

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

Event 1 Girls 200 Yard Medley Relay

Palomar Leag: 1:47.55 2006 **Torrey Pines High School**
CIFSDS: 1:46.97 2007 **TPHS**

Team	Relay	Finals Time	
A - Final			
1 RBHS	A	1:49.81	40
1) Anderson, Katie	2) Ortizharo, Danielle		
3) Bowersox, Kathryn	4) Smyth, Danielle		
28.10 30.84	26.23 24.64		
2 CHS-CA	A	1:50.56	34
1) Johnson, Krista 17	2) Tomkinson, Ali 14		
3) Dornick, Monica 15	4) Tomkinson, Katie 17		
29.03 31.22	26.00 24.31		
3 VHS-CA	A	1:55.67	32
1) Williams, Victoria	2) Exley, Heather		
3) Nyenhuis, Chloe	4) Menkee, Chelsea		
30.34 32.20	27.66 25.47		
4 PHS	A	1:56.39	30
1) Sheehan, Kelley	2) Ruppert, Ashley		
3) Knight, Amanda	4) Schlegel, Erika		
29.33 33.73	28.14 25.19		
5 ECHS	A	1:59.66	28
1) Ochsner, Dana	2) Brown, Katrina		
3) Salgado, Kaelin	4) Huggins, Shaye		
29.38 34.87	29.40 26.01		
6 RBV-CA	A	2:04.30	26
1) Janda, Chloe	2) Testerman, April		
3) Beamon, Chelsea	4) Grossmith, Katie		
28.99 38.21	31.90 25.20		
B - Final			
9 CHS-CA	B	1:57.82	18
1) Wardle, Juliette 15	2) Burke, Kellie 15		
3) Major, Carol 17	4) Williams, Beth 16		
31.19 32.96	28.17 25.50		
10 RBHS	B	1:57.95	14
1) Bochsler, Hannah	2) Pietrzyk, Amber		
3) Chard, Michelle	4) Montes, Karina		
30.31 32.80	28.92 25.92		
11 PHS	B	2:05.83	12
1) Winton, Caitlin	2) Nelson, Hanna		
3) Smith, Anna	4) Villa, Cat		
30.96 37.72	29.65 27.50		
12 ECHS	B	2:06.56	10
1) McCarthy, Ashleigh	2) Waid, Rebecca		
3) McCauley, Haley	4) Stapp, Tami		
32.28 35.55	30.86 27.87		
13 VHS-CA	B	2:07.55	8
1) Warburton, Charlie	2) DeSantis, Katie		
3) Knollin, Katy	4) Hill, Katrina		
36.07 34.65	29.65 27.18		
14 RBV-CA	B	2:20.51	6
1) Nolan, Olivia	2) Bjarnson, Cherstin		
3) Vallier, Ashley	4) Bjarnson, Kianna		
35.89 38.26	36.99 29.37		

Event 2 Boys 200 Yard Medley Relay

Palomar Leag: 1:39.62 5/9/2008 **Poway High School**
D Schwab, A Rath, K Evans, M Tomasello
CIFSDS: 1:36.21 2008 **CHS**

Team Relay Finals Time

A - Final

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009**Results - Palomar League Championships Finals**

1	CARL		A	1:38.72	40
	1) Stitts, Joe		2) Cackovic, Conor		
	3) DiDio, Spencer		4) Smith, Collin		
	25.00	28.60	23.07	22.05	
2	PHS		A	1:38.80	34
	1) Schwab, Daniel		2) Caldwell, Anthony		
	3) Evans, Kyle		4) Wilson, Nick		
	24.78	28.49	24.42	21.11	
3	RBV-CA		A	1:41.64	32
	1) Clark, Matt		2) Buckendahl, Connor		
	3) Yee, Cameron		4) Fischetti, Jack		
	27.03	27.88	24.10	22.63	
4	ECHS		A	1:45.15	30
	1) Richardson, Parker		2) Lane, Travis		
	3) Koonce, Matthew		4) Angelotti, Chris		
	27.46	29.24	25.42	23.03	
5	RBHS		A	1:46.87	28
	1) Talgo, Tyler		2) Bahmani Pour, Jobin		
	3) Park, Joon		4) Asfazadour, Warren		
	28.26	27.83	26.94	23.84	
6	VHS-CA		A	1:50.20	26
	1) Lacroix, Wes		2) Donica, Tyler		
	3) Abd El Wahab, Mahmoud		4) Puckett, Joel		
	28.35	31.48	26.72	23.65	
B - Final					
9	RBV-CA		B	1:46.00	18
	1) Scahill, Patrick		2) Portugal, Abraham		
	3) Rodriguez, Chris		4) Rohner, Nate		
	27.51	30.02	25.62	22.85	
10	PHS		B	1:46.54	14
	1) Smykowski, Michael		2) Koning, John		
	3) Oakes, Tim		4) Brunansky, Ryan		
	26.79	30.74	26.12	22.89	
11	CARL		B	1:46.56	12
	1) Rodman, Preston		2) Miller, Trevor		
	3) Melendez, Lucas		4) Manchenton, Matt		
	27.80	29.39	26.10	23.27	
12	VHS-CA		B	1:53.21	10
	1) West, Brendan		2) Roberts, Wyatt		
	3) Ortega, Isaac		4) Duncan, Travis		
	28.42	34.15	27.11	23.53	
13	ECHS		B	1:54.50	8
	1) Miller, Trevor		2) Daciolas, Michael		
	3) Turvey, Rett		4) Hartwig, Tommy		
	29.63	31.41	27.26	26.20	

