)			
---	Huffman, Austin		10 Santa Fe Christian	1:06.98	X1:06.81	
		30.99	1:06.81 (35.82)			

Event 11 Girls 100 Yard Freestyle

Palomar Leag:	51.54	P 2003	Valerie Tukey	TPHS
CIFSDS:	50.56	C 1989	Alison Terry	USDH
	57.00	D2A		
	57.00	D1A		
	59.50	D1C		
	1:00.00	D2C		

	Name	Yr	School	Prelim Time	Finals Time	Points
A - Final						
1	Ettelson, Hayley C	SR	Mt. Carmel High School	53.40	52.34 D2A	20
		25.49	52.34 (26.85)			
2	Zhang, Adele	SR	Torrey Pines High School	55.54	54.65 D2A	17
		26.53	54.65 (28.12)			
3	Schmidbauer, Janessa	JR	Mt. Carmel High School	55.55	54.93 D2A	16
		26.43	54.93 (28.50)			
4	Pedley, Brett	SR	Torrey Pines High School	56.18	55.89 D2A	15
		27.14	55.89 (28.75)			
5	Auwarter, Christine	SO	Torrey Pines High School	57.25	56.56 D2A	14
		27.57	56.56 (28.99)			
6	Evans, Vanessa L	SO	Mt. Carmel High School	57.14	57.18 D1C	13
		27.41	57.18 (29.77)			
7	Quach, Amy		Westview	57.81	58.12 D1C	12
		27.97	58.12 (30.15)			
8	Lui, Olivia		Westview	58.61	59.25 D1C	11
		28.29	59.25 (30.96)			

B - Final

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

9	Le, Jessica		Westview	1:00.09	58.23	D1C	9
		28.24	58.23 (29.99)				
10	Lighterink, Bridget		SR Torrey Pines High School	59.13	58.53	D1C	7
		28.69	58.53 (29.84)				
11	Nguyen, Nancy		FR Rancho Bernardo High School	59.12	59.26	D1C	6
		28.89	59.26 (30.37)				
12	Nokes, Heather		SO Rancho Bernardo High School	1:00.37	59.39	D1C	5
		28.38	59.39 (31.01)				
13	Bigbie, Erika		SR Mt. Carmel High School	1:00.22	1:00.22		4
		28.46	1:00.22 (31.76)				
14	Ennedy, Ashley		11 Poway High School	1:00.32	1:00.43		3
		28.54	1:00.43 (31.89)				
15	Kelly, Misha		FR La Costa Canyon High School-CA	1:00.04	1:00.56		2
		29.03	1:00.56 (31.53)				
16	Lu, Sirena		SO Rancho Bernardo High School	1:00.39	1:00.61		1
		29.39	1:00.61 (31.22)				

Event 11 Girls 100 Yard Freestyle

Palomar Leag:	51.54	P	2003	Valerie Tukey	TPHS
CIFSDS:	50.56	C	1989	Alison Terry	USDH
	57.00	D2A			
	57.00	D1A			
	59.50	D1C			
	1:00.00	D2C			

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Preliminaries

1	Ettelson, Hayley C		SR Mt. Carmel High School	52.34	53.40	D2A
		25.83	53.40 (27.57)			

Preliminaries ... (Event 11 Girls 100 Yard Freestyle)

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

2	Zhang, Adele		SR Torrey Pines High School	55.12	55.54	D2A
		27.13	55.54 (28.41)			
3	Schmidbauer, Janessa		JR Mt. Carmel High School	54.90	55.55	D2A
		26.36	55.55 (29.19)			
4	Pedley, Brett		SR Torrey Pines High School	55.90	56.18	D2A
		27.04	56.18 (29.14)			
5	Evans, Vanessa L		SO Mt. Carmel High School	56.47	57.14	D1C
		27.39	57.14 (29.75)			
6	Auwarter, Christine		SO Torrey Pines High School	58.52	57.25	D1C

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	27.70	57.25 (29.55)			
7	Quach, Amy	Westview	57.82	57.81	D1C
	27.73	57.81 (30.08)			
8	Lui, Olivia	Westview	58.75	58.61	D1C
	28.00	58.61 (30.61)			
9	Nguyen, Nancy	FR Rancho Bernardo High School	59.07	59.12	D1C
	28.40	59.12 (30.72)			
10	Lighterink, Bridget	SR Torrey Pines High School	59.51	59.13	D1C
	28.79	59.13 (30.34)			
11	Kelly, Misha	FR La Costa Canyon High School-CA	1:02.72	1:00.04	
	28.80	1:00.04 (31.24)			
12	Le, Jessica	Westview	58.59	1:00.09	
	28.49	1:00.09 (31.60)			
13	Bigbie, Erika	SR Mt. Carmel High School	58.66	1:00.22	
	28.80	1:00.22 (31.42)			
14	Ennedy, Ashley	11 Poway High School	1:01.29	1:00.32	
	28.91	1:00.32 (31.41)			
15	Nokes, Heather	SO Rancho Bernardo High School	59.75	1:00.37	
	29.22	1:00.37 (31.15)			
16	Lu, Sirena	SO Rancho Bernardo High School	1:00.76	1:00.39	
	29.04	1:00.39 (31.35)			
17	Daley, Lauren	10 Poway High School	1:01.54	1:01.26	
	29.13	1:01.26 (32.13)			
18	Lally, Bridget	SO La Costa Canyon High School-CA	1:03.76	1:01.69	
	29.71	1:01.69 (31.98)			
19	Villa, Cat	9 Poway High School	1:02.64	1:02.23	
	29.46	1:02.23 (32.77)			
20	Papet, Marilyn	10 Poway High School	1:06.00	1:03.72	
	31.07	1:03.72 (32.65)			
21	Gibson, Malia	SO Rancho Bernardo High School	1:05.00	1:04.24	
	30.85	1:04.24 (33.39)			
22	Cassell, Morgan	SO La Costa Canyon High School-CA	1:04.54	1:05.42	
	31.15	1:05.42 (34.27)			
23	Rosenthal, Sarah	Westview	1:07.10	1:06.49	
	31.06	1:06.49 (35.43)			

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

24 Esmailian, Alina FR La Costa Canyon High School-CA 1:08.99 1:08.07
 32.03 1:08.07 (36.04)

Event 12 Boys 100 Yard Freestyle

Palomar Leag: 47.25 P 1999 Joe Brennan RBHS
 CIFSDS: 45.21 C 1989 Mike Picotte MMHS
 50.70 D1A
 52.00 D2A
 52.00 D1C
 54.50 D2C

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Kerr, Justin		Westview	48.73	48.10 D1A	20
	23.04	48.10 (25.06)			
2 Giddens, Jay		JR La Costa Canyon High School-CA	49.15	48.26 D1A	17
	23.15	48.26 (25.11)			
3 Krause, Ryan		JR Rancho Bernardo High School	49.91	48.78 D1A	16
	23.06	48.78 (25.72)			
4 Rancourt, Chris		Westview	50.84	49.15 D1A	15
	23.09	49.15 (26.06)			
5 Dorr, Scott		JR Mt. Carmel High School	52.49	51.27 D2A	14
	24.36	51.27 (26.91)			
6 Gerber, Colin		SR Torrey Pines High School	51.47	51.33 D2A	13
	25.10	51.33 (26.23)			
7 Brandalise, Caleb		10 Poway High School	51.37	51.41 D2A	12
	24.58	51.41 (26.83)			
8 Lee, Ryan		Westview	52.08	52.85 D2C	11
	25.44	52.85 (27.41)			
B - Final					
9 Swanepoel, Alec		SR Rancho Bernardo High School	52.69	52.41 D2C	9
	24.80	52.41 (27.61)			
10 Tyranski, Daniel		Westview	53.91	52.60 D2C	7
	25.05	52.60 (27.55)			
11 Zdvorak, Nick		11 Poway High School	53.21	52.70 D2C	6
	25.25	52.70 (27.45)			
12 Gallardo, Chris		SO Mt. Carmel High School	53.61	53.48 D2C	5
	25.55	53.48 (27.93)			
13 Tsui, Chi Shing		JR Torrey Pines High School	53.14	53.53 D2C	4
	25.31	53.53 (28.22)			
14 Wilson, Nick		9 Poway High School	53.68	53.73 D2C	3

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

15	Chang, Alex	25.34	53.73 (28.39)	SO Torrey Pines High School	53.91	54.22	D2C	2
16	Xuadaro, Robert	25.88	54.22 (28.34)	SR Mt. Carmel High School	55.61	55.58		1
		26.30	55.58 (29.28)					

Event 12 Boys 100 Yard Freestyle

Palomar Leag:	47.25	P	1999	Joe Brennan	RBHS
CIFSDS:	45.21	C	1989	Mike Picotte	MMHS
	50.70	D1A			
	52.00	D2A			
	52.00	D1C			
	54.50	D2C			

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Kerr, Justin	Westview	50.09	48.73	D1A
			23.30	48.73 (25.43)	
Preliminaries ... (Event 12 Boys 100 Yard Freestyle)					
Name	Yr	School	Seed Time	Prelim Time	
2	Giddens, Jay	JR La Costa Canyon High School-CA	49.50	49.15	D1A
3	Krause, Ryan	JR Rancho Bernardo High School	49.20	49.91	D1A
			23.53	49.15 (25.62)	
4	Rancourt, Chris	Westview	51.56	50.84	D2A
			23.58	49.91 (26.33)	
5	Brandalise, Caleb	10 Poway High School	52.25	51.37	D2A
			23.90	50.84 (26.94)	
6	Gerber, Colin	SR Torrey Pines High School	51.40	51.47	D2A
			24.78	51.37 (26.59)	
7	Lee, Ryan	Westview	52.56	52.08	D2C
			24.75	51.47 (26.72)	
8	Dorr, Scott	JR Mt. Carmel High School	55.03	52.49	D2C
			25.47	52.08 (26.61)	
9	Swanepoel, Alec	SR Rancho Bernardo High School	52.79	52.69	D2C
			25.25	52.49 (27.24)	
10	Tsui, Chi Shing	JR Torrey Pines High School	53.69	53.14	D2C
			25.14	52.69 (27.55)	
11	Zdvorak, Nick	11 Poway High School	54.30	53.21	D2C
			25.15	53.14 (27.99)	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

12	Gallardo, Chris	25.97	53.21 (27.24)	SO Mt. Carmel High School	54.52	53.61	D2C
13	Wilson, Nick	25.56	53.61 (28.05)	9 Poway High School	54.74	53.68	D2C
14	Tyranski, Daniel	25.50	53.68 (28.18)	Westview	54.36	53.91	D2C
14	Chang, Alex	26.00	53.91 (27.91)	SO Torrey Pines High School	54.25	53.91	D2C
16	Grimshaw, Jesse	25.87	53.91 (28.04)	SR Mt. Carmel High School	53.65	55.22	
17	Xuadaro, Robert	26.49	55.22 (28.73)	SR Mt. Carmel High School	58.13	55.61	
18	Koller, Jeffrey	26.25	55.61 (29.36)	SO Torrey Pines High School	55.50	55.98	
19	Hartman, Chris	27.33	55.98 (28.65)	JR Rancho Bernardo High School	56.00	56.16	
20	Treiber, Jeff	27.15	56.16 (29.01)	JR La Costa Canyon High School-CA	58.28	56.72	
21	Murphy, Brent	26.79	56.72 (29.93)	SO La Costa Canyon High School-CA	57.06	56.77	
22	Conley, Daniel	27.38	56.77 (29.39)	FR La Costa Canyon High School-CA	58.00	56.89	
23	Shaw, Lucas	27.64	56.89 (29.25)	SO Rancho Bernardo High School	57.00	57.59	
---	Farrington, Matt	27.60	57.59 (29.99)	12 Santa Fe Christian	49.90	X50.42	D1A
---	Saber, Graham	24.43	50.42 (25.99)	12 Santa Fe Christian	54.46	X53.77	D2C
---	Robinson, Ryan	25.85	53.77 (27.92)	12 Santa Fe Christian	58.02	X56.93	
---	Walker, Hercules	27.36	56.93 (29.57)	12 Santa Fe Christian	55.74	X57.07	
		27.88	57.07 (29.19)				

Event 13 Girls 500 Yard Freestyle

Palomar Leag: 4:45.81 P 2006
 CIFSDS: 4:43.75 C 2005

Jessica Schmitt
 Blake Hayter

TPHS
 USDH

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results****5:34.00 D1A****5:36.00 D2A****5:55.00 D2C****5:58.00 D1C**

