

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 1 Girls 200 Yard Medley Relay Junior Varsity

PAL: 2:07.41 1997  
1:58.99 CCS

Terra Nova

Team	Relay	Seed Time	Finals Time
1 Hillsdale		2:12.00	2:10.84
1) Annika Langner So	2) Natalie Choy So	3) Jennifer Kao So	4) Olivia Ratti So
2 Terra Nova		2:27.91	2:23.66
1) Sophie Byrne Fr	2) Nephelē Weiseth Fr	3) Gia Szabo Jr	4) Mikayla Martinez So
3 El Camino		2:36.38	2:30.63
1) Roslyn Catilis So	2) Isabel McCarthy So	3) Tiffany Chan Fr	4) Nadine Macapagal Fr
4 Capuchino High School		2:43.35	2:32.72
1) Hailey Pickens Fr	2) Tessa Mahon Fr	3) Marlo Martindale Fr	4) Gabby Dudum Fr
5 Oceana High School		2:43.04	2:45.50
1) Sasha Wong Fr	2) Sharon Liang Fr	3) Seidi Godoy So	4) Sofia Gelzleighter Fr
--- Terra Nova	B	2:42.10	x2:35.54
1) Riley Dohrmann Fr	2) Ruth Claussen Fr	3) Nicole Hata Fr	4) Crystal Melton Fr
--- Westmoor High School		3:12.16	DQ
1) Emily Magidina SO	2) April Ng JR	3) Nan Kham SO	4) Kylie Chen SO
--- Hillsdale	B	2:48.82	DQ
1) Sophia Gomes Fr	2) Aditi Dhawan Fr	3) Melissa Ching Fr	4) Emma Oliver Fr

## Event 2 Boys 200 Yard Medley Relay Junior Varsity

PAL: 1:57.79 2006  
1:45.99 CCS

Westmoor

Team	Relay	Seed Time	Finals Time
1 Terra Nova		2:10.53	2:08.66
1) Victor Wu So	2) Ethan Kapp So	3) Donovan Potter Fr	4) Justin Arnaudo Fr
2 Oceana High School		2:13.23	2:15.28
1) Evan Ayers Fr	2) Zane Pettersen Fr	3) Jaime Elepano Jr	4) Roger Chen So
3 Westmoor High School		2:19.85	2:19.43
1) Lee Amando Nicdao FR	2) Ryan Pham SO	3) Issac Lin FR	4) Brandon Nieu SO
4 El Camino		2:24.91	2:20.95
1) Darren Pagsolingan So	2) Sean Siapno So	3) Ryan Ly So	4) Chris Fong Fr
--- Terra Nova	B	2:25.10	DQ
1) Vincent Garcia Fr	2) Erik Bogren Fr	3) Zak Kafka Fr	4) Aiden Selli So

## Event 3 Girls 200 Yard Medley Relay Varsity

PAL: 1:54.70 2015  
1:58.99 CCS

San Mateo

Team	Relay	Seed Time	Finals Time
1 Half Moon Bay		1:52.05	1:53.79 CCS
1) Riley Rhodes Jr	2) Grace Anderson Jr	3) Eve Kearns Jr	4) Mia Griffiths Jr
2 Westmoor High School		2:17.51	2:07.92
1) Alyzza Pascual FR	2) Abigail Lee FR	3) Allison Irabon JR	4) Alexyss Bolanos SO
3 Terra Nova		2:09.18	2:09.58
1) Remy Dizon Jr	2) Kaylie Mini Jr	3) Gabby Nickelson Fr	4) Anna Steinberg So
4 Oceana High School		2:15.29	2:19.13
1) Leila Dela Pena Fr	2) Jessica Zhao So	3) Kaylee Cheng Fr	4) Codi Tam So
--- Terra Nova	B	2:25.14	x2:18.16
1) Lisa Luhrs Sr	2) Tiana Cole Jr	3) Brooke Garrett Jr	4) Isabella Dal Porto Sr
--- South San Francisco		2:20.00	DQ
1) Kimberly Concepcion So	2) Tiana Ko So	3) Casey So Fr	4) Katie Yang Sr

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## Results

## Event 4 Boys 200 Yard Medley Relay Varsity

PAL: 1:40.95 2015

1:45.99 CCS

El Camino

Team	Relay	Seed Time	Finals Time
1 El Camino		1:44.75	1:41.71 CCS
1) Jeremy Tan Fr	2) Jon Lam So	3) Waylon Tang So	4) Nathaniel Macapagal Jr
2 Oceana High School		1:42.10	1:41.84 CCS
1) Louis Seftel So	2) Chris Cheng Jr	3) Jacob Lumbang Sr	4) Dylan Lee Sr
3 Westmoor High School		1:53.71	1:50.44
1) Aung Myat SO	2) Noah Dungca JR	3) Aiden Cheung SO	4) Desmond Cheung SR
4 Terra Nova		1:55.50	1:50.53
1) Ethan Quan Jr	2) Alex Amundsen Jr	3) Evan Ansgarius So	4) Zach Zavodnik Jr
5 Hillsdale		1:53.00	1:54.84
1) Sean Isomatsu Jr	2) Luke Ma Sr	3) Tommy Dachauer Sr	4) Mihir Carey Sood Sr
6 Capuchino High School		2:01.06	1:58.34
1) Joshua Hendarto Fr	2) Nick Tran Fr	3) Brendan Verna Jr	4) Armand Royeca So
7 Half Moon Bay		2:08.31	2:04.05
1) Mason Liaghat So	2) Ian O'Connor Jr	3) Zach Turner Jr	4) Nico Simrock Jr
8 South San Francisco		2:15.00	2:17.50
1) Thuan Ta Sr	2) Ansel Ric Policarpio Sr	3) Gilmark Pacumio Sr	4) Jack Perrin So
--- Westmoor High School	B	2:00.00	x2:02.22
1) Nathan Chen FR	2) Michael Leong SR	3) Albert Jian SO	4) Alex Wong JR
--- Terra Nova	B	2:05.50	DQ
1) Abraham Santos-Figueroa Fr	2) Andrew Stibor Sr	3) Chris Cothran Sr	4) Henry Villalobos Jr

## Event 5 Girls 200 Yard Freestyle Junior Varsity

PAL: 2:03.67 2012

1:59.99 CCS

Sarah Stretch

Half Moon Bay

Name	Yr School	Prelim Time	Finals Time
<b>A - Final</b>			
1 Olivia Ratti	So Hillsdale	2:30.69	2:28.80
2 Sydney Gallant	So Terra Nova	2:31.56	2:30.74
3 Sophia Gomes	Fr Hillsdale	2:42.18	2:38.78
4 Lauren Nevin	So Terra Nova	2:48.25	2:42.88
5 Crystal Melton	Fr Terra Nova	2:45.13	2:49.93
6 Seidi Godoy	So Oceana High School	2:53.44	2:52.20
<b>B - Final</b>			
7 Diala Nasser	Fr Capuchino High School	2:54.38	2:49.41
8 Jheyzelle Perez	Jr El Camino	3:06.57	2:57.71
9 Arienne Alibayan	So El Camino	2:55.66	2:59.30
10 Sofia Gelzleighter	Fr Oceana High School	2:56.03	3:04.37
11 Emma Oliver	Fr Hillsdale	3:02.67	3:05.62
12 Isabella Copeland	Fr Terra Nova	3:06.11	3:09.59

## Event 5 Girls 200 Yard Freestyle Junior Varsity

PAL: 2:03.67 2012

1:59.99 CCS

Sarah Stretch

Half Moon Bay

Name	Yr School	Seed Time	Prelim Time
<b>Preliminaries</b>			
1 Olivia Ratti	So Hillsdale	2:34.00	2:30.69 q
2 Sydney Gallant	So Terra Nova	2:52.18	2:31.56 q
3 Jess Palmor-Sammon	Fr Half Moon Bay	2:51.08	2:41.49 q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Preliminaries ... (Event 5 Girls 200 Yard Freestyle Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time	
4 Sophia Gomes	Fr	Hillsdale	2:52.50	2:42.18	q
5 Crystal Melton	Fr	Terra Nova	2:52.89	2:45.13	q
6 Lauren Nevin	So	Terra Nova	2:42.29	2:48.25	q
7 Seidi Godoy	So	Oceana High School	2:57.27	2:53.44	q
8 Diala Nasser	Fr	Capuchino High School	2:51.16	2:54.38	q
9 Arienne Alibayan	So	El Camino	3:05.88	2:55.66	q
10 Sofia Gelzleicher	Fr	Oceana High School	3:04.84	2:56.03	q
11 Emma Oliver	Fr	Hillsdale	2:50.00	3:02.67	q
12 Isabella Copeland	Fr	Terra Nova	3:04.03	3:06.11	q
13 Jheyzelle Perez	Jr	El Camino	3:05.69	3:06.57	
14 Fernanda Sarmiento	So	Oceana High School	3:41.61	3:12.36	
15 Sadie Forry	Fr	Oceana High School	3:23.16	3:31.13	

## Event 6 Boys 200 Yard Freestyle Junior Varsity

PAL: 2:02.44 2002

Carlos Sanchez

Terra Nova

1:48.59 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Justin Arnaudo	Fr	Terra Nova	2:12.85	2:09.22
2 Ryan Berkshire	So	Hillsdale	2:14.75	2:15.67
3 Darren Pagsolingan	So	El Camino	2:16.28	2:21.98
4 Zane Pettersen	Fr	Oceana High School	2:36.77	2:36.06
5 Mark Aquillo	So	Capuchino High School	2:38.66	2:36.44
6 Issac Lin	FR	Westmoor High School	2:33.05	2:36.97
<b>B - Final</b>				
7 Zak Kafka	Fr	Terra Nova	2:52.92	2:47.89
8 Remy Tran	SO	Westmoor High School	2:51.96	2:52.63
9 Minn Hein	SO	Westmoor High School	3:01.73	2:59.42

## Event 6 Boys 200 Yard Freestyle Junior Varsity

PAL: 2:02.44 2002

Carlos Sanchez

Terra Nova

1:48.59 CCS

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Justin Arnaudo	Fr	Terra Nova	2:18.96	2:12.85	q
2 Ryan Berkshire	So	Hillsdale	2:21.00	2:14.75	q
3 Darren Pagsolingan	So	El Camino	2:28.28	2:16.28	q
4 Issac Lin	FR	Westmoor High School	2:49.28	2:33.05	q
5 Zane Pettersen	Fr	Oceana High School	2:36.10	2:36.77	q
6 Mark Aquillo	So	Capuchino High School	2:39.09	2:38.66	q
7 Remy Tran	SO	Westmoor High School	2:56.89	2:51.96	q
8 Zak Kafka	Fr	Terra Nova	2:45.05	2:52.92	q
9 Minn Hein	SO	Westmoor High School	3:30.15	3:01.73	q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 7 Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007  
1:59.99 CCS

