

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals****Event 1 Girls 200 Yard Medley Relay****Palomar Leag:** 1:47.55 2006 **Torrey Pines High School****CIFSDS:** 1:46.72 2009 **TPHS****Team Relay Finals Time****A - Final**

1	RBHS	A	1:53.01	40
	1) Anderson, Katie	2) Cable, Alyssa		
	3) Bowersox, Kathryn	4) Montes, Karina		
	28.54 32.00	26.40 26.07		
2	PHS	A	1:57.18	34
	1) Sheehan, Kelley	2) Samson, Salem		
	3) Knight, Amanda	4) Wasung, Karly		
	28.85 34.37	28.68 25.28		
3	VHS-CA	A	1:57.38	32
	1) Williams, Victoria	2) Exley, Heather		
	3) Nyenhuis, Chloe	4) Hill, Katrina		
	31.79 31.82	27.06 26.71		
4	RBV-US	A	1:59.03	30
	1) Janda, Chloe	2) Fairbanks, Allison		
	3) Lemieux, Claire	4) Grossmith, Katie		
	30.31 35.71	27.91 25.10		
5	CHS-CA	A	2:06.77	28
	1) Wardle, Juliette	2) Zak, Rebecca		
	3) Laubach, Kymberly	4) Manchenton, Dulcie		
	32.34 35.33	30.83 28.27		
6	ECHS	A	2:13.83	26
	1) Ansbro, Kelsey	2) McCauley, Haley		
	3) Richardson, Andi	4) Stapp, Tami		
	36.29 35.35	34.17 28.02		

B - Final

9	RBHS	B	2:01.29	18
	1) Monson, Lauren	2) Pietrzyk, Amber		
	3) Bochsler, Hannah	4) Rusk, Jenny		
	31.15 35.07	28.53 26.54		
10	VHS-CA	B	2:04.85	14
	1) McWeeney, Lisa	2) Sellers, Samantha		
	3) Knollin, Katy	4) Herington, Riley		
	34.38 34.58	28.45 27.44		
11	PHS	B	2:09.95	12
	1) Winton, Caitlin	2) Harkous, Giselle		
	3) Harkous, Janelle	4) Coss, Mia		
	31.06 37.83	33.25 27.81		
12	CHS-CA	B	2:11.72	10
	1) Domingo, Lexie	2) Laubach, Courtney		
	3) Kwasnica, Kelsey	4) Larson, Katie		
	32.72 37.07	31.51 30.42		
13	ECHS	B	2:16.55	8
	1) Daciolas, Jennifer	2) Doerr, Celine		
	3) Montiel, Cristal	4) Whynaught, Katelyn		
	34.54 38.30	34.64 29.07		

Event 2 Boys 200 Yard Medley Relay**Palomar Leag:** 1:38.72 2009 **Carlsbad High School****CIFSDS:** 1:33.94 2009 **CHS****Team Relay Finals Time****A - Final**

1	RBV-US	A	1:39.44	40
	1) Scahill, Patrick	2) Portugal, Abe		
	3) Fischetti, Jack	4) Rohner, Nate		
	25.52 29.05	23.41 21.46		
2	PHS	A	1:40.09	34

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

1) Smykowski, Michael	2) Caldwell, Anthony				
3) Evans, Kyle	4) Wilson, Nick				
27.16	27.86	23.63	21.44		
3 CARL		A	1:41.26	32	
1) Rodman, Preston	2) Cackovic, Conor				
3) Smith, Collin	4) Sherwood, Rainer				
27.26	28.58	23.54	21.88		
4 RBHS		A	1:45.16	30	
1) Williams, Trent	2) Shen, Tim				
3) Talgo, Tyler	4) Ingham, Kyle				
25.49	29.97	26.05	23.65		
5 ECHS		A	1:45.40	28	
1) Richardson, Parker	2) Lane, Travis				
3) Rutz, Garrett	4) Rabbetts, Evan				
27.61	29.58	25.22	22.99		
B - Final					
9 PHS	B		1:49.00	18	
1) Fronczak, Steven	2) Koning, John				
3) Harrington, Grant	4) Rath, Brandon				
28.52	30.11	27.07	23.30		
10 RBV-US	B		1:49.31	14	
1) Hunter, Nick	2) Snyder, Grant				
3) Rodriguez, Chris	4) Thornbury, Steven				
28.54	31.93	25.44	23.40		
11 CARL	B		1:50.18	12	
1) Salomaki, Santeri	2) Metzger, Matthew				
3) Schweigert, Justin	4) Robinson, Robert				
30.58	30.28	25.91	23.41		
12 VHS-CA	B		1:53.78	10	
1) Roberts, Ryder	2) Le, Andrew				
3) Brady, Tanner	4) Prestie, Dennis				
29.29	33.12	27.22	24.15		
13 ECHS	B		1:54.63	8	
1) Breidenthal, David	2) Cotoia, John				
3) Hayek, Jason	4) Bosch, Karl				
32.68	30.81	27.94	23.20		
14 RBHS	B		1:55.71	6	
1) Dudley, Travis	2) Jones, Marc				
3) Jaeger, Joshua	4) Miller, Glen				
28.94	32.68	29.37	24.72		

Event 3 Girls 200 Yard Freestyle

Palomar Leag: 1:48.37 2006
CIFSDS: 1:46.62 2005

Whitney Spence
Blake Hayter

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

A - Final

1 Dornick, Monica	CHS-CA	1:53.04	20
25.71	28.36	29.16	29.81
2 Spitzer, Riley	RBHS	1:56.36	17
26.89	29.36	30.11	30.00
3 Burke, Kellie	CHS-CA	1:59.46	16
27.97	29.58	30.81	31.10
4 Janda, Chloe	RBV-US	2:00.52	15
27.94	30.60	31.31	30.67
5 Grossmith, Katie	RBV-US	2:02.83	14
28.30	31.04	31.41	32.08
6 Gansert, Haley	RBHS	2:05.35	13
29.33	31.48	32.59	31.95
7 Knight, Amanda	PHS	2:08.09	12
29.41	31.68	33.37	33.63
8 Rutz, Savannah	ECHS	2:09.10	11
30.16	31.76	33.84	33.34

