

Palomar League Championships 2008 - 5/8/2008 to 5/10/2008
Results - Palomar League Championships 2008 Finals

Event 1 Girls 200 Yard Medley Relay

Palomar Leag:	1:47.55	2006	Torrey Pines High School
CIFSDS:	1:45.38	2004	Mt. Carmel High School
	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 Poway High School	A	1:55.18	1:53.11 D2A	40
1) Sheehan, Kelley FR 28.91	2) Lawless, Lindsey SR 1:01.65 (32.74)	3) Casciari, Bianca SR 1:27.14 (25.49)	4) Daley, Lauren JR 1:53.11 (25.97)	
2 Rancho Bernardo High School	A	1:30.58	1:55.74 D2A	34
1) Bochsler, Hannah FR 30.14	2) Ortizharo, Danielle JR 1:01.23 (31.09)	3) Rusk, Jenny SO 1:30.12 (28.89)	4) Nokes, Heather JR 1:55.74 (25.62)	
3 Mt. Carmel High School	A	2:05.26	1:56.60 D2A	32
1) Barber, Emily SR 29.55	2) Gentes, Jacquelyn V SO 1:01.93 (32.38)	3) Kragten, Kirsten N JR 1:30.81 (28.88)	4) Evans, Vanessa L JR 1:56.60 (25.79)	
4 Torrey Pines High School 20	A	1:59.94	1:57.52 D2A	30
1) Papadopoulos, Helen JR 30.75	2) Levy, Lauren JR 1:04.19 (33.44)	3) Paris, Allison FR 1:31.50 (27.31)	4) Auwarter, Christine JR 1:57.52 (26.02)	
5 Westview	A	2:02.32	2:00.99 D2A	28
1) Pham, Chi SO 30.03	2) Quach, Justine SR 1:02.92 (32.89)	3) Hoelscher, Rebekah SR 1:33.37 (30.45)	4) Pence, Heidi SR 2:00.99 (27.62)	
6 La Costa Canyon High School	A	2:09.66	2:08.42 D2C	26
1) Brabyn, Caroline JR 32.55	2) Feldmeir, Alyson FR 1:10.81 (38.26)	3) Jacobs, Tatiana SR 1:41.44 (30.63)	4) Kelly, Misha SO 2:08.42 (26.98)	
B - Final				
9 Poway High School	B	2:00.50	1:59.38 D2A	18
1) Peterson, Carly SR 30.68	2) Ruppert, Ashley JR 1:02.41 (31.73)	3) Smith, Anna FR 1:32.80 (30.39)	4) Knight, Amanda FR 1:59.38 (26.58)	
10 Mt. Carmel High School	B	2:14.66	2:00.14 D2A	14
1) Evans, Kathryn FR 31.22	2) Jones, Shelby SO 1:05.16 (33.94)	3) Watson, Mattie A SR 1:33.77 (28.61)	4) Bugg, Taylor JR 2:00.14 (26.37)	
11 Torrey Pines High School 20	B	2:04.23	2:01.61 D2A	12
1) Kennedy, Emma FR 30.86	2) Witczak, Karolina FR 1:05.10 (34.24)	3) Saadatmand, Nooshin SR 1:35.38 (30.28)	4) Dodd, Stephanie SR 2:01.61 (26.23)	
12 Rancho Bernardo High School	B	2:03.18	2:02.56 D2A	10
1) Nguyen, Nancy SO 31.65	2) Pietrzyk, Amber SO 1:04.56 (32.91)	3) Schmidt, Nicole JR 1:35.85 (31.29)	4) Gansert, Hayley FR 2:02.56 (26.71)	
13 Westview	B	2:09.06	2:11.71 D2C	8
1) Pederson, Mandy SO 33.44	2) Marx, Sarah SO 1:09.76 (36.32)	3) Kelley, Sarah FR 1:43.42 (33.66)	4) Fowler, Aubrie JR 2:11.71 (28.29)	
14 La Costa Canyon High School	B	2:19.67	2:14.70 D2C	6
1) Norton, Kelsie SO 34.78	2) Sedghi, Nika FR 1:12.41 (37.63)	3) Deane, Ivy SO 1:45.97 (33.56)	4) Cassell, Morgan JR 2:14.70 (28.73)	

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Event 2 Boys 200 Yard Medley Relay

Palomar Leag: 1:39.62 5/9/2008 Poway High School Poway
D Schwab, A Rath, K Evans, M Tomasello
CIFSDS: 1:37.15 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 Poway High School	A	1:42.40	1:39.62 D1A	40
1) Schwab, Daniel JR 25.61	2) Rath, Andrew SR 54.13 (28.52)	3) Evans, Kyle SO 1:18.24 (24.11)	4) Tomasello, Matthew SR 1:39.62 (21.38)	
2 Rancho Bernardo High School	A	1:41.33	1:40.07 D1A	34
1) Krause, Ryan SR 25.81	2) Chard, Thomas SR 52.91 (27.10)	3) Bruner, Matt SR 1:18.12 (25.21)	4) Hoy, Connor JR 1:40.07 (21.95)	
3 Torrey Pines High School 20	A	1:43.31	1:43.27 D1A	32
1) Chang, Alex JR 27.58	2) Miller, Cody SR 55.58 (28.00)	3) Shi, William FR 1:20.61 (25.03)	4) Saito, Daichi SO 1:43.27 (22.66)	
4 La Costa Canyon High School	A	1:44.77	1:43.56 D1A	30
1) Clermont, Matt SR 27.52	2) Craw, Martin SO 55.32 (27.80)	3) Giddens, Jay SR 1:21.81 (26.49)	4) Knight, Stefan FR 1:43.56 (21.75)	
5 Mt. Carmel High School	A	1:55.13	1:44.15 D1A	28
1) Vasko, Mike A SR 27.00	2) Nathanson, Anton SR 56.00 (29.00)	3) Sultz, Taylor SR 1:21.17 (25.17)	4) Gallardo, Chris JR 1:44.15 (22.98)	
6 Westview	A	1:47.51	1:48.15 D1A	26
1) Rhodes, Conner JR 27.80	2) Boal, Hayden JR 1:00.39 (32.59)	3) Razanav, Anton FR 1:24.93 (24.54)	4) Wertz, Kyle SR 1:48.15 (23.22)	
B - Final				
9 Poway High School	B	1:45.83	1:44.59 D1A	18
1) Winton, Steven SR 27.30	2) Caldwell, Anthony SO 55.98 (28.68)	3) Koning, Tom SR 1:21.02 (25.04)	4) Long, Eric SR 1:44.59 (23.57)	
10 Torrey Pines High School 20	B	1:47.68	1:48.19 D1A	14
1) Balch, John JR 28.55	2) Kafka, Chris SO 57.42 (28.87)	3) Groot, Mac FR 1:24.34 (26.92)	4) Tsui, Chi Shing SR 1:48.19 (23.85)	
11 Rancho Bernardo High School	B	1:50.25	1:49.11 D2A	12
1) Asfazadour, Warren SO 30.13	2) Bahmani Pour, Jobin JR 59.58 (29.45)	3) Nguyen, Johnny SR 1:25.19 (25.61)	4) Nguyen, Ricky SR 1:49.11 (23.92)	
12 Mt. Carmel High School	B	2:02.49	1:49.84 D2A	10
1) Quigley, Austin L FR 28.64	2) Anderegg, Loic G SO 1:00.80 (32.16)	3) Fan, David I SO 1:26.16 (25.36)	4) Woolley, Austin JR 1:49.84 (23.68)	
13 Westview	B	1:53.00	1:52.62 D2C	8
1) Stein, Jared SO 28.83	2) Walwick, Cody JR 1:01.00 (32.17)	3) Kotow, Jonathan FR 1:28.79 (27.79)	4) Ranj, Tyler SO 1:52.62 (23.83)	
14 La Costa Canyon High School	B	1:59.48	1:58.22 D2C	6

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1) Razmajoo, John 31.94 2) Broberg, Dallin FR 1:05.12 (33.18) 3) Paulson, Nathan SR 1:32.80 (27.68) 4) La Rue, Robert JR 1:58.22 (25.42)

Event 3 Girls 200 Yard Freestyle

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

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Dodd, Stephanie	SR	Torrey Pines High School 2005	2:01.09	1:58.62 D2A	20
27.30	57.09 (29.79)	1:27.89 (30.80)	1:58.62 (30.73)		
2 Loy, Kelsey	JR	Torrey Pines High School 2005	2:01.48	1:59.65 D2A	17
27.18	57.49 (30.31)	1:28.77 (31.28)	1:59.65 (30.88)		
3 Webb, Christina	JR	Mt. Carmel High School	2:02.03	2:00.15 D2A	16
28.15	58.25 (30.10)	1:28.76 (30.51)	2:00.15 (31.39)		
4 Thornbrough, Lauren	SR	Rancho Bernardo High School	2:00.78	2:00.19 D2A	15
27.22	57.37 (30.15)	1:28.74 (31.37)	2:00.19 (31.45)		
5 Quigley, Kelsey M	SR	Mt. Carmel High School	2:04.01	2:01.36 D2A	14
28.71	59.13 (30.42)	1:30.30 (31.17)	2:01.36 (31.06)		
6 Schenk, Delaney	FR	Rancho Bernardo High School	2:03.04	2:01.64 D2A	13
27.87	58.29 (30.42)	1:29.71 (31.42)	2:01.64 (31.93)		
7 Demichelle, Jenna	SR	La Costa Canyon High School-SI	2:04.86	2:01.89 D2A	12
28.21	58.50 (30.29)	1:30.23 (31.73)	2:01.89 (31.66)		
8 Long, Tori	FR	Poway High School	2:05.44	2:05.85 D1C	11
29.07	1:00.31 (31.24)	1:33.19 (32.88)	2:05.85 (32.66)		
B - Final					
9 Bustamante, Nicole	FR	Mt. Carmel High School	2:06.24	2:06.24 D1C	9
28.09	58.95 (30.86)	1:31.88 (32.93)	2:06.24 (34.36)		
10 Kennedy, Emma	FR	Torrey Pines High School 2005	2:07.89	2:07.12 D1C	7
28.96	1:00.63 (31.67)	1:33.36 (32.73)	2:07.12 (33.76)		
11 Peterson, Devon	FR	Poway High School	2:07.87	2:07.84 D1C	6
28.65	59.93 (31.28)	1:33.45 (33.52)	2:07.84 (34.39)		
12 Quach, Amy	JR	Westview	2:08.43	2:10.36 D1C	5
29.88	1:02.33 (32.45)	1:36.26 (33.93)	2:10.36 (34.10)		
13 Deane, Ivy	SO	La Costa Canyon High School-SI	2:13.37	2:10.47 D1C	4
29.54	1:02.92 (33.38)	1:37.24 (34.32)	2:10.47 (33.23)		
14 Dikau, Melissa	SO	Mt. Carmel High School	2:11.03	2:10.60 D2C	3
29.82	1:02.93 (33.11)	1:37.46 (34.53)	2:10.60 (33.14)		
15 Sun, Christine	SO	Westview	2:10.84	2:14.40	2
29.55	1:02.99 (33.44)	1:38.60 (35.61)	2:14.40 (35.80)		