Stephanie Brooks

Sequoia

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Mia Griffiths	Jr	Half Moon Bay	2:01.34	2:00.83
2 Maya Orsi	Fr	Terra Nova	2:14.21	2:09.98
3 Allison Wong	Sr	Terra Nova	2:13.65	2:10.36
4 Megan Conklin	Sr	El Camino	2:18.41	2:17.18
5 Meiling Chia	So	South San Francisco	2:17.10	2:19.71
6 Abigail Lee	FR	Westmoor High School	2:23.69	2:22.97
<b>B - Final</b>				
7 Karina Pranza	Sr	Terra Nova	2:29.89	2:32.15
8 Mia Orr	So	Half Moon Bay	2:43.05	2:42.08
9 Alexyss Bolanos	SO	Westmoor High School	2:47.66	2:44.19
10 Summer Snyder	So	Oceana High School	2:50.50	2:49.48
11 Mimi Trawinski	Sr	Oceana High School	2:47.94	2:49.72
12 Alannah Linden	Fr	Capuchino High School	2:49.95	2:50.33

## Event 7 Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007  
1:59.99 CCS

Stephanie Brooks

Sequoia

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Mia Griffiths	Jr	Half Moon Bay	1:59.33	2:01.34 q
2 Allison Wong	Sr	Terra Nova	2:10.69	2:13.65 q
3 Maya Orsi	Fr	Terra Nova	2:11.53	2:14.21 q
4 Meiling Chia	So	South San Francisco	2:20.00	2:17.10 q
5 Megan Conklin	Sr	El Camino	2:18.11	2:18.41 q
6 Abigail Lee	FR	Westmoor High School	2:28.56	2:23.69 q
7 Karina Pranza	Sr	Terra Nova	2:35.97	2:29.89 q
8 Mia Orr	So	Half Moon Bay	2:36.94	2:43.05 q
9 Alexyss Bolanos	SO	Westmoor High School	2:49.43	2:47.66 q
10 Mimi Trawinski	Sr	Oceana High School	2:44.14	2:47.94 q
11 Alannah Linden	Fr	Capuchino High School	2:42.87	2:49.95 q
12 Summer Snyder	So	Oceana High School	2:50.66	2:50.50 q
13 Tanya Fish	Fr	Capuchino High School	2:45.64	2:52.33
14 Amanda Hua	JR	Westmoor High School	3:17.28	2:54.23
15 Kayla Campbell	Fr	Capuchino High School	3:00.36	3:01.31
16 Makayla Seagren	Jr	Oceana High School	3:06.83	3:07.81

## Event 8 Boys 200 Yard Freestyle Varsity

PAL: 1:45.26 2013  
1:48.59 CCS

JJ Harlet

San Mateo

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Berg Guibadouline	Jr	Terra Nova	1:57.81	1:52.41
2 Louis Seftel	So	Oceana High School	1:59.49	1:54.31
3 Zach Zavodnik	Jr	Terra Nova	2:02.44	1:59.47
4 Waylon Tang	So	El Camino	2:03.13	2:01.92

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## A - Final ... (Event 8 Boys 200 Yard Freestyle Varsity)

Name	Yr	School	Prelim Time	Finals Time
5 Marco Tinoco	Sr	El Camino	2:04.29	2:04.23
6 Emille Guiohadouline	Fr	Terra Nova	2:04.38	2:05.01

## B - Final

7 Aiden Cheung	SO	Westmoor High School	2:06.08	2:04.31
8 Armand Royeca	So	Capuchino High School	2:07.80	2:06.90
9 Desmond Cheung	SR	Westmoor High School	2:07.87	2:07.05
10 Nico Simrock	Jr	Half Moon Bay	2:09.75	2:10.72
11 Tanu Pradhan	Sr	Oceana High School	2:13.44	2:15.83
12 Ben Wu	Jr	Oceana High School	2:17.36	2:16.06

## Event 8 Boys 200 Yard Freestyle Varsity

PAL: 1:45.26 2013  
1:48.59 CCS

JJ Harlet

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Berg Guiohadouline	Jr	Terra Nova	1:53.09	1:57.81	q
2 Louis Seftel	So	Oceana High School	2:03.25	1:59.49	q
3 Zach Zavodnik	Jr	Terra Nova	2:03.38	2:02.44	q
4 Waylon Tang	So	El Camino	2:03.87	2:03.13	q
5 Marco Tinoco	Sr	El Camino	2:06.16	2:04.29	q
6 Emille Guiohadouline	Fr	Terra Nova	2:04.38	2:04.38	q
7 Aiden Cheung	SO	Westmoor High School	2:04.88	2:06.08	q
8 Armand Royeca	So	Capuchino High School	2:10.05	2:07.80	q
9 Desmond Cheung	SR	Westmoor High School	2:10.89	2:07.87	q
10 Nico Simrock	Jr	Half Moon Bay	2:12.45	2:09.75	q
11 Tanu Pradhan	Sr	Oceana High School	2:10.57	2:13.44	q
12 Ben Wu	Jr	Oceana High School	2:13.78	2:17.36	q
13 Aidan Roberts	Jr	Terra Nova	2:26.38	2:20.02	
14 Jaime Abreu Lenglare	Jr	Hillsdale	2:25.00	2:21.60	
15 Dylan Singer	Fr	Capuchino High School	2:23.29	2:27.88	
16 Ryan Warrick	JR	Westmoor High School	2:40.91	2:34.77	
17 Nickolas Huynh	So	South San Francisco	2:59.98	2:53.21	
18 Daniel Padilla	Jr	South San Francisco	3:22.00	3:04.31	

## Event 9 Girls 100 Yard IM Junior Varsity

PAL: 1:09.04 1999

Cara Savelli

Westmoor

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Annika Langner	So	Hillsdale	1:10.13	1:09.13
2 ZongYun Deng	Fr	Hillsdale	1:18.32	1:17.52
3 Ashley Owen	Fr	Half Moon Bay	1:21.44	1:20.31
4 Melissa Ching	Fr	Hillsdale	1:19.27	1:20.38
5 Gia Szabo	Jr	Terra Nova	1:20.11	1:20.77
6 Ruth Claussen	Fr	Terra Nova	1:21.98	1:21.56
<b>B - Final</b>				
7 Sydney Gallant	So	Terra Nova	1:23.70	1:22.58
8 Faith Esparza	So	Terra Nova	1:27.34	1:28.85
9 Tiffany Chan	Fr	El Camino	1:34.10	1:34.24
10 Jessica Zabat	So	El Camino	1:44.55	1:39.65

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**B - Final ... (Event 9 Girls 100 Yard IM Junior Varsity)**

Name	Yr	School	Prelim Time	Finals Time
11 Eva Parabaniuk	So	Oceana High School	1:45.90	1:43.32
--- Taylor Blunt	Fr	Capuchino High School	1:23.73	DQ

**Event 9 Girls 100 Yard IM Junior Varsity**

PAL: 1:09.04 1999		Cara Savelli	Westmoor	
Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Annika Langner	So	Hillsdale	1:11.00	1:10.13 q
2 ZongYun Deng	Fr	Hillsdale	1:18.00	1:18.32 q
3 Melissa Ching	Fr	Hillsdale	1:24.00	1:19.27 q
4 Gia Szabo	Jr	Terra Nova	1:20.69	1:20.11 q
5 Ashley Owen	Fr	Half Moon Bay	1:22.82	1:21.44 q
6 Ruth Claussen	Fr	Terra Nova	1:22.28	1:21.98 q
7 Sydney Gallant	So	Terra Nova	1:25.00	1:23.70 q
8 Taylor Blunt	Fr	Capuchino High School	1:26.51	1:23.73 q
9 Faith Esparza	So	Terra Nova	1:21.00	1:27.34 q
10 Aisling Edge	Fr	Hillsdale	1:41.83	1:30.57 q
11 Tiffany Chan	Fr	El Camino	1:31.25	1:34.10 q
12 Jessica Zabat	So	El Camino	1:12.03	1:44.55 q
13 Eva Parabaniuk	So	Oceana High School	1:44.13	1:45.90

**Event 10 Boys 100 Yard IM Junior Varsity**

PAL: 1:02.63 2000		Rainer Amora	Westmoor	
Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Drew Sih	So	Hillsdale	1:08.20	1:08.41
2 Yiu-Ming Wu	So	Oceana High School	1:10.38	1:10.71
3 Henry Tran	Fr	Jefferson	1:14.21	1:12.66
4 Jaime Elepano	Jr	Oceana High School	1:16.77	1:14.51
5 Victor Wu	So	Terra Nova	1:17.37	1:18.87
--- Donovan Potter	Fr	Terra Nova	1:08.43	DQ
<b>B - Final</b>				
7 Brandon Nieu	SO	Westmoor High School	1:21.69	1:20.59
8 Ryan Ly	So	El Camino	1:25.69	1:25.44
9 Pedro Matulja	Fr	Terra Nova	1:23.81	1:25.46

**Event 10 Boys 100 Yard IM Junior Varsity**

PAL: 1:02.63 2000		Rainer Amora	Westmoor	
Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Drew Sih	So	Hillsdale	1:12.00	1:08.20 q
2 Donovan Potter	Fr	Terra Nova	1:09.81	1:08.43 q
3 Yiu-Ming Wu	So	Oceana High School	1:11.77	1:10.38 q
4 Henry Tran	Fr	Jefferson	1:16.49	1:14.21 q
5 Jaime Elepano	Jr	Oceana High School	1:18.31	1:16.77 q
6 Victor Wu	So	Terra Nova	1:23.84	1:17.37 q
7 Brandon Nieu	SO	Westmoor High School	1:21.75	1:21.69 q
8 Pedro Matulja	Fr	Terra Nova	1:35.00	1:23.81 q
9 Ryan Ly	So	El Camino	1:28.63	1:25.69 q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 11 Girls 200 Yard IM Varsity

PAL: 2:08.22 2009  
2:16.49 CCS

Alicia Grima

Woodside

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Eve Kearns	Jr	Half Moon Bay	2:16.37	2:14.21	CCS
2 Kaylee Cheng	Fr	Oceana High School	2:33.42	2:29.99	
3 Casey So	Fr	South San Francisco	2:33.29	2:30.87	
4 Remy Dizon	Jr	Terra Nova	2:35.75	2:31.11	
5 Alyzza Pascual	FR	Westmoor High School	2:36.48	2:38.62	
6 Gabby Nickelson	Fr	Terra Nova	2:48.75	2:41.45	
<b>B - Final</b>					
7 Rachel Jenar	So	Half Moon Bay	2:51.54	2:47.74	
8 Helene Kleinfeld	So	Terra Nova	2:52.30	2:50.63	
9 Tiana Ko	So	South San Francisco	2:54.98	2:53.66	
10 Sophia Alyward	Jr	Terra Nova	2:59.90	3:00.80	
11 Alison Luo	So	Oceana High School	3:14.46	3:20.74	