B - Final

9 Villa, Cat	PHS	2:06.95	9
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Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

	28.86	31.62	32.95	33.52		
10	Nguyen, Nancy		RBHS	2:10.91	7	
	28.98	32.12	34.46	35.35		
11	McIntee, Shannon		CHS-CA	2:11.90	6	
	30.39	33.53	34.56	33.42		
12	Thornbury, Michelle		VHS-CA	2:13.87	5	
	30.67	33.99	34.84	34.37		
13	Domingo, Lexie		CHS-CA	2:14.13	4	
	30.95	33.60	35.12	34.46		
14	White, Gabriela		ECHS	2:18.23	3	
	33.25	35.10	34.83	35.05		
15	Martinez, Micaela		RBV-US	2:18.46	2	
	31.33	34.59	36.64	35.90		
16	Whynaught, Katelyn		ECHS	2:24.17	1	
	33.52	36.62	37.32	36.71		

Event 4 Boys 200 Yard Freestyle

Palomar Leag: 1:42.43 2008 **Jay Giddens**
CIFSDS: 1:38.44 1989 **Mike Picotte**

Name	Age	School	Finals Time
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A - Final

1	Smith, Collin		CARL	1:44.52	20
	23.53	26.15	26.90	27.94	
2	Robinson, Robert		CARL	1:48.63	17
	25.88	27.14	27.79	27.82	
3	Pompa, Goodwin		RBV-US	1:49.18	16
	24.95	27.65	28.74	27.84	
4	Schweigert, Justin		CARL	1:49.48	15
	25.42	27.67	28.16	28.23	
5	Salomaki, Santeri		CARL	1:51.61	14
	25.72	27.76	28.92	29.21	
6	Farley, Rich		RBV-US	1:51.89	13
	25.78	28.35	29.26	28.50	
7	Thornbury, Steven		RBV-US	1:52.25	12
	26.05	28.79	28.73	28.68	
8	Jones, Marc		RBHS	1:56.24	11
	26.81	28.97	30.41	30.05	

B - Final

9	Bressinger, Brian		PHS	1:53.98	9
	26.84	28.63	29.67	28.84	
10	Hartwig, Tommy		VHS-CA	1:55.99	7
	26.92	29.06	29.69	30.32	
11	Dudley, Travis		RBHS	2:00.01	6
	27.58	30.16	31.66	30.61	
12	Jaeger, Joshua		RBHS	2:01.04	5
	28.03	30.35	31.53	31.13	
13	Clark, Sean		PHS	2:01.44	4
	26.55	29.87	31.60	33.42	
14	Fantasia, Brandon		PHS	2:02.14	3
	27.92	30.29	32.31	31.62	
15	Koev, Nick		ECHS	2:02.88	2
	28.27	30.72	32.03	31.86	

Event 5 Girls 200 Yard IM

Palomar Leag: 2:02.05 2007 **Jessica Schmitt**
CIFSDS: 2:00.16 2009 **Jessica Schmitt**

Name	Age	School	Finals Time
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A - Final

1	Anderson, Katie		RBHS	2:09.22	20
	28.46	31.02	38.94	30.80	
2	Sheehan, Kelley		PHS	2:13.52	17
	29.52	33.90	39.69	30.41	

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

3	Exley, Heather		VHS-CA	2:15.38	16
	30.81	35.07	37.44	32.06	
4	McClure, Lauren		CHS-CA	2:20.77	15
	30.73	37.80	41.46	30.78	
5	Rusk, Jenny		RBHS	2:20.80	14
	30.39	36.54	41.24	32.63	
6	Lemieux, Claire		RBV-US	2:21.10	13
	29.04	36.89	42.42	32.75	
7	Samson, Salem		PHS	2:21.49	12
	30.56	37.94	39.95	33.04	
8	Knollin, Katy		VHS-CA	2:24.88	11
	29.67	38.15	42.79	34.27	

B - Final

9	Salgado, Kaelin		ECHS	2:25.83	9
	30.77	37.09	44.28	33.69	
10	Pietrzyk, Amber		RBHS	2:27.48	7
	31.81	39.36	41.12	35.19	
11	Sellers, Samantha		VHS-CA	2:29.98	6
	31.24	39.32	43.40	36.02	
12	Laubach, Courtney		CHS-CA	2:31.60	5
	32.53	38.60	45.37	35.10	
13	Harkous, Janelle		PHS	2:35.84	4
	33.82	40.25	46.27	35.50	
14	Laubach, Kymberly		CHS-CA	2:36.04	3
	33.15	40.64	47.70	34.55	
15	Karn, Nicole		ECHS	2:42.61	2
	34.37	40.74	48.92	38.58	
16	Vaupel, Kelly		CHS-CA	2:44.08	1
	35.93	40.39	50.48	37.28	

Event 6 Boys 200 Yard IM

Palomar Leag: 1:55.81 2009 **Spencer DiDio**
CIFSDS: 1:49.47 1998 **Tim Sicliano**

Name	Age	School	Finals Time
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A - Final

1	Williams, Trent		RBHS	1:56.77	20
	25.04	28.90	35.28	27.55	
2	Cackovic, Conor		CARL	1:59.44	17
	26.02	31.76	33.81	27.85	
3	Caldwell, Anthony		PHS	2:02.35	16
	26.25	32.92	34.47	28.71	
4	Rabbetts, Evan		ECHS	2:04.22	15
	27.41	31.58	35.20	30.03	
5	Metzger, Matthew		CARL	2:05.42	14
	27.38	32.65	35.99	29.40	
6	McCauley, Ryan		ECHS	2:06.12	13
	27.29	33.21	36.40	29.22	
7	Lane, Travis		ECHS	2:09.51	12
	28.41	34.38	36.78	29.94	
8	Asfazadour, Warren		RBHS	2:10.97	11
	28.85	33.76	38.47	29.89	