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Hermann, Linda	SR	Torrey Pines High School	5:06.91	5:00.56 D1A	20
	27.78	57.90 (30.12)	1:28.30 (30.40)	1:58.88 (30.58)	
	2:28.93 (30.05)	2:59.19 (30.26)	3:29.24 (30.05)	3:59.83 (30.59)	
	4:30.75 (30.92)	5:00.56 (29.81)			
2 Spence, Dani L	SO	Mt. Carmel High School	5:04.67	5:03.68 D1A	17
	28.40	58.74 (30.34)	1:29.38 (30.64)	2:00.08 (30.70)	
	2:30.83 (30.75)	3:01.61 (30.78)	3:32.27 (30.66)	4:03.26 (30.99)	
	4:34.25 (30.99)	5:03.68 (29.43)			
3 Dodd, Stephanie	JR	Torrey Pines High School	5:09.72	5:04.39 D1A	16
	28.46	59.28 (30.82)	1:30.31 (31.03)	2:01.27 (30.96)	
	2:31.87 (30.60)	3:02.65 (30.78)	3:33.46 (30.81)	4:04.48 (31.02)	
	4:34.97 (30.49)	5:04.39 (29.42)			
4 Demichelle, Jenna	JR	La Costa Canyon High School-CA	5:12.94	5:10.35 D1A	15
	28.84	59.18 (30.34)	1:30.04 (30.86)	2:01.08 (31.04)	
	2:32.42 (31.34)	3:04.01 (31.59)	3:35.44 (31.43)	4:07.33 (31.89)	
	4:39.46 (32.13)	5:10.35 (30.89)			
5 Quigley, Kelsey M	JR	Mt. Carmel High School	5:26.04	5:18.65 D1A	14
	29.73	1:01.15 (31.42)	1:32.94 (31.79)	2:04.96 (32.02)	
	2:36.91 (31.95)	3:09.24 (32.33)	3:41.56 (32.32)	4:14.37 (32.81)	
	4:47.01 (32.64)	5:18.65 (31.64)			
6 Chucholowski, Amelia	SR	Torrey Pines High School	5:28.60	5:19.32 D1A	13
	29.60	1:01.11 (31.51)	1:33.14 (32.03)	2:05.59 (32.45)	
	2:37.83 (32.24)	3:10.39 (32.56)	3:42.86 (32.47)	4:15.25 (32.39)	
	4:47.65 (32.40)	5:19.32 (31.67)			
7 Dorr, Wendy	FR	Mt. Carmel High School	5:34.39	5:34.06 D2A	12
	30.41	1:03.65 (33.24)	1:36.81 (33.16)	2:10.75 (33.94)	
	2:45.05 (34.30)	3:18.99 (33.94)	3:53.59 (34.60)	4:28.07 (34.48)	
	5:01.77 (33.70)	5:34.06 (32.29)			
8 Dodd, Becky	SO	Torrey Pines High School	5:44.82	5:46.82 D2C	11
	31.52	1:05.07 (33.55)	1:39.64 (34.57)	2:14.72 (35.08)	
	2:49.64 (34.92)	3:25.36 (35.72)	4:01.22 (35.86)	4:36.74 (35.52)	
	5:12.41 (35.67)	5:46.82 (34.41)			
B - Final					
9 Watson, Mattie A	JR	Mt. Carmel High School	5:51.57	5:44.38 D2C	9
	31.67	1:05.26 (33.59)	1:39.25 (33.99)	2:13.62 (34.37)	
	2:48.00 (34.38)	3:23.08 (35.08)	3:58.16 (35.08)	4:33.39 (35.23)	
	5:08.97 (35.58)	5:44.38 (35.41)			
10 Seikkula, Samantha	JR	Rancho Bernardo High School	5:47.20	5:49.55 D2C	7

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	31.41	1:05.92 (34.51)	1:40.93 (35.01)	2:15.46 (34.53)			
	2:50.47 (35.01)	3:25.79 (35.32)	4:01.25 (35.46)	4:37.26 (36.01)			
	5:13.76 (36.50)	5:49.55 (35.79)					
11	Thoreson, Katrina	JR	Rancho Bernardo High School	5:54.18	5:51.04	D2C	6
	33.26	1:08.48 (35.22)	1:44.81 (36.33)	2:21.04 (36.23)			
	2:56.58 (35.54)	3:32.15 (35.57)	4:07.71 (35.56)	4:43.77 (36.06)			
	5:18.01 (34.24)	5:51.04 (33.03)					
B - Final ... (Event 13 Girls 500 Yard Freestyle)							
	Name	Yr	School	Prelim Time	Finals Time		Points
12	Crosby, Jackie	SR	Rancho Bernardo High School	5:52.42	5:54.02	D2C	5
	30.91	1:05.00 (34.09)	1:40.33 (35.33)	2:16.17 (35.84)			
	2:51.80 (35.63)	3:27.87 (36.07)	4:05.04 (37.17)	4:41.81 (36.77)			
	5:18.49 (36.68)	5:54.02 (35.53)					
13	Gilbert, Sarah	11	Poway High School	5:56.59	5:54.13	D2C	4
	30.71	1:04.80 (34.09)	1:40.45 (35.65)	2:16.60 (36.15)			
	2:52.86 (36.26)	3:29.80 (36.94)	4:06.49 (36.69)	4:43.14 (36.65)			
	5:19.76 (36.62)	5:54.13 (34.37)					
14	Deane, Ivy	FR	La Costa Canyon High School-CA	5:53.07	5:55.64	D1C	3
	30.84	1:05.09 (34.25)	1:40.48 (35.39)	2:16.43 (35.95)			
	2:52.90 (36.47)	3:29.80 (36.90)	4:06.63 (36.83)	4:43.35 (36.72)			
	5:20.11 (36.76)	5:55.64 (35.53)					
15	Winders, Tabitha	SR	Rancho Bernardo High School	5:52.76	5:59.71		2
	32.32	1:07.62 (35.30)	1:43.35 (35.73)	2:20.45 (37.10)			
	2:57.44 (36.99)	3:34.12 (36.68)	4:10.73 (36.61)	4:47.45 (36.72)			
	5:24.55 (37.10)	5:59.71 (35.16)					
16	Plutchak, Diana		Westview	6:03.94	6:05.38		1
	33.27	1:09.15 (35.88)	1:45.95 (36.80)	2:22.95 (37.00)			
	2:59.96 (37.01)	3:37.04 (37.08)	4:14.85 (37.81)	4:52.20 (37.35)			
	5:29.44 (37.24)	6:05.38 (35.94)					

Event 13 Girls 500 Yard Freestyle

Palomar Leag:	4:45.81	P 2006	Jessica Schmitt	TPHS
CIFSDS:	4:43.75	C 2005	Blake Hayter	USDH
	5:34.00	D1A		
	5:36.00	D2A		
	5:55.00	D2C		
	5:58.00	D1C		

	Name	Yr	School	Seed Time	Prelim Time		
Preliminaries							
1	Spence, Dani L	SO	Mt. Carmel High School	5:06.70	5:04.67	D1A	
	28.85	59.59 (30.74)	1:30.79 (31.20)	2:01.64 (30.85)			
	2:32.52 (30.88)	3:03.64 (31.12)	3:34.40 (30.76)	4:04.97 (30.57)			
	4:35.30 (30.33)	5:04.67 (29.37)					
2	Hermann, Linda	SR	Torrey Pines High School	5:08.54	5:06.91	D1A	
	27.82	58.58 (30.76)	1:29.36 (30.78)	2:00.52 (31.16)			

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	2:31.46 (30.94)	3:02.51 (31.05)	3:33.75 (31.24)	4:04.96 (31.21)		
	4:36.01 (31.05)	5:06.91 (30.90)				
3	Dodd, Stephanie	JR	Torrey Pines High School	5:12.63	5:09.72	D1A
	28.97	59.98 (31.01)	1:31.26 (31.28)	2:02.81 (31.55)		
	2:34.32 (31.51)	3:05.69 (31.37)	3:36.74 (31.05)	4:07.91 (31.17)		
	4:39.09 (31.18)	5:09.72 (30.63)				
4	Demichelle, Jenna	JR	La Costa Canyon High School-CA	5:18.66	5:12.94	D1A
	29.04	59.82 (30.78)	1:31.46 (31.64)	2:02.86 (31.40)		
	2:34.66 (31.80)	3:06.22 (31.56)	3:37.40 (31.18)	4:08.93 (31.53)		
	4:41.11 (32.18)	5:12.94 (31.83)				
5	Quigley, Kelsey M	JR	Mt. Carmel High School	5:18.48	5:26.04	D1A
	30.65	1:03.05 (32.40)	1:36.05 (33.00)	2:08.92 (32.87)		
	2:41.98 (33.06)	3:15.19 (33.21)	3:48.20 (33.01)	4:21.05 (32.85)		
	4:53.90 (32.85)	5:26.04 (32.14)				
6	Chucholowski, Amelia	SR	Torrey Pines High School	5:17.02	5:28.60	D1A
	29.74	1:02.15 (32.41)	1:35.02 (32.87)	2:08.33 (33.31)		
	2:41.58 (33.25)	3:14.93 (33.35)	3:48.36 (33.43)	4:21.86 (33.50)		
	4:55.39 (33.53)	5:28.60 (33.21)				

Preliminaries ... (Event 13 Girls 500 Yard Freestyle)

	Name	Yr	School	Seed Time	Prelim Time	
7	Dorr, Wendy	FR	Mt. Carmel High School	5:31.51	5:34.39	D2A
	30.88	1:04.27 (33.39)	1:38.10 (33.83)	2:12.40 (34.30)		
	2:46.08 (33.68)	3:19.77 (33.69)	3:54.30 (34.53)	4:28.51 (34.21)		
	5:02.65 (34.14)	5:34.39 (31.74)				
8	Dodd, Becky	SO	Torrey Pines High School	5:46.50	5:44.82	D2C
	31.54	1:05.57 (34.03)	1:40.18 (34.61)	2:15.07 (34.89)		
	2:50.00 (34.93)	3:25.14 (35.14)	4:00.37 (35.23)	4:35.60 (35.23)		
	5:10.91 (35.31)	5:44.82 (33.91)				
9	Seikkula, Samantha	JR	Rancho Bernardo High School	5:43.84	5:47.20	D2C
	30.87	1:04.91 (34.04)	1:39.67 (34.76)	2:14.66 (34.99)		
	2:49.87 (35.21)	3:26.20 (36.33)	4:01.86 (35.66)	4:36.88 (35.02)		
	5:12.17 (35.29)	5:47.20 (35.03)				
10	Watson, Mattie A	JR	Mt. Carmel High School	5:42.37	5:51.57	D2C
	32.12	1:06.48 (34.36)	1:41.24 (34.76)	2:16.43 (35.19)		
	2:51.11 (34.68)	3:26.00 (34.89)	4:01.55 (35.55)	4:38.27 (36.72)		
	5:15.22 (36.95)	5:51.57 (36.35)				
11	Crosby, Jackie	SR	Rancho Bernardo High School	5:50.93	5:52.42	D2C
	30.97	1:05.74 (34.77)	1:41.31 (35.57)	2:17.78 (36.47)		
	2:53.61 (35.83)	3:29.47 (35.86)	4:05.33 (35.86)	4:41.90 (36.57)		
	5:17.56 (35.66)	5:52.42 (34.86)				
12	Winders, Tabitha	SR	Rancho Bernardo High School	5:57.99	5:52.76	D2C
	31.63	1:06.71 (35.08)	1:42.33 (35.62)	2:18.28 (35.95)		
	2:54.38 (36.10)	3:30.29 (35.91)	4:06.35 (36.06)	4:42.69 (36.34)		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

13	Deane, Ivy	FR	La Costa Canyon High School-CA	6:09.33	5:53.07	D2C
	5:18.46 (35.77)		5:52.76 (34.30)			
	32.43	1:08.11 (35.68)	1:44.30 (36.19)	2:20.43 (36.13)		
	2:55.82 (35.39)	3:31.51 (35.69)	4:07.24 (35.73)	4:43.38 (36.14)		
	5:19.23 (35.85)	5:53.07 (33.84)				
14	Thoreson, Katrina	JR	Rancho Bernardo High School	5:59.34	5:54.18	D2C
	32.42	1:07.24 (34.82)	1:42.94 (35.70)	2:18.18 (35.24)		
	2:54.14 (35.96)	3:31.30 (37.16)	4:08.05 (36.75)	4:43.52 (35.47)		
	5:20.17 (36.65)	5:54.18 (34.01)				
15	Gilbert, Sarah	11	Poway High School	5:54.59	5:56.59	D1C
	30.89	1:05.08 (34.19)	1:40.53 (35.45)	2:16.76 (36.23)		
	2:53.36 (36.60)	3:30.18 (36.82)	4:06.93 (36.75)	4:43.75 (36.82)		
	5:20.48 (36.73)	5:56.59 (36.11)				
16	Plutchak, Diana		Westview	6:04.24	6:03.94	
	32.20	1:07.32 (35.12)	1:43.88 (36.56)	2:20.49 (36.61)		
	2:57.31 (36.82)	3:35.09 (37.78)	4:12.46 (37.37)	4:49.71 (37.25)		
	5:27.55 (37.84)	6:03.94 (36.39)				
17	Closson, Melissa	11	Poway High School	6:24.34	6:04.57	
	32.20	1:07.55 (35.35)	1:43.47 (35.92)	2:20.04 (36.57)		
	2:56.62 (36.58)	3:34.42 (37.80)	4:12.08 (37.66)	4:50.10 (38.02)		
	5:27.66 (37.56)	6:04.57 (36.91)				
18	Hargraves, Tempest	SO	La Costa Canyon High School-CA	6:12.34	6:06.62	
	33.21	1:10.43 (37.22)	1:48.40 (37.97)	2:25.66 (37.26)		
	3:03.40 (37.74)	3:41.03 (37.63)	4:18.34 (37.31)	4:55.35 (37.01)		
	5:32.23 (36.88)	6:06.62 (34.39)				
19	Ennedy, Ashley	11	Poway High School	6:22.75	6:13.65	
	31.39	1:06.54 (35.15)	1:44.21 (37.67)	2:20.91 (36.70)		
	3:01.10 (40.19)	3:39.24 (38.14)	4:20.42 (41.18)	4:59.56 (39.14)		
	5:39.45 (39.89)	6:13.65 (34.20)				
Preliminaries ... (Event 13 Girls 500 Yard Freestyle)						
	Name		Yr School	Seed Time	Prelim Time	
20	Nelson, Stephaine		Westview	6:28.40	6:21.02	
	34.73	1:13.41 (38.68)	1:52.99 (39.58)	2:31.66 (38.67)		
	3:10.82 (39.16)	3:50.09 (39.27)	4:29.16 (39.07)	5:07.90 (38.74)		
	5:46.80 (38.90)	6:21.02 (34.22)				
21	Pederson, Mandy		Westview	6:15.50	6:25.10	
	32.92	1:10.52 (37.60)	1:48.93 (38.41)	2:27.98 (39.05)		
	3:07.78 (39.80)	3:47.87 (40.09)	4:28.26 (40.39)	5:07.28 (39.02)		
	5:47.06 (39.78)	6:25.10 (38.04)				
22	Crabtree, Jae		Westview	6:34.49	6:29.25	
	35.44	1:13.83 (38.39)	1:53.71 (39.88)	2:33.01 (39.30)		
	3:12.67 (39.66)	3:52.35 (39.68)	4:31.68 (39.33)	5:11.87 (40.19)		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