Event 3 Girls 200 Yard Freestyle

Palomar Leag: 1:48.37 2006 Whitney Spence

CIFSDS: 1:46.62 2005 Blake Hayter

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1	Dornick, Monica	15	CHS-CA	1:52.61	20
	25.90	28.27	29.22	29.22	
2	Spitser, Riley		RBHS	1:57.45	17
	27.23	29.82	30.16	30.24	
3	Burke, Kellie	15	CHS-CA	1:59.95	16
	27.84	29.82	30.87	31.42	
4	McClure, Lauren	14	CHS-CA	2:00.69	15
	28.27	30.42	31.40	30.60	
5	Schenk, Delaney		RBHS	2:01.31	14
	27.94	30.26	31.22	31.89	
6	Janda, Chloe		RBV-CA	2:02.27	13
	28.52	31.07	31.83	30.85	
7	Bochsler, Hannah		RBHS	2:02.83	12

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

	28.77	30.73	31.92	31.41	
8 Knight, Amanda			PHS	2:07.13	11
	29.74	31.64	32.65	33.10	
B - Final					
9 Villa, Cat			PHS	2:06.86	9
	29.09	31.89	33.13	32.75	
10 Schmidt, Nicole			RBHS	2:09.60	7
	29.83	32.16	33.62	33.99	
11 Murphy, Kaitlyn			16 CHS-CA	2:12.49	6
	29.47	33.04	34.93	35.05	
12 Thornbury, Michelle			VHS-CA	2:14.84	5
	30.62	33.85	35.34	35.03	
13 Waid, Rebecca			ECHS	2:18.12	4
	31.82	34.81	36.44	35.05	
14 McEwen, Melissa			ECHS	2:19.76	3
	31.68	35.59	37.95	34.54	
15 Murphy, Elizabeth			VHS-CA	2:20.70	2
	31.64	35.31	37.34	36.41	
16 Nolan, Olivia			RBV-CA	2:20.78	1
	32.00	35.64	37.09	36.05	

Event 4 Boys 200 Yard Freestyle

Palomar Leag: 1:42.43 5/9/2008 Jay Giddens
 CIFSDS: 1:38.44 1989 Mike Picotte

Name	Age	School	Finals Time
A - Final			
1 Anderson, Lewis		CARL	1:43.59 20
	24.79 26.34	26.51 25.95	
2 Williams, Trent		RBHS	1:43.74 17
	25.23 26.47	26.02 26.02	
3 Smith, Collin		CARL	1:48.44 16
	24.78 27.10	28.58 27.98	
4 Caldwell, Anthony		PHS	1:48.62 15
	25.25 27.64	28.20 27.53	
5 Robinson, Robert		CARL	1:48.91 14
	25.77 27.19	28.15 27.80	
6 Salomaki, Santeri		CARL	1:52.39 13
	25.90 28.13	29.33 29.03	
7 Butler, Brandon		VHS-CA	1:52.89 12
	25.24 28.17	29.21 30.27	
8 Roberts, Trent		PHS	1:53.07 11
	25.36 27.85	30.32 29.54	
B - Final			
9 Penney, Brian		RBV-CA	1:51.33 9
	25.55 28.21	28.82 28.75	
10 Pompa, Goodwin		RBV-CA	1:52.15 7
	25.37 28.58	29.37 28.83	
11 Hawkins, Ryan		RBV-CA	1:53.52 6
	25.54 28.87	29.90 29.21	
12 Livingston, Carter		RBV-CA	1:55.51 5
	26.34 28.60	29.59 30.98	
13 Jones, Marc		RBHS	1:58.27 4
	27.98 31.38	29.69 29.22	
14 Asfazadour, Warren		RBHS	1:58.43 3
	27.29 30.64	31.05 29.45	
15 Richardson, Parker		ECHS	1:59.59 2
	28.51 29.76	31.30 30.02	
16 Abd El Wahab, Mahmoud		VHS-CA	2:02.52 1
	27.29 30.88	32.27 32.08	

Event 5 Girls 200 Yard IM

Palomar Leag: 2:02.05 5/10/2007 Jessica Schmitt
 CIFSDS: 2:00.94 2007 Jessica Schmitt

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

Name	Age	School	Finals Time
A - Final			
1 Ortizharo, Danielle		RBHS	2:09.72 20
28.40	33.60	37.09	30.63
2 Anderson, Katie		RBHS	2:10.30 17
28.89	31.75	39.48	30.18
3 Johnson, Krista	17	CHS-CA	2:12.94 16
28.54	32.74	40.16	31.50
4 Sheehan, Kelley		PHS	2:16.19 15
29.97	34.26	40.91	31.05
5 Exley, Heather		VHS-CA	2:17.09 14
31.31	35.21	38.29	32.28
6 Schlegel, Erika		PHS	2:18.41 13
30.83	34.92	40.68	31.98
7 Ryan, Lauren	15	CHS-CA	2:21.92 12
29.25	36.21	43.43	33.03
8 Rusk, Jenny		RBHS	2:23.08 11
30.38	37.20	41.36	34.14
B - Final			
9 Pietrzyk, Amber		RBHS	2:24.13 9
10 Knollin, Katy		VHS-CA	2:26.27 7
11 McCauley, Haley		ECHS	2:26.65 6
12 Stapp, Tami		ECHS	2:27.31 5
13 Laubach, Courtney	16	CHS-CA	2:30.72 4
14 Harkous, Giselle		PHS	2:31.92 3
15 Karn, Nicole		ECHS	2:32.80 2
16 Dickson, Alexa		ECHS	2:50.38 1

Event 6 Boys 200 Yard IM

Palomar Leag: 1:55.91 1999 Joe Brennan
 CIFSDS: 1:49.47 1998 Tim Sicliano

Name	Age	School	Finals Time
A - Final			
1 DiDio, Spencer		CARL	1:55.81 20
24.75	30.04	34.17	26.85
A - Final ... (Event 6 Boys 200 Yard IM)			
Name	Age	School	Finals Time
2 Schwab, Daniel		PHS	1:58.52 17
25.92	28.78	36.10	27.72
3 Cackovic, Conor		CARL	2:00.36 16
25.40	31.38	34.67	28.91
4 Bahmani Pour, Jobin		RBHS	2:05.28 15
27.20	33.45	34.23	30.40
5 Metzger, Matthew		CARL	2:08.94 14
28.65	34.87	36.12	29.30
6 Clark, Matt		RBV-CA	2:09.01 13
28.49	31.66	38.81	30.05
7 Smykowski, Michael		PHS	2:10.05 12
27.65	31.79	39.02	31.59
8 Lane, Travis		ECHS	2:10.34 11
27.99	34.51	36.89	30.95
B - Final			
9 Scahill, Patrick		RBV-CA	2:12.78 9
28.76	33.19	42.07	28.76
10 Linehan, David		CARL	2:14.11 7
28.17	36.03	39.45	30.46
11 Yee, Cameron		RBV-CA	2:14.66 6
26.24	35.75	41.81	30.86
12 Shen, Tim		RBHS	2:16.58 5
28.92	37.73	37.37	32.56
13 Portugal, Abraham		RBV-CA	2:17.28 4