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16	Closson, Melissa	SR	Poway High School	2:12.53	2:16.11	1
	29.54	1:03.99 (34.45)	1:40.57 (36.58)	2:16.11 (35.54)		

Event 4 Boys 200 Yard Freestyle

Palomar Leag:	1:42.43	5/9/2008	Jay Giddens	LCC -SI
CIFSDS:	1:38.44	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	Giddens, Jay	SR	La Costa Canyon High School-SI	1:46.53	1:42.43 D1A 20
	26.75	54.63 (27.88)	1:23.34 (28.71)	1:42.43 (19.09)	
A - Final ... (Event 4 Boys 200 Yard Freestyle)					
Name	Yr	School	Prelim Time	Finals Time	Points
2	Weeks, Kyle	SR	Poway High School	1:49.17	1:44.05 D1A 17
	27.18	56.64 (29.46)	1:26.14 (29.50)	1:44.05 (17.91)	
3	Nowak, Patrick N	JR	Mt. Carmel High School	1:49.14	1:46.80 D1A 16
	26.62	55.21 (28.59)	1:24.22 (29.01)	1:46.80 (22.58)	
4	Moore, Austin	JR	Torrey Pines High School 2005	1:48.25	1:47.32 D1A 15
	25.22	52.73 (27.51)	1:20.43 (27.70)	1:47.32 (26.89)	
5	Brandalise, Caleb	JR	Poway High School	1:51.05	1:50.33 D1A 14
	27.02	56.23 (29.21)	1:26.57 (30.34)	1:50.33 (23.76)	
6	VanderLinde, Harrison J	JR	Mt. Carmel High School	1:48.39	1:50.56 D1A 13
	27.14	56.80 (29.66)	1:26.55 (29.75)	1:50.56 (24.01)	
7	Groot, Mac	FR	Torrey Pines High School 2005	1:51.65	1:52.40 D2A 12
	27.45	57.08 (29.63)	1:27.06 (29.98)	1:52.40 (25.34)	
8	Kotow, Jonathan	FR	Westview	1:51.79	1:52.60 D2A 11
	27.05	56.50 (29.45)	1:27.46 (30.96)	1:52.60 (25.14)	
B - Final					
9	Stavros, Ian	SR	Poway High School	1:53.68	1:47.72 D1A 9
	25.22	52.73 (27.51)	1:20.43 (27.70)	1:47.72 (27.29)	
10	Koller, Jeffrey	JR	Torrey Pines High School 2005	1:53.63	1:52.13 D2A 7
	26.75	54.63 (27.88)	1:23.34 (28.71)	1:52.13 (28.79)	
11	Lee, Ryan	SR	Westview	1:54.67	1:52.72 D2A 6
	26.62	55.21 (28.59)	1:24.22 (29.01)	1:52.72 (28.50)	
12	Conklin, Tim	SR	Mt. Carmel High School	1:55.82	1:55.15 D1C 5
	27.18	56.64 (29.46)	1:26.14 (29.50)	1:55.15 (29.01)	
13	Still, Grant T	FR	Mt. Carmel High School	1:54.56	1:55.67 D1C 4
	27.14	56.80 (29.66)	1:26.55 (29.75)	1:55.67 (29.12)	
14	Asfazadour, Warren	SO	Rancho Bernardo High School	1:57.73	1:56.84 D1C 3

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	27.45	57.08 (29.63)	1:27.06 (29.98)	1:56.84 (29.78)			
15	Yu, Joseph	SO	Torrey Pines High School 2005	1:56.55	1:56.94	D1C	2
	27.02	56.23 (29.21)	1:26.57 (30.34)	1:56.94 (30.37)			
16	Rhodes, Garrett	FR	Westview	1:59.78	1:59.11	D2C	1
	27.05	56.50 (29.45)	1:27.46 (30.96)	1:59.11 (31.65)			

Event 5 Girls 200 Yard IM

Palomar Leag:	2:02.05	5/10/2007	Jessica Schmitt	TPHS-
CIFSDS:	2:00.94	2007	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
A - Final					
1	Sheehan, Kelley	FR	Poway High School	2:15.74	2:12.94 D1A 20
	29.72	1:02.90 (33.18)	1:42.73 (39.83)	2:12.94 (30.21)	
2	Ortizharo, Danielle	JR	Rancho Bernardo High School	2:14.33	2:13.98 D1A 17
	29.38	1:03.69 (34.31)	1:41.64 (37.95)	2:13.98 (32.34)	
3	Evans, Kathryn	FR	Mt. Carmel High School	2:18.77	2:15.86 D1A 16
	30.06	1:04.42 (34.36)	1:45.18 (40.76)	2:15.86 (30.68)	
4	Rusk, Jenny	SO	Rancho Bernardo High School	2:17.21	2:17.53 D1A 15
	29.73	1:05.92 (36.19)	1:45.61 (39.69)	2:17.53 (31.92)	
5	Papadopoulos, Helen	JR	Torrey Pines High School 2005	2:18.62	2:17.95 D1A 14
	29.72	1:03.55 (33.83)	1:44.53 (40.98)	2:17.95 (33.42)	
6	Gentes, Jacquelyn V	SO	Mt. Carmel High School	2:20.74	2:21.01 D2A 13
	31.12	1:07.76 (36.64)	1:47.00 (39.24)	2:21.01 (34.01)	

A - Final ... (Event 5 Girls 200 Yard IM)

Name	Yr	School	Prelim Time	Finals Time	Points
7	Schlegel, Erika	SO	Poway High School	2:21.70	2:22.97 D2C 12
	30.11	1:06.07 (35.96)	1:48.46 (42.39)	2:22.97 (34.51)	
8	Bugg, Taylor	JR	Mt. Carmel High School	2:24.85	2:24.84 D2C 11
	31.90	1:08.94 (37.04)	1:51.55 (42.61)	2:24.84 (33.29)	
B - Final					
9	Watson, Mattie A	SR	Mt. Carmel High School	2:26.21	2:22.87 D2C 9
	30.20	1:06.31 (36.11)	1:49.22 (42.91)	2:22.87 (33.65)	
10	Levy, Lauren	JR	Torrey Pines High School 2005	2:26.61	2:24.77 D2C 7
	30.29	1:06.79 (36.50)	1:49.95 (43.16)	2:24.77 (34.82)	
11	Stein, Dorit	SO	Torrey Pines High School 2005	2:30.25	2:26.69 D2C 6
	30.98	1:08.82 (37.84)	1:52.72 (43.90)	2:26.69 (33.97)	
12	Quach, Justine	SR	Westview	2:27.86	2:27.01 D2C 5
	32.72	1:11.62 (38.90)	1:53.32 (41.70)	2:27.01 (33.69)	
13	Pietrzyk, Amber	SO	Rancho Bernardo High School	2:25.74	2:27.56 D2C 4

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	32.05	1:12.13 (40.08)	1:52.70 (40.57)	2:27.56 (34.86)			
14 Wang, Shannon		FR Torrey Pines High School 2005		2:29.14	2:32.68		3
	33.27	1:11.09 (37.82)	1:57.37 (46.28)	2:32.68 (35.31)			
15 Pederson, Mandy		SO Westview		2:34.44	2:34.44		2
	33.47	1:11.69 (38.22)	1:58.48 (46.79)	2:34.44 (35.96)			

Event 6 Boys 200 Yard IM

Palomar Leag:	1:55.91	1999	Joe Brennan	RBHS
CIFSDS:	1:49.47	1998	Tim Siciliano	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	SR	Torrey Pines High School 2005	1:56.43	1:56.47 D1A	20
	25.83	56.43 (30.60)	1:28.68 (32.25)	1:56.47 (27.79)	
2 Schwab, Daniel	JR	Poway High School	2:02.44	1:59.16 D1A	17
	26.62	55.85 (29.23)	1:31.94 (36.09)	1:59.16 (27.22)	
3 Evans, Kyle	SO	Poway High School	2:00.58	2:00.40 D1A	16
	25.13	56.17 (31.04)	1:32.12 (35.95)	2:00.40 (28.28)	
4 Razanav, Anton	FR	Westview	2:04.13	2:01.01 D1A	15
	26.11	56.13 (30.02)	1:32.78 (36.65)	2:01.01 (28.23)	
5 Chard, Thomas	SR	Rancho Bernardo High School	2:01.82	2:01.02 D1A	14
	26.45	59.48 (33.03)	1:32.56 (33.08)	2:01.02 (28.46)	
6 Nathanson, Anton	SR	Mt. Carmel High School	2:03.86	2:05.13 D1A	13
	26.26	59.35 (33.09)	1:35.74 (36.39)	2:05.13 (29.39)	
7 Koning, Tom	SR	Poway High School	2:07.37	2:05.58 D1A	12
	26.41	58.32 (31.91)	1:36.78 (38.46)	2:05.58 (28.80)	
8 Shi, William	FR	Torrey Pines High School 2005	2:08.57	2:06.42 D1A	11
	26.86	59.01 (32.15)	1:37.21 (38.20)	2:06.42 (29.21)	
B - Final					
9 Craw, Martin	SO	La Costa Canyon High School-SI	2:09.60	2:09.15 D2A	9
	26.88	59.39 (32.51)	1:39.65 (40.26)	2:09.15 (29.50)	
10 Bahmani Pour, Jobin	JR	Rancho Bernardo High School	2:12.00	2:12.12 D1C	7
	28.61	1:03.36 (34.75)	1:40.16 (36.80)	2:12.12 (31.96)	
11 Holland, Jaromy	SO	Westview	2:13.05	2:12.39 D1C	6
	27.70	1:02.37 (34.67)	1:41.40 (39.03)	2:12.39 (30.99)	
B - Final ... (Event 6 Boys 200 Yard IM)					
Name	Yr	School	Prelim Time	Finals Time	Points
12 Clermont, Matt	SR	La Costa Canyon High School-SI	2:14.33	2:12.40 D1C	5
	27.96	1:02.35 (34.39)	1:41.05 (38.70)	2:12.40 (31.35)	