23	Hines, Hanalee	FR	La Costa Canyon High School-CA	6:48.80	6:36.09	
	5:51.51 (39.64)		6:29.25 (37.74)			
	35.38	1:14.96 (39.58)	1:55.64 (40.68)	2:36.30 (40.66)		
	3:17.28 (40.98)	3:58.42 (41.14)	4:40.07 (41.65)	5:20.59 (40.52)		
	5:59.69 (39.10)	6:36.09 (36.40)				
24	Morris, Katherine	9	Poway High School	6:39.47	6:38.45	
	35.75	1:15.04 (39.29)	1:55.17 (40.13)	2:35.43 (40.26)		
	3:15.65 (40.22)	3:56.74 (41.09)	4:38.36 (41.62)	5:19.35 (40.99)		
	6:00.64 (41.29)	6:38.45 (37.81)				
---	Heim, Jessica		Horizon	5:24.77	X5:09.35	D1A
	28.53	58.97 (30.44)	1:29.91 (30.94)	2:00.89 (30.98)		
	2:31.93 (31.04)	3:03.18 (31.25)	3:34.35 (31.17)	4:05.78 (31.43)		
	4:37.71 (31.93)	5:09.35 (31.64)				
---	Abshier, Karli	9	Santa Fe Christian	5:54.86	X5:50.75	D2C
	32.53	1:08.88 (36.35)	1:44.63 (35.75)	2:20.50 (35.87)		
	2:56.35 (35.85)	3:31.10 (34.75)	4:06.51 (35.41)	4:41.86 (35.35)		
	5:16.85 (34.99)	5:50.75 (33.90)				
---	Blastos, Alix	9	Santa Fe Christian	6:27.83	X6:29.72	
	36.48	1:14.78 (38.30)	1:54.03 (39.25)	2:34.05 (40.02)		
	3:14.15 (40.10)	3:54.53 (40.38)	4:34.65 (40.12)	5:13.85 (39.20)		
	5:53.10 (39.25)	6:29.72 (36.62)				
---	Moore, Becky	10	Santa Fe Christian	7:02.62	X6:46.07	
	38.93	1:18.76 (39.83)	1:59.51 (40.75)	2:40.70 (41.19)		
	3:22.09 (41.39)	4:03.27 (41.18)	4:45.13 (41.86)	5:26.87 (41.74)		
	6:08.33 (41.46)	6:46.07 (37.74)				
---	Cheatum, Caroline	11	Santa Fe Christian	7:27.52	X7:22.81	
	39.72	1:23.58 (43.86)	7:22.81 (5:59.23)			

Event 14 Boys 500 Yard Freestyle

Palomar Leag:	4:39.16	P 1999	Sumner Rollings	RBHS
CIFSDS:	4:21.10	C 1998	Tim Sicliano	SMHS
	5:08.00	D1A		
	5:21.00	D2A		
	5:30.00	D1C		
	5:40.00	D2C		

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Stavros, Ian	11	Poway High School	4:51.28	4:45.86	D1A 20
	25.73	54.16 (28.43)	1:23.05 (28.89)	1:52.43 (29.38)	
	2:21.60 (29.17)	2:50.63 (29.03)	3:19.83 (29.20)	3:49.57 (29.74)	
	4:18.82 (29.25)	4:45.86 (27.04)			
A - Final ... (Event 14 Boys 500 Yard Freestyle)					
Name	Yr	School	Prelim Time	Finals Time	Points
2 Weeks, Kyle	11	Poway High School	4:48.58	4:45.88	D1A 17

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	25.63	53.97 (28.34)	1:23.19 (29.22)	1:52.33 (29.14)			
	2:21.49 (29.16)	2:50.64 (29.15)	3:19.96 (29.32)	3:49.51 (29.55)			
	4:19.04 (29.53)	4:45.88 (26.84)					
3	Moore, Austin	SO	Torrey Pines High School	4:56.72	4:49.76	D1A	16
	26.16	54.49 (28.33)	1:23.43 (28.94)	1:52.78 (29.35)			
	2:22.16 (29.38)	2:51.53 (29.37)	3:21.28 (29.75)	3:51.02 (29.74)			
	4:20.81 (29.79)	4:49.76 (28.95)					
4	Nowak, Patrick	SO	Mt. Carmel High School	4:56.72	4:52.60	D1A	15
	26.47	55.20 (28.73)	1:24.52 (29.32)	1:54.27 (29.75)			
	2:24.10 (29.83)	2:53.99 (29.89)	3:23.62 (29.63)	3:53.44 (29.82)			
	4:23.36 (29.92)	4:52.60 (29.24)					
5	Paris, Zachary	SR	Torrey Pines High School	5:01.40	4:55.68	D1A	14
	26.10	55.50 (29.40)	1:25.37 (29.87)	1:55.36 (29.99)			
	2:25.20 (29.84)	2:55.13 (29.93)	3:25.16 (30.03)	3:55.62 (30.46)			
	4:26.32 (30.70)	4:55.68 (29.36)					
6	Caldwell, Tony	9	Poway High School	5:04.15	4:59.71	D1A	13
	26.61	55.94 (29.33)	1:26.11 (30.17)	1:56.67 (30.56)			
	2:27.47 (30.80)	2:57.58 (30.11)	3:27.98 (30.40)	3:58.89 (30.91)			
	4:29.73 (30.84)	4:59.71 (29.98)					
7	Miller, Tanner	FR	Torrey Pines High School	5:02.30	5:02.18	D1A	12
	26.50	55.69 (29.19)	1:25.66 (29.97)	1:56.03 (30.37)			
	2:26.71 (30.68)	2:57.70 (30.99)	3:28.79 (31.09)	4:00.02 (31.23)			
	4:31.40 (31.38)	5:02.18 (30.78)					
8	Theophilo, Claudio	JR	Rancho Bernardo High School	5:02.93	5:07.40	D1A	11
	27.04	56.72 (29.68)	1:27.03 (30.31)	1:57.68 (30.65)			
	2:28.74 (31.06)	3:00.14 (31.40)	3:32.04 (31.90)	4:04.42 (32.38)			
	4:36.11 (31.69)	5:07.40 (31.29)					
B - Final							
9	VanderLinde, Harrison J	SO	Mt. Carmel High School	5:06.08	4:56.77	D1A	9
	26.04	54.12 (28.08)	1:23.12 (29.00)	1:52.78 (29.66)			
	2:22.58 (29.80)	2:52.91 (30.33)	3:23.57 (30.66)	3:54.63 (31.06)			
	4:26.15 (31.52)	4:56.77 (30.62)					
10	Domenie, Derek	SR	La Costa Canyon High School-CA	5:07.85	5:03.85	D1A	7
	27.04	56.20 (29.16)	1:26.74 (30.54)	1:57.37 (30.63)			
	2:28.22 (30.85)	2:59.15 (30.93)	3:30.65 (31.50)	4:02.15 (31.50)			
	4:33.57 (31.42)	5:03.85 (30.28)					
11	Boal, Hayden		Westview	5:07.74	5:09.91	D2A	6
	26.82	57.04 (30.22)	1:28.46 (31.42)	2:00.05 (31.59)			
	2:31.65 (31.60)	3:03.39 (31.74)	3:35.74 (32.35)	4:08.04 (32.30)			
	4:39.87 (31.83)	5:09.91 (30.04)					
12	Grimshaw, Tucker	SR	Mt. Carmel High School	5:12.34	5:10.09	D2A	5
	27.72	58.08 (30.36)	1:29.25 (31.17)	2:00.61 (31.36)			
	2:32.21 (31.60)	3:03.61 (31.40)	3:35.72 (32.11)	4:07.85 (32.13)			
	4:39.81 (31.96)	5:10.09 (30.28)					
13	Stein, Nathan	SR	Torrey Pines High School	5:15.26	5:15.73	D2A	4

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	28.08	59.00 (30.92)	1:30.77 (31.77)	2:02.49 (31.72)		
	2:34.84 (32.35)	3:07.23 (32.39)	3:39.70 (32.47)	4:11.90 (32.20)		
	4:44.27 (32.37)	5:15.73 (31.46)				
14	Asfazadour, Warren	FR	Rancho Bernardo High School	5:20.01	5:19.08	D2A 3

	29.03	1:00.15 (31.12)	1:32.10 (31.95)	2:04.38 (32.28)
	2:36.56 (32.18)	3:08.84 (32.28)	3:41.57 (32.73)	4:14.25 (32.68)
	4:47.24 (32.99)	5:19.08 (31.84)		

B - Final ... (Event 14 Boys 500 Yard Freestyle)

Name	Yr	School	Prelim Time	Finals Time	Points
15	Conklin, Tim	JR	Mt. Carmel High School	5:21.29	5:24.00 D1C 2

	28.17	58.99 (30.82)	1:31.27 (32.28)	2:03.94 (32.67)
	2:36.75 (32.81)	3:09.97 (33.22)	3:43.67 (33.70)	4:17.42 (33.75)
	4:51.19 (33.77)	5:24.00 (32.81)		

16	Van Diggelen, Austin	11	Poway High School	5:28.02	5:29.16 D1C 1
----	----------------------	----	-------------------	---------	---------------

	28.65	1:01.06 (32.41)	1:34.02 (32.96)	2:06.92 (32.90)
	2:40.23 (33.31)	3:13.80 (33.57)	3:47.98 (34.18)	4:22.51 (34.53)
	4:56.70 (34.19)	5:29.16 (32.46)		

Event 14 Boys 500 Yard Freestyle

Palomar Leag:	4:39.16	P 1999	Sumner Rollings	RBHS
CIFSDS:	4:21.10	C 1998	Tim Sicliano	SMHS
	5:08.00	D1A		
	5:21.00	D2A		
	5:30.00	D1C		
	5:40.00	D2C		

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Preliminaries

1	Weeks, Kyle	11	Poway High School	4:48.13	4:48.58 D1A
---	-------------	----	-------------------	---------	-------------

	25.30	53.34 (28.04)	1:22.10 (28.76)	1:51.44 (29.34)
	2:20.43 (28.99)	2:50.24 (29.81)	3:20.72 (30.48)	3:50.35 (29.63)
	4:20.05 (29.70)	4:48.58 (28.53)		

2	Stavros, Ian	11	Poway High School	4:44.96	4:51.28 D1A
---	--------------	----	-------------------	---------	-------------

	26.28	55.46 (29.18)	1:25.30 (29.84)	1:55.22 (29.92)
	2:25.07 (29.85)	2:55.20 (30.13)	3:24.72 (29.52)	3:54.23 (29.51)
	4:23.62 (29.39)	4:51.28 (27.66)		

3	Nowak, Patrick	SO	Mt. Carmel High School	5:02.96	4:56.72 D1A
---	----------------	----	------------------------	---------	-------------

	27.33	57.40 (30.07)	1:27.71 (30.31)	1:58.17 (30.46)
	2:28.31 (30.14)	2:58.12 (29.81)	3:27.65 (29.53)	3:57.72 (30.07)
	4:27.77 (30.05)	4:56.72 (28.95)		

3	Moore, Austin	SO	Torrey Pines High School	4:59.09	4:56.72 D1A
---	---------------	----	--------------------------	---------	-------------

	26.19	54.97 (28.78)	1:24.66 (29.69)	1:54.74 (30.08)
	2:25.11 (30.37)	2:55.45 (30.34)	3:25.93 (30.48)	3:56.49 (30.56)
	4:27.09 (30.60)	4:56.72 (29.63)		

5	Paris, Zachary	SR	Torrey Pines High School	4:54.12	5:01.40 D1A
---	----------------	----	--------------------------	---------	-------------