## Event 11 Girls 200 Yard IM Varsity

PAL: 2:08.22 2009  
2:16.49 CCS

Alicia Grima

Woodside

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Eve Kearns	Jr	Half Moon Bay	2:15.60	2:16.37	qCCS
2 Casey So	Fr	South San Francisco	2:37.16	2:33.29	q
3 Kaylee Cheng	Fr	Oceana High School	2:27.56	2:33.42	q
4 Remy Dizon	Jr	Terra Nova	2:30.38	2:35.75	q
5 Alyzza Pascual	FR	Westmoor High School	2:36.65	2:36.48	q
6 Gabby Nickelson	Fr	Terra Nova	2:40.91	2:48.75	q
7 Rachel Jenar	So	Half Moon Bay	2:50.60	2:51.54	q
8 Helene Kleinfeld	So	Terra Nova	2:53.75	2:52.30	q
9 Tiana Ko	So	South San Francisco	3:16.04	2:54.98	q
10 Sophia Alyward	Jr	Terra Nova	3:02.01	2:59.90	q
11 Alison Luo	So	Oceana High School	3:13.54	3:14.46	q

## Event 12 Boys 200 Yard IM Varsity

PAL: 1:54.25 2002  
2:02.49 CCS

Ronald Chan

San Mateo

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Jacob Lumbang	Sr	Oceana High School	2:00.93	1:59.92	CCS
2 Jon Lam	So	El Camino	2:05.32	2:01.76	CCS
3 Sean Isomatsu	Jr	Hillsdale	2:09.45	2:09.79	
4 Alex Amundsen	Jr	Terra Nova	2:14.92	2:10.36	
5 Chris Cheng	Jr	Oceana High School	2:15.39	2:13.65	
6 Aung Myat	SO	Westmoor High School	2:16.40	2:16.65	
<b>B - Final</b>					
7 Chris Cothran	Sr	Terra Nova	2:20.11	2:20.78	
8 Noah Dungca	JR	Westmoor High School	2:29.11	2:22.94	
9 Nathan Chen	FR	Westmoor High School	2:27.89	2:26.69	
10 Ian Pantoja	So	El Camino	2:29.70	2:28.72	

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**B - Final ... (Event 12 Boys 200 Yard IM Varsity)**

Name	Yr	School	Prelim Time	Finals Time
11 Brandon Concepcion	Fr	El Camino	2:33.75	2:30.50

**Event 12 Boys 200 Yard IM Varsity**

PAL: 1:54.25 2002  
2:02.49 CCS

Ronald Chan

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Jacob Lumbang	Sr	Oceana High School	2:04.44	2:00.93	qCCS
2 Jon Lam	So	El Camino	2:06.19	2:05.32	q
3 Sean Isomatsu	Jr	Hillsdale	2:13.00	2:09.45	q
4 Alex Amundsen	Jr	Terra Nova	2:10.38	2:14.92	q
5 Chris Cheng	Jr	Oceana High School	2:13.91	2:15.39	q
6 Aung Myat	SO	Westmoor High School	2:18.76	2:16.40	q
7 Chris Cothran	Sr	Terra Nova	2:19.94	2:20.11	q
8 Nathan Chen	FR	Westmoor High School	2:40.91	2:27.89	q
9 Noah Dunga	JR	Westmoor High School	2:24.00	2:29.11	q
10 Ian Pantoja	So	El Camino	2:33.03	2:29.70	q
11 Joshua Hendarto	Fr	Capuchino High School	2:31.01	2:30.52	q
12 Brandon Concepcion	Fr	El Camino	2:34.04	2:33.75	q
13 Gilmark Pacumio	Sr	South San Francisco	2:35.17	2:37.13	
14 Henry Villalobos	Jr	Terra Nova	2:39.69	2:43.92	
15 Oz Monroy	Jr	Half Moon Bay	2:40.60	2:44.91	
16 Zach Turner	Jr	Half Moon Bay	2:48.50	2:53.76	
17 Ansel Ric Policarpio	Sr	South San Francisco	3:12.00	3:12.44	

**Event 13 Girls 50 Yard Freestyle Junior Varsity**

PAL: 27.14 1998  
25.39 CCS

Erica Gellerman

Sequoia

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Sophia Gomes	Fr	Hillsdale	30.91	30.03
2 Sophie Byrne	Fr	Terra Nova	31.41	31.09
*3 Nadine Macapagal	Fr	El Camino	30.46	31.21
*3 Isabel McCarthy	So	El Camino	31.41	31.21
5 Mikayla Martinez	So	Terra Nova	32.09	31.63
6 Nan Kham	SO	Westmoor High School	33.46	34.43
<b>B - Final</b>				
7 Diala Nasser	Fr	Capuchino High School	34.19	33.38
8 Hannah Downes	Fr	Capuchino High School	34.35	34.47
9 Allyson Chan	Fr	Hillsdale	35.22	35.34
10 Sharon Liang	Fr	Oceana High School	36.30	35.60
11 Veronica Vasquez	Fr	Half Moon Bay	35.72	37.29
12 Sadie Forry	Fr	Oceana High School	36.42	37.51



## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 13 Girls 50 Yard Freestyle Junior Varsity

PAL: 27.14 1998  
25.39 CCS

Erica Gellerman

Sequoia

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1	Nadine Macapagal	Fr El Camino	31.59	30.46	q
2	Sophia Gomes	Fr Hillsdale	36.67	30.91	q
*3	Sophie Byrne	Fr Terra Nova	31.51	31.41	q
*3	Isabel McCarthy	So El Camino	31.08	31.41	q
5	Mikayla Martinez	So Terra Nova	32.29	32.09	q
6	Nan Kham	SO Westmoor High School	34.00	33.46	q
7	Diala Nasser	Fr Capuchino High School	33.81	34.19	q
8	Hannah Downes	Fr Capuchino High School	34.44	34.35	q
9	Allyson Chan	Fr Hillsdale	38.85	35.22	q
10	Veronica Vasquez	Fr Half Moon Bay	37.92	35.72	q
11	Sharon Liang	Fr Oceana High School	35.14	36.30	q
12	Sadie Forry	Fr Oceana High School	38.08	36.42	q
13	Ariana Fan	So Jefferson	38.09	37.10	
14	Anna Julian	Fr Terra Nova	43.43	37.42	
15	Yesenia Vargas	Fr El Camino	38.32	38.28	
16	Kylie Chen	SO Westmoor High School	52.56	38.30	
17	Seoyoun Choi	Fr Hillsdale	43.72	38.43	
18	Lhanna Padua	Fr Jefferson	38.51	39.98	
19	Nicole Aquino	Fr South San Francisco	56.28	40.49	
20	Estefany Gomez	So Oceana High School	54.74	40.96	
21	Christina Cruz	Jr South San Francisco	40.00	41.13	
22	Ariel Liu	Fr Oceana High School	43.80	41.75	
23	Chloe Hayes	Fr El Camino	42.20	42.61	
24	Nicole Su	Fr Jefferson	47.23	42.79	
25	Zaylie Felisiak	Jr Half Moon Bay	49.90	43.97	
26	Alessandra Galicia	SO Westmoor High School	55.00	47.10	
27	Jessica Layson	Fr Jefferson	55.20	48.31	

## Event 14 Boys 50 Yard Freestyle Junior Varsity

PAL: 24.93 2015  
22.59 CCS

Jarod Frias

Capuchino

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
*1	Roger Chen	So Oceana High School	26.65	26.81	
*1	Bryan Lin	Fr Hillsdale	26.53	26.81	
3	Alex Mathers	Fr Capuchino High School	27.72	26.94	
4	Ryan Berkshire	So Hillsdale	27.45	27.09	
5	Billy Taylor	So Hillsdale	29.18	28.78	
6	Andrew Ross	So Oceana High School	28.69	29.80	
<b>B - Final</b>					
7	Chris Fong	Fr El Camino	30.86	28.84	
8	Brandon Vintero	So Terra Nova	29.61	29.51	
9	Rylan Anderson	Fr Oceana High School	31.20	30.44	
10	Noah Friedman	Fr Terra Nova	31.58	30.84	
11	Andrew Jensen	So Capuchino High School	30.47	31.22	

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**B - Final ... (Event 14 Boys 50 Yard Freestyle Junior Varsity)**

Name	Yr	School	Prelim Time	Finals Time
12 Eduardo Lactaon	So	El Camino	32.87	32.35

**Event 14 Boys 50 Yard Freestyle Junior Varsity**

PAL: 24.93 2015 Jarod Frias  
22.59 CCS

Capuchino

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Bryan Lin	Fr	Hillsdale	28.00	26.53 q
2 Roger Chen	So	Oceana High School	26.23	26.65 q
3 Ryan Berkshire	So	Hillsdale	28.50	27.45 q
4 Alex Mathers	Fr	Capuchino High School	28.43	27.72 q
5 Dylan Glasgow	So	Capuchino High School	29.25	28.25 q
6 Andrew Ross	So	Oceana High School	30.16	28.69 q
7 Billy Taylor	So	Hillsdale	30.50	29.18 q
8 Brandon Vintero	So	Terra Nova	30.84	29.61 q
9 Andrew Jensen	So	Capuchino High School	31.59	30.47 q
10 Chris Fong	Fr	El Camino	31.07	30.86 q
11 Rylan Anderson	Fr	Oceana High School	32.31	31.20 q
12 Noah Friedman	Fr	Terra Nova	33.44	31.58 q
13 Aiden Bear	Fr	Hillsdale	35.00	31.86
14 Vincent Garcia	Fr	Terra Nova	32.46	32.08
15 Eduardo Lactaon	So	El Camino	33.35	32.87
16 Rikki Lu	JR	Westmoor High School	40.00	36.34
17 Jorge Lopez	FR	Westmoor High School	43.90	39.80

**Event 15 Girls 50 Yard Freestyle Varsity**

PAL: 24.72 2007 Daphne Yeung  
25.39 CCS

S. San Francisco

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Grace Anderson	Jr	Half Moon Bay	24.27	24.00 CCS
2 Allison Irabon	JR	Westmoor High School	25.08	24.87 CCS
3 Kaycie Lindland	Sr	Terra Nova	25.83	25.78
4 Anna Steinberg	So	Terra Nova	27.94	28.35
5 Megan Lee	Sr	Hillsdale	28.58	28.52
6 Maya Ripberger	So	Half Moon Bay	29.66	31.12
<b>B - Final</b>				
7 Iris Cruz	Fr	Capuchino High School	30.22	29.55
8 Isabella Dal Porto	Sr	Terra Nova	30.50	30.41
9 Katie Yang	Sr	South San Francisco	31.02	30.88
10 Tiana Cole	Jr	Terra Nova	30.36	31.24
11 Maggie Cai	So	South San Francisco	31.31	31.33
12 Christy Huo	JR	Westmoor High School	31.31	31.52

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 15 Girls 50 Yard Freestyle Varsity