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009**Results - Palomar League Championships Finals**

	28.95	36.82	39.57	31.94	
14 Fronzak, Steven			PHS	2:17.43	3
	29.62	36.18	39.83	31.80	
15 Park, Joon			RBHS	2:19.06	2
	29.08	36.04	40.85	33.09	
16 Ortega, Isaac			VHS-CA	2:23.31	1
	28.53	37.81	44.98	31.99	

Event 7 Girls 50 Yard Freestyle

Palomar Leag: 24.11 2001 **Kirsten Rasmuson**
CIFSDS: 23.75 2003 **Hannah McClurg**

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1 Tomkinson, Katie	17	CHS-CA	24.91	20
2 Smyth, Danielle		RBHS	25.24	17
3 Menkee, Chelsea		VHS-CA	25.28	16
4 Grossmith, Katie		RBV-CA	25.74	15
5 Huggins, Shaye		ECHS	25.91	14
6 Nokes, Heather		RBHS	26.08	13
7 Montes, Karina		RBHS	26.10	12
8 Consiglio, Melanie		ECHS	26.67	11

B - Final

9 Williams, Beth	16	CHS-CA	25.51	9
10 Ochsner, Dana		ECHS	26.33	7
11 Schwab, Anna		PHS	26.48	6
12 Wardle, Juliette	15	CHS-CA	26.76	5
13 Miller, Rachel	17	CHS-CA	26.79	4
14 O'Connell, Anna		PHS	27.31	3
15 Beamon, Chelsea		RBV-CA	28.17	2
16 Sasson, Emma		RBHS	28.26	1

Event 8 Boys 50 Yard Freestyle

Palomar Leag: 21.35 2001 **Ryan Carlson**
CIFSDS: 20.67 2002 **Ryan Carlson**

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1 Stitts, Joe		CARL	21.95	20
2 Ennedy, Eddy		PHS	21.99	17
3 Wilson, Nick		PHS	22.47	16
4 Sherwood, Rainer		CARL	22.83	15
5 Angelotti, Chris		ECHS	23.13	14
6 Duncan, Travis		VHS-CA	23.32	13
7 Rohner, Nate		RBV-CA	23.38	12
8 Liu, Dennis		RBHS	23.62	11

B - Final

9 Livingston, Carter		RBV-CA	23.49	9
10 Brunansky, Ryan		PHS	23.50	7
11 O'Laughlin, Peter		CARL	23.83	6
12 Foss, Robert		RBHS	23.87	5
13 Manchenton, Matt		CARL	24.14	4
14 Schroeder, Parker		ECHS	24.27	3
15 Wilson, Garrett		RBV-CA	24.97	1.5
15 French, Neil		RBV-CA	24.97	1.5

Event 9 Girls 100 Yard Butterfly

Palomar Leag: 55.68 5/9/2008 **Bianca Casciari**
CIFSDS: 55.42 2007 **Bianca Casciari**

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1 Tomkinson, Ali	14	CHS-CA	57.35	20
	26.82	30.53		

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

2	Bowersox, Kathryn		RBHS	57.84	17
	27.24	30.60			
3	Ryan, Lauren		15 CHS-CA	1:02.13	16
	28.99	33.14			
4	Bochsler, Hannah		RBHS	1:03.42	15
	29.48	33.94			
5	Rusk, Jenny		RBHS	1:03.43	14
	29.80	33.63			
6	Knight, Amanda		PHS	1:03.96	13
	29.64	34.32			
7	Chard, Michelle		RBHS	1:04.23	12
	29.84	34.39			
8	Knollin, Katy		VHS-CA	1:06.19	11
	30.33	35.86			

B - Final

9	Major, Carol		17 CHS-CA	1:05.75	9
	30.69	35.06			
10	Laubach, Kym		16 CHS-CA	1:06.76	7
	31.66	35.10			
11	Radoff, Emily		PHS	1:07.34	6
	30.87	36.47			
12	Degelsmith, Daylen		PHS	1:10.99	5
	33.36	37.63			
13	Stone, Genevieve		PHS	1:14.50	4
	34.53	39.97			
14	McEwen, Melissa		ECHS	1:17.44	3
	36.07	41.37			

B - Final ... (Event 9 Girls 100 Yard Butterfly)

	Name	Age	School	Finals Time
15	Vallier, Ashley		RBV-CA	1:23.65
	39.40	44.25		2
16	Montiel, Cristal		ECHS	1:26.07
	35.97	50.10		1

Event 10 Boys 100 Yard Butterfly

Palomar Leag:	50.86	2006	Jeff Giddens
CIFSDS:	49.49	2001	William McLaughlin
Name	Age	School	Finals Time

A - Final

1	DiDio, Spencer		CARL	51.53	20
	24.08	27.45			
2	Evans, Kyle		PHS	52.06	17
	24.53	27.53			
3	Yee, Cameron		RBV-CA	54.37	16
	25.22	29.15			
4	Angelotti, Chris		ECHS	54.88	15
	25.72	29.16			
5	Smith, Collin		CARL	56.47	14
	26.10	30.37			
6	Fischetti, Jack		RBV-CA	57.09	13
	26.85	30.24			
7	Butler, Brandon		VHS-CA	57.58	12
	26.94	30.64			
8	Oakes, Tim		PHS	57.65	11
	27.61	30.04			