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	27.14	57.32 (30.18)	1:27.45 (30.13)	1:57.66 (30.21)		
	2:28.20 (30.54)	2:59.03 (30.83)	3:30.17 (31.14)	4:01.13 (30.96)		
	4:31.87 (30.74)	5:01.40 (29.53)				
6	Miller, Tanner	FR	Torrey Pines High School	5:03.39	5:02.30	D1A
	26.44	55.91 (29.47)	1:26.14 (30.23)	1:56.64 (30.50)		
	2:27.10 (30.46)	2:57.77 (30.67)	3:28.82 (31.05)	4:00.16 (31.34)		
	4:31.50 (31.34)	5:02.30 (30.80)				
7	Theophilo, Claudio	JR	Rancho Bernardo High School	5:02.97	5:02.93	D1A
	27.21	57.01 (29.80)	1:27.49 (30.48)	1:58.53 (31.04)		
	2:29.52 (30.99)	3:00.67 (31.15)	3:31.69 (31.02)	4:02.84 (31.15)		
	4:33.49 (30.65)	5:02.93 (29.44)				
8	Caldwell, Tony	9	Poway High School	5:06.44	5:04.15	D1A
	27.21	57.08 (29.87)	1:27.38 (30.30)	1:57.77 (30.39)		
	2:28.36 (30.59)	2:59.27 (30.91)	3:30.44 (31.17)	4:01.84 (31.40)		
	4:33.59 (31.75)	5:04.15 (30.56)				
9	VanderLinde, Harrison J	SO	Mt. Carmel High School	4:53.15	5:06.08	D1A
	27.41	57.85 (30.44)	1:27.67 (29.82)	1:57.96 (30.29)		
	2:28.58 (30.62)	2:59.50 (30.92)	3:30.77 (31.27)	4:02.39 (31.62)		
	4:34.58 (32.19)	5:06.08 (31.50)				
Preliminaries ... (Event 14 Boys 500 Yard Freestyle)						
	Name	Yr	School	Seed Time	Prelim Time	
10	Boal, Hayden		Westview	5:18.92	5:07.74	D1A
	26.72	57.16 (30.44)	1:27.99 (30.83)	1:59.11 (31.12)		
	2:30.78 (31.67)	3:02.61 (31.83)	3:34.26 (31.65)	4:06.22 (31.96)		
	4:38.11 (31.89)	5:07.74 (29.63)				
11	Domenie, Derek	SR	La Costa Canyon High School-CA	5:15.83	5:07.85	D1A
	27.33	58.09 (30.76)	1:29.01 (30.92)	2:00.46 (31.45)		
	2:31.67 (31.21)	3:03.07 (31.40)	3:34.91 (31.84)	4:06.53 (31.62)		
	4:38.07 (31.54)	5:07.85 (29.78)				
12	Grimshaw, Tucker	SR	Mt. Carmel High School	5:16.80	5:12.34	D2A
	27.92	58.17 (30.25)	1:29.41 (31.24)	2:00.83 (31.42)		
	2:32.32 (31.49)	3:04.18 (31.86)	3:36.39 (32.21)	4:08.51 (32.12)		
	4:41.09 (32.58)	5:12.34 (31.25)				
13	Stein, Nathan	SR	Torrey Pines High School	5:15.67	5:15.26	D2A
	28.22	59.22 (31.00)	1:31.42 (32.20)	2:03.80 (32.38)		
	2:35.71 (31.91)	3:08.11 (32.40)	3:40.20 (32.09)	4:12.50 (32.30)		
	4:44.33 (31.83)	5:15.26 (30.93)				
14	Asfazadour, Warren	FR	Rancho Bernardo High School	5:18.48	5:20.01	D2A
	28.35	59.19 (30.84)	1:31.27 (32.08)	2:03.33 (32.06)		
	2:35.81 (32.48)	3:08.57 (32.76)	3:41.36 (32.79)	4:14.33 (32.97)		
	4:47.82 (33.49)	5:20.01 (32.19)				
15	Conklin, Tim	JR	Mt. Carmel High School	5:30.75	5:21.29	D1C
	28.05	58.79 (30.74)	1:30.54 (31.75)	2:02.83 (32.29)		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	2:35.49 (32.66)	3:08.73 (33.24)	3:42.49 (33.76)	4:16.16 (33.67)		
	4:49.11 (32.95)	5:21.29 (32.18)				
16	Van Diggelen, Austin	11	Poway High School	5:23.07	5:28.02	D1C
	29.07	1:02.67 (33.60)	1:36.80 (34.13)	2:10.43 (33.63)		
	2:44.85 (34.42)	3:17.79 (32.94)	3:50.50 (32.71)	4:23.89 (33.39)		
	4:56.86 (32.97)	5:28.02 (31.16)				
17	Huang, Brian	JR	Rancho Bernardo High School	5:26.35	5:32.23	D2C
	29.32	1:01.41 (32.09)	1:34.90 (33.49)	2:07.78 (32.88)		
	2:42.04 (34.26)	3:16.11 (34.07)	3:50.87 (34.76)	4:25.51 (34.64)		
	4:59.13 (33.62)	5:32.23 (33.10)				
18	Ranj, Tyler		Westview	5:42.62	5:33.66	D2C
	27.94	59.79 (31.85)	1:33.14 (33.35)	2:07.39 (34.25)		
	2:43.07 (35.68)	3:17.83 (34.76)	3:52.97 (35.14)	4:29.19 (36.22)		
	5:02.32 (33.13)	5:33.66 (31.34)				
19	Syka, Luke		Westview	5:37.96	5:35.44	D2C
	28.70	1:01.84 (33.14)	1:35.62 (33.78)	2:09.59 (33.97)		
	2:44.19 (34.60)	3:18.34 (34.15)	3:52.85 (34.51)	4:28.21 (35.36)		
	5:02.60 (34.39)	5:35.44 (32.84)				
20	Sanders, Scott		Westview	5:38.90	5:42.73	
	29.16	1:02.91 (33.75)	1:37.42 (34.51)	2:11.75 (34.33)		
	2:46.66 (34.91)	3:21.83 (35.17)	3:57.76 (35.93)	4:34.31 (36.55)		
	5:09.26 (34.95)	5:42.73 (33.47)				
21	Ramsay, Jack	SO	La Costa Canyon High School-CA	5:45.79	5:44.99	
	31.24	1:05.27 (34.03)	1:40.17 (34.90)	2:15.61 (35.44)		
	2:51.13 (35.52)	3:26.65 (35.52)	4:02.21 (35.56)	4:37.48 (35.27)		
	5:12.45 (34.97)	5:44.99 (32.54)				
22	Ingham, Matt	JR	Rancho Bernardo High School	5:46.00	5:47.50	
	29.98	1:02.12 (32.14)	1:35.79 (33.67)	2:09.97 (34.18)		
	2:44.56 (34.59)	3:20.31 (35.75)	3:56.64 (36.33)	4:34.05 (37.41)		
	5:11.19 (37.14)	5:47.50 (36.31)				

Preliminaries ... (Event 14 Boys 500 Yard Freestyle)

	Name	Yr	School	Seed Time	Prelim Time	
23	La Rue, Robert	SO	La Costa Canyon High School-CA	6:15.19	6:06.24	
	31.02	1:06.13 (35.11)	2:21.28 (1:15.15)	2:59.36 (38.08)		
	3:37.48 (38.12)	4:15.65 (38.17)	4:54.04 (38.39)			
	5:31.16 ()	6:06.24 (35.08)				
---	Wren, Robert	10	San Dieguito Academy	5:15.35	X5:06.22	D1A
	27.45	57.29 (29.84)	1:27.69 (30.40)	1:58.33 (30.64)		
	2:29.52 (31.19)	3:00.69 (31.17)	3:32.13 (31.44)	4:03.86 (31.73)		
	4:35.36 (31.50)	5:06.22 (30.86)				
---	Hopkinson, Erik	12	Santa Fe Christian	5:18.21	X5:18.07	D2A
	27.56	57.92 (30.36)	1:29.54 (31.62)	2:01.84 (32.30)		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	2:34.05 (32.21)	3:06.82 (32.77)	3:40.11 (33.29)	4:13.46 (33.35)	
	4:46.53 (33.07)	5:18.07 (31.54)			
--- Anthony, Jason		9	Santa Fe Christian	5:55.67	X5:59.68
	32.27	1:08.80 (36.53)	3:04.04 (1:55.24)	3:40.43 (36.39)	
	4:16.01 (35.58)	4:51.21 (35.20)	5:26.20 (34.99)	5:59.68 (33.48)	
--- Sacher, Ben		11	Santa Fe Christian	5:53.64	X6:24.98
	34.99	1:13.88 (38.89)	2:30.91 (1:17.03)	3:09.60 (38.69)	
	3:48.26 (38.66)	4:26.59 (38.33)	5:06.11 (39.52)	5:46.60 (40.49)	
	6:24.98 (38.38)				

Event 15 Girls 200 Yard Freestyle Relay

Palomar Leag: 1:39.40 P 2006

CIFSDS: 1:38.96 C 2003

Mt. Carmel High School

Rancho Bernardo High School

H.McClurg,J.Trescott,A.Young,J.Wesley

1:50.00 D1A

1:51.00 D2A

2:01.00 D2C

2:03.00 D1C

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Torrey Pines High School	A	1:43.83	1:38.52 C D1A	40
		25.41 50.28 (24.87)	1:14.38 (24.10)	1:38.52 (24.14)
2 Mt. Carmel High School	A	1:58.83	1:42.27 D1A	34
		1) Schmidbauer, Janessa JR 2) Webb, Christina SO	3) Spence, Dani L SO	4) Ettelson, Hayley C SR
		25.60 51.65 (26.05)	1:17.57 (25.92)	1:42.27 (24.70)
3 Westview	A	1:45.14	1:45.58 D1A	32
		1) Le, Jessica 2) Quach, Amy	3) Lui, Olivia	4) Pham, Chi
		26.81 53.64 (26.83)	1:20.50 (26.86)	1:45.58 (25.08)
4 Rancho Bernardo High Schoo	A	1:45.98	1:46.12 D1A	30
		1) Thornbrough, Lauren JR 2) Smyth, Danielle SO	3) Witko, Brie SR	4) Winders, Tabitha SR
		26.00 52.80 (26.80)	1:18.94 (26.14)	1:46.12 (27.18)
5 Poway High School	A	1:50.90	1:49.04 D1A	28
		1) Lawless, Lindsey 11 2) Daley, Lauren 10	3) Ennedy, Ashley 11	4) Ruppert, Ashley 10
		27.59 54.68 (27.09)	1:21.56 (26.88)	1:49.04 (27.48)
6 La Costa Canyon High Schoo	A	1:53.16	1:51.44 D2C	26
		27.13 55.80 (28.67)	1:23.34 (27.54)	1:51.44 (28.10)
B - Final				
9 Torrey Pines High School	B	1:59.80	1:44.95 D1A	18
		27.24 53.73 (26.49)	1:20.22 (26.49)	1:44.95 (24.73)
10 Westview	B	1:48.91	1:50.23 D2A	14
		1) Marcis, Kaley 2) Zaba, Camille	3) Arredondo, Brandy	4) Schwartz, Rachael
		26.60 54.88 (28.28)	1:22.07 (27.19)	1:50.23 (28.16)

B - Final ... (Event 15 Girls 200 Yard Freestyle Relay)

Team	Relay	Prelim Time	Finals Time	Points
------	-------	-------------	-------------	--------

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

11	Mt. Carmel High School	B	2:01.18	1:50.84	D2A	12
	1) Bigbie, Erika SR	2) Swann, Lauren JR	3) Quigley, Kelsey M JR	4) Bugg, Taylor SO		
	27.43	56.54 (29.11)	1:23.91 (27.37)	1:50.84 (26.93)		
12	Rancho Bernardo High School	B	1:53.46	1:54.50	D2C	10
	1) Lu, Sirena SO	2) Schmidt, Nicole SO	3) Thoreson, Katrina JR	4) Rusk, Jenny FR		
	28.76	57.70 (28.94)	1:27.00 (29.30)	1:54.50 (27.50)		
13	La Costa Canyon High School	B	2:00.61	1:56.28	D2C	8
	29.65	59.51 (29.86)	1:29.11 (29.60)	1:56.28 (27.17)		

Event 15 Girls 200 Yard Freestyle Relay

Palomar Leag: 1:39.40 P 2006

CIFSDS: 1:38.96 C 2003

Mt. Carmel High School

Rancho Bernardo High School

H.McClurg,J.Trescott,A.Young,J.Wesley

1:50.00 D1A

1:51.00 D2A

2:01.00 D2C

2:03.00 D1C

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1	Torrey Pines High School	A	1:40.15
	1) Pedley, Brett SR	2) Pold, Anna JR	3) Schmitt, Jessica SO
	26.50	52.96 (26.46)	1:18.86 (25.90)
2	Westview	A	1:47.33
	1) Le, Jessica	2) Quach, Amy	3) Lui, Olivia
	26.67	53.17 (26.50)	1:19.65 (26.48)
3	Rancho Bernardo High School	A	1:43.41
	1) Thornbrough, Lauren JR	2) Smyth, Danielle SO	3) Witko, Brie SR
	26.58	52.93 (26.35)	1:18.32 (25.39)
4	Westview	B	1:50.71
	1) Marcis, Kaley	2) Zaba, Camille	3) Arredondo, Brandy
	26.47	53.64 (27.17)	1:21.63 (27.99)
5	Poway High School	A	1:49.13
	1) Lawless, Lindsey 11	2) Daley, Lauren 10	3) Ennedy, Ashley 11
	27.62	54.80 (27.18)	1:22.43 (27.63)
6	La Costa Canyon High School	A	1:56.47
	1) Demichelle, Jenna JR	2) Kaplanek, Kelsey SR	3) Kelly, Misha FR
	28.05	57.06 (29.01)	1:24.56 (27.50)
7	Rancho Bernardo High School	B	1:50.00
	1) Lu, Sirena SO	2) Schmidt, Nicole SO	3) Thoreson, Katrina JR
	28.39	57.21 (28.82)	1:25.95 (28.74)
8	Mt. Carmel High School	A	1:54.00
	1) Schmidbauer, Janessa JR	2) Webb, Christina SO	3) Spence, Dani L SO
			4) Ettelson, Hayley C SR

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007

Results

29.12 58.61 (29.49) 1:29.19 (30.58) 1:58.83 (29.64)

9	Torrey Pines High School	B	1:45.83	1:59.80	D2C
	1) Silvas, Madison FR				
	32.40	2) Auwarter, Christine SO		3) Piarino, Alexandra JR	4) Loy, Kelsey SO
	1:03.17 (30.77)	1:32.66 (29.49)		1:59.80 (27.14)	
10	La Costa Canyon High School	B	NT	2:00.61	D2C
	1) Hargraves, Tempest SO				
	30.97	2) Cassell, Morgan SO		3) Johnson, Hannah SO	4) Lally, Bridget SO
	1:03.02 (32.05)	1:32.43 (29.41)		2:00.61 (28.18)	
11	Mt. Carmel High School	B	2:01.00	2:01.18	D1C
	1) Bigbie, Erika SR				
	31.20	2) Swann, Lauren JR		3) Quigley, Kelsey M JR	4) Bugg, Taylor SO
	1:01.91 (30.71)	1:32.29 (30.38)		2:01.18 (28.89)	
---	Santa Fe Christian	A	1:55.26	X1:54.44	D2C

29.56 58.56 (29.00) 1:28.66 (30.10) 1:54.44 (25.78)

Preliminaries ... (Event 15 Girls 200 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
---	Santa Fe Christian	B	2:14.56
	1) Papet, Marilyn 10		
	31.84	2) Samson, Ruth 9	
	1:06.72 (34.88)	1:40.68 (33.96)	
---	Poway High School	B	1:57.15
	3) Closson, Melissa 11		
	2:12.13 (31.45)	DQ (30.19)	
	4) Gilbert, Sarah 11		

Event 16 Boys 200 Yard Freestyle Relay

Palomar Leag:	1:29.78	P	2006	La Costa Canyon
CIFSDS:	1:26.59	C	1993	MCHS
	1:36.00		D1A	
	1:38.00		D2A	
	1:49.00		D2C	
	1:49.00		D1C	

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1	Westview	A	1:32.13	1:30.92 D1A 40
	1) Sullivan, Ryan			
	23.68	2) Zhu, Jimmy		3) Lee, Ryan
	46.39 (22.71)	1:09.82 (23.43)		1:30.92 (21.10)
2	Poway High School	A	1:32.36	1:31.07 D1A 34
	1) Brandalise, Caleb 10			
	23.88	2) Garretson, Bryant 12		3) Weeks, Kyle 11
	46.42 (22.54)	1:08.63 (22.21)		1:31.07 (22.44)
3	Mt. Carmel High School	A	1:40.86	1:32.76 D1A 32
	1) Dorr, Scott JR			
	23.32	2) VanderLinde, Harrison J SO		3) Gallardo, Chris SO
	46.96 (23.64)	1:10.09 (23.13)		1:32.76 (22.67)
4	Torrey Pines High School	A	1:36.95	1:36.93 D2A 30
	24.76	4) Sultz, Taylor JR		
	49.40 (24.64)	1:13.18 (23.78)		1:36.93 (23.75)
5	Rancho Bernardo High School	A	1:37.28	1:36.99 D2A 28