PAL: 24.72 2007  
25.39 CCS

Daphne Yeung

S. San Francisco

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Grace Anderson	Jr	Half Moon Bay	50.30	24.27	qCCS
2 Allison Irabon	JR	Westmoor High School	25.03	25.08	qCCS
3 Kaycie Lindland	Sr	Terra Nova	25.30	25.83	q
4 Anna Steinberg	So	Terra Nova	28.08	27.94	q
5 Megan Lee	Sr	Hillsdale	28.70	28.58	q
6 Maya Rippberger	So	Half Moon Bay	31.90	29.66	q
7 Iris Cruz	Fr	Capuchino High School	30.29	30.22	q
8 Tiana Cole	Jr	Terra Nova	31.05	30.36	q
9 Isabella Dal Porto	Sr	Terra Nova	31.09	30.50	q
10 Katie Yang	Sr	South San Francisco	32.00	31.02	q
*11 Maggie Cai	So	South San Francisco	32.83	31.31	q
*11 Christy Huo	JR	Westmoor High School	32.70	31.31	q
13 Sonja Ganoza	Sr	South San Francisco	33.93	33.39	
14 Katelyn Fishtrom	Jr	Oceana High School	37.64	34.50	
15 Jessica Zhao	So	Oceana High School	36.44	35.21	
16 Irene Lee	SO	Westmoor High School	34.88	35.62	
17 Makayla Seagren	Jr	Oceana High School	35.37	35.69	
18 Aylin Flores	Sr	El Camino	36.89	36.41	
19 Samantha Grover	Sr	Oceana High School	32.99	38.33	
20 Arianna Aralar	Sr	Jefferson	38.00	38.91	
21 Jennifer Palacios	Sr	Jefferson	45.84	44.48	
22 Kyra Lazo	Sr	Jefferson	51.32	48.49	

## Event 16 Boys 50 Yard Freestyle Varsity

PAL: 21.75 5/3/2017  
22.59 CCS

Nathaniel Macapagal

El Camino

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Nathaniel Macapagal	Jr	El Camino	21.32	21.27	CCS
2 Luka Goncharov	So	Terra Nova	22.43	21.84	CCS
3 Mihir Carey Sood	Sr	Hillsdale	24.02	23.52	
4 Dylan Lee	Sr	Oceana High School	23.91	23.60	
5 Santi Goncharov	Fr	Oceana High School	24.13	23.86	
6 Patrick Harmon	So	Terra Nova	24.28	24.11	
<b>B - Final</b>					
7 Tobias Krackow	So	El Camino	24.57	24.28	
8 Spencer Sih	Sr	Hillsdale	25.65	25.52	
9 Andrew Stibor	Sr	Terra Nova	25.78	25.61	
10 Dimi Dimitrov	Sr	Terra Nova	26.43	26.05	
11 Ian O'Connor	Jr	Half Moon Bay	26.19	26.61	
12 Jaime Abreu Lenglare	Jr	Hillsdale	27.14	27.84	

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 16 Boys 50 Yard Freestyle Varsity

PAL: 21.75 5/3/2017  
22.59 CCS

Nathaniel Macapagal

El Camino

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Nathaniel Macapagal	Jr	El Camino	21.58	21.32	qCCS
2 Luka Goncharov	So	Terra Nova	21.78	22.43	qCCS
3 Kevin Dai	Jr	South San Francisco	22.89	22.96	q
4 Dylan Lee	Sr	Oceana High School	23.62	23.91	q
5 Mihir Carey Sood	Sr	Hillsdale	24.00	24.02	q
6 Santi Goncharov	Fr	Oceana High School	23.70	24.13	q
7 Patrick Harmon	So	Terra Nova	24.72	24.28	q
8 Tobias Krackow	So	El Camino	24.67	24.57	q
9 Spencer Sih	Sr	Hillsdale	26.00	25.65	q
10 Andrew Stibor	Sr	Terra Nova	26.61	25.78	q
11 Ian O'Connor	Jr	Half Moon Bay	27.40	26.19	q
12 Dimi Dimitrov	Sr	Terra Nova	26.34	26.43	q
13 Jaime Abreu Lenglare	Jr	Hillsdale	27.00	27.14	
14 Luke Hafer	Fr	Capuchino High School	25.54	27.17	
15 Alex Wong	JR	Westmoor High School	28.10	27.21	
16 Frederick Phillip Javier	JR	Westmoor High School	26.59	27.35	
17 Thuan Ta	Sr	South San Francisco	28.55	27.49	
18 Clutch Smith	Fr	Capuchino High School	27.78	27.67	
19 Jack Perrin	So	South San Francisco	29.02	28.22	
20 Leo Wong	SR	Westmoor High School	30.22	28.92	
21 Allen Agao	Sr	Jefferson	28.61	29.14	
22 Diego Quintana	Jr	Capuchino High School	29.60	29.19	
23 John King	Sr	Oceana High School	30.61	30.49	
24 Nathan Barquira	Sr	Jefferson	34.38	32.65	
25 Christopher Tse	So	South San Francisco	32.00	33.45	
26 Luis Gonzalez	Sr	Jefferson	34.58	33.75	
27 Tino Porras	Sr	El Camino	34.90	35.94	

## Event 17 Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004

Joanna Sherman

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Grace Camerons	Fr	Half Moon Bay	36.77	37.06	
2 Roslyn Catilis	So	El Camino	38.63	37.33	
3 Hailey Pickens	Fr	Capuchino High School	38.32	38.14	
4 Riley Dohrmann	Fr	Terra Nova	38.41	38.70	
5 Sabina Beerawi	Fr	Capuchino High School	42.53	41.70	
6 Isabella Copeland	Fr	Terra Nova	41.27	44.10	
<b>B - Final</b>					
7 Ona Manero Gomez	Fr	Hillsdale	43.84	41.40	
8 Gabby Dudum	Fr	Capuchino High School	43.09	42.55	
9 Sasha Wong	Fr	Oceana High School	43.18	42.80	
10 April Ng	JR	Westmoor High School	44.24	43.36	
11 Angelique Blanco	So	Terra Nova	43.45	43.45	
--- Lauren Dew	Fr	Terra Nova	44.39	DQ	

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 17 Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004		Joanna Sherman		Half Moon Bay		
Name	Yr	School	Seed Time	Prelim Time		
<b>Preliminaries</b>						
1	Grace Camerons	Fr	Half Moon Bay	36.50	36.77	q
2	Hailey Pickens	Fr	Capuchino High School	40.14	38.32	q
3	Riley Dohrmann	Fr	Terra Nova	39.50	38.41	q
4	Roslyn Catilis	So	El Camino	39.00	38.63	q
5	Isabella Copeland	Fr	Terra Nova	40.76	41.27	q
6	Sabina Beerawi	Fr	Capuchino High School	41.78	42.53	q
7	Gabby Dudum	Fr	Capuchino High School	41.54	43.09	q
8	Sasha Wong	Fr	Oceana High School	42.70	43.18	q
9	Angelique Blanco	So	Terra Nova	47.35	43.45	q
10	Ona Manero Gomez	Fr	Hillsdale	1:00.00	43.84	q
11	April Ng	JR	Westmoor High School	47.72	44.24	q
12	Lauren Dew	Fr	Terra Nova	43.94	44.39	q
13	Marina Hepler	So	Hillsdale	51.15	45.79	
14	Zaira Adrianwala	So	Hillsdale	48.90	46.54	
15	Julia Reiker	So	Oceana High School	49.97	47.44	
16	Nour Younes	Fr	Hillsdale	52.58	48.23	
17	Emily Magidina	SO	Westmoor High School	52.94	48.68	
18	Alexis Roldan-Brown	So	El Camino	48.57	48.71	
19	Estefany Gomez	So	Oceana High School	50.14	52.12	
20	Jessica Layson	Fr	Jefferson	1:01.70	52.35	
21	Isabel Gudino	So	El Camino	1:12.03	58.60	
22	Megan Zecena	Fr	El Camino	50.55	1:06.81	

## Event 18 Boys 50 Yard Backstroke Junior Varsity

PAL: 28.37 2010		Carter White		Half Moon Bay		
Name	Yr	School	Prelim Time	Finals Time		
<b>A - Final</b>						
1	Luke Dittes	So	Oceana High School	35.27	33.68	
2	Lee Amando Nicdao	FR	Westmoor High School	36.20	36.47	
3	Aiden Selli	So	Terra Nova	36.71	36.81	
4	Edward Sievers	JR	Westmoor High School	38.81	38.93	
5	Vincent Garcia	Fr	Terra Nova	38.19	39.33	
6	Alex Massalov	Fr	Capuchino High School	41.23	41.76	
<b>B - Final</b>						
7	Eduardo Lactoen	So	El Camino	49.09	44.89	

## Event 18 Boys 50 Yard Backstroke Junior Varsity

PAL: 28.37 2010		Carter White		Half Moon Bay		
Name	Yr	School	Seed Time	Prelim Time		
<b>Preliminaries</b>						
1	Luke Dittes	So	Oceana High School	34.82	35.27	q
2	Lee Amando Nicdao	FR	Westmoor High School	39.85	36.20	q
3	Aiden Selli	So	Terra Nova	40.38	36.71	q
4	Vincent Garcia	Fr	Terra Nova	40.06	38.19	q
5	Edward Sievers	JR	Westmoor High School	41.12	38.81	q
6	Alex Massalov	Fr	Capuchino High School	40.40	41.23	q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Preliminaries ... (Event 18 Boys 50 Yard Backstroke Junior Varsity)

Name	Yr	School	Seed Time	Prelim Time	
7 Aiden Bear	Fr	Hillsdale	40.00	43.92	q
8 Eduardo Lactaoen	So	El Camino	45.79	49.09	q

## Event 19 Girls 50 Yard Butterfly Junior Varsity

PAL: 28.69 2006

Justine Cordon

Capuchino

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Annika Langner	So	Hillsdale	29.37	30.33
2 Jennifer Kao	So	Hillsdale	30.33	30.57
3 Melissa Ching	Fr	Hillsdale	33.38	33.50
4 ZongYun Deng	Fr	Hillsdale	36.09	33.53
5 Sophie Byrne	Fr	Terra Nova	36.62	36.64
6 Marlo Martindale	Fr	Capuchino High School	36.72	37.37
<b>B - Final</b>				
7 Taylor Blunt	Fr	Capuchino High School	36.97	36.31
8 Gia Szabo	Jr	Terra Nova	38.14	39.70
9 Nicole Hata	Fr	Terra Nova	41.89	41.68
10 Faith Esparza	So	Terra Nova	40.39	42.13
11 Jessica Zabat	So	El Camino	45.91	43.84
12 Seidi Godoy	So	Oceana High School	45.57	44.59