B - Final

9	Rodriguez, Chris		RBV-CA	58.09	9
	26.66	31.43			
10	Talgo, Tyler		RBHS	58.51	7
	27.71	30.80			
11	Koonce, Matthew		ECHS	58.65	6
	26.50	32.15			

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009**Results - Palomar League Championships Finals**

12	Turvey, Rett		ECHS	59.23	5
	27.64	31.59			
13	Diaz, Ben		CARL	1:00.64	4
	28.31	32.33			
14	Harrington, Grant		PHS	1:01.03	3
	28.03	33.00			
15	Ortega, Isaac		VHS-CA	1:01.58	2
	28.91	32.67			
16	Park, Joon		RBHS	1:01.92	1
	29.25	32.67			

Event 11 Girls 100 Yard Freestyle

Palomar Leag: 51.54 2003 Valerie Tukey
CIFSDS: 50.56 1989 Alison Terry

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1	Tomkinson, Katie	17	CHS-CA	53.65	20
	26.08	27.57			
2	Nyenhuis, Chloe		VHS-CA	54.39	17
	26.25	28.14			
3	Schlegel, Erika		PHS	55.44	16
	26.98	28.46			
4	Smyth, Danielle		RBHS	55.74	15
	27.55	28.19			
5	Grossmith, Katie		RBV-CA	55.88	14
	26.78	29.10			
6	Schenk, Delaney		RBHS	56.52	13
	27.46	29.06			
7	Consiglio, Melanie		ECHS	57.57	12
	27.76	29.81			
8	Monson, Lauren		RBHS	57.97	11
	28.05	29.92			

B - Final

9	Miller, Rachel	17	CHS-CA	57.24	9
10	Williams, Victoria		VHS-CA	57.33	7
11	Beaulieu, Arielle	17	CHS-CA	57.77	6
12	Hill, Katrina		VHS-CA	58.14	4.5
12	Huggins, Shaye		ECHS	58.14	4.5
14	Schwab, Anna		PHS	58.25	3
15	DeSantis, Katie		VHS-CA	59.21	2
16	Montes, Karina		RBHS	59.43	1

Event 12 Boys 100 Yard Freestyle

Palomar Leag: 46.61 5/9/2008 Jay Giddens
CIFSDS: 45.21 1989 Mike Picotte

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1	Wilson, Nick		PHS	47.23	20
	22.91	24.32			
2	Stitts, Joe		CARL	47.98	17
	23.19	24.79			
3	Anderson, Lewis		CARL	48.17	16
	23.07	25.10			
4	Buckendahl, Connor		RBV-CA	49.37	15
	23.56	25.81			
5	Ennedy, Eddy		PHS	50.08	14
	24.06	26.02			
6	Sherwood, Rainer		CARL	50.24	13
	24.43	25.81			
7	Hawkins, Ryan		RBV-CA	50.67	12
	24.24	26.43			
8	Roberts, Trent		PHS	51.16	11

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

	24.90	26.26			
B - Final					
9 Penney, Brian			RBV-CA	49.58	9
	23.97	25.61			
10 Liu, Dennis			RBHS	51.08	7
	24.66	26.42			
11 Brunansky, Ryan			PHS	51.23	6
	25.00	26.23			
12 Pompa, Goodwin			RBV-CA	52.00	5
	25.12	26.88			
13 Puckett, Joel			VHS-CA	52.26	4
	25.33	26.93			
14 Foss, Robert			RBHS	52.41	3
	25.28	27.13			
15 Manchenton, Matt			CARL	52.45	2
	24.76	27.69			
16 Brick, David			ECHS	54.88	1
	25.93	28.95			

Event 13 Girls 500 Yard Freestyle

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

Name	Age	School	Finals Time
A - Final			
1 Dornick, Monica	15	CHS-CA	4:59.75 20
			26.70 29.35 29.95 30.58
			30.51 30.83 30.44 30.89
			30.71 29.79
2 Spitsler, Riley		RBHS	5:15.78 17
			28.45 31.64 31.71 31.94
			31.65 32.40 32.54 32.31
			32.13 31.01
3 McClure, Lauren	14	CHS-CA	5:18.53 16
			29.70 32.19 31.74 32.18
			32.41 32.38 31.99 32.34
			32.06 31.54
4 Burke, Kellie	15	CHS-CA	5:26.60 15
			29.37 32.00 32.83 33.28
			33.03 32.77 33.21 33.57
			33.47 33.07
5 McCauley, Haley		ECHS	5:37.85 14
			30.29 33.32 34.19 34.36
			34.28 34.65 35.16 34.53
			34.56 32.51
6 Gansert, Hayley		RBHS	5:39.67 13
			30.96 33.34 34.09 34.42
			34.23 34.84 35.21 34.83
			34.13 33.62
7 Smith, Anna		PHS	5:40.05 12
			30.69 33.39 34.53 34.74
			34.84 34.21 34.41 34.73
			34.64 33.87
8 Schmidt, Nicole		RBHS	5:48.42 11
			31.81 34.25 35.06 35.30
			35.29 35.45 35.64 35.32
			35.50 34.80
B - Final			
9 Vertrees, Jenna	17	CHS-CA	5:43.50 9
			30.40 33.29 34.26 34.76
			34.98 35.38 35.52 35.26
			35.31 34.34
10 Kuck, Haley		RBHS	5:49.96 7
			32.89 35.68 35.08 34.90
			34.94 35.76 35.62 35.26