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

1) Rubadue, Chris SR 24.27	2) Swanepoel, Alec SR 48.68 (24.41)	3) Liu, Dennis SO 1:13.35 (24.67)	4) Theophilo, Claudio JR 1:36.99 (23.64)		
6 La Costa Canyon High Schoo	A	1:43.10	1:44.00	D2C	26
26.36	52.39 (26.03)	1:18.83 (26.44)	1:44.00 (25.17)		
B - Final					
9 Poway High School	B	1:37.18	1:36.21	D2A	18
1) Ferrill, Cabot 11 24.27	2) Zdvorak, Nick 11 48.06 (23.79)	3) Tornambe, Dominic 12 1:12.83 (24.77)	4) Wilson, Nick 9 1:36.21 (23.38)		
10 Mt. Carmel High School	B	1:50.99	1:38.26	D2C	14
1) Woolley, Austin SO 24.45	2) Conklin, Tim JR 50.01 (25.56)	3) Xuadaro, Robert SR 1:14.58 (24.57)	4) Nowak, Patrick SO 1:38.26 (23.68)		
11 Torrey Pines High School	B	1:39.03	1:38.93	D2C	12
25.32	50.12 (24.80)	1:14.97 (24.85)	1:38.93 (23.96)		
12 Rancho Bernardo High Schoo	B	1:39.94	1:40.91	D2C	10
1) Nguyen, Ricky JR 25.15	2) Huang, Brian JR 50.02 (24.87)	3) Asfazadour, Warren FR 1:15.89 (25.87)	4) Bruner, Matt JR 1:40.91 (25.02)		
13 La Costa Canyon High Schoo	B	1:51.67	1:50.75		8
28.46	55.82 (27.36)	1:23.00 (27.18)	1:50.75 (27.75)		

Event 16 Boys 200 Yard Freestyle Relay

Palomar Leag:	1:29.78	P 2006	La Costa Canyon
CIFSDS:	1:26.59	C 1993	MCHS
	1:36.00	D1A	
	1:38.00	D2A	
	1:49.00	D2C	
	1:49.00	D1C	

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Westview	A	1:33.32	1:32.13 D1A
1) Sullivan, Ryan 23.78	2) Zhu, Jimmy 46.62 (22.84)	3) Lee, Ryan 1:10.04 (23.42)	4) Rancourt, Chris 1:32.13 (22.09)
2 Poway High School	A	1:33.49	1:32.36 D1A
1) Brandalise, Caleb 10 23.20	2) Garretson, Bryant 12 45.66 (22.46)	3) Weeks, Kyle 11 1:09.15 (23.49)	4) Stavros, Ian 11 1:32.36 (23.21)
3 Torrey Pines High School	A	1:34.02	1:36.95 D2A
1) Chen, Albert JR 25.03	2) Miller, Tanner FR 49.58 (24.55)	3) Tsui, Chi Shing JR 1:13.01 (23.43)	4) Moore, Austin SO 1:36.95 (23.94)
4 Poway High School	B	1:36.88	1:37.18 D2A
1) Ferrill, Cabot 11 24.37	2) Zdvorak, Nick 11 48.44 (24.07)	3) Tornambe, Dominic 12 1:13.03 (24.59)	4) Wilson, Nick 9 1:37.18 (24.15)
5 Rancho Bernardo High Schoo	A	1:34.79	1:37.28 D2A
1) Rubadue, Chris SR 24.22	2) Swanepoel, Alec SR 48.01 (23.79)	3) Liu, Dennis SO 1:13.17 (25.16)	4) Theophilo, Claudio JR 1:37.28 (24.11)

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007

Results

6	Torrey Pines High School	B		1:38.00	1:39.03	D2C
	1) Avraham, Gabriel JR	2) Chang, Alex SO	3) Kafka, Chris FR	4) Saito, Daichi FR		
	24.91	49.63 (24.72)	1:14.62 (24.99)	1:39.03 (24.41)		
7	Rancho Bernardo High Schoo	B		1:38.00	1:39.94	D2C
	1) Nguyen, Ricky JR	2) Huang, Brian JR	3) Asfazadour, Warren FR	4) Bruner, Matt JR		
	24.68	49.20 (24.52)	1:14.69 (25.49)	1:39.94 (25.25)		
8	Mt. Carmel High School	A		1:39.00	1:40.86	D2C
	1) Dorr, Scott JR	2) VanderLinde, Harrison J SO	3) Gallardo, Chris SO	4) Sultz, Taylor JR		
	24.31	50.29 (25.98)	1:16.83 (26.54)	1:40.86 (24.03)		
9	La Costa Canyon High Schoo	A		1:36.62	1:43.10	D2C
	25.91	52.20 (26.29)	1:17.68 (25.48)	1:43.10 (25.42)		
10	Mt. Carmel High School	B		1:52.00	1:50.99	
	1) Woolley, Austin SO	2) Conklin, Tim JR	3) Xuadaro, Robert SR	4) Nowak, Patrick SO		
	27.22	1:01.01 (33.79)	1:26.34 (25.33)	1:50.99 (24.65)		
11	La Costa Canyon High Schoo	B		NT	1:51.67	
	1) Treiber, Jeff JR	2) Ramsay, Jack SO	3) Philip, Maxime FR			
	26.76	56.11 (29.35)	1:24.76 (28.65)	1:51.67 (26.91)		
---	Santa Fe Christian	A		1:38.19	X1:36.31	D2A
	24.85	49.69 (24.84)	1:13.43 (23.74)	1:36.31 (22.88)		
---	Santa Fe Christian	B		1:47.60	X1:47.15	D2C
	26.90	54.66 (27.76)	1:21.47 (26.81)	1:47.15 (25.68)		

Event 17 Girls 100 Yard Backstroke

Palomar Leag:	57.52	P	2006	Anna Pold	TPHS
CIFSDS:	56.38	C	2006	Kristen Fontana	Henry HS
	1:05.00	D2A			
	1:07.00	D1A			
	1:10.00	D2C			
	1:10.50	D1C			

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1	Pold, Anna	JR Torrey Pines High School	59.61	57.45 P D2A	20
	28.28	57.45 (29.17)			
2	Loy, Kelsey	SO Torrey Pines High School	1:01.72	1:01.03 D2A	17
	30.08	1:01.03 (30.95)			
3	Koonings, Jennifer	11 Poway High School	1:03.50	1:01.55 D2A	16
	30.08	1:01.55 (31.47)			
4	Pham, Chi	Westview	1:02.48	1:02.53 D2A	15
	29.94	1:02.53 (32.59)			
5	Thornbrough, Lauren	JR Rancho Bernardo High School	1:04.90	1:02.88 D2A	14

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	30.65	1:02.88 (32.23)					
6	Barber, Emily	JR Mt. Carmel High School	1:03.87	1:03.21	D2A	13	
	31.03	1:03.21 (32.18)					
7	Kragten, Kirsten	SO Mt. Carmel High School	1:04.14	1:03.78	D2A	12	
	31.46	1:03.78 (32.32)					
8	Dorr, Wendy	FR Mt. Carmel High School	1:04.93	1:04.35	D2A	11	
	31.01	1:04.35 (33.34)					
B - Final							
9	Papadopoulos, Helen	SO Torrey Pines High School	1:06.77	1:06.08	D1A	9	
	32.46	1:06.08 (33.62)					
10	Winton, Caitlin	9 Poway High School	1:07.63	1:06.99	D1A	7	
	32.47	1:06.99 (34.52)					
11	Peterson, Carly	11 Poway High School	1:09.14	1:07.39	D2C	6	
	33.17	1:07.39 (34.22)					
12	Nguyen, Nancy	FR Rancho Bernardo High School	1:07.76	1:08.37	D2C	5	
	33.41	1:08.37 (34.96)					
13	Zaba, Camille	Westview	1:08.17	1:09.81	D2C	4	
	34.56	1:09.81 (35.25)					
14	Uren, Ashley	FR Mt. Carmel High School	1:09.80	1:10.37	D1C	3	
	33.52	1:10.37 (36.85)					
15	Obeji, Gabby	SR La Costa Canyon High School-CA	1:10.72	1:10.91		2	
	34.40	1:10.91 (36.51)					
16	Schmidt, Nicole	SO Rancho Bernardo High School	1:10.19	1:11.05		1	
	34.71	1:11.05 (36.34)					

Event 17 Girls 100 Yard Backstroke

Palomar Leag:	57.52	P 2006	Anna Pold	TPHS
CIFSDS:	56.38	C 2006	Kristen Fontana	Henry HS
	1:05.00	D2A		
	1:07.00	D1A		
	1:10.00	D2C		
	1:10.50	D1C		

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Preliminaries

1	Pold, Anna	JR Torrey Pines High School	58.14	59.61	D2A
---	------------	-----------------------------	-------	-------	-----

	29.27	59.61 (30.34)
--	-------	---------------

Preliminaries ... (Event 17 Girls 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

2	Loy, Kelsey	SO Torrey Pines High School	1:04.08	1:01.72	D2A
---	-------------	-----------------------------	---------	---------	-----

	30.46	1:01.72 (31.26)
--	-------	-----------------

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

3	Pham, Chi	Westview	1:03.35	1:02.48	D2A
	30.06	1:02.48 (32.42)			
4	Koonings, Jennifer	11 Poway High School	1:01.62	1:03.50	D2A
	31.56	1:03.50 (31.94)			
5	Barber, Emily	JR Mt. Carmel High School	1:05.40	1:03.87	D2A
	31.83	1:03.87 (32.04)			
6	Kragten, Kirsten	SO Mt. Carmel High School	1:03.54	1:04.14	D2A
	31.39	1:04.14 (32.75)			
7	Thornbrough, Lauren	JR Rancho Bernardo High School	1:03.04	1:04.90	D2A
	31.76	1:04.90 (33.14)			
8	Dorr, Wendy	FR Mt. Carmel High School	1:04.33	1:04.93	D2A
	31.43	1:04.93 (33.50)			
9	Papadopoulos, Helen	SO Torrey Pines High School	1:05.78	1:06.77	D1A
	32.35	1:06.77 (34.42)			
10	Winton, Caitlin	9 Poway High School	1:08.84	1:07.63	D2C
	33.47	1:07.63 (34.16)			
11	Nguyen, Nancy	FR Rancho Bernardo High School	1:07.69	1:07.76	D2C
	33.17	1:07.76 (34.59)			
12	Zaba, Camille	Westview	1:09.98	1:08.17	D2C
	32.96	1:08.17 (35.21)			
13	Peterson, Carly	11 Poway High School	1:09.06	1:09.14	D2C
	33.94	1:09.14 (35.20)			
14	Uren, Ashley	FR Mt. Carmel High School	1:10.22	1:09.80	D2C
	33.55	1:09.80 (36.25)			
15	Schmidt, Nicole	SO Rancho Bernardo High School	1:09.84	1:10.19	D1C
	33.94	1:10.19 (36.25)			
16	Obeji, Gabby	SR La Costa Canyon High School-CA	1:10.82	1:10.72	
	34.49	1:10.72 (36.23)			
17	Gilbert, Sarah	11 Poway High School	1:10.19	1:11.63	
	35.14	1:11.63 (36.49)			
18	Norton, Kelsie	FR La Costa Canyon High School-CA	1:13.44	1:12.26	
	35.55	1:12.26 (36.71)			
19	Brabyn, Caroline	SO La Costa Canyon High School-CA	1:14.52	1:12.81	
	35.46	1:12.81 (37.35)			

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007

Results

20	Plutchak, Diana		Westview	1:13.09	1:12.88	
	35.68	1:12.88 (37.20)				
21	Watry, Katey		Westview	1:14.54	1:13.95	
	35.69	1:13.95 (38.26)				
22	Kaplanek, Kelsey		SR La Costa Canyon High School-CA	1:12.97	1:15.06	
	36.39	1:15.06 (38.67)				
23	Lu, Shannon		SO Rancho Bernardo High School	1:15.43	1:17.51	
	38.05	1:17.51 (39.46)				
---	Heim, Rachel		Horizon	59.88	X59.46	D2A
	28.91	59.46 (30.55)				
---	Abshier, Kellianne		12 Santa Fe Christian	1:16.46	X1:15.81	
	37.65	1:15.81 (38.16)				
---	Blastos, Alix		9 Santa Fe Christian	1:17.62	X1:17.87	
	38.04	1:17.87 (39.83)				
---	Easton, Amanda		9 Santa Fe Christian	1:28.60	X1:30.90	
	42.35	1:30.90 (48.55)				

Event 18 Boys 100 Yard Backstroke

Palomar Leag:	52.29	P	2006	Jeff Giddens	LCC
CIFSDS:	50.23	C	1993	Cory Sinclair	PHS
	58.50	D1A			
	1:01.50	D2A			
	1:03.00	D1C			
	1:06.00	D2C			

	Name	Yr	School	Prelim Time	Finals Time	Points
A - Final						
1	Balch, Kevin	SR	Torrey Pines High School	55.20	53.47	D1A 20
	26.13	53.47 (27.34)				
2	Schwab, Daniel	10	Poway High School	55.54	54.91	D1A 17
	27.02	54.91 (27.89)				
3	Kerr, Justin		Westview	57.59	56.31	D1A 16
	27.82	56.31 (28.49)				
4	Zhu, Jimmy		Westview	57.15	56.71	D1A 15
	27.52	56.71 (29.19)				
5	Winton, Steve	11	Poway High School	59.18	59.19	D2A 14
	28.85	59.19 (30.34)				
6	Ferrill, Cabot	11	Poway High School	59.69	59.60	D2A 13
	29.06	59.60 (30.54)				
7	Hartman, Chris	JR	Rancho Bernardo High School	1:01.25	1:01.13	D2A 12