## Event 19 Girls 50 Yard Butterfly Junior Varsity

PAL: 28.69 2006

Justine Cordon

Capuchino

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Annika Langner	So	Hillsdale	30.00	29.37	q
2 Jennifer Kao	So	Hillsdale	31.00	30.33	q
3 Melissa Ching	Fr	Hillsdale	37.21	33.38	q
4 ZongYun Deng	Fr	Hillsdale	32.00	36.09	q
5 Sophie Byrne	Fr	Terra Nova	41.63	36.62	q
6 Marlo Martindale	Fr	Capuchino High School	37.97	36.72	q
7 Taylor Blunt	Fr	Capuchino High School	38.07	36.97	q
8 Gia Szabo	Jr	Terra Nova	37.97	38.14	q
9 Faith Esparza	So	Terra Nova	37.48	40.39	q
10 Maya Estrada	Fr	South San Francisco	39.97	40.66	q
11 Nicole Hata	Fr	Terra Nova	37.12	41.89	q
12 Andja Braho	Fr	Capuchino High School	43.03	44.12	q
13 Seidi Godoy	So	Oceana High School	45.06	45.57	
14 Jessica Zabat	So	El Camino	44.42	45.91	
15 Arienne Alibayan	So	El Camino	45.38	45.94	

## Event 20 Boys 50 Yard Butterfly Junior Varsity

PAL: 27.83 2015

Zachary Romsdahl

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Donovan Potter	Fr	Terra Nova	29.90	28.77
2 Drew Sih	So	Hillsdale	28.52	28.95
3 Justin Arnaudo	Fr	Terra Nova	29.89	29.42
4 Justin Lachan	Fr	Capuchino High School	32.69	31.95

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## A - Final ... (Event 20 Boys 50 Yard Butterfly Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
5 Victor Wu	So	Terra Nova	33.36	33.54
6 Jaime Elepano	Jr	Oceana High School	35.62	35.05

## B - Final

7 Ryan Ly	So	El Camino	35.92	36.24
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## Event 20 Boys 50 Yard Butterfly Junior Varsity

PAL: 27.83 2015		Zachary Romsdahl	Half Moon Bay	
Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Drew Sih	So	Hillsdale	29.50	28.52 q
2 Justin Arnaudo	Fr	Terra Nova	30.94	29.89 q
3 Donovan Potter	Fr	Terra Nova	30.12	29.90 q
4 Justin Lachan	Fr	Capuchino High School	35.40	32.69 q
5 Victor Wu	So	Terra Nova	37.19	33.36 q
6 Jaime Elepano	Jr	Oceana High School	36.24	35.62 q
7 Ryan Ly	So	El Camino	38.00	35.92 q

## Event 21 Girls 100 Yard Butterfly Varsity

PAL: 1:00.52 2008		Megan Beach	Sequoia	
1:00.99 CCS				
Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Grace Anderson	Jr	Half Moon Bay	58.21	56.73 CCS
2 Eve Kearns	Jr	Half Moon Bay	1:01.22	1:00.40 CCS
3 Sara Olsen	Sr	Terra Nova	1:07.01	1:07.95
4 Kaylee Cheng	Fr	Oceana High School	1:11.25	1:09.42
5 Meiling Chia	So	South San Francisco	1:10.22	1:10.41
6 Casey So	Fr	South San Francisco	1:14.86	1:14.72
<b>B - Final</b>				
7 Gabby Nickelson	Fr	Terra Nova	1:17.21	1:13.82
8 Brooke Garrett	Jr	Terra Nova	1:17.97	1:18.51
9 Kaylie Mini	Jr	Terra Nova	1:20.82	1:19.23
10 Alison Luo	So	Oceana High School	1:36.51	1:35.30

## Event 21 Girls 100 Yard Butterfly Varsity

PAL: 1:00.52 2008		Megan Beach	Sequoia	
1:00.99 CCS				
Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Grace Anderson	Jr	Half Moon Bay	57.02	58.21 qCCS
2 Eve Kearns	Jr	Half Moon Bay	1:00.90	1:01.22 q
3 Sara Olsen	Sr	Terra Nova	1:05.33	1:07.01 q
4 Meiling Chia	So	South San Francisco	1:10.00	1:10.22 q
5 Kaylee Cheng	Fr	Oceana High School	1:09.32	1:11.25 q
6 Casey So	Fr	South San Francisco	1:17.00	1:14.86 q
7 Gabby Nickelson	Fr	Terra Nova	1:12.00	1:17.21 q
8 Brooke Garrett	Jr	Terra Nova	1:15.43	1:17.97 q
9 Kaylie Mini	Jr	Terra Nova	1:20.60	1:20.82 q
10 Alison Luo	So	Oceana High School	1:16.60	1:36.51 q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 22 Boys 100 Yard Butterfly Varsity

PAL: 51.51 2012  
54.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Luka Goncharov	So	Terra Nova	54.27	53.05	CCS
2 Jeremy Tan	Fr	El Camino	54.64	53.53	CCS
3 Brendan Verna	Jr	Capuchino High School	55.88	55.32	
4 Ethan Quan	Jr	Terra Nova	57.72	56.15	
5 Aiden Cheung	SO	Westmoor High School	1:00.54	59.24	
6 Desmond Cheung	SR	Westmoor High School	1:01.60	1:03.01	
<b>B - Final</b>					
7 Tommy Dachauer	Sr	Hillsdale	1:03.83	1:03.85	
8 Albert Jian	SO	Westmoor High School	1:03.82	1:04.17	
9 Evan Ansgarius	So	Terra Nova	1:04.79	1:04.32	
10 Abraham Santos-Figueroa	Fr	Terra Nova	1:06.25	1:06.49	
11 Zach Turner	Jr	Half Moon Bay	1:13.64	1:15.35	
12 Noah Dungca	JR	Westmoor High School	1:12.47	1:15.86	

## Event 22 Boys 100 Yard Butterfly Varsity

PAL: 51.51 2012  
54.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Luka Goncharov	So	Terra Nova	53.34	54.27	qCCS
2 Jeremy Tan	Fr	El Camino	55.33	54.64	qCCS
3 Brendan Verna	Jr	Capuchino High School	55.69	55.88	q
4 Ethan Quan	Jr	Terra Nova	59.14	57.72	q
5 Aiden Cheung	SO	Westmoor High School	59.78	1:00.54	q
6 Desmond Cheung	SR	Westmoor High School	1:05.40	1:01.60	q
7 Albert Jian	SO	Westmoor High School	1:07.10	1:03.82	q
8 Tommy Dachauer	Sr	Hillsdale	1:05.00	1:03.83	q
9 Evan Ansgarius	So	Terra Nova	1:07.38	1:04.79	q
10 Abraham Santos-Figueroa	Fr	Terra Nova	1:06.02	1:06.25	q
11 Gilmark Pacumio	Sr	South San Francisco	1:16.56	1:08.97	q
12 Clapton Hernandez	Jr	South San Francisco	1:08.54	1:10.79	q
13 Noah Dungca	JR	Westmoor High School	1:18.50	1:12.47	
14 Zach Turner	Jr	Half Moon Bay	1:25.67	1:13.64	
15 Riley Choy	Fr	Capuchino High School	1:14.31	1:15.92	
16 Diego Quintana	Jr	Capuchino High School	1:24.21	1:20.56	

## Event 23 Girls 100 Yard Freestyle Junior Varsity

PAL: 58.03 2012  
55.39 CCS

Sarah Stretch

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Olivia Ratti	So	Hillsdale	1:07.38	1:06.15	
2 Jennifer Kao	So	Hillsdale	1:05.60	1:08.00	
3 Nadine Macapagal	Fr	El Camino	1:09.89	1:11.51	
4 Mikayla Martinez	So	Terra Nova	1:11.87	1:12.30	



## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## A - Final ... (Event 23 Girls 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
5 Jess Palmor-Sammon	Fr	Half Moon Bay	1:13.55	1:13.71
6 Isabel McCarthy	So	El Camino	1:12.34	1:14.31

## B - Final

7 Marlo Martindale	Fr	Capuchino High School	1:15.89	1:15.72
8 Nan Kham	SO	Westmoor High School	1:18.74	1:18.63
9 Emma Oliver	Fr	Hillsdale	1:19.33	1:19.19
10 Hannah Downes	Fr	Capuchino High School	1:19.27	1:19.35
11 Angelique Blanco	So	Terra Nova	1:21.41	1:20.94
12 Bella Pappalardo	So	Half Moon Bay	1:25.04	1:22.92

## Event 23 Girls 100 Yard Freestyle Junior Varsity

PAL: 58.03 2012 Sarah Stretch Half Moon Bay  
55.39 CCS

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Jennifer Kao	So	Hillsdale	1:08.00	1:05.60	q
2 Olivia Ratti	So	Hillsdale	1:08.00	1:07.38	q
3 Nadine Macapagal	Fr	El Camino	1:09.78	1:09.89	q
4 Mikayla Martinez	So	Terra Nova	1:14.25	1:11.87	q
5 Isabel McCarthy	So	El Camino	1:13.20	1:12.34	q
6 Jess Palmor-Sammon	Fr	Half Moon Bay	1:17.98	1:13.55	q
7 Marlo Martindale	Fr	Capuchino High School	1:15.53	1:15.89	q
8 Nan Kham	SO	Westmoor High School	1:25.33	1:18.74	q
9 Hannah Downes	Fr	Capuchino High School	1:20.64	1:19.27	q
10 Emma Oliver	Fr	Hillsdale	1:25.95	1:19.33	q
11 Angelique Blanco	So	Terra Nova	1:45.00	1:21.41	q
12 Bella Pappalardo	So	Half Moon Bay	1:23.56	1:25.04	q
13 Anna Julian	Fr	Terra Nova	1:35.00	1:25.32	
14 Ariana Fan	So	Jefferson	1:25.47	1:26.61	
15 Veronica Vasquez	Fr	Half Moon Bay	1:44.92	1:26.96	
16 Fernanda Sarmiento	So	Oceana High School	1:37.76	1:27.45	
17 Eva Parabaniuk	So	Oceana High School	1:26.36	1:28.11	
18 Kylie Chen	SO	Westmoor High School	2:00.60	1:28.73	
19 Jan Sebastian	So	El Camino	1:38.29	1:30.23	
20 Ella Maltbie	Fr	Oceana High School	1:43.97	1:32.06	
21 Lhanna Padua	Fr	Jefferson	1:26.00	1:33.11	
22 Isabel Gudino	So	El Camino	1:38.19	1:35.97	
23 Nicole Aquino	Fr	South San Francisco	1:49.84	1:36.12	
24 Ariel Liu	Fr	Oceana High School	1:43.65	1:44.25	
25 Nicole Su	Fr	Jefferson	1:45.43	1:45.18	
26 Jessica Fry	Fr	Terra Nova	1:20.05	1:45.60	

## Event 24 Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012 Avery Calhoun Half Moon Bay  
49.69 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Darren Pagsolingan	So	El Camino	1:00.18	1:00.04
2 Roger Chen	So	Oceana High School	59.87	1:00.15