B - Final

9	Linehan, David		CARL	2:07.60	9
	27.35	33.13	38.60	28.52	
10	Mueller, Eric		PHS	2:09.91	7
	27.77	33.46	38.79	29.89	
11	Smykowski, Michael		PHS	2:10.63	6
	27.44	31.85	39.09	32.25	
12	Portugal, Abe		RBV-US	2:13.68	5
	28.80	35.23	38.11	31.54	
13	Hunter, Nick		RBV-US	2:14.75	4
	28.82	31.68	44.02	30.23	
14	Ikedo, Ken		CARL	2:16.63	3
	28.48	36.31	41.35	30.49	

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

15	Shen, Tim		RBHS	2:16.95	2
	29.55	36.99	38.48	31.93	
16	Cotoia, John		ECHS	2:18.81	1
	30.51	37.64	38.31	32.35	

Event 7 Girls 50 Yard Freestyle

Palomar Leag: 24.11 2001
CIFSDS: 23.68 2009

Kirsten Rasmuson
Jacque Kimmel

Name	Age	School	Finals Time
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A - Final

1	Nyenhuis, Chloe	VHS-CA	24.78	20
2	Williams, Elizabeth	CHS-CA	25.36	17
3	Bowersox, Kathryn	RBHS	25.40	16
4	Wasung, Karly	PHS	25.63	15
5	Magro, Makena	CHS-CA	25.69	14
6	Montes, Karina	RBHS	26.18	13
7	Consiglio, Melanie	ECHS	26.27	12
8	Nguyen, Jennifer	RBHS	26.93	11

B - Final

9	Schwab, Anna	PHS	26.45	9
10	McNally, Jaycee	VHS-CA	26.49	7
11	Hill, Katrina	VHS-CA	26.58	6
12	Winton, Caitlin	PHS	27.07	5
13	Beamon, Autumn	RBV-US	27.54	4
14	Foster, Sydney	CHS-CA	28.10	3
15	Ansbro, Kelsey	ECHS	28.41	2
16	Dacielas, Jennifer	ECHS	28.53	1

Event 8 Boys 50 Yard Freestyle

Palomar Leag: 21.35 2001
CIFSDS: 20.67 2002

Ryan Carlson
Ryan Carlson

Name	Age	School	Finals Time
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A - Final

1	Wilson, Nick	PHS	21.57	20
2	Buckendahl, Connor	RBV-US	21.99	17
3	Rohner, Nate	RBV-US	22.22	16
4	Sherwood, Rainer	CARL	22.84	15
5	O'Laughlin, Peter	CARL	22.87	14
6	Brunansky, Ryan	PHS	22.93	13
7	Penney, Brian	RBV-US	22.95	12
8	Fronczak, Steven	PHS	23.07	11

B - Final

9	Ingham, Kyle	RBHS	23.53	9
10	Roberts, Wyatt	VHS-CA	23.74	7
11	Wilson, Gregory	ECHS	23.75	6
12	Breidenthal, Matt	ECHS	23.76	5
13	Bosch, Karl	ECHS	23.94	4
14	Marsden, Matt	CARL	24.30	3
15	Koning, John	PHS	24.35	2
16	Prestie, Dennis	VHS-CA	24.70	1

Event 9 Girls 100 Yard Butterfly

Palomar Leag: 55.68 2008
CIFSDS: 53.44 2009

Bianca Casciari
Kendyl Stewart

Name	Age	School	Finals Time
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A - Final

1	Bowersox, Kathryn	RBHS	58.94	20
	27.25	31.69		
2	Lemieux, Claire	RBV-US	1:01.73	17
	28.62	33.11		
3	Bochsler, Hannah	RBHS	1:02.60	16

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

28.95	33.65			
4 Knight, Amanda		PHS	1:04.14	15
30.25	33.89			
5 Salgado, Kaelin		ECHS	1:04.83	14
30.43	34.40			
6 Knollin, Katy		VHS-CA	1:05.21	13
30.52	34.69			
7 Rusk, Jenny		RBHS	1:06.32	12
31.03	35.29			
8 Stapp, Tami		ECHS	1:06.63	11
30.93	35.70			

B - Final

9 Smith, Anna		PHS	1:04.54	9
30.53	34.01			
10 Smith, Meagan		CHS-CA	1:07.35	7
30.47	36.88			
11 Degelsmith, Daylen		PHS	1:07.87	6
32.16	35.71			
12 Chu, Tate		CHS-CA	1:08.00	5
31.70	36.30			

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

Name	Age	School	Finals Time
13 Laubach, Kymberly		CHS-CA	1:09.09
32.67	36.42		4
14 Martinez, Micaela		RBV-US	1:11.08
32.88	38.20		3
15 Wardle, Juliette		CHS-CA	1:12.19
33.39	38.80		2
16 Harkous, Janelle		PHS	1:12.79
34.17	38.62		1

Event 10 Boys 100 Yard Butterfly

Palomar Leag: 50.86 2006 Jeff Giddens
 CIFSDS: 48.92 2009 Spencer DiDio

Name	Age	School	Finals Time
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A - Final

1 Evans, Kyle		PHS	51.64	20
24.53	27.11			
2 Smith, Collin		CARL	53.67	17
24.59	29.08			
3 Fischetti, Jack		RBV-US	54.71	16
24.90	29.81			
4 Schweigert, Justin		CARL	56.57	15
26.75	29.82			
5 Talgo, Tyler		RBHS	57.03	14
26.60	30.43			
6 Dean, Evan		VHS-CA	57.98	13
27.19	30.79			
7 Diaz, Ben		CARL	59.28	12
27.68	31.60			
8 Harrington, Grant		PHS	59.62	11
27.73	31.89			