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

11	Degelsmith, Daylen	PHS	5:55.74	6
	35.69 34.14			
	32.46 35.98	37.29 35.89		
	36.00 36.09	36.43 35.80		
	35.30 34.50			
12	Karn, Nicole	ECHS	5:56.46	5
	32.25 34.79	35.79 35.80		
	36.01 36.04	36.38 36.60		
	36.80 36.00			
13	Thornbury, Michelle	VHS-CA	6:00.80	4
	31.59 35.30	35.64 35.98		
	36.76 37.14	37.00 37.24		
	37.50 36.65			
14	Durkovich, Britta	RBV-CA	6:15.43	3
	32.63 36.14	37.70 37.33		
	38.74 38.54	39.21 39.68		
	38.38 37.08			
15	Murphy, Elizabeth	VHS-CA	6:19.34	2
	32.85 36.78	37.67 38.23		
	38.79 39.17	39.03 39.40		
	39.29 38.13			
16	Papet, Marilyn	PHS	6:20.77	1
	33.12 37.45	39.01 39.86		
	39.92 39.48	39.52 39.41		
	38.65 34.35			

Event 14 Boys 500 Yard Freestyle

Palomar Leag:	4:39.16	1999	Sumner Rollings
CIFSDS:	4:21.10	1998	Tim Siciliano
Name	Age	School	Finals Time

A - Final

1	Williams, Trent	RBHS	4:46.13	20
	26.34 28.19	28.68 28.93		
	29.33 29.52	29.51 29.03		
	28.46 28.14			
2	Evans, Kyle	PHS	4:50.69	17
	25.58 27.90	28.22 28.96		
	29.20 29.19	29.56 29.82		
	30.86 31.40			
3	Robinson, Robert	CARL	4:55.69	16
	27.06 28.83	29.65 30.47		
	30.24 30.50	30.45 30.76		
	29.34 28.39			
4	Salomaki, Santeri	CARL	4:56.69	15
	27.43 28.85	29.55 30.10		
	30.15 30.20	30.36 30.51		
	30.14 29.40			
5	Melendez, Lucas	CARL	5:02.26	14
	26.72 29.44	30.96 30.82		
	30.22 30.76	30.98 31.26		
	31.01 30.09			
6	Collins, Charles	PHS	5:13.62	13
	28.71 31.52	31.76 31.61		
	31.80 31.77	31.65 31.94		
	31.89 30.97			
7	Abd El Wahab, Mahmoud	VHS-CA	5:15.68	12
	26.82 30.50	31.90 32.08		
	32.98 32.86	32.78 33.09		
	32.75 29.92			
8	Haslam, Tal	CARL	5:16.89	11
	27.32 30.23	31.45 31.85		
	32.55 32.76	33.12 32.96		
	33.14 31.51			

B - Final

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009**Results - Palomar League Championships Finals**

9	Jones, Marc		RBHS	5:12.02	9
	27.85	31.82	31.87	31.82	
	32.28	31.22	31.15	31.91	
	31.58	30.52			
10	Asfazadour, Warren		RBHS	5:20.62	7
	28.72	32.03	32.62	33.12	
	32.43	31.97	32.58	32.94	
	32.53	31.68			

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

	Name	Age	School	Finals Time	
11	Smethurst, Kyle		VHS-CA	5:23.11	5.5
	28.56	31.69	32.61	32.81	
	32.70	33.22	33.80	34.07	
	33.06	30.59			
11	Rodriguez, Chris		RBV-CA	5:23.11	5.5
	28.65	31.24	32.81	33.22	
	33.46	33.38	32.73	33.95	
	33.42	30.25			
13	Seikkula, Matt		RBHS	5:24.34	4
	29.11	31.81	32.65	33.06	
	33.44	32.60	33.09	33.23	
	33.68	31.67			
14	Koonce, Matthew		ECHS	5:28.93	3
	28.41	32.04	32.54	33.25	
	33.48	32.99	33.01	34.56	
	34.40	34.25			
15	Thomas, Peter		PHS	5:41.09	2
	27.89	32.69	34.35	34.81	
	35.28	35.17	35.67	35.31	
	35.48	34.44			
16	Tanner, Danny		VHS-CA	5:53.90	1
	30.72	33.99	34.85	35.82	
	36.04	37.33	37.17	37.28	
	36.76	33.94			

Event 15 Girls 200 Yard Freestyle Relay

Palomar Leag: 1:38.52 5/10/2007 Torrey Pines High School

CIFSDS: 1:38.52 2007 TPHS

Team	Relay	Finals Time
------	-------	-------------

A - Final

1	RBHS	A	1:41.08	40
	1) Montes, Karina	2) Nokes, Heather		
	3) Spitsler, Riley	4) Smyth, Danielle		
	5.60	20.93	25.27	49.28
2	CHS-CA	A	1:41.22	34
	1) Tomkinson, Katie 17	2) Miller, Rachel 17		
	3) Ryan, Lauren 15	4) Dornick, Monica 15		
	25.07	26.79	25.14	24.22
3	ECHS	A	1:44.52	32
	1) Brown, Katrina	2) Consiglio, Melanie		
	3) Huggins, Shaye	4) Ochsner, Dana		
	26.38	27.18	25.52	25.44
4	VHS-CA	A	1:44.84	30
	1) Menkee, Chelsea	2) Warburton, Charlie		
	3) Williams, Victoria	4) Nyenhuis, Chloe		
	25.84	26.96	26.73	25.31
5	PHS	A	1:49.12	28
	1) O'Connell, Anna	2) Schwab, Anna		
	3) Winton, Caitlin	4) Villa, Cat		
	26.91	27.10	27.32	27.79
6	RBV-CA	A	1:55.34	26
	1) Bjarnson, Cherstin	2) Bjarnson, Kianna		
	3) Beamon, Autumn	4) Beamon, Chelsea		

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009**Results - Palomar League Championships Finals**