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## A - Final ... (Event 24 Boys 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Prelim Time	Finals Time
3 Alex Mathers	Fr	Capuchino High School	1:00.98	1:00.57
4 Bryan Lin	Fr	Hillsdale	1:00.59	1:02.25
5 Henry Tran	Fr	Jefferson	1:04.21	1:03.32
6 Billy Taylor	So	Hillsdale	1:06.28	1:05.29

## B - Final

7 Luke Dittes	So	Oceana High School	1:07.47	1:05.60
8 Mark Aquillo	So	Capuchino High School	1:07.63	1:05.96
9 Brandon Vintero	So	Terra Nova	1:07.71	1:08.13
10 Andrew Jensen	So	Capuchino High School	1:09.33	1:08.91
11 Evan Leong	Fr	Terra Nova	1:09.56	1:12.40
12 Remy Tran	SO	Westmoor High School	1:13.41	1:17.85

## Event 24 Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012  
49.69 CCS

Avery Calhoun

Half Moon Bay

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Roger Chen	So	Oceana High School	59.48	59.87	q
2 Darren Pagsolingan	So	El Camino	1:01.70	1:00.18	q
3 Bryan Lin	Fr	Hillsdale	1:03.00	1:00.59	q
4 Alex Mathers	Fr	Capuchino High School	1:01.10	1:00.98	q
5 Henry Tran	Fr	Jefferson	1:03.14	1:04.21	q
6 Billy Taylor	So	Hillsdale	1:12.00	1:06.28	q
7 Luke Dittes	So	Oceana High School	1:07.60	1:07.47	q
8 Mark Aquillo	So	Capuchino High School	1:08.62	1:07.63	q
9 Brandon Vintero	So	Terra Nova	1:13.87	1:07.71	q
10 Andrew Jensen	So	Capuchino High School	1:12.01	1:09.33	q
11 Evan Leong	Fr	Terra Nova	1:09.97	1:09.56	q
12 Remy Tran	SO	Westmoor High School	1:18.70	1:13.41	q
13 Miles Hooe	Fr	Oceana High School	1:14.82	1:14.65	
14 Zak Kafka	Fr	Terra Nova	1:16.22	1:17.14	
15 Rikki Lu	JR	Westmoor High School	1:35.00	1:18.32	
16 Steven Brunton	Fr	Oceana High School	1:17.08	1:21.47	
17 Jorge Lopez	FR	Westmoor High School	1:47.91	1:34.75	

## Event 25 Girls 100 Yard Freestyle Varsity

PAL: 53.63 2007  
55.39 CCS

Daphne Yeung

S. San Francisco

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Allison Irabon	JR	Westmoor High School	55.65	54.85	CCS
2 Kaycie Lindland	Sr	Terra Nova	58.82	58.03	
3 Riley Rhodes	Jr	Half Moon Bay	59.54	59.83	
4 Megan Lee	Sr	Hillsdale	1:02.48	1:04.05	
5 Julia Ratti	Sr	Hillsdale	1:03.96	1:04.43	
6 Lisa Luhrs	Sr	Terra Nova	1:04.98	1:05.08	
<b>B - Final</b>					
7 Anna Steinberg	So	Terra Nova	1:05.22	1:05.96	
8 Leila Dela Pena	Fr	Oceana High School	1:09.35	1:08.84	

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**B - Final ... (Event 25 Girls 100 Yard Freestyle Varsity)**

Name	Yr	School	Prelim Time	Finals Time
9 Alyssa Weittstein	Fr	Capuchino High School	1:10.52	1:09.99
10 Isabella Dal Porto	Sr	Terra Nova	1:11.78	1:10.45
11 Codi Tam	So	Oceana High School	1:11.31	1:11.28
12 Christy Huo	JR	Westmoor High School	1:11.44	1:15.33

**Event 25 Girls 100 Yard Freestyle Varsity**

PAL: 53.63 2007  
55.39 CCS

Daphne Yeung

S. San Francisco

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Allison Irabon	JR	Westmoor High School	55.13	55.65 q
2 Kaycie Lindland	Sr	Terra Nova	56.10	58.82 q
3 Riley Rhodes	Jr	Half Moon Bay	57.99	59.54 q
4 Megan Lee	Sr	Hillsdale	1:05.00	1:02.48 q
5 Julia Ratti	Sr	Hillsdale	1:06.00	1:03.96 q
6 Lisa Luhrs	Sr	Terra Nova	1:05.43	1:04.98 q
7 Anna Steinberg	So	Terra Nova	1:04.72	1:05.22 q
8 Leila Dela Pena	Fr	Oceana High School	1:07.90	1:09.35 q
9 Alyssa Weittstein	Fr	Capuchino High School	1:12.47	1:10.52 q
10 Codi Tam	So	Oceana High School	1:13.44	1:11.31 q
11 Christy Huo	JR	Westmoor High School	1:15.85	1:11.44 q
12 Isabella Dal Porto	Sr	Terra Nova	1:12.12	1:11.78 q
13 Alexyss Bolanos	SO	Westmoor High School	1:13.00	1:12.18
14 Maggie Cai	So	South San Francisco	1:40.00	1:13.62
15 Mia Orr	So	Half Moon Bay	1:15.22	1:13.97
16 Tiffany Choy	Jr	Hillsdale	1:15.00	1:15.30
17 Sonja Ganoza	Sr	South San Francisco	1:18.19	1:15.49
18 Summer Snyder	So	Oceana High School	1:32.05	1:18.12
19 Abby Tolentino	Fr	Capuchino High School	1:21.81	1:18.88
20 Irene Lee	SO	Westmoor High School	1:21.00	1:21.02
21 Queenie Lam	Jr	South San Francisco	1:38.32	1:30.69
22 Kelly Lin	Sr	Jefferson	1:32.00	1:33.01
23 Arianna Aralar	Sr	Jefferson	1:29.73	1:37.06
24 Jennifer Palacios	Sr	Jefferson	1:52.60	1:46.70
25 Kyra Lazo	Sr	Jefferson	1:59.37	1:51.57

**Event 26 Boys 100 Yard Freestyle Varsity**

PAL: 47.70 5/4/2017  
49.69 CCS

Nathaniel Macapagal

El Camino

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Nathaniel Macapagal	Jr	El Camino	46.98	47.81 CCS
2 Jon Lam	So	El Camino	49.41	49.17 CCS
3 Mihir Carey Sood	Sr	Hillsdale	53.12	53.37
4 Patrick Harmon	So	Terra Nova	54.48	54.00
5 Dylan Lee	Sr	Oceana High School	54.12	54.06
6 Tobias Krackow	So	El Camino	54.18	55.13
<b>B - Final</b>				
7 Emille Guiohadouline	Fr	Terra Nova	55.20	55.11

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**B - Final ... (Event 26 Boys 100 Yard Freestyle Varsity)**

Name	Yr	School	Prelim Time	Finals Time
8 Luke Ma	Sr	Hillsdale	57.26	56.61
9 Tanu Pradhan	Sr	Oceana High School	57.03	56.70
10 Armand Royeca	So	Capuchino High School	57.01	57.47
11 Dimi Dimitrov	Sr	Terra Nova	59.87	59.17
12 Carter Coluhoun	Sr	Terra Nova	1:02.50	1:00.22

**Event 26 Boys 100 Yard Freestyle Varsity**

PAL: 47.70

5/4/2017

Nathaniel Macapagal

El Camino

49.69 CCS

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Nathaniel Macapagal	Jr	El Camino	47.99	46.98	qCCS
2 Jon Lam	So	El Camino	49.98	49.41	qCCS
3 Mihir Carey Sood	Sr	Hillsdale	54.00	53.12	q
4 Dylan Lee	Sr	Oceana High School	54.90	54.12	q
5 Tobias Krackow	So	El Camino	58.31	54.18	q
6 Patrick Harmon	So	Terra Nova	55.50	54.48	q
7 Emille Guiobadouline	Fr	Terra Nova	56.19	55.20	q
8 Armand Royeca	So	Capuchino High School	57.53	57.01	q
9 Tanu Pradhan	Sr	Oceana High School	57.27	57.03	q
10 Luke Ma	Sr	Hillsdale	56.00	57.26	q
11 Nico Simrock	Jr	Half Moon Bay	59.54	57.69	q
12 Ian O'Connor	Jr	Half Moon Bay	59.60	58.56	q
13 Dimi Dimitrov	Sr	Terra Nova	1:01.04	59.87	
14 Carter Coluhoun	Sr	Terra Nova	1:01.69	1:02.50	
15 Brent Huie	Fr	El Camino	1:02.42	1:02.80	
16 Elijah Lurie	So	Half Moon Bay	1:04.51	1:03.21	
*17 Maxime Guglielmetti	Sr	Hillsdale	1:05.00	1:03.74	
*17 Frederick Phillip Javier	JR	Westmoor High School	1:03.75	1:03.74	
19 Jack Perrin	So	South San Francisco	1:07.27	1:04.02	
20 Riley Choy	Fr	Capuchino High School	1:03.54	1:04.34	
21 Leo Wong	SR	Westmoor High School	1:09.22	1:07.17	
22 Ryan Warrick	JR	Westmoor High School	1:08.63	1:08.89	
23 Luis Gonzalez	Sr	Jefferson	1:22.56	1:17.25	
24 Daniel Padilla	Jr	South San Francisco	1:26.73	1:21.14	

**Event 27 Girls 50 Yard Breaststroke Junior Varsity**

PAL: 35.33

2012

Kiyomi, O'Connell

Half Moon Bay

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Natalie Choy	So	Hillsdale	38.13	37.75
2 Nephele Weiseth	Fr	Terra Nova	38.73	38.04
3 Ruth Claussen	Fr	Terra Nova	40.69	41.73
4 Grace Camerons	Fr	Half Moon Bay	43.01	42.97
5 Aditi Dhawan	Fr	Hillsdale	42.40	43.16
6 Arisa Braho	Fr	Capuchino High School	44.05	44.92
<b>B - Final</b>				
7 Tessa Mahon	Fr	Capuchino High School	44.31	42.62
8 Janice Chen	So	El Camino	44.11	45.21

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**B - Final ... (Event 27 Girls 50 Yard Breaststroke Junior Varsity)**

Name	Yr	School	Prelim Time	Finals Time
9 Sharon Liang	Fr	Oceana High School	45.24	45.23
10 Kaitlyn Blundell	Fr	Hillsdale	48.13	48.90
11 Crystal Melton	Fr	Terra Nova	49.46	53.77
--- Alexandra Shoomiloff	Fr	El Camino	50.29	DQ