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13	Nguyen, Ricky	SR	Rancho Bernardo High School	2:14.10	2:13.00	D1C	4
	27.77	1:02.22 (34.45)	1:40.41 (38.19)	2:13.00 (32.59)			
14	Oakes, Tim	SO	Poway High School	2:15.45	2:14.92	D1C	3
	29.22	1:03.35 (34.13)	1:43.66 (40.31)	2:14.92 (31.26)			
15	Fan, David I	SO	Mt. Carmel High School	2:17.11	2:15.92	D1C	2
	26.63	1:01.08 (34.45)	1:43.52 (42.44)	2:15.92 (32.40)			
16	Paganelli, Nicholas	FR	Torrey Pines High School 2005	2:18.00	2:19.34	D2C	1
	31.52	1:08.12 (36.60)	1:47.11 (38.99)	2:19.34 (32.23)			

Event 7 Girls 50 Yard Freestyle

Palomar Leag:	24.11	2001	Kirsten Rasmuson	MCHS
CIFSDS:	23.75	2003	Hannah McClurg	RBHS
	26.00	D2A		
	26.10	D1A		
	27.20	D2C		
	27.20	D1C		

	Name	Yr	School	Prelim Time	Finals Time		Points
A - Final							
1	Pham, Chi	SO	Westview	25.28	25.08	D2A	20
2	Hermann, Anique	FR	Torrey Pines High School 2005	25.69	25.15	D2A	17
3	Schmidbauer, Janessa	SR	Mt. Carmel High School	25.80	25.22	D2A	16
4	Smyth, Danielle	JR	Rancho Bernardo High School	25.43	25.50	D2A	15
5	Kremer, Reid	SO	Torrey Pines High School 2005	26.10	25.92	D2A	14
6	Auwarter, Christine	JR	Torrey Pines High School 2005	26.33	26.22	D2C	13
7	Ryder, Jessica	SR	Mt. Carmel High School	26.86	26.84	D2C	12
8	Daley, Lauren	JR	Poway High School	26.60	26.88	D2C	11
B - Final							
9	Evans, Vanessa L	JR	Mt. Carmel High School	26.90	26.08	D1A	9
10	Kelly, Misha	SO	La Costa Canyon High School-SI	27.36	26.83	D2C	7
11	Pence, Heidi	SR	Westview	28.35	27.62		6
12	Villa, Cat	SO	Poway High School	28.32	27.68		5
13	Ruppert, Ashley	JR	Poway High School	27.40	27.70		4
14	Ingwell, Devyn	SO	Torrey Pines High School 2005	27.94	27.75		3
15	Nguyen, Jeanie	SO	Mt. Carmel High School	28.08	27.91		2
16	Krause, Kristy	FR	Rancho Bernardo High School	27.77	27.96		1

Event 8 Boys 50 Yard Freestyle

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Palomar Leag:	21.35	2001	Ryan Carlson	TPHS
CIFSDS:	20.67	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 Knight, Stefan	FR	La Costa Canyon High School-SI	22.21	22.00 D2A	20
2 Krause, Ryan	SR	Rancho Bernardo High School	21.84	22.02 D2A	17
3 Tomasello, Matthew	SR	Poway High School	22.61	22.12 D2A	16
4 Hoy, Connor	JR	Rancho Bernardo High School	22.38	22.38 D2A	15
5 Saito, Daichi	SO	Torrey Pines High School 2005	22.52	22.50 D2A	14
A - Final ... (Event 8 Boys 50 Yard Freestyle)					
Name	Yr	School	Prelim Time	Finals Time	Points
6 Wilson, Nick	SO	Poway High School	22.49	22.68 D2A	13
7 Miller, Tanner	SO	Torrey Pines High School 2005	23.06	22.73 D2A	12
8 Sultz, Taylor	SR	Mt. Carmel High School	22.54	22.93 D2A	11
B - Final					
9 Ettelson, Danny	FR	Mt. Carmel High School	23.27	22.65 D2A	9
10 Ennedy, Eddie	SO	Poway High School	23.48	23.41 D1C	7
11 Tsui, Chi Shing	SR	Torrey Pines High School 2005	23.53	23.51 D1C	6
12 Avraham, Gabriel	SR	Torrey Pines High School 2005	23.75	23.59 D1C	5
13 Gallardo, Chris	JR	Mt. Carmel High School	23.19	23.66 D1C	4
14 Ferrill, Cabot	SR	Poway High School	23.86	23.88 D2C	3
15 Liu, Dennis	JR	Rancho Bernardo High School	23.87	23.97 D2C	2
16 Woolley, Austin	JR	Mt. Carmel High School	24.48	24.17 D2C	1

Event 9 Girls 100 Yard Butterfly

Palomar Leag:	55.68	5/9/2008	Bianca Casciari	Poway
CIFSDS:	55.42	2007	Bianca Casciari	PHS
	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	SR	Poway High School	59.42	55.68 D2A	20
	26.14	55.68 (29.54)			

Palomar League Championships 2008 - 5/8/2008 to 5/10/2008

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2	Paris, Allison	FR	Torrey Pines High School 2005	1:02.80	1:01.64	D2A	17
	28.87		1:01.64 (32.77)				
3	Rusk, Jenny	SO	Rancho Bernardo High School	1:03.47	1:02.99	D2A	16
	29.16		1:02.99 (33.83)				
4	Barber, Emily	SR	Mt. Carmel High School	1:04.62	1:03.70	D2A	15
	30.18		1:03.70 (33.52)				
5	Bochsler, Hannah	FR	Rancho Bernardo High School	1:03.96	1:03.97	D2A	14
	29.81		1:03.97 (34.16)				
6	Kragten, Kirsten N	JR	Mt. Carmel High School	1:02.95	1:04.07	D1C	13
	29.34		1:04.07 (34.73)				
7	Smith, Anna	FR	Poway High School	1:05.61	1:05.74	D1C	12
	31.00		1:05.74 (34.74)				
8	Dodd, Becky	JR	Torrey Pines High School 2005	1:06.16	1:06.62	D1C	11
	30.86		1:06.62 (35.76)				
B - Final							
9	Nokes, Heather	JR	Rancho Bernardo High School	1:06.69	1:05.94	D1C	9
	30.28		1:05.94 (35.66)				
10	Stein, Dorit	SO	Torrey Pines High School 2005	1:07.90	1:06.25	D1C	7
	31.13		1:06.25 (35.12)				
11	Saadatmand, Nooshin	SR	Torrey Pines High School 2005	1:07.20	1:07.22	D1C	6
	31.70		1:07.22 (35.52)				
12	Hoelscher, Rebekah	SR	Westview	1:09.08	1:08.15	D1C	5
	31.92		1:08.15 (36.23)				
13	Gansert, Hayley	FR	Rancho Bernardo High School	1:09.54	1:08.21	D1C	4
	32.62		1:08.21 (35.59)				
14	Swann, Lauren	SR	Mt. Carmel High School	1:07.88	1:09.02	D1C	3
	32.36		1:09.02 (36.66)				
15	Stone, Genevieve	SO	Poway High School	1:09.45	1:09.60	D2C	2
	32.05		1:09.60 (37.55)				
B - Final ... (Event 9 Girls 100 Yard Butterfly)							
	Name	Yr	School	Prelim Time	Finals Time		Points
16	Estes, Taylor N	SO	Mt. Carmel High School	1:10.23	1:09.81	D2C	1
	32.60		1:09.81 (37.21)				

Event 10 Boys 100 Yard Butterfly

Palomar Leag:	50.86	2006	Jeff Giddens	LCC
CIFSDS:	49.49	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
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Palomar League Championships 2008 - 5/8/2008 to 5/10/2008
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A - Final

1	Weeks, Kyle	SR	Poway High School	55.43	52.02	D1A	20
	24.52		52.02 (27.50)				
2	Krause, Ryan	SR	Rancho Bernardo High School	53.11	52.43	D1A	17
	23.96		52.43 (28.47)				
3	Evans, Kyle	SO	Poway High School	52.95	52.80	D1A	16
	24.68		52.80 (28.12)				
4	Razanav, Anton	FR	Westview	57.09	54.82	D1A	15
	25.46		54.82 (29.36)				
5	Sultz, Taylor	SR	Mt. Carmel High School	55.29	55.85	D1A	14
	26.09		55.85 (29.76)				
6	Fan, David I	SO	Mt. Carmel High School	56.25	56.31	D1A	13
	26.11		56.31 (30.20)				
7	Nguyen, Johnny	SR	Rancho Bernardo High School	56.89	56.80	D1A	12
	26.26		56.80 (30.54)				
8	Shi, William	FR	Torrey Pines High School 2005	57.18	57.34	D2A	11
	26.72		57.34 (30.62)				