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

	30.05	1:01.13 (31.08)					
8	Vasko, Mike A	JR Mt. Carmel High School	1:00.95	1:01.82	D1C	11	
	29.62	1:01.82 (32.20)					
B - Final							
9	Swanepoel, Alec	SR Rancho Bernardo High School	1:01.37	1:00.80	D2A	9	
	29.56	1:00.80 (31.24)					
10	Chang, Alex	SO Torrey Pines High School	1:01.30	1:01.83	D1C	7	
	29.92	1:01.83 (31.91)					
11	Rock, Ryan	Westview	1:04.96	1:02.75	D1C	6	
	31.14	1:02.75 (31.61)					
12	Heise, Evan	FR Mt. Carmel High School	1:02.07	1:03.00	D1C	5	
	30.45	1:03.00 (32.55)					
13	Dashefsky, Michael	FR Torrey Pines High School	1:03.65	1:04.07	D2C	4	
	31.18	1:04.07 (32.89)					
14	Balch, John	SO Torrey Pines High School	1:05.01	1:04.64	D2C	3	
	31.67	1:04.64 (32.97)					
15	Waters, Matt	JR Mt. Carmel High School	1:06.76	1:06.07		2	
	31.12	1:06.07 (34.95)					
16	Nguyen, Johnny	JR Rancho Bernardo High School	1:07.10	1:07.29		1	
	32.75	1:07.29 (34.54)					

Event 18 Boys 100 Yard Backstroke

Palomar Leag:	52.29	P 2006	Jeff Giddens	LCC
CIFSDS:	50.23	C 1993	Cory Sinclair	PHS
	58.50	D1A		
	1:01.50	D2A		
	1:03.00	D1C		
	1:06.00	D2C		

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

Preliminaries

1	Balch, Kevin	SR Torrey Pines High School	54.84	55.20	D1A
---	--------------	-----------------------------	-------	-------	-----

27.23	55.20 (27.97)
-------	---------------

Preliminaries ... (Event 18 Boys 100 Yard Backstroke)

Name	Yr	School	Seed Time	Prelim Time
------	----	--------	-----------	-------------

2	Schwab, Daniel	10 Poway High School	56.25	55.54	D1A
---	----------------	----------------------	-------	-------	-----

27.39	55.54 (28.15)
-------	---------------

3	Zhu, Jimmy	Westview	58.27	57.15	D1A
---	------------	----------	-------	-------	-----

27.50	57.15 (29.65)
-------	---------------

4	Kerr, Justin	Westview	58.20	57.59	D1A
---	--------------	----------	-------	-------	-----

28.03	57.59 (29.56)
-------	---------------

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

5	Candelore, Tanner	SO	Rancho Bernardo High School	59.25	58.91	D2A
	29.13				58.91 (29.78)	
6	Winton, Steve	11	Poway High School	59.78	59.18	D2A
	28.68				59.18 (30.50)	
7	Ferrill, Cabot	11	Poway High School	58.55	59.69	D2A
	28.64				59.69 (31.05)	
8	Lowe, Evan	SR	La Costa Canyon High School-CA	1:00.66	1:00.60	D2A
	28.83				1:00.60 (31.77)	
9	Earnest, Joey		Westview	1:01.78	1:00.71	D2A
	29.06				1:00.71 (31.65)	
10	Vasko, Mike A	JR	Mt. Carmel High School	1:00.49	1:00.95	D2A
	29.30				1:00.95 (31.65)	
11	Hartman, Chris	JR	Rancho Bernardo High School	1:00.82	1:01.25	D2A
	29.76				1:01.25 (31.49)	
12	Chang, Alex	SO	Torrey Pines High School	1:01.43	1:01.30	D2A
	29.46				1:01.30 (31.84)	
13	Swanepoel, Alec	SR	Rancho Bernardo High School	1:01.91	1:01.37	D2A
	30.01				1:01.37 (31.36)	
14	Heise, Evan	FR	Mt. Carmel High School	1:05.82	1:02.07	D1C
	30.33				1:02.07 (31.74)	
15	Dashefsky, Michael	FR	Torrey Pines High School	1:02.42	1:03.65	D2C
	30.45				1:03.65 (33.20)	
16	Rock, Ryan		Westview	1:06.39	1:04.96	D2C
	32.72				1:04.96 (32.24)	
17	Balch, John	SO	Torrey Pines High School	1:04.94	1:05.01	D2C
	31.67				1:05.01 (33.34)	
18	Waters, Matt	JR	Mt. Carmel High School	1:07.00	1:06.76	
	31.64				1:06.76 (35.12)	
19	Nguyen, Johnny	JR	Rancho Bernardo High School	1:11.78	1:07.10	
	32.31				1:07.10 (34.79)	
20	Philip, Maxime	FR	La Costa Canyon High School-CA	1:09.34	1:09.92	
	32.93				1:09.92 (36.99)	
20	Paulson, Brandon	SO	La Costa Canyon High School-CA	1:08.00	1:09.92	
	34.37				1:09.92 (35.55)	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

22	Torres, Sal	11	Poway High School	NT	1:10.16	
	33.80	1:10.16 (36.36)				
23	Witt, Ted	JR	Mt. Carmel High School	1:13.83	1:11.38	
---	Robinson, Ryan	12	Santa Fe Christian	1:06.83	X1:05.01	D2C
	32.02	1:05.01 (32.99)				
---	Pullman, Kyle	10	Santa Fe Christian	1:07.33	X1:06.25	
	31.97	1:06.25 (34.28)				
---	Huffman, Austin	10	Santa Fe Christian	1:06.88	X1:07.12	
	33.20	1:07.12 (33.92)				

Event 19 Girls 100 Yard Breaststroke

Palomar Leag:	1:03.94	P 2005	Alexandra Ellis	WVHS
CIFSIDS:	1:01.77	C 1998	Staci Stitts	CHS
	1:14.00	D1A		
	1:14.50	D2A		
	1:18.10	D1C		
	1:19.00	D2C		

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1	Schmitt, Jessica	SO Torrey Pines High School	1:05.07	1:03.36P D1A	20
	30.19	1:03.36 (33.17)			
2	Gentes, Jacquelyn V	FR Mt. Carmel High School	1:12.16	1:12.35 D1A	17
	33.68	1:12.35 (38.67)			
3	Smyth, Danielle	SO Rancho Bernardo High School	1:12.19	1:12.46 D1A	16
	33.83	1:12.46 (38.63)			
4	Pietrzyk, Amber	FR Rancho Bernardo High School	1:13.51	1:13.06 D1A	15
	34.54	1:13.06 (38.52)			
5	Quach, Justine	Westview	1:13.54	1:13.22 D1A	14
	34.31	1:13.22 (38.91)			
6	Ryder, Jessica	JR Mt. Carmel High School	1:13.40	1:14.56 D1C	13
	33.94	1:14.56 (40.62)			
7	Erazo, Holly	Westview	1:14.35	1:15.40 D1C	12
	35.60	1:15.40 (39.80)			
8	Jones, Shelby	FR Mt. Carmel High School	1:14.13	1:16.67 D1C	11
	36.00	1:16.67 (40.67)			
B - Final					
9	Hartwell, Aimee	SR Torrey Pines High School	1:14.39	1:11.51 D1A	9
	33.86	1:11.51 (37.65)			
10	Lawless, Lindsey	11 Poway High School	1:14.77	1:13.76 D1A	7

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

11	Tang, Ashley	34.69	1:13.76 (39.07)	Westview	1:14.67	1:15.43	D1C	6
12	Piarino, Alexandra	35.62	1:15.43 (39.81)	JR Torrey Pines High School	1:16.62	1:15.44	D1C	5
13	Reilly, Allie M	35.58	1:15.44 (39.86)	JR Mt. Carmel High School	1:16.78	1:16.06	D1C	4
14	Rusk, Jenny	35.13	1:16.06 (40.93)	FR Rancho Bernardo High School	1:15.96	1:16.44	D1C	3
15	Pence, Hiedi	36.55	1:16.44 (39.89)	Westview	1:16.19	1:16.54	D1C	2
16	Brabyn, Jackie	35.95	1:16.54 (40.59)	SR La Costa Canyon High School-CA	1:14.77	1:16.64	D1C	1
		36.16	1:16.64 (40.48)					

Event 19 Girls 100 Yard Breaststroke

Palomar Leag:	1:03.94	P 2005	Alexandra Ellis	WVHS
CIFSDS:	1:01.77	C 1998	Staci Stitts	CHS
	1:14.00	D1A		
	1:14.50	D2A		
	1:18.10	D1C		
	1:19.00	D2C		

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1	Schmitt, Jessica	SO Torrey Pines High School	1:04.83	1:05.07	D1A

Preliminaries ... (Event 19 Girls 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time	
2	Gentes, Jacquelyn V	FR Mt. Carmel High School	1:12.94	1:12.16	D1A
3	Smyth, Danielle	SO Rancho Bernardo High School	1:11.82	1:12.19	D1A
4	Ryder, Jessica	JR Mt. Carmel High School	1:16.54	1:13.40	D1A
5	Pietrzyk, Amber	FR Rancho Bernardo High School	1:14.07	1:13.51	D1A
6	Quach, Justine	Westview	1:14.19	1:13.54	D1A
7	Jones, Shelby	FR Mt. Carmel High School	1:17.02	1:14.13	D2A
8	Erazo, Holly	Westview	1:14.79	1:14.35	D2A

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

	35.16	1:14.35 (39.19)			
9	Hartwell, Aimee	SR Torrey Pines High School	1:14.42	1:14.39	D2A
	35.50	1:14.39 (38.89)			
10	Tang, Ashley	Westview	1:15.70	1:14.67	D1C
	35.51	1:14.67 (39.16)			
11	Brabyn, Jackie	SR La Costa Canyon High School-CA	1:15.35	1:14.77	D1C
	35.32	1:14.77 (39.45)			
11	Lawless, Lindsey	11 Poway High School	1:13.47	1:14.77	D1C
	35.77	1:14.77 (39.00)			
13	Rusk, Jenny	FR Rancho Bernardo High School	1:15.35	1:15.96	D1C
	35.83	1:15.96 (40.13)			
14	Pence, Hiedi	Westview	1:16.53	1:16.19	D1C
	35.89	1:16.19 (40.30)			
15	Piarino, Alexandra	JR Torrey Pines High School	1:17.79	1:16.62	D1C
	35.90	1:16.62 (40.72)			
16	Reilly, Allie M	JR Mt. Carmel High School	1:16.71	1:16.78	D1C
	35.67	1:16.78 (41.11)			
17	Ruppert, Ashley	10 Poway High School	1:18.46	1:18.86	D2C
	37.11	1:18.86 (41.75)			
18	Gibson, Malia	SO Rancho Bernardo High School	1:21.00	1:21.83	
	38.82	1:21.83 (43.01)			
19	Samson, Ruth	9 Poway High School	1:21.97	1:22.52	
	38.18	1:22.52 (44.34)			
20	Chappell, Ashley	SR La Costa Canyon High School-CA	1:26.64	1:23.61	
	39.41	1:23.61 (44.20)			
21	Jayne, Marika	FR La Costa Canyon High School-CA	1:25.63	1:26.74	
	39.97	1:26.74 (46.77)			
---	Defrank, Haylie	9 Santa Fe Christian	1:24.41	X1:26.34	
	40.65	1:26.34 (45.69)			
---	Cheatum, Caroline	11 Santa Fe Christian	1:38.32	X1:43.26	
	47.49	1:43.26 (55.77)			

Event 20 Boys 100 Yard Breaststroke

Palomar Leag:	58.58	P 1999	Quentin Byma	RBVHS
CIFSDS:	56.38	C 1999	Quentin Byma	RBVHS
	1:07.00	D2A		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results****1:07.00 D1A****1:11.00 D1C****1:12.00 D2C**

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Giddens, Jay	JR	La Costa Canyon High School-CA	1:01.32	1:00.78 D2A	20
	28.72	1:00.78 (32.06)			
2 Miller, Cody	JR	Torrey Pines High School	1:01.44	1:01.19 D2A	17
	29.17	1:01.19 (32.02)			
3 Dierkhising, Joe O	SR	Mt. Carmel High School	1:03.78	1:03.27 D2A	16
	29.24	1:03.27 (34.03)			
4 Garretson, Bryant	12	Poway High School	1:03.68	1:03.45 D2A	15
	29.22	1:03.45 (34.23)			
5 Chard, Thomas	JR	Rancho Bernardo High School	1:02.44	1:03.65 D2A	14
	29.54	1:03.65 (34.11)			
6 Bahmani Pour, Jobin	SO	Rancho Bernardo High School	1:03.64	1:04.34 D2A	13
	29.96	1:04.34 (34.38)			
7 Kafka, Chris	FR	Torrey Pines High School	1:06.43	1:06.06 D2A	12
	30.56	1:06.06 (35.50)			
8 Duan, Peter	SR	Mt. Carmel High School	1:06.68	1:06.51 D2A	11
	31.06	1:06.51 (35.45)			
B - Final					
9 Rath, Andrew	11	Poway High School	1:06.75	1:07.87 D1C	9
	31.62	1:07.87 (36.25)			
10 Bruner, Matt	JR	Rancho Bernardo High School	1:07.51	1:08.00 D1C	7
	32.37	1:08.00 (35.63)			
11 Chen, Albert	JR	Torrey Pines High School	1:09.21	1:08.40 D1C	6
	32.51	1:08.40 (35.89)			
12 Nguyen, Ricky	JR	Rancho Bernardo High School	1:09.82	1:09.42 D1C	5
	32.75	1:09.42 (36.67)			
13 Barker, Cory		Westview	1:09.59	1:09.93 D1C	4
	32.70	1:09.93 (37.23)			
14 Holland, Jaromy		Westview	1:11.14	1:09.98 D1C	3
	33.36	1:09.98 (36.62)			
15 Clermont, Matt	JR	La Costa Canyon High School-CA	1:10.20	1:10.14 D1C	2
	32.81	1:10.14 (37.33)			
16 Lam, Jacob		Westview	1:10.08	1:11.98 D2C	1
	34.14	1:11.98 (37.84)			

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

Event 20 Boys 100 Yard Breaststroke

Palomar Leag:	58.58	P	1999	Quentin Byma	RBVHS
CIFSDS:	56.38	C	1999	Quentin Byma	RBVHS
	1:07.00	D2A			
	1:07.00	D1A			
	1:11.00	D1C			
	1:12.00	D2C			

Name	Yr	School	Seed Time	Prelim Time	
Preliminaries					
1 Giddens, Jay	JR	La Costa Canyon High School-CA	1:00.20	1:01.32	D2A

29.19 1:01.32 (32.13)

Preliminaries ... (Event 20 Boys 100 Yard Breaststroke)