**Event 27 Girls 50 Yard Breaststroke Junior Varsity**

PAL: 35.33 2012 Kiyomi, O'Connell

Half Moon Bay

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Natalie Choy	So	Hillsdale	38.50	38.13 q
2 Nephela Weiseth	Fr	Terra Nova	39.41	38.73 q
3 Ruth Claussen	Fr	Terra Nova	40.37	40.69 q
4 Aditi Dhawan	Fr	Hillsdale	44.97	42.40 q
5 Grace Camerons	Fr	Half Moon Bay	44.46	43.01 q
6 Arisa Braho	Fr	Capuchino High School	45.93	44.05 q
7 Janice Chen	So	El Camino	45.23	44.11 q
8 Tessa Mahon	Fr	Capuchino High School	44.48	44.31 q
9 Sharon Liang	Fr	Oceana High School	44.36	45.24 q
10 Kaitlyn Blundell	Fr	Hillsdale	54.27	48.13 q
11 Crystal Melton	Fr	Terra Nova	48.16	49.46 q
12 Alexandra Shoomiloff	Fr	El Camino	51.94	50.29 q
13 Jennah Kattenhorn	Fr	Capuchino High School	49.54	50.38
14 Kelly Sin	JR	Westmoor High School	1:04.68	59.67

**Event 28 Boys 50 Yard Breaststroke Junior Varsity**

PAL: 31.73 2006 Albert Shu

Westmoor

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Ryan Pham	SO	Westmoor High School	35.01	34.49
2 Ethan Kapp	So	Terra Nova	35.56	35.14
3 Erik Bogren	Fr	Terra Nova	37.72	38.44
--- Yiu-Ming Wu	So	Oceana High School	37.03	DQ
--- Chris Fong	Fr	El Camino	39.13	DQ
<b>B - Final</b>				
7 Noah Friedman	Fr	Terra Nova	40.05	39.69
8 Sean Siapno	So	El Camino	40.26	40.17
9 Justin Lachan	Fr	Capuchino High School	41.53	41.26
10 Lee Amando Nicdao	FR	Westmoor High School	41.37	41.48
11 Eric Chiu	Fr	Jefferson	41.14	42.05

**Event 28 Boys 50 Yard Breaststroke Junior Varsity**

PAL: 31.73 2006 Albert Shu

Westmoor

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Ryan Pham	SO	Westmoor High School	35.82	35.01 q
2 Ethan Kapp	So	Terra Nova	35.78	35.56 q
3 Yiu-Ming Wu	So	Oceana High School	34.99	37.03 q
4 Brandon Nieu	SO	Westmoor High School	38.54	37.70 q
5 Erik Bogren	Fr	Terra Nova	39.90	37.72 q
6 Chris Fong	Fr	El Camino	39.80	39.13 q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Preliminaries ... (Event 28 Boys 50 Yard Breaststroke Junior Varsity)

Name	Yr	School			
7 Dylan Glasgow	So	Capuchino High School	40.48	39.54	q
8 Noah Friedman	Fr	Terra Nova	47.76	40.05	q
9 Sean Siapno	So	El Camino	41.28	40.26	q
10 Eric Chiu	Fr	Jefferson	44.06	41.14	q
11 Lee Amando Nicdao	FR	Westmoor High School	43.38	41.37	q
12 Justin Lachan	Fr	Capuchino High School	44.50	41.53	q
13 Steven Brunton	Fr	Oceana High School	47.73	45.80	

## Event 29 Girls 500 Yard Freestyle Varsity

PAL: 5:08.52 2014

Michelle Karpishin

Hillsdale

5:25.49 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Allison Wong	Sr	Terra Nova	5:56.38	5:47.79
2 Maya Orsi	Fr	Terra Nova	5:54.33	5:54.12
3 Rachel Jenar	So	Half Moon Bay	6:37.67	6:38.82
4 Brooke Garrett	Jr	Terra Nova	7:02.98	7:06.16
5 Sophia Alyward	Jr	Terra Nova	7:11.71	7:23.40
6 Mimi Trawinski	Sr	Oceana High School	7:36.41	7:35.81
<b>B - Final</b>				
7 Samantha Grover	Sr	Oceana High School	7:48.81	7:42.31

## Event 29 Girls 500 Yard Freestyle Varsity

PAL: 5:08.52 2014

Michelle Karpishin

Hillsdale

5:25.49 CCS

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Mia Griffiths	Jr	Half Moon Bay	5:15.60	5:23.15 qCCS
2 Maya Orsi	Fr	Terra Nova	5:49.33	5:54.33 q
3 Allison Wong	Sr	Terra Nova	5:51.50	5:56.38 q
4 Rachel Jenar	So	Half Moon Bay	6:29.72	6:37.67 q
5 Brooke Garrett	Jr	Terra Nova	6:58.54	7:02.98 q
6 Sophia Alyward	Jr	Terra Nova	7:05.90	7:11.71 q
7 Mimi Trawinski	Sr	Oceana High School	7:26.70	7:36.41 q
8 Samantha Grover	Sr	Oceana High School	7:58.02	7:48.81 q
9 Kayla Campbell	Fr	Capuchino High School	8:05.24	8:04.42 q

## Event 30 Boys 500 Yard Freestyle Varsity

PAL: 4:45.10 2010

Ronald Chen

San Mateo

4:57.99 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Sean Isomatsu	Jr	Hillsdale	5:02.56	5:07.55
2 Berg Guibadouline	Jr	Terra Nova	5:18.35	5:10.79
3 Brendan Verna	Jr	Capuchino High School	5:15.95	5:17.74
4 Santi Goncharov	Fr	Oceana High School	5:22.00	5:33.95
5 Waylon Tang	So	El Camino	5:31.69	5:34.06
6 Zach Zavodnik	Jr	Terra Nova	5:42.20	5:41.48

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## B - Final ... (Event 30 Boys 500 Yard Freestyle Varsity)

Name	Yr	School	Prelim Time	Finals Time
7 Isaac Anderson	So	Oceana High School	5:48.05	5:42.77
8 Chris Cothran	Sr	Terra Nova	5:42.78	5:49.60
9 Brandon Concepcion	Fr	El Camino	5:56.03	6:02.74
10 Mason Liaghat	So	Half Moon Bay	6:13.19	6:05.25
11 Nick Tran	Fr	Capuchino High School	6:04.14	6:17.16
12 Carter Coluhoun	Sr	Terra Nova	6:50.96	6:39.52

## Event 30 Boys 500 Yard Freestyle Varsity

PAL: 4:45.10 2010  
4:57.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Sean Isomatsu	Jr	Hillsdale	5:10.00	5:02.56 q
2 Brendan Verna	Jr	Capuchino High School	5:14.93	5:15.95 q
3 Berg Guibadouline	Jr	Terra Nova	5:10.85	5:18.35 q
4 Santi Goncharov	Fr	Oceana High School	5:15.66	5:22.00 q
5 Waylon Tang	So	El Camino	5:38.48	5:31.69 q
6 Zach Zavodnik	Jr	Terra Nova	5:41.28	5:42.20 q
7 Chris Cothran	Sr	Terra Nova	5:41.45	5:42.78 q
8 Isaac Anderson	So	Oceana High School	5:41.84	5:48.05 q
9 Brandon Concepcion	Fr	El Camino	6:03.11	5:56.03 q
10 Nick Tran	Fr	Capuchino High School	6:17.59	6:04.14 q
11 Mason Liaghat	So	Half Moon Bay	6:14.01	6:13.19 q
12 Carter Coluhoun	Sr	Terra Nova	6:35.75	6:50.96 q

## Event 31 Girls 200 Yard Freestyle Relay Junior Varsity

PAL: 1:54.07 1998  
1:46.99 CCS

Sequoia

Team	Relay	Seed Time	Finals Time
1 Hillsdale		1:46.00	2:01.91
1) Natalie Choy So	2) Melissa Ching Fr	3) Sophia Gomes Fr	4) Zong Yun Deng Fr
2 Terra Nova		2:08.78	2:05.05
1) Ruth Claussen Fr	2) Faith Esparza So	3) Sydney Gallant So	4) Sophie Byrne Fr
3 El Camino		2:20.15	2:17.00
1) Roslyn Catilis So	2) Isabel McCarthy So	3) Tiffany Chan Fr	4) Nadine Macapagal Fr
4 Capuchino High School		2:21.75	2:17.63
1) Diala Nasser Fr	2) Hannah Downes Fr	3) Taylor Blunt Fr	4) Hailey Pickens Fr
5 Half Moon Bay		2:17.50	2:20.81
1) Veronica Vasquez Fr	2) Bella Pappalardo So	3) Jess Palmor-Sammon Fr	4) Ashley Owen Fr
6 Oceana High School		2:34.09	2:27.97
1) Sofia Gelzleicher Fr	2) Sasha Wong Fr	3) Sadie Forry Fr	4) Sharon Liang Fr
7 Westmoor High School		2:55.00	2:29.38
1) Emily Magidina SO	2) Kylie Chen SO	3) April Ng JR	4) Nan Kham SO
8 Jefferson		3:20.42	2:53.60
1) Nicole Su Fr	2) Lhanna Padua Fr	3) Jessica Layson Fr	4) Ariana Fan So
--- Terra Nova	B	2:20.10	x2:15.74
1) Lauren Nevin So	2) Crystal Melton Fr	3) Isabella Copeland Fr	4) Nephele Weiseth Fr
--- Hillsdale	B	2:10.00	x2:29.16
1) Allyson Chan Fr	2) Aditi Dhawan Fr	3) Zaira Adrianwala So	4) Emma Oliver Fr

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**(Event 31 Girls 200 Yard Freestyle Relay Junior Varsity)**

Team	Relay	Seed Time	Finals Time
--- El Camino	B	2:44.72	x2:37.51
1) Isabel Gudino So	2) Alexis Roldan-Brown So	3) Alexandra Shoomiloff Fr	4) Yesenia Vargas Fr

**Event 32 Boys 200 Yard Freestyle Relay Junior Varsity**

PAL: 1:44.70 2010  
1:34.39 CCS

Half Moon Bay

Team	Relay	Seed Time	Finals Time
1 Hillsdale		1:54.00	1:48.59
1) Ryan Berkshire So	2) Billy Taylor So	3) Bryan Lin Fr	4) Drew Sih So
2 Terra Nova		1:55.97	1:51.25
1) Evan Leong Fr	2) Brandon Vintero So	3) Justin Arnaudo Fr	4) Donovan Potter Fr
3 Oceana High School		1:51.85	1:52.60
1) Yiu-Ming Wu So	2) Jaime Elepano Jr	3) Luke Dittes So	4) Roger Chen So
4 Capuchino High School		2:04.16	1:59.08
1) Andrew Jensen So	2) Mark Aquillo So	3) Justin Lachan Fr	4) Alex Mathers Fr
5 El Camino		2:04.17	2:05.95
1) Sean Siapno So	2) Chris Fong Fr	3) Ryan Ly So	4) Darren Pagsolingan So
6 Westmoor High School		2:20.00	2:12.40
1) Minn Hein SO	2) Remy Tran SO	3) Rikki Lu JR	4) James Rey Macasa JR
--- Terra Nova	B	2:15.00	x2:08.30
1) Alex Amundsen Jr	2) Emille Guibadouline Fr	3) Carter Coluhoun Sr	4) Dimi Dimitrov Sr