B - Final

9	Conklin, Tim	SR	Mt. Carmel High School	59.60	58.11	D2A	9
	27.28		58.11 (30.83)				
10	Groot, Mac	FR	Torrey Pines High School 2005	57.82	58.23	D2A	7
	27.31		58.23 (30.92)				
11	Clermont, Matt	SR	La Costa Canyon High School-SI	59.31	58.70	D2A	6
	27.57		58.70 (31.13)				
12	Bruner, Matt	SR	Rancho Bernardo High School	57.56	59.21	D1C	5
	27.56		59.21 (31.65)				
13	Lo, Kevin	JR	Torrey Pines High School 2005	1:01.65	1:01.19	D2C	4
	28.63		1:01.19 (32.56)				
14	Torres, Sal	SR	Poway High School	1:02.59	1:02.04		3
	27.97		1:02.04 (34.07)				
15	Talgo, Tyler	SO	Rancho Bernardo High School	1:02.88	1:03.14		2
	28.51		1:03.14 (34.63)				
---	Yu, Joseph	SO	Torrey Pines High School 2005	1:01.06		DQ	
	28.86		DQ (34.96)				

Event 11 Girls 100 Yard Freestyle

Palomar Leag:	51.54	2003	Valerie Tukey	TPHS
CIFSDS:	50.56	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
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Palomar League Championships 2008 - 5/8/2008 to 5/10/2008
Results - Palomar League Championships 2008 Finals

A - Final

1	Hermann, Anique	FR	Torrey Pines High School 2005	55.83	54.80	D2A	20
	26.56		54.80 (28.24)				
2	Thornbrough, Lauren	SR	Rancho Bernardo High School	56.37	54.92	D2A	17
	26.62		54.92 (28.30)				
3	Schmidbauer, Janessa	SR	Mt. Carmel High School	56.49	55.23	D2A	16
	26.88		55.23 (28.35)				
4	Smyth, Danielle	JR	Rancho Bernardo High School	56.42	55.87	D2A	15
	27.18		55.87 (28.69)				
5	Schlegel, Erika	SO	Poway High School	57.01	56.55	D2A	14
	27.73		56.55 (28.82)				
6	Webb, Christina	JR	Mt. Carmel High School	56.96	56.72	D2A	13
	27.29		56.72 (29.43)				
7	Kremer, Reid	SO	Torrey Pines High School 2005	57.44	57.76	D1C	12
	28.13		57.76 (29.63)				
8	Long, Tori	FR	Poway High School	57.64	58.58	D1C	11
	28.26		58.58 (30.32)				

B - Final

9	Evans, Vanessa L	JR	Mt. Carmel High School	58.14	56.54	D2A	9
	27.28		56.54 (29.26)				
10	Auwarter, Christine	JR	Torrey Pines High School 2005	58.00	56.62	D2A	7
	27.68		56.62 (28.94)				
11	Bustamante, Nicole	FR	Mt. Carmel High School	58.83	57.20	D1C	6
	27.37		57.20 (29.83)				
12	Quach, Amy	JR	Westview	59.37	58.82	D1C	5
	28.59		58.82 (30.23)				
13	Knight, Amanda	FR	Poway High School	1:00.60	59.35	D1C	4
	28.74		59.35 (30.61)				
14	Kelly, Misha	SO	La Costa Canyon High School-SI	1:00.48	59.44	D1C	3
	28.48		59.44 (30.96)				
15	Nguyen, Nancy	SO	Rancho Bernardo High School	1:00.59	1:00.56		2
	28.78		1:00.56 (31.78)				
16	Sun, Christine	SO	Westview	1:00.68	1:01.47		1
	29.50		1:01.47 (31.97)				

Event 12 Boys 100 Yard Freestyle

Palomar Leag:	46.61	5/9/2008	Jay Giddens	LCC -SI
CIFSDS:	45.21	1989	Mike Picotte	MMHS
	50.70	D1A		
	52.00	D2A		
	52.00	D1C		
	54.50	D2C		

Palomar League Championships 2008 - 5/8/2008 to 5/10/2008**Results - Palomar League Championships 2008 Finals**

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1 Giddens, Jay	SR	La Costa Canyon High School-SI	47.02	46.61	D1A 20
	22.42	46.61 (24.19)			
A - Final ... (Event 12 Boys 100 Yard Freestyle)					
Name	Yr	School	Prelim Time	Finals Time	Points
2 Knight, Stefan	FR	La Costa Canyon High School-SI	48.59	47.39	D1A 17
	23.22	47.39 (24.17)			
3 Zhu, Jimmy	JR	Westview	49.20	49.24	D1A 16
	23.00	49.24 (26.24)			
4 Brandalise, Caleb	JR	Poway High School	49.99	49.38	D1A 15
	23.93	49.38 (25.45)			
5 Hoy, Connor	JR	Rancho Bernardo High School	49.71	49.57	D1A 14
	24.13	49.57 (25.44)			
6 Wilson, Nick	SO	Poway High School	49.23	49.79	D1A 13
	24.12	49.79 (25.67)			
7 Koning, Tom	SR	Poway High School	50.84	49.87	D1A 12
	24.32	49.87 (25.55)			
8 Gallardo, Chris	JR	Mt. Carmel High School	51.50	51.48	D2A 11
	24.40	51.48 (27.08)			
B - Final					
9 Saito, Daichi	SO	Torrey Pines High School 2005	52.05	49.67	D1A 9
	24.21	49.67 (25.46)			
10 Koller, Jeffrey	JR	Torrey Pines High School 2005	52.24	51.00	D2A 7
	24.89	51.00 (26.11)			
11 Lee, Ryan	SR	Westview	51.90	51.21	D2A 6
	24.80	51.21 (26.41)			
12 Koonings, John	SR	Poway High School	53.00	51.52	D2A 5
	24.62	51.52 (26.90)			
13 Vasko, Mike A	SR	Mt. Carmel High School	52.11	51.89	D2A 4
	24.79	51.89 (27.10)			
14 Kafka, Chris	SO	Torrey Pines High School 2005	53.57	52.23	D2C 3
	24.52	52.23 (27.71)			
15 Liu, Dennis	JR	Rancho Bernardo High School	53.04	52.94	D2C 2
	25.01	52.94 (27.93)			
16 Nguyen, Ricky	SR	Rancho Bernardo High School	53.18	54.12	D2C 1
	26.03	54.12 (28.09)			

Event 13 Girls 500 Yard Freestyle

Palomar Leag: 4:45.81 2006 Jessica Schmitt
 CIFSDS: 4:43.75 2005 Blake Hayter

TPHS
 USDH

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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 Casciari, Bianca	SR	Poway High School	5:09.94	5:00.34 D1A	20
	27.46	57.28 (29.82)	1:27.29 (30.01)	1:57.49 (30.20)	
	2:27.85 (30.36)	2:58.40 (30.55)	3:28.71 (30.31)	3:59.68 (30.97)	
	4:30.18 (30.50)	5:00.34 (30.16)			
2 Quigley, Kelsey M	SR	Mt. Carmel High School	5:17.57	5:13.39 D1A	17
	29.33	1:00.42 (31.09)	1:32.01 (31.59)	2:03.52 (31.51)	
	2:35.09 (31.57)	3:06.63 (31.54)	3:38.31 (31.68)	4:10.08 (31.77)	
	4:42.00 (31.92)	5:13.39 (31.39)			
3 Dodd, Stephanie	SR	Torrey Pines High School 2005	5:17.18	5:14.54 D1A	16
	29.20	1:00.54 (31.34)	1:32.29 (31.75)	2:04.34 (32.05)	
	2:36.31 (31.97)	3:08.50 (32.19)	3:40.38 (31.88)	4:12.26 (31.88)	
	4:43.89 (31.63)	5:14.54 (30.65)			
A - Final ... (Event 13 Girls 500 Yard Freestyle)					
Name	Yr	School	Prelim Time	Finals Time	Points
4 Paris, Allison	FR	Torrey Pines High School 2005	5:26.33	5:17.56 D1A	15
	29.35	1:00.70 (31.35)	1:32.54 (31.84)	2:04.49 (31.95)	
	2:36.77 (32.28)	3:09.30 (32.53)	3:41.60 (32.30)	4:13.89 (32.29)	
	4:46.16 (32.27)	5:17.56 (31.40)			
5 Schenk, Delaney	FR	Rancho Bernardo High School	5:26.16	5:24.61 D1A	14
	29.65	1:01.65 (32.00)	1:33.90 (32.25)	2:06.40 (32.50)	
	2:39.02 (32.62)	3:11.90 (32.88)	3:44.84 (32.94)	4:18.04 (33.20)	
	4:51.57 (33.53)	5:24.61 (33.04)			
6 Demichelle, Jenna	SR	La Costa Canyon High School-SI	5:34.75	5:31.20 D1A	13
	29.21	1:00.14 (30.93)	1:32.11 (31.97)	2:04.89 (32.78)	
	2:38.16 (33.27)	3:12.54 (34.38)	3:47.13 (34.59)	4:22.01 (34.88)	
	4:57.04 (35.03)	5:31.20 (34.16)			
7 Bochsler, Hannah	FR	Rancho Bernardo High School	5:32.48	5:32.24 D1A	12
	30.58	1:02.74 (32.16)	1:35.28 (32.54)	2:08.28 (33.00)	
	2:41.59 (33.31)	3:15.99 (34.40)	3:50.04 (34.05)	4:23.98 (33.94)	
	4:58.34 (34.36)	5:32.24 (33.90)			
8 Smith, Anna	FR	Poway High School	5:41.07	5:47.96 D2C	11
	30.92	1:04.81 (33.89)	1:39.40 (34.59)	2:14.43 (35.03)	
	2:50.09 (35.66)	3:25.15 (35.06)	4:00.90 (35.75)	4:36.94 (36.04)	
	5:13.01 (36.07)	5:47.96 (34.95)			
B - Final					
9 Bugg, Taylor	JR	Mt. Carmel High School	5:41.65	5:39.06 D2C	9
	31.35	1:05.01 (33.66)	1:39.79 (34.78)	2:14.77 (34.98)	
	2:49.70 (34.93)	3:24.48 (34.78)	3:58.98 (34.50)	4:33.30 (34.32)	
	5:07.47 (34.17)	5:39.06 (31.59)			
10 Dodd, Becky	JR	Torrey Pines High School 2005	5:42.48	5:40.14 D2C	7
	31.35	1:04.42 (33.07)	1:37.93 (33.51)	2:11.94 (34.01)	
	2:46.23 (34.29)	3:21.11 (34.88)	3:56.16 (35.05)	4:31.03 (34.87)	
	5:05.86 (34.83)	5:40.14 (34.28)			