Name	Yr	School	Seed Time	Prelim Time	
2 Miller, Cody	JR	Torrey Pines High School	1:01.08	1:01.44	D2A
	29.26	1:01.44 (32.18)			
3 Chard, Thomas	JR	Rancho Bernardo High School	1:03.71	1:02.44	D2A
	29.52	1:02.44 (32.92)			
4 Bahmani Pour, Jobin	SO	Rancho Bernardo High School	1:03.32	1:03.64	D2A
	29.38	1:03.64 (34.26)			
5 Garretson, Bryant	12	Poway High School	1:04.73	1:03.68	D2A
	33.98	1:03.68 (29.70)			
6 Dierkhising, Joe O	SR	Mt. Carmel High School	1:03.32	1:03.78	D2A
	33.93	1:03.78 (29.85)			
7 Kafka, Chris	FR	Torrey Pines High School	1:05.27	1:06.43	D2A
	32.55	1:06.43 (33.88)			
8 Duan, Peter	SR	Mt. Carmel High School	1:09.87	1:06.68	D2A
	33.46	1:06.68 (33.22)			
9 Rath, Andrew	11	Poway High School	1:14.02	1:06.75	D2A
	34.54	1:06.75 (32.21)			
10 Bruner, Matt	JR	Rancho Bernardo High School	1:08.77	1:07.51	D1C
	36.96	1:07.51 (30.55)			
11 Chen, Albert	JR	Torrey Pines High School	1:08.47	1:09.21	D1C
	31.90	1:09.21 (37.31)			
12 Barker, Cory		Westview	1:08.86	1:09.59	D1C
	32.72	1:09.59 (36.87)			
13 Nguyen, Ricky	JR	Rancho Bernardo High School	1:10.51	1:09.82	D1C
	33.52	1:09.82 (36.30)			
14 Lam, Jacob		Westview	1:12.41	1:10.08	D1C

**Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results**

15	Clermont, Matt	34.17	1:10.08 (35.91)	JR La Costa Canyon High School-CA	1:09.67	1:10.20	D1C
16	Holland, Jaromy	30.99	1:10.20 (39.21)	Westview	1:13.39	1:11.14	D2C
17	Saito, Daichi			FR Torrey Pines High School	1:09.50	1:11.34	D2C
18	Condon, Brandon			SO La Costa Canyon High School-CA	1:10.24	1:11.44	D2C
19	Anderegg, Loic			FR Mt. Carmel High School	1:18.04	1:12.87	
20	Jensen, Josh	33.98	1:12.87 (38.89)	10 Poway High School	1:15.22	1:12.98	
21	Rhee, Austin	35.03	1:12.98 (37.95)	11 Poway High School	1:16.73	1:13.58	
22	Cunha, Brenden	33.93	1:13.58 (39.65)	Westview	1:14.03	1:15.03	
23	Paulson, Nathan			JR La Costa Canyon High School-CA	1:16.13	1:16.55	
---	Moser, Mike	36.04	1:16.55 (40.51)	11 Santa Fe Christian	1:09.09	X1:09.27	D1C
---	Tower, Jared	33.39	1:09.27 (35.88)	9 Santa Fe Christian	1:16.42	X1:15.92	
---	Huffman, Ryan			10 Santa Fe Christian	1:18.20	X1:18.00	
		36.96	1:18.00 (41.04)				

Event 21 Girls 400 Yard Freestyle Relay

Palomar Leag: 3:32.31 P 2006 Torrey Pines High School
 CIFSDS: 3:30.51 C 2003 Rancho Bernardo High School
 H.McClurg,J.Trescott,T.Brown,J.Wesley
 3:59.00 D1A
 4:00.00 D2A
 4:25.00 D1C
 4:35.00 D2C

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Torrey Pines High School	A	3:52.17	3:31.68P D1A	40
		26.37 54.42 (54.42) 1:20.31 (25.89) 1:48.11 (53.69)		
2 Mt. Carmel High School	A	4:12.20	3:44.47 D1A	34
		2:13.07 (24.96) 2:40.29 (52.18) 3:04.92 (24.63) 3:31.68 (51.39)		
1) Evans, Vanessa L SO	2) Schmidbauer, Janessa JR	3) Spence, Dani L SO	4) Ettelson, Hayley C SR	
27.44	57.21 (57.21) 1:24.76 (27.55)	1:54.75 (57.54)		

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

3	Poway High School	A	2:21.70 (26.95) 2:50.35 (55.60) 3:16.08 (25.73) 3:44.47 (54.12) 3:56.57	3:51.99 D1A	32
	1) Winton, Caitlin 9 28.70 2:28.61 (27.77)		2) Daley, Lauren 10 59.75 (59.75) 1:28.49 (28.74) 2:58.58 (57.74) 3:24.34 (25.76)		
			3) Koonings, Jennifer 11 2:00.84 (1:01.09) 3:51.99 (53.41)		
			4) Casciari, Bianca 11 3:52.72	3:52.48 D1A	30
4	Westview	A	1) Lui, Olivia 28.05 2:25.81 (27.72)		
			2) Quach, Amy 59.21 (59.21) 2:56.67 (58.58)		
			3) Le, Jessica 1:27.19 (27.98) 3:22.94 (26.27)		
			4) Pham, Chi 1:58.09 (58.88) 3:52.48 (55.81)	4:05.51 D1C	28
5	Rancho Bernardo High School	A	1) Seikkula, Samantha JR 30.12 2:33.72 (28.86)		
			2) Lu, Sirena SO 1:04.43 (1:04.43) 3:04.84 (59.98)		
			3) Nokes, Heather SO 1:33.23 (28.80) 3:33.97 (29.13)		
			4) Nguyen, Nancy FR 2:04.86 (1:00.43) 4:05.51 (1:00.67)	4:14.48 D1C	26
			30.62 2:40.17 (31.16)	1:06.30 (1:06.30) 3:13.63 (1:04.62)	1:35.91 (29.61) 3:42.78 (29.15)
			2:09.01 (1:02.71) 4:14.48 (1:00.85)		
B - Final					
9	Torrey Pines High School	B	4:20.16	3:50.20 D1A	18
	26.95 2:22.49 (28.24)		55.75 (55.75) 2:53.23 (58.98)		
			1:23.79 (28.04) 3:20.80 (27.57)		
			1:54.25 (58.50) 3:50.20 (56.97)		
10	Mt. Carmel High School	B	4:25.92	3:59.58 D2A	14
	1) Webb, Christina SO 27.79 2:27.74 (29.96)		2) Quigley, Kelsey M JR 58.70 (58.70) 2:59.19 (1:01.41)		
			3) Kragten, Kirsten SO 1:27.27 (28.57) 3:27.31 (28.12)		
			4) Bigbie, Erika SR 1:57.78 (59.08) 3:59.58 (1:00.39)	4:05.20 D1C	12
11	Westview	B	4:05.08		
	1) Arredondo, Brandy 28.57 2:31.48 (29.86)		2) Schwartz, Rachael 1:00.13 (1:00.13) 3:04.08 (1:02.46)		
			3) Plutchak, Diana 1:29.64 (29.51) 3:33.51 (29.43)		
			4) Quach, Justine 2:01.62 (1:01.49) 4:05.20 (1:01.12)	4:15.39 D1C	10
12	Rancho Bernardo High School	B	4:10.54		
	1) Winders, Tabitha SR 29.86 2:35.59 (30.59)		2) Schmidt, Nicole SO 1:02.09 (1:02.09) 3:09.89 (1:04.89)		
			3) Crosby, Jackie SR 1:32.24 (30.15) 3:40.95 (31.06)		
			4) Thoreson, Katrina JR 2:05.00 (1:02.91) 4:15.39 (1:05.50)	4:19.04 D1C	8
13	Poway High School	B	4:18.36		
	1) Gilbert, Sarah 11 30.78 2:39.33 (31.70)		2) Villa, Cat 9 1:05.24 (1:05.24) 3:15.20 (1:07.57)		
			3) Peterson, Carly 11 1:34.72 (29.48) 3:45.20 (30.00)		
			4) Papet, Marilyn 10 2:07.63 (1:02.39) 4:19.04 (1:03.84)	4:27.45 D2C	6
14	La Costa Canyon High School	B	4:28.23		
	31.99 3:21.72 (34.72)		1:06.97 (1:06.97) 3:53.14 (1:06.14)		
			2:14.23 (1:07.26) 4:27.45 (34.31)		
			2:47.00 (1:40.03)		

Event 21 Girls 400 Yard Freestyle Relay

Palomar Leag: 3:32.31 P 2006

CIFSDS: 3:30.51 C 2003

Torrey Pines High School

Rancho Bernardo High School

H.McClurg,J.Trescott,T.Brown,J.Wesley

3:59.00 D1A

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results****4:00.00 D2A****4:25.00 D1C****4:35.00 D2C**

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Torrey Pines High School	A	3:33.60	3:52.17 D1A
1) Zhang, Adele SR 27.51	2) Pold, Anna JR 56.92 (56.92)	3) Hermann, Linda SR 1:24.89 (27.97)	4) Schmitt, Jessica SO 1:55.07 (58.15)
2:23.10 (28.03)	2:53.28 (58.21)	3:21.76 (28.48)	3:52.17 (58.89)
2 Westview	A	3:54.33	3:52.72 D1A
1) Lui, Olivia 28.04	2) Quach, Amy 59.02 (59.02)	3) Le, Jessica 1:26.43 (27.41)	4) Pham, Chi 1:57.27 (58.25)
2:25.18 (27.91)	2:56.90 (59.63)	3:23.01 (26.11)	3:52.72 (55.82)
3 Poway High School	A	3:57.02	3:56.57 D1A
1) Winton, Caitlin 9 29.04	2) Daley, Lauren 10 1:00.49 (1:00.49)	3) Koonings, Jennifer 11 1:29.57 (29.08)	4) Casciari, Bianca 11 2:01.99 (1:01.50)
2:29.98 (27.99)	3:00.88 (58.89)	3:27.07 (26.19)	3:56.57 (55.69)
4 Westview	B	4:11.28	4:05.08 D1C
1) Arredondo, Brandy 33.98	2) Schwartz, Rachael 4:05.08 (4:05.08)	3) Plutchak, Diana	4) Quach, Justine
5 Rancho Bernardo High School	A	3:55.92	4:05.59 D1C
1) Seikkula, Samantha JR 29.55	2) Lu, Sirena SO 1:02.43 (1:02.43)	3) Nokes, Heather SO 1:32.00 (29.57)	4) Nguyen, Nancy FR 2:04.32 (1:01.89)
2:33.59 (29.27)	3:05.39 (1:01.07)	3:34.24 (28.85)	4:05.59 (1:00.20)
6 Rancho Bernardo High School	B	4:05.98	4:10.54 D1C
1) Winders, Tabitha SR 36.96	2) Schmidt, Nicole SO 4:10.54 (4:10.54)	3) Crosby, Jackie SR	4) Thoreson, Katrina JR
7 Mt. Carmel High School	A	4:10.00	4:12.20 D1C
1) Evans, Vanessa L SO 30.70	2) Schmidbauer, Janessa JR 1:03.86 (1:03.86)	3) Spence, Dani L SO 1:33.54 (29.68)	4) Ettelson, Hayley C SR 2:06.71 (1:02.85)
2:38.00 (31.29)	3:11.81 (1:05.10)	3:40.58 (28.77)	4:12.20 (1:00.39)
8 La Costa Canyon High School	A	4:22.88	4:17.40 D1C
29.14	1:01.43 (1:01.43)	1:31.17 (29.74)	2:04.90 (1:03.47)
2:35.78 (30.88)	3:09.43 (1:04.53)	3:41.06 (31.63)	4:17.40 (1:07.97)
9 Poway High School	B	4:15.19	4:18.36 D1C
1) Gilbert, Sarah 11	2) Villa, Cat 9	3) Peterson, Carly 11	4) Papet, Marilyn 10
10 Torrey Pines High School	B	3:50.12	4:20.16 D1C
1) Dodd, Stephanie JR 33.93	2) Chucholowski, Amelia SR 4:20.16 (4:20.16)	3) Auwarter, Christine SO	4) Wimer, Murphy SR
11 Mt. Carmel High School	B	4:25.00	4:25.92 D2C
1) Webb, Christina SO	2) Quigley, Kelsey M JR	3) Kragten, Kirsten SO	4) Bigbie, Erika SR
12 La Costa Canyon High School	B	NT	4:28.23 D2C

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007
Results

Event 22 Boys 400 Yard Freestyle Relay

Palomar Leag: 3:16.98 P 2006 **La Costa Canyon**
CIFSDS: 3:08.91 C 1993 **MCHS**
3:33.00 D1A
3:37.00 D2A
3:54.00 D1C
4:00.00 D2C