B - Final

9 Knapp, Greg		CARL	59.64	9
27.87	31.77			
10 Richardson, Parker		ECHS	59.92	7
27.54	32.38			
11 Thomas, Peter		PHS	1:00.32	6
28.07	32.25			
12 Miller, Glen		RBHS	1:00.54	5
28.34	32.20			
13 Brady, Tanner		VHS-CA	1:01.82	4

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

	29.37	32.45			
14 Jones, Taylor			RBV-US	1:02.33	3
	27.55	34.78			
15 Richards, Matt			ECHS	1:04.50	2
	28.82	35.68			
16 Casillas, Jake			RBV-US	1:05.08	1
	29.87	35.21			

Event 11 Girls 100 Yard Freestyle

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

Name	Age	School	Finals Time
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A - Final

1 Nyenhuis, Chloe		VHS-CA	54.17	20
	25.96	28.21		
2 Cable, Alyssa		RBHS	54.90	17
	26.81	28.09		
3 Grossmith, Katie		RBV-US	55.65	16
	26.32	29.33		
4 Wasung, Karly		PHS	56.10	15
	27.17	28.93		
5 Consiglio, Melanie		ECHS	56.62	14
	27.79	28.83		
6 Nguyen, Jennifer		RBHS	57.12	13
	27.77	29.35		
7 Schwab, Anna		PHS	58.46	12
	28.18	30.28		
8 Monson, Lauren		RBHS	58.59	11
	28.07	30.52		

B - Final

9 Magro, Makena		CHS-CA	57.27	9
	27.89	29.38		
10 Montes, Karina		RBHS	58.63	7
	27.07	31.56		
11 McNally, Jaycee		VHS-CA	58.76	6
	28.41	30.35		
12 Coss, Mia		PHS	1:00.49	5
	29.39	31.10		
13 Dehaan, Paulina		ECHS	1:00.50	4
	28.56	31.94		
14 Kwasnica, Kelsey		CHS-CA	1:01.60	3
	29.34	32.26		
15 Smith, Meagan		CHS-CA	1:01.82	2
	29.52	32.30		
16 Durkovich, Britta		RBV-US	1:04.81	1
	30.70	34.11		

Event 12 Boys 100 Yard Freestyle

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

Name	Age	School	Finals Time
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A - Final

1 Wilson, Nick		PHS	47.66	20
	22.90	24.76		
2 Buckendahl, Connor		RBV-US	48.73	17
	23.87	24.86		
3 Penney, Brian		RBV-US	49.26	16
	23.89	25.37		
4 Rohner, Nate		RBV-US	49.74	15
	24.02	25.72		
5 Sherwood, Rainer		CARL	50.22	14
	24.43	25.79		

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

6	Pompa, Goodwin		RBV-US	50.47	13
	24.66	25.81			
7	O'Laughlin, Peter		CARL	50.54	12
	24.43	26.11			
8	Wilson, Gregory		ECHS	51.22	11
	24.92	26.30			

B - Final

9	Brunansky, Ryan		PHS	49.81	9
	23.89	25.92			
10	Helble, Andrew		VHS-CA	50.29	7
	23.94	26.35			
11	Rath, Brandon		PHS	51.52	6
	24.67	26.85			

B - Final ... (Event 12 Boys 100 Yard Freestyle)

	Name	Age	School	Finals Time	
12	Rodman, Preston		CARL	51.74	5
	24.87	26.87			
13	Roberts, Ryder		VHS-CA	51.90	4
	24.93	26.97			
14	Foss, Robert		RBHS	52.36	3
	25.03	27.33			
15	Ikedo, Ken		CARL	52.67	2
	25.30	27.37			
16	Ingham, Kyle		RBHS	53.80	1
	25.57	28.23			

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
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A - Final

1	Dornick, Monica		CHS-CA	5:04.24	20
	27.43	30.08	30.55	30.61	
	30.71	31.00	31.09	31.16	
	31.38	30.23			
2	Spitser, Riley		RBHS	5:11.27	17
	28.29	31.16	30.78	31.26	
	31.56	31.52	31.63	32.04	
	31.86	31.17			
3	McClure, Lauren		CHS-CA	5:18.43	16
	29.19	31.05	31.78	31.80	
	32.27	32.46	32.54	32.64	
	32.62	32.08			
4	Burke, Kellie		CHS-CA	5:19.73	15
	29.35	31.45	32.16	32.35	
	32.27	32.75	32.77	32.62	
	32.56	31.45			
5	Bochsler, Hannah		RBHS	5:33.69	14
	30.34	32.67	33.37	33.66	
	33.46	33.90	33.95	34.01	
	34.32	34.01			
6	Peterson, Devon		PHS	5:34.13	13
	29.84	32.48	33.47	33.97	
	34.17	33.95	34.30	34.87	
	34.56	32.52			
7	Degelsmith, Daylen		PHS	5:42.87	12
	31.18	33.99	34.79	34.89	
	34.82	34.62	35.12	34.53	
	34.71	34.22			
8	Fairbanks, Allison		RBV-US	5:48.12	11
	30.52	34.70	35.48	36.15	
	36.38	35.14	35.97	35.99	

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

	35.03	32.76				
B - Final						
9 Herington, Riley			VHS-CA	5:49.75	9	
	30.86	34.00	35.27	35.79		
	35.83	36.53	36.02	36.19		
	35.63	33.63				
10 McIntee, Shannon			CHS-CA	5:51.84	7	
	31.66	34.77	35.21	36.32		
	36.24	36.12	36.47	35.78		
	35.18	34.09				
11 Kuck, Haley			RBHS	5:53.67	6	
	32.93	35.20	35.85	35.75		
	35.47	35.78	36.08	35.89		
	36.73	33.99				
12 Thornbury, Michelle			VHS-CA	5:56.14	5	
	31.87	35.27	35.37	36.41		
	35.97	36.28	36.68	36.04		
	36.59	35.66				
13 Rutz, Savannah			ECHS	6:02.54	4	
	32.12	35.91	37.26	36.34		
	36.94	37.45	37.39	35.85		
	38.07	35.21				
14 Durkovich, Britta			RBV-US	6:18.14	3	
	33.25	36.87	37.97	39.07		
	39.35	38.89	38.93	38.43		
	38.21	37.17				
15 Seymour, Taryn			RBV-US	6:22.89	2	
	32.06	35.04	37.39	38.03		
	38.91	41.01	40.40	40.39		
	40.44	39.22				
16 Molina, Marissa			RBV-US	6:28.76	1	
	33.12	36.82	38.51	38.87		
	39.86	40.00	40.47	41.52		
	40.92	38.67				