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11	Peterson, Devon	FR	Poway High School	5:42.07	5:41.04	D2C	6
	30.60	1:04.74 (34.14)	1:39.79 (35.05)	2:14.70 (34.91)			
	2:49.54 (34.84)	3:24.19 (34.65)	3:59.10 (34.91)	4:33.68 (34.58)			
	5:08.20 (34.52)	5:41.04 (32.84)					
12	Schmidt, Nicole	JR	Rancho Bernardo High School	5:50.32	5:42.63	D2C	5
	31.40	1:05.07 (33.67)	1:39.07 (34.00)	2:13.39 (34.32)			
	2:47.79 (34.40)	3:22.55 (34.76)	3:57.29 (34.74)	4:32.20 (34.91)			
	5:07.76 (35.56)	5:42.63 (34.87)					
13	Kelley, Sarah	FR	Westview	5:52.76	5:51.36	D2C	4
	31.73	1:06.62 (34.89)	1:42.14 (35.52)	2:18.07 (35.93)			
	2:54.23 (36.16)	3:29.95 (35.72)	4:05.69 (35.74)	4:41.20 (35.51)			
	5:17.23 (36.03)	5:51.36 (34.13)					
14	Dikau, Melissa	SO	Mt. Carmel High School	5:46.41	5:51.79	D2C	3
	31.30	1:06.59 (35.29)	1:42.75 (36.16)	2:19.03 (36.28)			
	2:54.89 (35.86)	3:30.59 (35.70)	4:07.04 (36.45)	4:43.20 (36.16)			
	5:18.83 (35.63)	5:51.79 (32.96)					
15	Hoelscher, Rebekah	SR	Westview	5:52.47	5:52.72	D2C	2
	32.20	1:06.40 (34.20)	1:41.67 (35.27)	2:17.42 (35.75)			
	2:53.77 (36.35)	3:30.27 (36.50)	4:06.62 (36.35)	4:42.83 (36.21)			
	5:18.37 (35.54)	5:52.72 (34.35)					
16	Patterson, Crystal	SR	Mt. Carmel High School	5:51.00	5:52.78	D2C	1
	31.26	1:05.64 (34.38)	1:41.58 (35.94)	2:17.82 (36.24)			
	2:54.06 (36.24)	3:29.98 (35.92)	4:05.84 (35.86)	4:42.04 (36.20)			
	5:18.66 (36.62)	5:52.78 (34.12)					

Event 14 Boys 500 Yard Freestyle

Palomar Leag:	4:39.16	1999	Sumner Rollings	RBHS
CIFSDS:	4:21.10	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 Miller, Cody	SR	Torrey Pines High School 2005	4:46.50	4:44.03	D1A 20
	24.96	52.05 (27.09)	1:20.01 (27.96)	1:48.65 (28.64)	
	2:17.89 (29.24)	2:47.11 (29.22)	3:16.44 (29.33)	3:45.99 (29.55)	
	4:15.55 (29.56)	4:44.03 (28.48)			
2 Nowak, Patrick N	JR	Mt. Carmel High School	4:55.50	4:49.15	D1A 17
	26.14	54.38 (28.24)	1:23.33 (28.95)	1:52.59 (29.26)	
	2:22.24 (29.65)	2:52.08 (29.84)	3:21.67 (29.59)	3:50.97 (29.30)	
	4:20.64 (29.67)	4:49.15 (28.51)			
3 Moore, Austin	JR	Torrey Pines High School 2005	4:54.14	4:54.15	D1A 16
	25.13	52.65 (27.52)	1:21.18 (28.53)	1:50.56 (29.38)	
	2:21.25 (30.69)	2:51.90 (30.65)	3:23.01 (31.11)	3:54.04 (31.03)	
	4:24.62 (30.58)	4:54.15 (29.53)			
4 VanderLinde, Harrison J	JR	Mt. Carmel High School	4:56.54	4:55.83	D1A 15
	25.89	54.07 (28.18)	1:22.95 (28.88)	1:52.34 (29.39)	
	2:22.39 (30.05)	2:52.53 (30.14)	3:23.32 (30.79)	3:54.47 (31.15)	
	4:25.61 (31.14)	4:55.83 (30.22)			

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5	Caldwell, Anthony	SO	Poway High School	4:57.36	4:55.92	D1A	14
	26.66	55.71 (29.05)	1:25.52 (29.81)	1:55.70 (30.18)			
	2:25.45 (29.75)	2:55.52 (30.07)	3:25.68 (30.16)	3:55.89 (30.21)			
	4:26.20 (30.31)	4:55.92 (29.72)					
6	Kotow, Jonathan	FR	Westview	4:54.32	4:56.43	D1A	13
	26.36	55.03 (28.67)	1:24.86 (29.83)	1:55.16 (30.30)			
	2:25.56 (30.40)	2:55.96 (30.40)	3:26.62 (30.66)	3:56.90 (30.28)			
	4:27.39 (30.49)	4:56.43 (29.04)					
7	Quigley, Austin L	FR	Mt. Carmel High School	5:01.19	5:01.71	D1A	12
	26.83	56.41 (29.58)	1:26.42 (30.01)	1:57.10 (30.68)			
	2:27.71 (30.61)	2:58.43 (30.72)	3:29.47 (31.04)	4:00.23 (30.76)			
	4:31.26 (31.03)	5:01.71 (30.45)					
8	Winton, Steven	SR	Poway High School	5:00.66	5:11.46	D2A	11
	27.24	57.52 (30.28)	1:28.49 (30.97)	1:59.73 (31.24)			
	2:31.87 (32.14)	3:04.22 (32.35)	3:36.19 (31.97)	4:08.20 (32.01)			
	4:40.31 (32.11)	5:11.46 (31.15)					
B - Final							
9	Stavros, Ian	SR	Poway High School	5:08.80	4:50.04	D1A	9
	26.18	54.90 (28.72)	1:24.35 (29.45)	1:54.22 (29.87)			
	2:23.53 (29.31)	2:53.13 (29.60)	3:22.84 (29.71)	3:52.67 (29.83)			
	4:21.90 (29.23)	4:50.04 (28.14)					
10	Miller, Tanner	SO	Torrey Pines High School 2005	5:02.00	5:01.83	D1A	7
	26.08	55.28 (29.20)	1:25.20 (29.92)	1:55.71 (30.51)			
	2:26.56 (30.85)	2:57.31 (30.75)	3:28.57 (31.26)	3:59.80 (31.23)			
	4:31.05 (31.25)	5:01.83 (30.78)					
11	Still, Grant T	FR	Mt. Carmel High School	5:05.35	5:05.53	D1A	6
	27.04	56.49 (29.45)	1:27.26 (30.77)	1:58.24 (30.98)			
	2:29.32 (31.08)	3:00.68 (31.36)	3:31.96 (31.28)	4:03.33 (31.37)			
	4:34.73 (31.40)	5:05.53 (30.80)					
B - Final ... (Event 14 Boys 500 Yard Freestyle)							
	Name	Yr	School	Prelim Time	Finals Time		Points
12	Asfazadour, Warren	SO	Rancho Bernardo High School	5:13.23	5:12.37	D2A	5
	27.95	58.50 (30.55)	1:29.76 (31.26)	2:01.43 (31.67)			
	2:33.30 (31.87)	3:05.23 (31.93)	3:37.35 (32.12)	4:09.69 (32.34)			
	4:41.60 (31.91)	5:12.37 (30.77)					
13	Van Diggelen, Austin	SR	Poway High School	5:26.38	5:15.33	D2A	4
	27.90	59.08 (31.18)	1:31.03 (31.95)	2:02.96 (31.93)			
	2:35.74 (32.78)	3:08.40 (32.66)	3:39.62 (31.22)	4:11.89 (32.27)			
	4:44.41 (32.52)	5:15.33 (30.92)					
14	Ranj, Tyler	SO	Westview	5:22.90	5:21.22	D1C	3
	27.20	57.43 (30.23)	1:29.10 (31.67)	2:00.90 (31.80)			
	2:33.74 (32.84)	3:07.07 (33.33)	3:39.89 (32.82)	4:13.45 (33.56)			
	4:47.66 (34.21)	5:21.22 (33.56)					
15	Jones, Marc	FR	Rancho Bernardo High School	5:34.69	5:25.28	D1C	2
	29.42	1:02.30 (32.88)	1:35.01 (32.71)	2:08.09 (33.08)			
	2:41.08 (32.99)	3:14.48 (33.40)	3:47.49 (33.01)	4:21.03 (33.54)			
	4:53.51 (32.48)	5:25.28 (31.77)					
16	Bergum, Nikolas	SO	Torrey Pines High School 2005	5:26.12	5:29.25	D1C	1

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30.20	1:02.73 (32.53)	1:35.18 (32.45)	2:08.04 (32.86)
2:40.98 (32.94)	3:14.43 (33.45)	3:47.73 (33.30)	4:21.83 (34.10)
4:55.96 (34.13)	5:29.25 (33.29)		