	29.57	29.82	27.96	27.99	
B - Final					
9 RBHS			B	1:46.10	18
1) Schenk, Delaney			2) Bochsler, Hannah		
3) Gansert, Hayley			4) Rusk, Jenny		
	26.66	26.82	26.49	26.13	
10 CHS-CA			B	1:47.39	14
1) McClure, Lauren 14			2) Major, Carol 17		
3) Smith, Meagan 14			4) Wardle, Juliette 15		
	27.51	26.95	26.65	26.28	
11 VHS-CA			B	1:56.00	12
1) Hill, Katrina			2) Sellers, Samantha		
3) Puckett, Alyssa			4) Dineen, Bethany		
	30.07	29.97	27.37	28.59	
12 ECHS			B	1:56.37	10
1) Schempp, Alexis			2) Karn, Nicole		
3) Daciolas, Jennifer			4) McEwen, Melissa		
	29.53	30.31	28.60	27.93	
13 RBV-CA			B	2:06.52	8
1) Orielly-Gronke, Shelby			2) Vallier, Ashley		
3) Drinkward, Jenna			4) Durkovich, Britta		
	33.49	30.98	30.98	31.07	

Event 16 Boys 200 Yard Freestyle Relay

Palomar Leag: 1:28.16 5/9/2008 Poway High School

K Weeks, C Brandalise, N Wilson, M Tomasello

CIFSDS: 1:26.59 1993 MCHS

Team	Relay	Finals Time
A - Final		
1 PHS	A	1:30.69 40
1) Roberts, Trent	2) Brunansky, Ryan	
3) Caldwell, Anthony	4) Ennedy, Eddy	
	22.56 21.53	
2 CARL	A	1:30.85 34
1) Cackovic, Conor	2) O'Laughlin, Peter	
3) Sherwood, Rainer	4) Anderson, Lewis	
	23.58 21.78	
3 RBV-CA	A	1:31.56 32
1) Livingston, Carter	2) Penney, Brian	
3) Hawkins, Ryan	4) Fischetti, Jack	
	22.85 22.64	
4 VHS-CA	A	1:34.51 30
1) Butler, Brandon	2) Duncan, Travis	
3) Ortega, Isaac	4) Puckett, Joel	
	24.62 23.42	
5 RBHS	A	1:35.29 28
1) Liu, Dennis	2) Foss, Robert	
3) Park, Joon	4) Williams, Trent	
	25.13 22.26	
6 ECHS	A	1:39.11 26
1) Brick, David	2) Schroeder, Parker	
3) Hansen, Jonathan	4) Miller, Trevor	
	24.74 24.30	
B - Final		
9 RBV-CA	B	1:35.98 18
1) Pompa, Goodwin	2) Wilson, Garrett	
3) Yee, Cameron	4) Rohner, Nate	
	24.41 22.92	
B - Final ... (Event 16 Boys 200 Yard Freestyle Relay)		
Team	Relay	Finals Time
10 CARL	B	1:36.32 14
1) Tague, Grier	2) Larson, Dillon	

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

3) Marsden, Matt	24.65	23.34	4) Rodman, Preston	24.30	24.03		
11 VHS-CA			B			1:41.23	12
1) VanWagoner, Mitchel			2) West, Brendan				
3) Carlson, Morgan	25.24	25.11	4) Abd El Wahab, Mahmoud	24.74	26.14		
12 PHS			B			1:42.10	10
1) Bressinger, Brian			2) Thomas, Peter				
3) Hu, Dustin	25.02	26.54	4) Harrington, Grant	25.23	25.31		
13 RBHS			B			1:42.51	8
1) Miller, Glen			2) Shen, Tim				
3) Ng, Andrew	25.17	25.66	4) Jones, Marc	25.51	26.17		
14 ECHS			B			1:44.72	6
1) Reese, Nick			2) Hartwig, Tommy				
3) Fischer, Karl	26.64	26.33	4) Daciolas, Michael	27.27	24.48		

Event 17 Girls 100 Yard Backstroke

Palomar Leag: 57.45 5/10/2007 Anna Pold

CIFSDS: 55.12 2008 Nicole Parmenter

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1 Anderson, Katie		RBHS	58.09	20
28.41	29.68			
2 Johnson, Krista		17 CHS-CA	1:00.44	17
29.90	30.54			
3 Bowersox, Kathryn		RBHS	1:01.18	16
29.50	31.68			
4 Sheehan, Kelley		PHS	1:02.32	15
30.41	31.91			
5 Ochsner, Dana		ECHS	1:02.40	14
30.11	32.29			
6 Janda, Chloe		RBV-CA	1:02.68	13
30.55	32.13			
7 Nokes, Heather		RBHS	1:03.03	12
30.93	32.10			
8 Winton, Caitlin		PHS	1:04.12	11
31.38	32.74			

B - Final

9 Monson, Lauren		RBHS	1:06.11	9
32.43	33.68			
10 Smith, Anna		PHS	1:06.19	6.5
32.59	33.60			
10 Rogers, Heather		PHS	1:06.19	6.5
32.00	34.19			
12 Wardle, Juliette		15 CHS-CA	1:09.14	5
32.56	36.58			
13 Vertrees, Jenna		17 CHS-CA	1:09.33	4
34.17	35.16			
14 McCarthy, Ashleigh		ECHS	1:09.96	3
32.85	37.11			
15 Waid, Rebecca		ECHS	1:10.07	2
33.68	36.39			
16 Testerman, April		RBV-CA	1:11.87	1
34.19	37.68			

Event 18 Boys 100 Yard Backstroke

Palomar Leag: 52.29 2006 Jeff Giddens

CIFSDS: 50.23 1993 Cory Sinclair

Name	Age	School	Finals Time
------	-----	--------	-------------

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

A - Final

1	Schwab, Daniel		PHS	52.87	20
	25.71	27.16			
2	Smykowski, Michael		PHS	57.09	17
	27.80	29.29			
3	Scahill, Patrick		RBV-CA	58.29	16
	28.30	29.99			
4	Clark, Matt		RBV-CA	58.53	15
	28.65	29.88			
5	Richardson, Parker		ECHS	58.71	14
	28.30	30.41			
6	Rodman, Preston		CARL	59.65	13
	28.64	31.01			
7	Talgo, Tyler		RBHS	59.71	12
	29.14	30.57			
8	Petcavich, Shane		CARL	59.97	11
	28.73	31.24			