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 Evans, Kyle			PHS	4:50.58	20
	25.09	27.16	28.16	29.01	
	29.37	29.62	30.07	30.54	
	30.97	30.59			
2 Robinson, Robert			CARL	4:56.37	17
	27.66	29.10	29.60	29.98	
	30.32	30.36	30.39	30.28	
	29.71	28.97			
3 Salomaki, Santeri			CARL	4:59.41	16
	27.80	29.21	29.44	29.92	
	30.29	30.36	30.62	30.82	
	31.05	29.90			
4 Farley, Rich			RBV-US	5:00.88	15
	26.93	29.45	30.28	30.31	
	30.56	30.96	31.18	31.16	
	31.07	28.98			
5 Jones, Marc			RBHS	5:01.05	14
	27.14	30.02	30.68	31.14	
	30.30	30.76	30.73	30.59	
	30.55	29.14			
6 Cunniff, Austin			ECHS	5:02.88	13
	27.20	29.39	30.65	30.05	
	30.58	30.94	31.17	31.54	
	31.20	30.16			

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

7	Thornbury, Steven		RBV-US	5:09.73	12
	28.35	30.09	30.37	30.95	
	31.13	31.62	31.81	32.07	
	32.32	31.02			

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

Name	Age	School	Finals Time
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8	McCauley, Ryan		ECHS	5:12.13	11
	27.76	29.98	30.74	31.62	
	31.54	32.01	32.16	32.72	
	32.73	30.87			

B - Final

9	Collins, Charles		PHS	5:09.57	9
	28.40	30.98	31.54	31.46	
	31.28	31.03	31.46	31.37	
	31.58	30.47			
10	Mueller, Eric		PHS	5:12.16	7
	28.76	31.29	31.35	31.73	
	31.51	31.59	31.97	31.58	
	31.71	30.67			
11	Haslam, Tal		CARL	5:13.64	6
	27.76	30.28	30.93	31.16	
	31.90	32.47	32.89	32.64	
	32.38	31.23			
12	Asfazadour, Warren		RBHS	5:15.18	5
	28.79	31.46	32.13	32.58	
	32.28	32.79	32.33	32.21	
	31.40	29.21			
13	Rodriguez, Chris		RBV-US	5:15.89	4
	28.08	30.54	31.71	32.24	
	32.42	32.60	32.75	32.69	
	32.61	30.25			
14	Snyder, Grant		RBV-US	5:16.18	3
	28.03	31.48	31.53	32.07	
	32.18	32.35	32.43	32.95	
	32.36	30.80			
15	Hanson, Macon		PHS	5:19.95	2
	28.63	31.87	32.35	32.90	
	32.67	32.23	32.01	32.76	
	31.98	32.55			
16	Hartwig, Tommy		VHS-CA	5:20.33	1
	28.47	30.90	31.64	32.18	
	32.55	33.04	33.02	33.41	
	32.58	32.54			

Event 15 Girls 200 Yard Freestyle Relay

Palomar Leag:	1:38.52	2007	Torrey Pines High School
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CIFSDS:	1:36.77	2009	EASTL
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Team	Relay	Finals Time
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A - Final

1	CHS-CA		A	1:41.75	40
	1) Williams, Elizabeth		2) Magro, Makena		
	3) Burke, Kellie		4) Dornick, Monica		
	25.40	25.79	26.06	24.50	
2	RBHS		A	1:43.15	34
	1) Spitzer, Riley		2) Nguyen, Jennifer		
	3) Montes, Karina		4) Gansert, Haley		
	25.19	26.66	25.75	25.55	
3	VHS-CA		A	1:48.23	32
	1) Hill, Katrina		2) Sellers, Samantha		
	3) McNally, Jaycee		4) Herington, Riley		
	26.69	27.72	26.45	27.37	
4	PHS		A	1:49.54	30

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

1) Schwab, Anna	2) Villa, Cat			
3) Winton, Caitlin	4) Peterson, Devon			
27.07 27.24	27.39 27.84			
5 ECHS	A	1:49.94	28	
1) Consiglio, Melanie	2) Dehaan, Paulina			
3) Salgado, Kaelin	4) Stapp, Tami			
28.09 27.60	28.22 26.03			
6 RBV-US	A	2:00.32	26	
1) Vallier, Ashley	2) Lantz, Eliza			
3) Durkovich, Britta	4) Molina, Marissa			
30.03 29.62	30.30 30.37			
B - Final				
9 RBHS	B	1:48.06	18	
1) Bochsler, Hannah	2) Monson, Lauren			
3) Nguyen, Nancy	4) Rusk, Jenny			
27.11 26.92	27.76 26.27			
10 CHS-CA	B	1:53.32	14	
1) Foster, Sydney	2) Manchenton, Dulcie			
3) Bandimere, Ashleigh	4) Smith, Meagan			
28.76 28.41	29.01 27.14			
11 ECHS	B	1:54.59	12	
1) Daciolas, Jennifer	2) Iiyama, Jackie			
3) McEwen, Melissa	4) Rutz, Savannah			
29.29 28.16	29.31 27.83			
12 PHS	B	1:55.97	10	
1) Degelsmith, Daylen	2) Harkous, Giselle			
3) Harkous, Janelle	4) Smith, Anna			
29.28 28.94	29.87 27.88			
13 VHS-CA	B	2:00.73	8	
1) Perez, Amanda	2) McWeeney, Lisa			
3) Franck, Stephanie	4) Dineen, Emily			
31.22 29.13	30.96 29.42			
14 RBV-US	B	2:04.22	6	
1) Seymour, Taryn	2) Koons, Kailey			
3) Thompsom, Morgan	4) Wimsatt, Luaren			
30.65 30.27	31.28 32.02			