Event 15 Girls 200 Yard Freestyle Relay

Palomar Leag: 1:38.52 5/10/2007 **Torrey Pines High School**
CIFSDS: 1:38.96 2003 **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 20	A	1:45.19	1:42.28 D1A	40
1) Loy, Kelsey JR 25.54	2) Auwarter, Christine JR 51.72 (26.18)	3) Kremer, Reid SO 1:42.28 (25.10)	4) Hermann, Anique FR	
2 Mt. Carmel High School	A	1:53.06	1:44.01 D1A	32
1) Schmidbauer, Janessa SR 25.80	2) Bustamante, Nicole FR 52.32 (26.52)	3) Webb, Christina JR 1:44.01 (25.64)	4) Evans, Vanessa L JR	
3 Poway High School	A	1:48.65	1:48.03 D1A	30
1) Ruppert, Ashley JR 27.31	2) Long, Tori FR 54.42 (27.11)	3) Peterson, Devon FR 1:48.03 (26.27)	4) Daley, Lauren JR	
4 Westview	A	1:51.09	1:50.91 D2A	28
1) Quach, Amy JR 27.70	2) Pence, Heidi SR 55.47 (27.77)	3) Sun, Christine SO 1:50.91 (27.39)	4) Hamrick, Lacey SO	
5 La Costa Canyon High School	A	1:56.16	1:51.64 D2C	26
1) Kelly, Misha SO 27.62	2) Demichelle, Jenna SR 57.04 (29.42)	3) Foster, Clarissa FR 1:51.64 (26.57)	4) Cassell, Morgan JR	
B - Final				
9 Rancho Bernardo High School	B	1:50.95	1:47.79 D1A	18
1) Nokes, Heather JR 27.12	2) Nguyen, Nancy SO 49.36 (22.24)	3) Gansert, Hayley FR 1:47.79 (26.59)	4) Rusk, Jenny SO	
10 Mt. Carmel High School	B	1:59.72	1:47.92 D1A	14
1) Ryder, Jessica SR 27.31	2) Nguyen, Jeanie SO 54.71 (27.40)	3) Quigley, Kelsey M SR 1:47.92 (25.98)	4) Bugg, Taylor JR	
B - Final ... (Event 15 Girls 200 Yard Freestyle Relay)				
Team	Relay	Prelim Time	Finals Time	Points
11 Poway High School	B	1:50.06	1:50.41 D2A	12
1) Winton, Caitlin SO 27.95	2) Nelson, Hanna SO 55.70 (27.75)	3) Knight, Amanda FR 1:50.41 (27.34)	4) Villa, Cat SO	
12 Torrey Pines High School 20	B	1:50.77	1:50.98 D2A	10
1) Avis, Kristy JR 28.13	2) Cheng, Irene JR 56.68 (28.55)	3) Ingwell, Devyn SO 1:50.98 (26.49)	4) Wang, Shannon FR	
13 Westview	B	1:56.17	1:55.75 D2C	8
1) Fowler, Aubrie JR 28.52	2) Rosenthal, Sarah SR 58.43 (29.91)	3) Kelley, Sarah FR 1:55.75 (28.93)	4) Hoelscher, Rebekah SR	

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14	La Costa Canyon High School	B	2:06.10	1:57.77	D2C	6
	1) Jacobs, Tatiana SR	2) Acosta, Ashley JR	3) Hines, Hanalee SO	4) O'Brien, Tayla SO		
	29.52	58.59 (29.07)	1:27.41 (28.82)	1:57.77 (30.36)		

Event 16 Boys 200 Yard Freestyle Relay

Palomar Leag:	1:28.16	5/9/2008	Poway High School	Poway
CIFSDS:	1:26.59	1993	K Weeks, C Brandalise, N Wilson, M Tomasello	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	Poway High School	A	1:30.52	1:28.16 D1A	40
	1) Weeks, Kyle SR	2) Brandalise, Caleb JR	3) Wilson, Nick SO	4) Tomasello, Matthew SR	
	22.57	44.71 (22.14)	1:06.52 (21.81)	1:28.16 (21.64)	
2	La Costa Canyon High School	A	1:34.65	1:31.62 D1A	34
	1) Craw, Martin SO	2) Treiber, Jeff SR	3) Giddens, Jay SR	4) Knight, Stefan FR	
	22.06	46.57 (24.51)	1:10.12 (23.55)	1:31.62 (21.50)	
3	Mt. Carmel High School	A	1:39.54	1:31.94 D1A	32
	1) VanderLinde, Harrison J JR	2) Ettelson, Danny FR	3) Gallardo, Chris JR	4) Sultz, Taylor SR	
	23.44	46.02 (22.58)	1:09.42 (23.40)	1:31.94 (22.52)	
4	Torrey Pines High School 20	A	1:35.15	1:32.01 D1A	30
	1) Kafka, Chris SO	2) Tsui, Chi Shing SR	3) Miller, Tanner SO	4) Moore, Austin JR	
	23.37	46.46 (23.09)	1:09.48 (23.02)	1:32.01 (22.53)	
5	Westview	A	1:33.16	1:32.38 D1A	28
	1) Wertz, Kyle SR	2) Holland, Jaromy SO	3) Lee, Ryan SR	4) Zhu, Jimmy JR	
	22.99	46.19 (23.20)	1:09.66 (23.47)	1:32.38 (22.72)	
---	Rancho Bernardo High School	A	1:31.27	DQ	
	1) Hoy, Connor JR	2) Liu, Dennis JR	3) Chard, Thomas SR	4) Krause, Ryan SR	
B - Final					
9	Mt. Carmel High School	B	1:47.79	1:35.25 D1A	18
	1) Woolley, Austin JR	2) Fan, David I SO	3) Conklin, Tim SR	4) Nowak, Patrick N JR	
	24.32	49.07 (24.75)	1:12.41 (23.34)	1:35.25 (22.84)	
10	Torrey Pines High School 20	B	1:45.78	1:35.83 D1A	14
	1) Avraham, Gabriel SR	2) Chen, Albert SR	3) Chang, Alex JR	4) Koller, Jeffrey JR	
	23.56	48.06 (24.50)	1:12.53 (24.47)	1:35.83 (23.30)	
11	Poway High School	B	1:36.92	1:36.12 D2A	12
	1) Koonings, John SR	2) Smith, Erick JR	3) Fantasia, Ryan SR	4) Ennedey, Eddie SO	
	23.63	48.16 (24.53)	1:13.30 (25.14)	1:36.12 (22.82)	
12	Westview	B	1:39.32	1:36.61 D2A	10
	1) Stein, Jared SO	2) Rhodes, Garrett FR	3) Rhodes, Conner JR	4) Walwick, Cody JR	
	24.08	48.66 (24.58)	1:12.76 (24.10)	1:36.61 (23.85)	

B - Final ... (Event 16 Boys 200 Yard Freestyle Relay)

	Team	Relay	Prelim Time	Finals Time	Points
13	La Costa Canyon High School	B	1:46.07	1:40.57 D2C	8

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1) La Rue, Robert JR 24.24	2) Ziegler, Cory 49.52 (25.28)	3) Murphy, Brent JR 1:16.09 (26.57)	4) Paulson, Nathan SR 1:40.57 (24.48)		
14 Rancho Bernardo High Schoo	B		1:48.42	1:46.65	D2C 6
1) Talgo, Tyler SO 26.35	2) Shen, Tim FR 53.81 (27.46)	3) Asfazadour, Warren SO 1:19.47 (25.66)	4) Jones, Marc FR 1:46.65 (27.18)		

Event 17 Girls 100 Yard Backstroke

Palomar Leag: 57.45	5/10/2007	Anna Pold	TPHS-
CIFSDS: 56.38	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 Sheehan, Kelley	FR	Poway High School	1:01.33	1:00.44	D2A 20
29.50			1:00.44 (30.94)		
2 Pham, Chi	SO	Westview	1:02.77	1:01.39	D2A 17
29.97			1:01.39 (31.42)		
3 Loy, Kelsey	JR	Torrey Pines High School 2005	1:03.71	1:02.02	D2A 16
30.25			1:02.02 (31.77)		
4 Evans, Kathryn	FR	Mt. Carmel High School	1:03.40	1:02.95	D2A 15
31.12			1:02.95 (31.83)		
5 Papadopoulos, Helen	JR	Torrey Pines High School 2005	1:04.17	1:04.07	D2A 14
31.22			1:04.07 (32.85)		
6 Kragten, Kirsten N	JR	Mt. Carmel High School	1:04.42	1:04.55	D2A 13
31.54			1:04.55 (33.01)		
7 Nokes, Heather	JR	Rancho Bernardo High School	1:06.83	1:05.47	D1A 12
32.13			1:05.47 (33.34)		
8 Kennedy, Emma	FR	Torrey Pines High School 2005	1:07.10	1:06.22	D1A 11
31.99			1:06.22 (34.23)		
B - Final					
9 Peterson, Carly	SR	Poway High School	1:07.47	1:04.99	D2A 9
31.30			1:04.99 (33.69)		
10 Rogers, Heather	SO	Poway High School	1:08.13	1:06.51	D1A 7
32.64			1:06.51 (33.87)		
11 Winton, Caitlin	SO	Poway High School	1:07.45	1:06.66	D1A 6
31.99			1:06.66 (34.67)		
12 Uren, Ashley	SO	Mt. Carmel High School	1:08.40	1:08.61	D2C 5
32.88			1:08.61 (35.73)		
13 Nguyen, Nancy	SO	Rancho Bernardo High School	1:09.42	1:08.85	D2C 4
33.91			1:08.85 (34.94)		
14 Tang, Ashley	SR	Westview	1:09.83	1:09.38	D2C 3

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	33.29	1:09.38 (36.09)					
15	Watry, Katey	SR Westview		1:09.44	1:09.68	D2C	2
	33.77	1:09.68 (35.91)					
16	Gansert, Hayley	FR Rancho Bernardo High School		1:08.38	1:09.78	D2C	1
	34.43	1:09.78 (35.35)					

Event 18 Boys 100 Yard Backstroke

Palomar Leag:	52.29	2006	Jeff Giddens	LCC
CIFSDS:	50.23	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	Schwab, Daniel	JR	Poway High School	55.71	53.16	D1A	20
	25.87	53.16 (27.29)					
2	Zhu, Jimmy	JR	Westview	56.97	56.80	D1A	17
	27.46	56.80 (29.34)					
3	Ettelson, Danny	FR	Mt. Carmel High School	58.01	57.07	D1A	16
	27.78	57.07 (29.29)					
4	Winton, Steven	SR	Poway High School	58.08	57.58	D1A	15
	28.05	57.58 (29.53)					
5	Craw, Martin	SO	La Costa Canyon High School-SI	1:00.25	58.75	D2A	14
	28.17	58.75 (30.58)					
6	Chang, Alex	JR	Torrey Pines High School 2005	58.36	59.03	D2A	13
	28.36	59.03 (30.67)					
7	Vasko, Mike A	SR	Mt. Carmel High School	1:00.07	59.04	D2A	12
	28.48	59.04 (30.56)					
8	Ferrill, Cabot	SR	Poway High School	59.62	59.43	D2A	11
	28.69	59.43 (30.74)					
B - Final							
9	Rhodes, Conner	JR	Westview	1:00.60	59.14	D2A	9
	28.81	59.14 (30.33)					
10	Quigley, Austin L	FR	Mt. Carmel High School	1:00.56	59.55	D2A	7
	28.79	59.55 (30.76)					
11	Smykowski, Michael	SO	Poway High School	1:00.74	59.69	D2A	6
	28.91	59.69 (30.78)					
12	Stein, Jared	SO	Westview	1:00.62	59.89	D2A	5
	28.94	59.89 (30.95)					
13	Rock, Ryan	JR	Westview	1:01.51	1:00.96	D2A	4
	30.04	1:00.96 (30.92)					