Team	Relay	Prelim Time	Finals Time	Points
A - Final				
1 Westview	A	3:21.02	3:17.56 D1A	40
1) Sullivan, Ryan	2) Rancourt, Chris	3) Zhu, Jimmy	4) Kerr, Justin	
24.56	51.66 (51.66)	1:14.59 (22.93)	1:41.56 (49.90)	
2:04.55 (22.99)	2:30.04 (48.48)	2:52.67 (22.63)	3:17.56 (47.52)	
2 Poway High School	A	3:23.96	3:19.85 D1A	34
1) Weeks, Kyle 11	2) Brandalise, Caleb 10	3) Schwab, Daniel 10	4) Stavros, Ian 11	
24.32	49.49 (49.49)	1:13.60 (24.11)	1:40.27 (50.78)	
2:04.51 (24.24)	2:30.58 (50.31)	2:54.40 (23.82)	3:19.85 (49.27)	
3 Torrey Pines High School	A	3:29.75	3:22.31 D1A	32
25.21	51.48 (51.48)	1:15.81 (24.33)	1:42.50 (51.02)	
2:06.70 (24.20)	2:33.59 (51.09)	2:56.84 (23.25)	3:22.31 (48.72)	
4 Mt. Carmel High School	A	3:38.09	3:24.11 D1A	30
1) Dorr, Scott JR	2) Nathanson, Anton JR	3) Vasko, Mike A JR	4) VanderLinde, Harrison J SO	
24.41	51.47 (51.47)	1:15.50 (24.03)	1:42.60 (51.13)	
2:06.65 (24.05)	2:33.73 (51.13)	2:57.36 (23.63)	3:24.11 (50.38)	
5 Rancho Bernardo High School	A	3:25.23	3:26.01 D1A	28
1) Krause, Ryan JR	2) Bahmani Pour, Jobin SO	3) Theophilo, Claudio JR	4) Chard, Thomas JR	
23.06	48.37 (48.37)	1:13.93 (25.56)	1:42.30 (53.93)	
2:06.88 (24.58)	2:34.20 (51.90)	2:59.05 (24.85)	3:26.01 (51.81)	
6 La Costa Canyon High School	A	3:36.74	3:33.65 D2A	26
26.12	54.98 (54.98)	1:19.89 (24.91)	1:47.30 (52.32)	
2:13.42 (26.12)	2:43.04 (55.74)	3:06.83 (23.79)	3:33.65 (50.61)	
B - Final				
9 Poway High School	B	3:30.98	3:28.99 D1A	18
1) Caldwell, Tony 9	2) Healy, Jeff 12	3) Zdvorak, Nick 11	4) Evans, Kyle 9	
25.58	53.27 (53.27)	1:18.35 (25.08)	1:45.94 (52.67)	
2:10.73 (24.79)	2:38.14 (52.20)	3:02.36 (24.22)	3:28.99 (50.85)	
10 Mt. Carmel High School	B	3:43.99	3:30.65 D1A	14
1) Grimshaw, Jesse SR	2) Duan, Peter SR	3) Dierkhising, Joe O SR	4) Nowak, Patrick SO	
25.71	53.40 (53.40)	1:19.12 (25.72)	1:47.10 (53.70)	
2:11.84 (24.74)	2:39.04 (51.94)	3:03.97 (24.93)	3:30.65 (51.61)	
11 Westview	B	3:38.07	3:33.89 D2A	12
1) Wertz, Kyle	2) Rew, Curtis	3) Syka, Luke	4) Holland, Jaromy	
26.17	53.36 (53.36)	1:19.28 (25.92)	1:46.99 (53.63)	

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

2:12.50 (25.51)	2:41.06 (54.07)	3:06.38 (25.32)	3:33.89 (52.83)			
12 Rancho Bernardo High School	B		3:49.30	3:45.63	D1C	10
1) Asfazadour, Warren FR	2) Hartman, Chris JR	3) Nguyen, Ricky JR	4) Huang, Brian JR			
27.55	56.65 (56.65)	1:24.16 (27.51)	1:54.24 (57.59)			
2:19.62 (25.38)	2:48.77 (54.53)	3:15.69 (26.92)	3:45.63 (56.86)			
13 La Costa Canyon High School	B		4:06.11	3:57.52	D2C	8
28.61	1:00.54 (1:00.54)	1:28.80 (28.26)	2:00.29 (59.75)			
2:28.59 (28.30)	3:01.22 (1:00.93)	3:27.85 (26.63)	3:57.52 (56.30)			
--- Torrey Pines High School	B		3:40.00		DQ	
25.55	54.39 (54.39)	1:20.37 (25.98)	1:48.56 (54.17)			
2:14.54 (25.98)	2:43.29 (54.73)	3:09.03 (25.74)	DQ (53.67)			

Event 22 Boys 400 Yard Freestyle Relay

Palomar Leag:	3:16.98 P 2006	La Costa Canyon
CIFSDS:	3:08.91 C 1993	MCHS
	3:33.00 D1A	
	3:37.00 D2A	
	3:54.00 D1C	
	4:00.00 D2C	

Team	Relay	Seed Time	Prelim Time
Preliminaries			
1 Westview	A	3:24.11	3:21.02 D1A
1) Sullivan, Ryan	2) Rancourt, Chris	3) Zhu, Jimmy	4) Kerr, Justin
24.92	51.82 (51.82)	1:15.25 (23.43)	1:42.51 (50.69)
2:06.32 (23.81)	2:31.75 (49.24)	2:55.03 (23.28)	3:21.02 (49.27)
2 Poway High School	A	3:23.59	3:23.96 D1A
1) Weeks, Kyle 11	2) Brandalise, Caleb 10	3) Schwab, Daniel 10	4) Stavros, Ian 11
24.97	51.64 (51.64)	1:15.30 (23.66)	1:40.99 (49.35)
2:06.23 (25.24)	2:33.29 (52.30)	2:57.66 (24.37)	3:23.96 (50.67)
3 Rancho Bernardo High School	A	3:27.61	3:25.23 D1A
1) Krause, Ryan JR	2) Bahmani Pour, Jobin SO	3) Theophilo, Claudio JR	4) Chard, Thomas JR
23.27	49.60 (49.60)	1:14.12 (24.52)	1:41.24 (51.64)
2:06.14 (24.90)	2:33.68 (52.44)	2:58.61 (24.93)	3:25.23 (51.55)
4 Torrey Pines High School	A	3:22.71	3:29.75 D1A
1) Miller, Cody JR	2) Gerber, Colin SR	3) Paris, Zachary SR	4) Balch, Kevin SR
25.50	53.50 (53.50)	1:17.95 (24.45)	1:44.81 (51.31)
2:09.87 (25.06)	2:37.43 (52.62)	3:02.37 (24.94)	3:29.75 (52.32)
5 Poway High School	B	3:33.63	3:30.98 D1A
1) Caldwell, Tony 9	2) Healy, Jeff 12	3) Zdvorak, Nick 11	4) Evans, Kyle 9
25.55	53.12 (53.12)	1:18.62 (25.50)	1:46.08 (52.96)
2:11.67 (25.59)	2:39.24 (53.16)	3:03.39 (24.15)	3:30.98 (51.74)
6 La Costa Canyon High School	A	3:28.08	3:36.74 D2A
1) Treiber, Jeff JR	2) Domenie, Derek SR	3) Clermont, Matt JR	4) Giddens, Jay JR
24.94	53.58 (53.58)	1:19.15 (25.57)	1:47.58 (54.00)
2:14.99 (27.41)	2:46.06 (58.48)	3:09.93 (23.87)	3:36.74 (50.68)

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

7	Westview	B	3:36.11	3:38.07	D1C
	1) Wertz, Kyle	2) Rew, Curtis	3) Syka, Luke	4) Holland, Jaromy	
	25.82	53.58 (53.58)	1:18.99 (25.41)	1:46.97 (53.39)	
	2:13.33 (26.36)	2:41.79 (54.82)	3:08.73 (26.94)	3:38.07 (56.28)	
8	Mt. Carmel High School	A	3:27.65	3:38.09	D1C
	1) Dorr, Scott JR	2) Nathanson, Anton JR	3) Vasko, Mike A JR	4) VanderLinde, Harrison J SO	
	26.05	54.91 (54.91)	1:20.42 (25.51)	1:48.60 (53.69)	
	2:13.90 (25.30)	2:42.56 (53.96)	3:08.52 (25.96)	3:38.09 (55.53)	
9	Torrey Pines High School	B	3:32.00	3:40.00	D1C
	1) Miller, Tanner FR	2) Saito, Daichi FR		4) Moore, Austin SO	
	25.98	54.83 (54.83)	1:21.69 (26.86)	1:51.29 (56.46)	
	2:18.01 (26.72)	2:47.12 (55.83)	3:12.58 (25.46)	3:40.00 (52.88)	
10	Mt. Carmel High School	B	NT	3:43.99	D1C
	1) Grimshaw, Jesse SR	2) Duan, Peter SR	3) Dierkhising, Joe O SR	4) Nowak, Patrick SO	
	26.65	56.39 (56.39)	1:22.74 (26.35)	1:52.09 (55.70)	
	2:19.09 (27.00)	2:47.33 (55.24)	3:14.09 (26.76)	3:43.99 (56.66)	
11	Rancho Bernardo High School	B	3:40.92	3:49.30	D1C
	1) Asfazadour, Warren FR	2) Hartman, Chris JR	3) Nguyen, Ricky JR	4) Huang, Brian JR	
	27.55	58.84 (58.84)	1:26.37 (27.53)	1:56.81 (57.97)	
	2:23.46 (26.65)	2:54.17 (57.36)	3:20.39 (26.22)	3:49.30 (55.13)	

Preliminaries ... (Event 22 Boys 400 Yard Freestyle Relay)

Team	Relay	Seed Time	Prelim Time
12 La Costa Canyon High School	B	NT	4:06.11
		29.61	1:03.47 (1:03.47)
		1:32.94 (29.47)	2:05.79 (1:02.32)
		2:33.74 (27.95)	3:06.98 (1:01.19)
		3:35.75 (28.77)	4:06.11 (59.13)
--- Santa Fe Christian	A	3:35.69	X3:44.35 D1C
		26.55	54.74 (54.74)
		1:21.26 (26.52)	1:50.81 (56.07)
		2:18.75 (27.94)	2:48.41 (57.60)
		3:14.91 (26.50)	3:44.35 (55.94)
--- Santa Fe Christian	B	4:03.66	X3:58.34 D2C
		27.43	57.96 (57.96)
		1:27.81 (29.85)	2:01.33 (1:03.37)
		2:29.52 (28.19)	3:00.18 (58.85)
		3:28.23 (28.05)	3:58.34 (58.16)

Event 23 Girls 1 mtr Diving

Palomar Leag:	436.45	P	2005	Meghan Proehl	RBHS
CIFSDS:	450.85	C	1999	Kristen Walls	Coro HS
Name	Yr	School	Prelim Score	Finals Score	Points

A - Final

1	Sanford, Laura	SR	Torrey Pines High School	1.00	447.10P	20
2	Ardecky, Jessica	JR	La Costa Canyon High School-CA	1.00	329.95	17
3	Pasek, Erin	SR	Rancho Bernardo High School	1.00	315.95	16
4	Rogers, Allison	SO	Mt. Carmel High School	1.00	263.20	15

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

5	Sanscartier, Candice	SO	Rancho Bernardo High School	1.00	261.00	14
6	Allen, Margaret		Westview	1.00	247.85	13
7	Tentschert, Danielle		Westview	1.00	240.50	12
8	Harrington, Abby	JR	Rancho Bernardo High School	1.00	238.35	11
9	Li, Legarlin		Westview	1.00	223.95	9
10	Shyu, Caroline	SR	Mt. Carmel High School	1.00	219.60	7
11	Shyu, Sandy	FR	Mt. Carmel High School	1.00	209.60	6
12	Levy, Margot	FR	Torrey Pines High School	1.00	194.45	5
13	Martin, Alicia		Westview	1.00	182.75	4

Event 23 Girls 1 mtr Diving

Palomar Leag: 436.45 P 2005

CIFSDS: 450.85 C 1999

Meghan Proehl

Kristen Walls

RBHS

Coro HS

Name

Yr School

Prelim Score

Preliminaries

1	Tentschert, Danielle		Westview	277.50	1.00
1	Li, Legarlin		Westview	219.65	1.00
1	Allen, Margaret		Westview	289.30	1.00
1	Martin, Alicia		Westview	165.50	1.00
1	Sanscartier, Candice	SO	Rancho Bernardo High School	NT	1.00
1	Price, Brittany	JR	Rancho Bernardo High School	NT	1.00
1	Pasek, Erin	SR	Rancho Bernardo High School	NT	1.00
1	Harrington, Abby	JR	Rancho Bernardo High School	NT	1.00
1	Shyu, Caroline	SR	Mt. Carmel High School	137.70	1.00
1	McClintick, Serena	FR	Mt. Carmel High School	123.15	1.00
1	Ardecky, Jessica	JR	La Costa Canyon High School-CA	191.25	1.00
1	Rogers, Allison	SO	Mt. Carmel High School	284.70	1.00
1	Sanford, Laura	SR	Torrey Pines High School	NT	1.00
1	Levy, Margot	FR	Torrey Pines High School	NT	1.00

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

1	Shyu, Sandy	FR	Mt. Carmel High School	123.15	1.00
---	-------------	----	------------------------	--------	------

Event 24 Boys 1 mtr Diving

Palomar Leag: 411.90 P 2003

CIFSDS: 566.76 C 1977

Dustin Watson

Greg Louganis

PHS

VHS

Name	Yr	School	Prelim Score	Finals Score	Points
------	----	--------	--------------	--------------	--------

A - Final

1	Walwick, Cody		Westview	1.00	340.15	20
2	Cowger, Corey	JR	Rancho Bernardo High School	1.00	338.70	17
3	Roessler, Kevin	SO	Rancho Bernardo High School	1.00	253.40	16
4	Joyner, Garrett	SR	Mt. Carmel High School	1.00	251.30	15
5	Urnezis, Josh	FR	Rancho Bernardo High School	1.00	250.70	14
6	Noz, Chris	JR	Rancho Bernardo High School	1.00	244.15	13
7	Balcom, Ryan	11	Poway High School	1.00	243.60	12
8	Galvin, Patrick	FR	Torrey Pines High School	1.00	235.30	11
9	Moore, Jarred	FR	Torrey Pines High School	1.00	230.95	9
10	Drubich, Steven	JR	Mt. Carmel High School	1.00	223.45	7
11	Fanshier, Kevin		Westview	1.00	211.75	6
12	Baits, David	10	Poway High School	1.00	173.80	5

Event 24 Boys 1 mtr Diving

Palomar Leag: 411.90 P 2003

CIFSDS: 566.76 C 1977

Dustin Watson

Greg Louganis

PHS

VHS

Name	Yr	School	Prelim Score
------	----	--------	--------------

Preliminaries

1	Motevasselani, Cameron		Westview	219.65	1.00
1	Cowger, Corey	JR	Rancho Bernardo High School	NT	1.00
1	Walwick, Cody		Westview	312.85	1.00
1	Fanshier, Kevin		Westview	224.10	1.00
1	Roessler, Kevin	SO	Rancho Bernardo High School	NT	1.00
1	Urnezis, Josh	FR	Rancho Bernardo High School	NT	1.00
1	Noz, Chris	JR	Rancho Bernardo High School	NT	1.00

Palomar League Championships 2007 - 5/10/2007 to 5/12/2007**Results**

1	Drubich, Steven	JR	Mt. Carmel High School	233.65	1.00
1	Baits, David	10	Poway High School	101.03	1.00
1	Joyner, Garrett	SR	Mt. Carmel High School	271.90	1.00
1	Galvin, Patrick	FR	Torrey Pines High School	NT	1.00
1	Moore, Jarred	FR	Torrey Pines High School	NT	1.00
1	Balcom, Ryan	11	Poway High School	128.45	1.00