Event 16 Boys 200 Yard Freestyle Relay

Palomar Leag: 1:28.16 2008 Poway High School

CIFSDS: 1:26.59 1993 MCHS

Team	Relay	Finals Time	
A - Final			
1 RBV-US	A	1:28.74	40
1) Penney, Brian	2) Pompa, Goodwin		
3) Fischetti, Jack	4) Buckendahl, Connor		
22.22 22.51	22.03 21.98		
2 VHS-CA	A	1:32.69	34
1) Dean, Evan	2) Roberts, Wyatt		
3) Roberts, Ryder	4) Helble, Andrew		
23.15 23.11	23.67 22.76		
3 CARL	A	1:33.53	32
1) O'Laughlin, Peter	2) Rodman, Preston		
3) Schweigert, Justin	4) Robinson, Robert		
23.42 23.37	23.99 22.75		
A - Final ... (Event 16 Boys 200 Yard Freestyle Relay)			
Team	Relay	Finals Time	
4 PHS	A	1:33.59	30
1) Rath, Brandon	2) Fronczak, Steven		
3) Koning, John	4) Brunansky, Ryan		
24.11 23.32	23.51 22.65		
5 ECHS	A	1:34.75	28
1) Wilson, Gregory	2) Breidenthal, Matt		

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

3) Bosch, Karl	23.42	24.02	4) Daciolas, Michael	23.42	23.89
6 RBHS			A	1:36.28	26
1) Foss, Robert			2) Ingham, Kyle		
3) Asfazadour, Warren	24.20	23.85	4) Talgo, Tyler	23.74	24.49
B - Final					
9 CARL			B	1:35.97	18
1) Ikedo, Ken			2) Tague, Grier		
3) Marsden, Matt	24.29	23.92	4) Diaz, Ben	23.57	24.19
10 VHS-CA			B	1:36.89	14
1) Prestie, Dennis			2) Chasse, Eric		
3) Brady, Tanner	24.34	23.23	4) Floren, Austin	24.71	24.61
11 RBV-US			B	1:37.40	12
1) Jones, Taylor			2) Chunka, Vinnie		
3) Farley, Rich	24.28	24.49	4) Snyder, Grant	24.39	24.24
12 PHS			B	1:40.12	10
1) Bressinger, Brian			2) Fantasia, Brandon		
3) Jelsma, Greg	24.67	25.49	4) Clark, Sean	25.36	24.60
13 ECHS			B	1:52.84	8
1) Hayek, Jason			2) Hayek, Ryan		
3) Koonce, Matthew	26.37	24.19	4) Aebel, Mark	36.46	25.82

Event 17 Girls 100 Yard Backstroke

Palomar Leag:	57.45	2007	Anna Pold
CIFSDS:	54.55	2009	Nicole Parmenter
Name	Age	School	Finals Time

A - Final

1 Anderson, Katie	28.54	30.37	RBHS	58.91	20
2 Sheehan, Kelley	29.90	31.38	PHS	1:01.28	17
3 Janda, Chloe	30.72	33.47	RBV-US	1:04.19	16
4 Winton, Caitlin	31.63	32.75	PHS	1:04.38	15
5 Monson, Lauren	31.40	33.45	RBHS	1:04.85	14
6 Peterson, Devon	32.39	33.73	PHS	1:06.12	13
7 Coss, Mia	32.80	33.97	PHS	1:06.77	12
8 Domingo, Lexie	33.01	35.61	CHS-CA	1:08.62	11

B - Final

9 Nguyen, Nancy	33.35	35.46	RBHS	1:08.81	9
10 Dehaan, Paulina	33.01	36.30	ECHS	1:09.31	7
11 Wardle, Juliette	33.01	36.72	CHS-CA	1:09.73	6
12 Testerman, April	32.62	37.79	RBV-US	1:10.41	5
13 Chu, Tate	36.16	37.70	CHS-CA	1:13.86	4
14 Devries, Geli			VHS-CA	1:13.94	3
15 Richardson, Andi	35.21	39.27	ECHS	1:14.48	2
16 Ansbro, Kelsey			ECHS	1:14.58	1

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

37.01 37.57

Event 18 Boys 100 Yard Backstroke

Palomar Leag: 52.29 2006 **Jeff Giddens**
CIFSDS: 50.23 9309 **Cory Sinclair/Justin DiFederi**
Name **Age** **School** **Finals Time**

A - Final

1	Williams, Trent		RBHS	53.23	20
	25.99	27.24			
2	Scahill, Patrick		RBV-US	55.18	17
	26.32	28.86			
3	Smykowski, Michael		PHS	57.07	16
	27.59	29.48			
4	Rodman, Preston		CARL	57.57	15
	27.91	29.66			
5	Cunniff, Austin		ECHS	58.74	14
	28.57	30.17			
6	Richardson, Parker		ECHS	59.01	13
	27.98	31.03			
7	Talgo, Tyler		RBHS	59.02	12
	28.87	30.15			
8	Miller, Glen		RBHS	1:00.50	11
	29.81	30.69			

B - Final

9	Hunter, Nick		RBV-US	1:01.09	9
	30.04	31.05			
10	Dudley, Travis		RBHS	1:02.22	7
	30.05	32.17			
11	Harrington, Grant		PHS	1:02.72	6
	30.92	31.80			
12	Fronczak, Steven		PHS	1:02.75	5
	30.02	32.73			
13	Jelsma, Greg		PHS	1:03.74	4
	30.70	33.04			
14	Linehan, David		CARL	1:04.44	3
	30.84	33.60			
15	Diaz, Ben		CARL	1:05.66	2
	32.76	32.90			
16	Fischer, Karl		ECHS	1:08.36	1
	32.91	35.45			