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14	Balch, John	JR	Torrey Pines High School 2005	1:00.88	1:01.06	D2A	3
	29.86	1:01.06 (31.20)					
15	Dashefsky, Michael	SO	Torrey Pines High School 2005	1:02.95	1:02.50	D1C	2
	30.04	1:02.50 (32.46)					
16	Nguyen, Johnny	SR	Rancho Bernardo High School	1:03.64	1:04.86	D2C	1
	31.48	1:04.86 (33.38)					

Event 19 Girls 100 Yard Breaststroke

Palomar Leag:	1:03.36	5/10/2007	Jessica Schmitt	TPHS-
CIFSDS:	1:01.77	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	Ortizharo, Danielle	JR	Rancho Bernardo High School	1:09.06	1:08.67 D1A 20
	32.03	1:08.67 (36.64)			
A - Final ... (Event 19 Girls 100 Yard Breaststroke)					
Name	Yr	School	Prelim Time	Finals Time	Points
2	Gentes, Jacquelyn V	SO	Mt. Carmel High School	1:11.15	1:10.63 D1A 17
	33.24	1:10.63 (37.39)			
3	Quach, Justine	SR	Westview	1:12.59	1:12.17 D1A 16
	34.16	1:12.17 (38.01)			
4	Pietrzyk, Amber	SO	Rancho Bernardo High School	1:12.17	1:12.32 D1A 15
	34.38	1:12.32 (37.94)			
5	Levy, Lauren	JR	Torrey Pines High School 2005	1:14.12	1:12.61 D1A 14
	33.46	1:12.61 (39.15)			
6	Pence, Heidi	SR	Westview	1:14.60	1:13.19 D1A 13
	34.31	1:13.19 (38.88)			
7	Lawless, Lindsey	SR	Poway High School	1:14.42	1:14.55 D1C 12
	34.63	1:14.55 (39.92)			
---	Ruppert, Ashley	JR	Poway High School	1:14.43	DQ
	33.83	DQ (39.37)			
B - Final					
9	Jones, Shelby	SO	Mt. Carmel High School	1:16.14	1:13.82 D1A 9
	35.49	1:13.82 (38.33)			
10	Witczak, Karolina	FR	Torrey Pines High School 2005	1:15.14	1:14.58 D1C 7
	35.21	1:14.58 (39.37)			
11	Marx, Sarah	SO	Westview	1:16.11	1:16.91 D1C 6
	36.56	1:16.91 (40.35)			
12	Tang, Ashley	SR	Westview	1:17.63	1:16.92 D1C 5

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13	Ryder, Jessica	36.75	1:16.92 (40.17)	SR	Mt. Carmel High School	1:17.54	1:18.08	D1C	4
14	Nelson, Hanna	36.36	1:18.08 (41.72)	SO	Poway High School	1:18.54	1:18.54	D2C	3
15	Wang, Shannon	37.00	1:18.54 (41.54)	FR	Torrey Pines High School 2005	1:17.60	1:19.04		2
---	Radoff, Emily	37.34	1:19.04 (41.70)	FR	Poway High School	1:19.34		DQ	

Event 20 Boys 100 Yard Breaststroke

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

Name	Yr	School	Prelim Time	Finals Time	Points
A - Final					
1	Chard, Thomas	SR Rancho Bernardo High School	1:00.04	1:00.15	D2A 20
2	Nathanson, Anton	SR Mt. Carmel High School	1:05.99	1:04.02	D2A 17
3	Caldwell, Anthony	SO Poway High School	1:05.53	1:04.48	D2A 16
4	Bahmani Pour, Jobin	JR Rancho Bernardo High School	1:03.21	1:04.69	D2A 15
5	Bruner, Matt	SR Rancho Bernardo High School	1:07.05	1:05.97	D2A 14
6	Kafka, Chris	SO Torrey Pines High School 2005	1:07.28	1:06.20	D2A 13
A - Final ... (Event 20 Boys 100 Yard Breaststroke)					
Name	Yr	School	Prelim Time	Finals Time	Points
7	Jensen, Joshua	JR Poway High School	1:06.94	1:07.91	D1C 12
---	Rath, Andrew	SR Poway High School	1:06.39		DQ
29.84		DQ (36.18)			
B - Final					
9	Holland, Jaromy	SO Westview	1:07.85	1:07.98	D1C 9
10	Dashefsky, Michael	SO Torrey Pines High School 2005	1:09.41	1:08.19	D1C 7
11	Chen, Albert	SR Torrey Pines High School 2005	1:08.02	1:08.36	D1C 6

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12	Walwick, Cody	32.14	1:08.36 (36.22)	JR Westview	1:11.22	1:09.54	D1C	5
13	Anderegg, Loic G	33.34	1:09.54 (36.20)	SO Mt. Carmel High School	1:10.16	1:10.31	D1C	4
14	Long, Eric	32.58	1:10.31 (37.73)	SR Poway High School	1:10.14	1:10.87	D1C	3
15	Hsu, Eric	31.34	1:10.87 (39.53)	SO Torrey Pines High School 2005	1:11.07	1:11.31	D2C	2
16	Shen, Tim	32.77	1:11.31 (38.54)	FR Rancho Bernardo High School	1:12.04	1:12.75		1
		34.61	1:12.75 (38.14)					

Event 21 Girls 400 Yard Freestyle Relay

Palomar Leag: 3:31.68 5/10/2007 Torrey Pines High School
CIFSDS: 3:30.29 2007 TPHS
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 Poway High School	A	3:46.13	3:41.74 D1A	40
1) Sheehan, Kelley FR	2) Schlegel, Erika SO	3) Long, Tori FR	4) Casciari, Bianca SR	
27.25	56.11 (56.11)	1:22.94 (26.83)	1:51.56 (55.45)	
2:19.31 (27.75)	2:50.53 (58.97)	3:15.43 (24.90)	3:41.74 (51.21)	
2 Torrey Pines High School 20	A	3:48.57	3:42.78 D1A	34
1) Loy, Kelsey JR	2) Dodd, Stephanie SR	3) Kremer, Reid SO	4) Hermann, Anique FR	
26.85	55.86 (55.86)	1:22.70 (26.84)	1:51.62 (55.76)	
2:18.32 (26.70)	2:47.79 (56.17)	3:13.74 (25.95)	3:42.78 (54.99)	
3 Mt. Carmel High School	A	4:09.03	3:44.21 D1A	32
1) Webb, Christina JR	2) Kragten, Kirsten N JR	3) Bustamante, Nicole FR	4) Schmidbauer, Janessa SR	
26.72	56.55 (56.55)	1:23.59 (27.04)	1:53.08 (56.53)	
2:20.14 (27.06)	2:49.94 (56.86)	3:15.81 (25.87)	3:44.21 (54.27)	
4 Rancho Bernardo High Schoo	A	3:58.94	3:44.50 D1A	30
1) Ortizharo, Danielle JR	2) Schenk, Delaney FR	3) Smyth, Danielle JR	4) Thornbrough, Lauren SR	
27.77	56.73 (56.73)	1:24.25 (27.52)	1:54.43 (57.70)	
2:20.62 (26.19)	2:49.51 (55.08)	3:15.70 (26.19)	3:44.50 (54.99)	
5 Westview	A	4:01.67	3:56.25 D1A	28
1) Quach, Amy JR	2) Sun, Christine SO	3) Quach, Justine SR	4) Pham, Chi SO	
28.89	58.88 (58.88)	1:27.94 (29.06)	2:00.26 (1:01.38)	
2:29.21 (28.95)	3:00.45 (1:00.19)	3:26.67 (26.22)	3:56.25 (55.80)	

A - Final ... (Event 21 Girls 400 Yard Freestyle Relay)

Team	Relay	Prelim Time	Finals Time	Points
6 La Costa Canyon High School	A	4:20.36	4:10.32 D1C	26
1) Demichelle, Jenna SR	2) Acosta, Ashley JR	3) Deane, Ivy SO	4) Foster, Clarissa FR	
28.39	58.60 (58.60)	1:29.37 (30.77)	2:03.67 (1:05.07)	

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2:32.65 (28.98) 3:04.86 (1:01.19) 3:36.12 (31.26) 4:10.32 (1:05.46)