B - Final

9	Oakes, Tim		PHS	1:00.74	9
	30.23	30.51			
10	Miller, Glen		RBHS	1:01.50	7
	30.34	31.16			
11	Le, Justin		CARL	1:01.75	6
	29.09	32.66			
12	Lacroix, Wes		VHS-CA	1:02.01	5
	30.09	31.92			
13	West, Brendan		VHS-CA	1:02.78	4
	30.98	31.80			
14	Evangelista, Richard		RBHS	1:04.61	3
	31.32	33.29			
15	Dudley, Travis		RBHS	1:04.91	2
	30.84	34.07			
---	Payne, Ian		CARL	DQ	
	30.75	34.06			

Event 19 Girls 100 Yard Breaststroke

Palomar Leag: 1:03.36 5/10/2007 Jessica Schmitt

CIFSDS: 1:01.77 1998 Staci Stitts

Name	Age	School	Finals Time
------	-----	--------	-------------

A - Final

1	Ortizharo, Danielle		RBHS	1:06.50	20
	31.39	35.11			
2	Exley, Heather		VHS-CA	1:08.59	17
	32.42	36.17			
3	Tomkinson, Ali	14	CHS-CA	1:08.71	16
	33.12	35.59			
4	Williams, Beth	16	CHS-CA	1:10.89	15
	33.85	37.04			
5	Pietrzyk, Amber		RBHS	1:12.51	14
	34.27	38.24			

A - Final ... (Event 19 Girls 100 Yard Breaststroke)

Name	Age	School	Finals Time
------	-----	--------	-------------

6	Gansert, Hayley		RBHS	1:14.95	13
	35.80	39.15			
7	Stapp, Tami		ECHS	1:15.45	12
	35.59	39.86			
8	Ruppert, Ashley		PHS	1:15.64	11
	35.00	40.64			

B - Final

9	DeSantis, Katie		VHS-CA	1:13.82	9
	34.67	39.15			
10	Brown, Katrina		ECHS	1:17.63	7

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

	36.66	40.97				
11	Sellers, Samantha		VHS-CA	1:18.24	6	
	36.74	41.50				
12	Laubach, Courtney		16 CHS-CA	1:19.30	5	
	37.98	41.32				
13	Harkous, Giselle		PHS	1:19.40	4	
	37.76	41.64				
14	Radoff, Emily		PHS	1:19.81	3	
	37.21	42.60				
15	King, Kym		17 CHS-CA	1:20.55	2	
	37.39	43.16				
16	Moshirian, Tania		RBHS	1:21.12	1	
	37.43	43.69				

Event 20 Boys 100 Yard Breaststroke

Palomar Leag: 58.58 1999 **Quentin Byma**
CIFSDS: 56.38 1999 **Quentin Byma**

Name **Age** **School** **Finals Time**

A - Final

1	Bahmani Pour, Jobin		RBHS	1:01.50	20
	28.96	32.54			
2	Cackovic, Conor		CARL	1:01.92	17
	28.66	33.26			
3	Buckendahl, Connor		RBV-CA	1:02.06	16
	29.36	32.70			
4	Miller, Trevor		CARL	1:03.18	15
	29.55	33.63			
5	Caldwell, Anthony		PHS	1:03.36	14
	29.89	33.47			
6	Lane, Travis		ECHS	1:04.47	13
	30.36	34.11			
7	Metzger, Matthew		CARL	1:05.84	12
	31.43	34.41			
8	Portugal, Abraham		RBV-CA	1:05.92	11
	31.50	34.42			

B - Final

9	Fischetti, Jack		RBV-CA	1:05.74	9
	30.93	34.81			
10	Shen, Tim		RBHS	1:06.74	7
	31.79	34.95			
11	Koning, John		PHS	1:07.71	6
	32.33	35.38			
12	Seikkula, Matt		RBHS	1:07.88	5
	32.65	35.23			
13	Rosenkranz, Andrew		RBV-CA	1:10.72	4
	32.79	37.93			
14	Ng, Andrew		RBHS	1:11.09	3
	33.59	37.50			
15	Roberts, Wyatt		VHS-CA	1:11.30	2
	33.22	38.08			
16	Mendoza, Daniel		PHS	1:11.78	1
	33.21	38.57			

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**

Team **Relay** **Finals Time**

A - Final

1	RBHS	A	3:36.52	40
	1) Spitsler, Riley	2) Bowersox, Kathryn		
	3) Ortizharo, Danielle	4) Anderson, Katie		
	26.62	54.73	25.91	54.81

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

25.90	53.86	15.62	53.12		
2 CHS-CA		A	3:43.83	34	
1) Johnson, Krista 17		2) Miller, Rachel 17			
3) Tomkinson, Ali 14		4) Burke, Kellie 15			
26.55	54.48	26.70	56.51		
27.20	56.63	26.97	56.21		
3 VHS-CA		A	3:46.65	32	
1) Menkee, Chelsea		2) Williams, Victoria			
3) Exley, Heather		4) Nyenhuis, Chloe			
27.35	57.38	27.14	57.07		
27.83	57.29	26.57	54.91		
4 PHS		A	3:46.87	30	
1) Schwab, Anna		2) Knight, Amanda			
3) Schlegel, Erika		4) Sheehan, Kelley			
28.07	58.92	27.86	58.28		
26.07	54.87	26.60	54.80		
5 ECHS		A	4:02.81	28	
1) Consiglio, Melanie		2) McCauley, Haley			
3) Stapp, Tami		4) Salgado, Kaelin			
27.87	57.64	28.76	1:01.25		
29.14	1:01.54	29.36	1:02.38		
6 RBV-CA		A	4:07.59	26	
1) Bjarnson, Kianna		2) Beamon, Autumn			
3) Janda, Chloe		4) Grossmith, Katie			
30.85	1:06.64	28.80	1:02.39		
29.04	1:00.64	27.36	57.92		