Event 19 Girls 100 Yard Breaststroke

Palomar Leag: 1:03.36 2007 **Jessica Schmitt**
CIFSDS: 1:01.77 1998 **Staci Stitts**
Name **Age** **School** **Finals Time**

A - Final

1	Exley, Heather		VHS-CA	1:08.24	20
	32.44	35.80			
2	Cable, Alyssa		RBHS	1:08.56	17
	32.91	35.65			
3	Williams, Elizabeth		CHS-CA	1:11.17	16
	33.62	37.55			
4	Gansert, Haley		RBHS	1:13.66	15
	34.95	38.71			
5	Samson, Salem		PHS	1:13.72	14
	35.08	38.64			
6	Pietrzyk, Amber		RBHS	1:15.24	13
	35.43	39.81			
7	Sellers, Samantha		VHS-CA	1:15.98	12
	35.59	40.39			
8	Stapp, Tami		ECHS	1:16.51	11
	36.33	40.18			

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010
Results - Palomar League Championship 2010 -Finals

B - Final

9	Fairbanks, Allison	RBV-US	1:17.03	9
	36.46 40.57			
10	Zak, Rebecca	CHS-CA	1:18.05	7
	36.75 41.30			
11	Harkous, Giselle	PHS	1:20.87	6
	37.68 43.19			
12	Kuck, Haley	RBHS	1:21.24	5
	38.47 42.77			
13	Bjarnson, Cherstin	RBV-US	1:21.55	4
	38.04 43.51			
14	Laubach, Courtney	CHS-CA	1:22.14	3
	39.10 43.04			
15	Seymour, Taryn	RBV-US	1:22.85	2
	39.64 43.21			
16	Bjarnson, Kianna	RBV-US	1:24.17	1
	39.82 44.35			

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	Caldwell, Anthony	PHS	1:00.62	20
	28.57 32.05			
2	Cackovic, Conor	CARL	1:02.26	17
	29.05 33.21			
3	Rabbetts, Evan	ECHS	1:02.29	16
	28.80 33.49			
4	Lane, Travis	ECHS	1:02.89	15
	29.73 33.16			
5	Metzger, Matthew	CARL	1:04.37	14
	30.55 33.82			
6	Portugal, Abe	RBV-US	1:04.58	13
	29.87 34.71			
7	Koning, John	PHS	1:06.18	12
	31.52 34.66			
8	Cotoia, John	ECHS	1:07.85	11
	31.93 35.92			

B - Final

9	Fischetti, Jack	RBV-US	1:04.99	9
	30.78 34.21			
10	Shen, Tim	RBHS	1:05.58	7
	31.31 34.27			
11	Marsden, Matt	CARL	1:08.53	6
	32.45 36.08			
12	Daciolas, Michael	ECHS	1:08.85	5
	32.04 36.81			
13	Foss, Robert	RBHS	1:09.23	4
	32.94 36.29			
14	Harrison, Wes	PHS	1:10.48	3
	32.92 37.56			
15	Chasse, Eric	VHS-CA	1:10.89	2
	33.24 37.65			
16	Snyder, Grant	RBV-US	1:11.29	1
	33.49 37.80			

Event 21 Girls 400 Yard Freestyle Relay

Palomar Leag: 3:31.68 2007 **Torrey Pines High School**

CIFSDS: 3:29.69 2009 **EASTL**

Team Relay Finals Time

A - Final

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

1	RBHS	A	3:39.41	40
	1) Spitzer, Riley	2) Bowersox, Kathryn		
	3) Cable, Alyssa	4) Anderson, Katie		
	26.41 54.57	26.17 55.46		
	26.92 55.71	25.49 53.67		
2	CHS-CA	A	3:45.46	34
	1) Burke, Kellie	2) Williams, Elizabeth		
	3) Magro, Makena	4) Dornick, Monica		
	27.41 55.88	26.66 55.88		
	27.47 58.58	25.90 55.12		
3	VHS-CA	A	3:48.56	32
	1) Nyenhuis, Chloe	2) Hill, Katrina		
	3) McNally, Jaycee	4) Exley, Heather		
	26.08 54.90	27.41 57.93		
	28.23 59.41	27.40 56.32		
4	PHS	A	3:49.52	30
	1) Wasung, Karly	2) Schwab, Anna		
	3) Knight, Amanda	4) Sheehan, Kelley		
	27.62 57.37	28.10 58.72		
	28.31 58.96	26.24 54.47		
5	RBV-US	A	3:59.09	28
	1) Janda, Chloe	2) Martinez, Micaela		
	3) Lemieux, Claire	4) Grossmith, Katie		
	28.54 58.42	29.87 1:03.18		
	28.35 59.74	26.99 57.75		
6	ECHS	A	4:03.76	26
	1) Consiglio, Melanie	2) Dehaan, Paulina		
	3) Salgado, Kaelin	4) McCauley, Haley		
	29.78 1:01.80	29.55 1:01.61		
	30.08 1:02.60	27.51 57.75		

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

Team	Relay	Finals Time
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B - Final