B - Final							
9	Mt. Carmel High School	B		4:26.48	3:54.32	D1A	18
	1) Evans, Kathryn FR	2) Quigley, Kelsey M SR	3) Gentes, Jacquelyn V SO	4) Ryder, Jessica SR			
	27.63	56.56 (56.56)	1:24.76 (28.20)	1:54.99 (58.43)			
	2:24.47 (29.48)	2:55.59 (1:00.60)	3:23.84 (28.25)	3:54.32 (58.73)			
10	Torrey Pines High School 20	B		3:57.50	3:54.92	D1A	14
	1) Paris, Allison FR	2) Levy, Lauren JR	3) Wang, Shannon FR	4) Kennedy, Emma FR			
	28.11	57.55 (57.55)	1:24.98 (27.43)	1:56.66 (59.11)			
	2:25.47 (28.81)	2:57.04 (1:00.38)	3:25.22 (28.18)	3:54.92 (57.88)			
11	Poway High School	B		4:04.34	4:02.73	D1C	12
	1) Knight, Amanda FR	2) Smith, Anna FR	3) Daley, Lauren JR	4) Peterson, Devon FR			
	28.58	1:00.99 (1:00.99)	1:30.20 (29.21)	2:02.60 (1:01.61)			
	2:31.18 (28.58)	3:02.47 (59.87)	3:31.43 (28.96)	4:02.73 (1:00.26)			
12	Westview	B		4:10.87	4:10.92	D1C	10
	1) Kelley, Sarah FR	2) Fowler, Aubrie JR	3) Pederson, Mandy SO	4) Hamrick, Lacey SO			
	30.58	1:03.57 (1:03.57)	1:33.47 (29.90)	2:06.91 (1:03.34)			
	2:37.24 (30.33)	3:10.20 (1:03.29)	3:40.00 (29.80)	4:10.92 (1:00.72)			
13	Rancho Bernardo High School	B		4:20.55	4:13.16	D1C	8
	1) Schmidt, Nicole JR	2) Krause, Kristy FR	3) Pietrzyk, Amber SO	4) Winders, Heather JR			
	29.56	1:02.13 (1:02.13)	1:31.79 (29.66)	2:05.63 (1:03.50)			
	2:21.21 (15.58)	3:10.01 (1:04.38)	3:39.49 (29.48)	4:13.16 (1:03.15)			

Event 22 Boys 400 Yard Freestyle Relay

Palomar Leag:	3:15.12	5/9/2008	Poway High School	Poway
			K Weeks, K Evans, C Brandalise, D Schwab	
CIFSDS:	3:08.91	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
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A - Final						
1	Poway High School	A		3:18.06	3:15.12	D1A 40
	1) Weeks, Kyle SR	2) Evans, Kyle SO	3) Brandalise, Caleb JR	4) Schwab, Daniel JR		
	23.45	48.38 (48.38)	1:11.96 (23.58)	1:37.63 (49.25)		
	2:00.70 (23.07)	2:26.39 (48.76)	2:49.57 (23.18)	3:15.12 (48.73)		
2	Torrey Pines High School 20	A		3:24.39	3:18.02	D1A 34
	1) Miller, Tanner SO	2) Saito, Daichi SO	3) Moore, Austin JR	4) Miller, Cody SR		
	24.10	50.73 (50.73)	1:13.71 (22.98)	1:39.92 (49.19)		
	2:03.51 (23.59)	2:29.26 (49.34)	2:52.81 (23.55)	3:18.02 (48.76)		
3	Mt. Carmel High School	A		3:30.00	3:18.09	D1A 32
	1) Ettelson, Danny FR	2) VanderLinde, Harrison J JR	3) Nowak, Patrick N JR	4) Nathanson, Anton SR		
	24.02	49.38 (49.38)	1:12.99 (23.61)	1:39.79 (50.41)		
	2:03.25 (23.46)	2:28.77 (48.98)	2:52.29 (23.52)	3:18.09 (49.32)		
4	Westview	A		3:25.40	3:21.08	D1A 30
	1) Lee, Ryan SR	2) Razanav, Anton FR	3) Holland, Jaromy SO	4) Zhu, Jimmy JR		
	24.58	50.89 (50.89)	1:14.72 (23.83)	1:40.31 (49.42)		
	2:05.20 (24.89)	2:32.40 (52.09)	2:55.74 (23.34)	3:21.08 (48.68)		

A - Final ... (Event 22 Boys 400 Yard Freestyle Relay)

Team	Relay	Prelim Time	Finals Time	Points
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5	Rancho Bernardo High School	A	3:37.96	3:34.18	D2A	28
	1) Liu, Dennis JR	2) Nguyen, Ricky SR	3) Bahmani Pour, Jobin JR	4) Bruner, Matt SR		
	25.01	52.52 (52.52)	1:17.36 (24.84)	1:45.39 (52.87)		
	2:11.10 (25.71)	2:39.61 (54.22)	3:05.51 (25.90)	3:34.18 (54.57)		
6	La Costa Canyon High School	A	3:43.25	3:40.89	D1C	26
	1) Clermont, Matt SR	2) Treiber, Jeff SR	3) Conley, Daniel SO	4) La Rue, Robert JR		
	26.02	55.13 (55.13)	1:21.29 (26.16)	1:51.05 (55.92)		
	2:16.25 (25.20)	2:44.83 (53.78)	3:11.41 (26.58)	3:40.89 (56.06)		
B - Final						
9	Poway High School	B	3:25.03	3:19.03	D1A	18
	1) Koning, Tom SR	2) Wilson, Nick SO	3) Stavros, Ian SR	4) Caldwell, Anthony SO		
	23.94	49.60 (49.60)	1:12.97 (23.37)	1:38.56 (48.96)		
	2:02.53 (23.97)	2:28.58 (50.02)	2:52.59 (24.01)	3:19.03 (50.45)		
10	Torrey Pines High School 20	B	3:30.67	3:29.75	D1A	14
	1) Shi, William FR	2) Yu, Joseph SO	3) Koller, Jeffrey JR	4) Moore, Jarred SO		
	25.17	52.72 (52.72)	1:17.97 (25.25)	1:46.08 (53.36)		
	2:11.36 (25.28)	2:37.88 (51.80)	3:02.74 (24.86)	3:29.75 (51.87)		
11	Westview	B	3:31.72	3:30.37	D1A	12
	1) Wertz, Kyle SR	2) Kotow, Jonathan FR	3) Stein, Jared SO	4) Ranj, Tyler SO		
	24.68	50.51 (50.51)	1:16.38 (25.87)	1:44.29 (53.78)		
	2:09.84 (25.55)	2:37.47 (53.18)	3:02.37 (24.90)	3:30.37 (52.90)		
12	Mt. Carmel High School	B	3:55.71	3:32.76	D1A	10
	1) Vasko, Mike A SR	2) Conklin, Tim SR	3) Rawls, Michael JR	4) Quigley, Austin L FR		
	24.83	51.95 (51.95)	1:17.06 (25.11)	1:45.39 (53.44)		
	2:11.50 (26.11)	2:40.81 (55.42)	3:05.60 (24.79)	3:32.76 (51.95)		
13	Rancho Bernardo High School	B	3:54.58	3:52.24	D1C	8
	1) Talgo, Tyler SO	2) Nguyen, Johnny SR	3) Shen, Tim FR	4) Jones, Marc FR		
	26.89	57.06 (57.06)	1:22.19 (25.13)	1:50.73 (53.67)		
	2:19.73 (29.00)	2:52.07 (1:01.34)	3:20.56 (28.49)	3:52.24 (1:00.17)		

Event 23 Girls 1 mtr Diving

Palomar Leag:	447.10	5/10/2007	Laura Sanford	TPHS-		
CIFSDS:	450.85	1999	Kristen Walls	Coro HS		
Name		Yr	School	Prelim Score	Finals Score	Points

A - Final						
1	Francois, Haley	FR	Rancho Bernardo High School	1.00	423.85	20
2	Benner, Kaitlin	JR	La Costa Canyon High School-SI	1.00	364.10	17
3	Rogers, Allison	JR	Mt. Carmel High School	1.00	300.40	16
4	Price, Brittany	SR	Rancho Bernardo High School	1.00	253.55	15
5	Sanscartier, Candice	JR	Rancho Bernardo High School	1.00	244.80	14
6	Woods, Angela		Mt. Carmel High School	1.00	231.65	13
7	Levy, Margot	SO	Torrey Pines High School 2005	1.00	220.00	12
8	McClintick, Serena	SO	Mt. Carmel High School	1.00	208.46	11

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9	Shyu, Sandy	SO	Mt. Carmel High School	1.00	196.95	9
10	Pardi, Madison	JR	Westview	1.00	185.10	7
11	Hawkins, Maelyn	SO	Poway High School	1.00	163.03	6
---	Galton, Riley	SO	Torrey Pines High School 2005	1.00	DQ	

Event 24 Boys 1 mtr Diving

Palomar Leag: 411.90 2003
 CIFSDS: 566.76 1977

Dustin Watson
 Greg Louganis

PHS
 VHS

Name	Yr	School	Prelim Score	Finals Score	Points
A - Final					
1 Cowger, Corey	SR	Rancho Bernardo High School	123.80	395.45	20

A - Final ... (Event 24 Boys 1 mtr Diving)

Name	Yr	School	Prelim Score	Finals Score	Points
2 Walwick, Cody	JR	Westview	232.44	343.45	17
3 Rosser, Gaither		Mt. Carmel High School	123.67	340.35	16
4 Urnezis, Josh	SO	Rancho Bernardo High School	300.00	278.75	15
5 Gerard, Ryan	FR	Torrey Pines High School 2005	111.11	275.80	14
6 Drubich, Steven	SR	Mt. Carmel High School	123.11	258.95	13
7 Moore, Jarred	SO	Torrey Pines High School 2005	231.55	254.40	12
8 Cowell, Tyler	FR	Rancho Bernardo High School	123.78	253.30	11
9 Wier, Tyler	SO	Poway High School	333.33	242.30	9
10 Roessler, Kevin	JR	Rancho Bernardo High School	123.88	236.20	7
11 Valenzuela, Trevor	SO	Poway High School	200.00	219.95	6
12 Galvin, Patrick	SO	Torrey Pines High School 2005	123.45	214.00	5
13 Hart, Garrett	SO	Poway High School	400.00	204.35	4
14 Webb, Trevor		Mt. Carmel High School	100.00	201.50	3
15 Carlson, Drew		Mt. Carmel High School	233.00	196.50	2
16 Gasbarro, Anthony	SO	Poway High School	211.34	177.40	1

Women - Team Rankings - Through Event 24

1. Mt. Carmel High School	490	2. Torrey Pines High School 2005	455
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Palomar League Championships 2008 - 5/8/2008 to 5/10/2008**Results - Palomar League Championships 2008 Finals**

3. Rancho Bernardo High School	423	4. Poway High School	385
5. Westview	236	6. La Costa Canyon High School	146

Men - Team Rankings - Through Event 24

1. Poway High School	520	2. Torrey Pines High School 2005	405
3. Mt. Carmel High School	399	4. Rancho Bernardo High School	314
5. Westview	272	6. La Costa Canyon High School	215