B - Final

9 CHS-CA		B	3:48.36	18	
1) Ryan, Lauren 15		2) McClure, Lauren 14			
3) Satterwhite, Amanda 17		4) Williams, Beth 16			
27.57	56.91	27.75	58.02		
27.64	57.88	26.86	55.55		
10 RBHS		B	3:48.92	14	
1) Schenk, Delaney		2) Monson, Lauren			
3) Rusk, Jenny		4) Nokes, Heather			
27.56	57.06	27.75	58.44		
27.08	57.50	26.40	55.92		
11 VHS-CA		B	4:05.46	12	
1) Warburton, Charlie		2) Hill, Katrina			
3) DeSantis, Katie		4) Knollin, Katy			
29.68	1:02.55	28.48	1:00.47		
29.55	1:02.19	28.98	1:00.25		

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

Team	Relay	Finals Time		
12 PHS	B	4:05.81	10	
1) Smith, Anna	2) Coss, Mia			
3) Winton, Caitlin	4) O'Connell, Anna			
30.57	1:03.50	28.18	59.01	
29.55	1:02.40	29.09	1:00.90	
13 ECHS	B	4:21.39	8	
1) McCarthy, Ashleigh	2) Waid, Rebecca			
3) Karn, Nicole	4) McEwen, Melissa			
30.66	1:04.77	29.84	1:03.21	
29.42	1:02.95	33.11	1:10.46	
14 RBV-CA	B	4:33.28	6	
1) Nolan, Olivia	2) Bjarnson, Cherstin			
3) Orielly-Gronke, Shelby	4) Beamon, Chelsea			
31.41	1:06.32	31.35	1:07.85	
35.17	1:13.49	29.76	1:05.62	

Event 22 Boys 400 Yard Freestyle Relay

Palomar Leag: 3:15.12 5/9/2008 Poway High School

K Weeks, K Evans, C Brandalise, D Schwab

CIFSDS: 3:08.91 1993 MCHS

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009**Results - Palomar League Championships Finals**

Team	Relay	Finals Time		
A - Final				
1 CARL	A	3:12.30	40	
1) Stitts, Joe	2) Smith, Collin			
3) Anderson, Lewis	4) DiDio, Spencer			
23.49 49.53	22.98 47.68			
22.52 47.58	22.74 47.51			
2 PHS	A	3:12.57	34	
1) Evans, Kyle	2) Schwab, Daniel			
3) Ennedy, Eddy	4) Wilson, Nick			
24.09 49.23	23.14 48.13			
23.17 48.86	22.17 46.35			
3 RBV-CA	A	3:20.55	32	
1) Pompa, Goodwin	2) Penney, Brian			
3) Livingston, Carter	4) Buckendahl, Connor			
24.49 51.16	23.73 50.45			
23.89 49.73	23.38 49.21			
4 RBHS	A	3:23.07	30	
1) Liu, Dennis	2) Foss, Robert			
3) Bahmani Pour, Jobin	4) Williams, Trent			
24.55 51.40	24.90 52.38			
24.38 51.09	23.03 48.20			
5 VHS-CA	A	3:25.90	28	
1) Butler, Brandon	2) Duncan, Travis			
3) Abd El Wahab, Mahmoud	4) Puckett, Joel			
24.30 50.44	23.99 50.97			
25.01 52.84	24.65 51.65			
6 ECHS	A	3:31.75	26	
1) Brick, David	2) Schroeder, Parker			
3) Bosch, Carl	4) Angelotti, Chris			
24.57 50.81	25.29 52.03			
25.58 55.37	25.66 53.54			
B - Final				
9 RBV-CA	B	3:27.34	18	
1) Clark, Matt	2) Wilson, Garrett			
3) Scahill, Patrick	4) Hawkins, Ryan			
25.24 51.83	24.37 51.66			
24.66 51.27	25.63 52.58			
10 PHS	B	3:35.78	14	
1) Roberts, Trent	2) Bressinger, Brian			
3) Koning, John	4) Oakes, Tim			
25.41 52.52	26.46 55.70			
26.51 54.77	25.65 52.79			
11 CARL	B	3:36.01	12	
1) Larson, Dillon	2) Melendez, Lucas			
3) Tague, Grier	4) Manchenton, Matt			
25.02 52.92	25.85 54.84			
26.27 55.44	25.19 52.81			
12 VHS-CA	B	3:46.37	10	
1) VanWagoner, Mitchel	2) Carlson, Morgan			
3) Lacroix, Wes	4) West, Brendan			
27.03 56.18	27.31 55.94			
27.28 57.11	25.98 57.14			
13 ECHS	B	3:51.73	8	
1) Richardson, Parker	2) Rutz, Garrett			
3) Fischer, Karl				
27.19 55.85	27.66 59.46			
26.83 56.49	27.49 59.93			

Event 23 Girls 1 mtr Diving

Palomar Leag: 447.10 5/10/2007 Laura Sanford

CIFSDS: 450.85 1999 Kristen Walls

Name Age School Finals Score

Palomar League Championships 2009 - 5/14/2009 to 5/16/2009
Results - Palomar League Championships Finals

A - Final

1	Francois, Haley	RBHS	414.70	20
2	Gill, Ali	PHS	352.55	17
3	Wilkinson, Kelly	VHS-CA	327.70	16
4	Kane, Jessica	14 CHS-CA	311.45	15
5	Kane, Chelsea	17 CHS-CA	310.05	14
6	Mendoza, Emily	PHS	291.60	13
7	Sanscartier, Candice	RBHS	267.20	12
8	Tang, Ruth	RBHS	222.95	11
9	Stringer, Alex	17 CHS-CA	205.25	9
10	Mateos, Nidia	RBHS	204.50	7
11	Chang, Katie	PHS	191.30	6
12	Vawter, Annika	PHS	168.60	5

Event 24 Boys 1 mtr Diving

Palomar Leag: 411.90 2003 Dustin Watson
CIFSDS: 566.76 1977 Greg Louganis

Name	Age	School	Finals Score
------	-----	--------	--------------

A - Final

1	Urnezis, Josh	RBHS	384.30	20
2	Cowell, Tyler	RBHS	320.25	17
3	Kelly, Brian	RBHS	242.45	16