9	PHS	B	3:57.49	18
	1) Villa, Cat	2) Smith, Anna		
	3) Coss, Mia	4) Peterson, Devon		
	28.80 59.58	28.47 1:00.17		
	28.48 1:00.06	28.24 57.68		
10	RBHS	B	4:01.21	14
	1) Nguyen, Jennifer	2) Gansert, Haley		
	3) Nguyen, Nancy	4) Kuck, Haley		
	28.06 58.54	27.86 57.98		
	28.89 1:00.24	30.58 1:04.45		
11	CHS-CA	B	4:11.09	12
	1) Laubach, Courtney	2) Foster, Sydney		
	3) Manchenton, Dulcie	4) McIntee, Shannon		
	30.33 1:01.97	30.63 1:03.88		
	30.78 1:04.05	29.40 1:01.19		
12	ECHS	B	4:20.97	10
	1) Ansbro, Kelsey	2) McEwen, Melissa		
	3) Montiel, Cristal	4) Rutz, Savannah		
	29.91 1:06.19	28.27 1:03.09		
	31.23 1:04.24	31.48 1:07.45		
13	RBV-US	B	4:23.79	8
	1) Fairbanks, Allison	2) Testerman, April		
	3) Molina, Marissa	4) Bjarnson, Cherstin		
	29.57 1:02.14	32.55 1:11.96		
	28.15 1:03.54	31.03 1:06.15		
---	VHS-CA	B	DQ	
	1) Herington, Riley	2) Knollin, Katy		
	3) Sedor, Lacey	4) Murphy, Elizabeth		
	29.47 1:00.57	29.76 1:03.46		
	31.54 1:06.81	27.78 59.42		

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010

Results - Palomar League Championship 2010 -Finals

Event 22 Boys 400 Yard Freestyle Relay

Palomar Leag: 3:12.30 2009 Carlsbad High School

CIFSDS: 3:05.77 2009 CHS

Team Relay Finals Time

A - Final

1	RBV-US	A	3:14.43	40
	1) Scahill, Patrick	2) Rohner, Nate		
	3) Penney, Brian	4) Pompa, Goodwin		
	23.64 48.61	23.67 49.40		
	22.88 48.53	22.89 47.89		
2	PHS	A	3:15.15	34
	1) Evans, Kyle	2) Brunansky, Ryan		
	3) Caldwell, Anthony	4) Wilson, Nick		
	23.70 48.83	24.01 49.91		
	23.53 49.47	22.52 46.94		
3	CARL	A	3:16.19	32
	1) Cackovic, Conor	2) O'Laughlin, Peter		
	3) Sherwood, Rainer	4) Smith, Collin		
	23.67 48.87	23.99 50.21		
	23.79 49.68	21.68 47.43		
4	ECHS	A	3:23.86	30
	1) Wilson, Gregory	2) Cunniff, Austin		
	3) Breidenthal, Matt	4) Rabbetts, Evan		
	24.53 50.67	24.86 51.81		
	23.77 51.34	23.55 50.04		
5	VHS-CA	A	3:24.40	28
	1) Dean, Evan	2) Roberts, Wyatt		
	3) Roberts, Ryder	4) Helble, Andrew		
	24.55 50.51	24.70 51.94		
	24.73 51.63	23.56 50.32		
6	RBHS	A	3:25.74	26
	1) Williams, Trent	2) Foss, Robert		
	3) Asfazadour, Warren	4) Miller, Glen		
	23.24 48.02	24.67 52.16		
	24.89 52.55	25.43 53.01		

B - Final

9	RBV-US	B	3:26.72	18
	1) Hunter, Nick	2) Farley, Rich		
	3) Rodriguez, Chris	4) Thornbury, Steven		
	24.76 51.60	25.34 52.81		
	24.85 51.75	24.23 50.56		
10	CARL	B	3:33.28	14
	1) Ikedo, Ken	2) Salomaki, Santeri		
	3) Diaz, Ben	4) Tague, Grier		
	25.48 52.69	25.50 54.22		
	25.47 54.26	25.10 52.11		
11	PHS	B	3:38.74	12
	1) Rath, Brandon	2) Fantasia, Brandon		
	3) Harrington, Grant	4) Clark, Sean		
	26.15 53.39	26.48 56.09		
	26.42 55.16	25.80 54.10		
12	ECHS	B	3:39.42	10
	1) Bosch, Karl	2) Koev, Nick		
	3) Lane, Travis	4) McCauley, Ryan		
	25.95 53.77	27.18 58.06		
	26.67 54.75	24.69 52.84		
13	RBHS	B	3:43.52	8
	1) Jones, Marc	2) Jaeger, Joshua		
	3) Dudley, Travis	4) Shen, Tim		
	26.69 54.91	26.72 55.61		
	26.61 55.75	26.90 57.25		
14	VHS-CA	B	3:48.95	6
	1) Dean, Christopher	2) Gibbons, Scott		
	3) Crowe, Colton	4) Engel, Sean		

Palomar League Championships 2010 - 5/13/2010 to 5/15/2010**Results - Palomar League Championship 2010 -Finals**

27.50	57.58	25.66	53.53
26.79	55.50	28.83	1:02.34

Event 23 Girls 1 mtr Diving

Palomar Leag:	447.10	2007	Laura Sanford
CIFSDS:	450.85	1999	Kristen Walls

Name	Age	School	Finals Score
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A - Final

1	Francois, Haley	RBHS	425.20	20
2	Gill, Ali	PHS	340.80	17
3	Wilkinson, Kelly	VHS-CA	308.25	16
4	Mendoza, Emily	PHS	300.75	15
5	Ishii, Nicole	RBV-US	286.50	14
6	Hedke, Ashley	PHS	222.50	13
7	Sanscartier, Jasmine	RBHS	217.50	12

A - Final ... (Event 23 Girls 1 mtr Diving)

Name	Age	School	Finals Score
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8	Chen, Joy	RBHS	167.00	11
---	Carney, Marissa	ECHS	DQ	
---	Vawter, Annika	PHS	DQ	

Event 24 Boys 1 mtr Diving

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

Name	Age	School	Finals Score
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A - Final

1	Urnezis, Josh	RBHS	405.75	20
2	Acosta, Liam	ECHS	353.85	17
3	Cowell, Tyler	RBHS	304.25	16
4	Cox, Cameron	RBHS	300.75	15
5	Wier, Tyler	PHS	295.50	14
6	Kelly, Brian	RBHS	250.20	13
---	Nelson, Logan	PHS	DQ	