**Event 33 Girls 200 Yard Freestyle Relay Varsity**

PAL: 1:44.79 2015  
1:46.99 CCS

San Mateo

Team	Relay	Seed Time	Finals Time
1 Terra Nova		1:46.43	1:48.31
1) Kaycie Lindland Sr	2) Sara Olsen Sr	3) Allison Wong Sr	4) Maya Orsi Fr
2 Westmoor High School		1:55.95	1:54.50
1) Alexyss Bolanos SO	2) Alyzza Pascual FR	3) Abigail Lee FR	4) Allison Irabon JR
3 South San Francisco		2:07.00	2:00.62
1) Meiling Chia So	2) Maggie Cai So	3) Casey So Fr	4) Katie Yang Sr
4 Oceana High School		2:02.23	2:03.59
1) Codi Tam So	2) Leila Dela Pena Fr	3) Alison Luo So	4) Kaylee Cheng Fr
5 Jefferson		2:55.09	2:58.50
1) Kyra Lazo Sr	2) Arianna Aralar Sr	3) Jennifer Palacios Sr	4) Kelly Lin Sr
--- Terra Nova	B	2:10.15	x2:00.47
1) Karina Pranza Sr	2) Helene Kleinfeld So	3) Sophia Alyward Jr	4) Brooke Garrett Jr

**Event 34 Boys 200 Yard Freestyle Relay Varsity**

PAL: 1:31.35 2015  
1:34.39 CCS

El Camino

Team	Relay	Seed Time	Finals Time
1 El Camino		1:33.23	1:29.72 CCS
1) Jeremy Tan Fr	2) Tobias Krackow So	3) Jon Lam So	4) Nathaniel Macapagal Jr
2 Oceana High School		1:33.28	1:31.25 CCS
1) Dylan Lee Sr	2) Louis Seftel So	3) Santi Goncharov Fr	4) Jacob Lumbang Sr
3 Terra Nova		1:33.99	1:31.78 CCS
1) Berg Guibadouline Jr	2) Patrick Harmon So	3) Ethan Quan Jr	4) Luka Goncharov So
4 Westmoor High School		1:45.89	1:42.87
1) Albert Jian SO	2) Alex Wong JR	3) Aung Myat SO	4) Aiden Cheung SO



## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**(Event 34 Boys 200 Yard Freestyle Relay Varsity)**

Team	Relay	Seed Time	Finals Time
5 Capuchino High School		1:45.62	1:45.77
1) Nick Tran Fr	2) Brendan Verna Jr	3) Cole Tinchi Mak Fr	4) Armand Royeca So
6 Hillsdale		1:47.00	1:47.32
1) Spencer Sih Sr	2) Maxime Guglielmetti Sr	3) Jaime Abreu Lenglar Jr	4) Jordan Hong Sr
--- Terra Nova	B	1:50.50	x1:46.29
1) Alex Amundsen Jr	2) Emille Guioabadouline Fr	3) Carter Coluhoun Sr	4) Dimi Dimitrov Sr

**Event 35 Girls 100 Yard Backstroke Junior Varsity**

PAL: 1:08.84 1999 Cara Savelli Westmoor  
1:02.39 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Ashley Owen	Fr	Half Moon Bay	1:16.20	1:16.57
2 Riley Dohrmann	Fr	Terra Nova	1:25.22	1:24.46
3 Roslyn Catilis	So	El Camino	1:24.70	1:25.09
4 Lauren Nevin	So	Terra Nova	1:26.09	1:26.44
5 Hailey Pickens	Fr	Capuchino High School	1:33.04	1:31.50
6 Gabby Dudum	Fr	Capuchino High School	1:33.15	1:31.61
<b>B - Final</b>				
7 Sabina Beerawi	Fr	Capuchino High School	1:33.76	1:32.63
8 Sasha Wong	Fr	Oceana High School	1:36.49	1:34.57
9 April Ng	JR	Westmoor High School	1:35.57	1:35.45
10 Lauren Dew	Fr	Terra Nova	1:40.21	1:39.75
11 Zaira Adrianwala	So	Hillsdale	1:38.94	1:41.38
12 Allyson Chan	Fr	Hillsdale	1:42.03	1:42.29

**Event 35 Girls 100 Yard Backstroke Junior Varsity**

PAL: 1:08.84 1999 Cara Savelli Westmoor  
1:02.39 CCS

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Ashley Owen	Fr	Half Moon Bay	1:17.81	1:16.20 q
2 Roslyn Catilis	So	El Camino	1:25.76	1:24.70 q
3 Riley Dohrmann	Fr	Terra Nova	1:25.91	1:25.22 q
4 Lauren Nevin	So	Terra Nova	1:29.98	1:26.09 q
5 Hailey Pickens	Fr	Capuchino High School	1:31.92	1:33.04 q
6 Gabby Dudum	Fr	Capuchino High School	1:31.02	1:33.15 q
7 Sabina Beerawi	Fr	Capuchino High School	1:34.34	1:33.76 q
8 April Ng	JR	Westmoor High School	1:45.40	1:35.57 q
9 Sasha Wong	Fr	Oceana High School	1:36.07	1:36.49 q
10 Zaira Adrianwala	So	Hillsdale	1:41.55	1:38.94 q
11 Lauren Dew	Fr	Terra Nova	1:41.17	1:40.21 q
12 Allyson Chan	Fr	Hillsdale	1:34.32	1:42.03 q
13 Annika Cale	So	Terra Nova	1:50.05	1:42.18
14 Nour Younes	Fr	Hillsdale	1:45.16	1:43.02
15 Emily Magidina	SO	Westmoor High School	1:54.91	1:47.43
16 Ella Maltbie	Fr	Oceana High School	1:49.54	1:48.15

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 36 Boys 100 Yard Backstroke Junior Varsity

PAL: 1:02.45 2010

Carter White

Half Moon Bay

56.99 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Evan Leong	Fr	Terra Nova	1:18.80	1:17.20
2 Andrew Ross	So	Oceana High School	1:19.86	1:19.34
3 Aiden Selli	So	Terra Nova	1:21.00	1:22.20
4 James Rey Macasa	JR	Westmoor High School	1:22.64	1:25.49
5 Alex Massalov	Fr	Capuchino High School	1:32.46	1:31.13
6 Minn Hein	SO	Westmoor High School	1:30.89	1:32.64

## Event 36 Boys 100 Yard Backstroke Junior Varsity

PAL: 1:02.45 2010

Carter White

Half Moon Bay

56.99 CCS

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Evan Leong	Fr	Terra Nova	1:21.38	1:18.80 q
2 Andrew Ross	So	Oceana High School	1:24.29	1:19.86 q
3 Aiden Selli	So	Terra Nova	1:28.64	1:21.00 q
4 James Rey Macasa	JR	Westmoor High School	1:30.75	1:22.64 q
5 Minn Hein	SO	Westmoor High School	1:39.49	1:30.89 q
6 Alex Massalov	Fr	Capuchino High School	1:32.14	1:32.46 q

## Event 37 Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017

Kaitlyn Panopio

El Camino

1:02.39 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Remy Dizon	Jr	Terra Nova	1:07.72	1:06.43
2 Alyzza Pascual	FR	Westmoor High School	1:10.65	1:10.10
3 Lisa Luhrs	Sr	Terra Nova	1:13.03	1:14.93
4 Codi Tam	So	Oceana High School	1:14.95	1:15.45
5 Alyssa Weittstein	Fr	Capuchino High School	1:16.65	1:18.86
6 Leila Dela Pena	Fr	Oceana High School	1:16.33	1:20.37
<b>B - Final</b>				
7 Julia Ratti	Sr	Hillsdale	1:18.37	1:17.41
8 Kimberly Concepcion	So	South San Francisco	1:21.45	1:20.78
9 Katelyn Fishtrom	Jr	Oceana High School	1:27.61	1:26.08
--- Helene Kleinfeld	So	Terra Nova	1:18.42	DQ

## Event 37 Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017

Kaitlyn Panopio

El Camino

1:02.39 CCS

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Riley Rhodes	Jr	Half Moon Bay	58.49	1:02.45 q
2 Megan Conklin	Sr	El Camino	1:21.49	1:06.44 q
3 Remy Dizon	Jr	Terra Nova	1:07.60	1:07.72 q
4 Alyzza Pascual	FR	Westmoor High School	1:11.59	1:10.65 q
5 Lisa Luhrs	Sr	Terra Nova	1:11.27	1:13.03 q
6 Codi Tam	So	Oceana High School	1:15.56	1:14.95 q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Preliminaries ... (Event 37 Girls 100 Yard Backstroke Varsity)

Name	Yr	School			
7 Leila Dela Pena	Fr	Oceana High School	1:14.27	1:16.33	q
8 Alyssa Weittstein	Fr	Capuchino High School	1:22.64	1:16.65	q
9 Julia Ratti	Sr	Hillsdale	1:20.00	1:18.37	q
10 Helene Kleinfeld	So	Terra Nova	1:22.02	1:18.42	q
11 Kimberly Concepcion	So	South San Francisco	1:23.49	1:21.45	q
12 Tiffany Choy	Jr	Hillsdale	1:26.00	1:26.41	q
13 Holly Quick	Fr	Half Moon Bay	1:20.05	1:27.51	
14 Katelyn Fishtrom	Jr	Oceana High School	1:28.93	1:27.61	
15 Aylin Flores	Sr	El Camino	1:33.97	1:30.50	
16 Abby Tolentino	Fr	Capuchino High School	1:34.31	1:37.14	
17 Hannah Chan	Jr	Oceana High School	1:45.99	1:40.33	

## Event 38 Boys 100 Yard Backstroke Varsity

PAL: 53.14 5/4/2017 Nick Tan El Camino  
56.99 CCS

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Jeremy Tan	Fr	El Camino	54.98	53.41	CCS
2 Louis Seftel	So	Oceana High School	58.92	58.49	
3 Aung Myat	SO	Westmoor High School	1:01.90	59.19	
4 Ethan Quan	Jr	Terra Nova	1:01.40	1:03.13	
5 Marco Tinoco	Sr	El Camino	1:03.76	1:03.61	
<b>B - Final</b>					
7 Ben Wu	Jr	Oceana High School	1:07.12	1:04.62	
8 Abraham Santos-Figueroa	Fr	Terra Nova	1:06.88	1:08.13	
9 Albert Jian	SO	Westmoor High School	1:07.90	1:09.99	
10 Nathan Chen	FR	Westmoor High School	1:08.52	1:11.38	
11 Tommy Dachauer	Sr	Hillsdale	1:14.64	1:14.55	
12 Evan Ansgarius	So	Terra Nova	1:13.17	1:14.60	

## Event 38 Boys 100 Yard Backstroke Varsity

PAL: 53.14 5/4/2017 Nick Tan El Camino  
56.99 CCS

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Jeremy Tan	Fr	El Camino	56.75	54.98	qCCS
2 Louis Seftel	So	Oceana High School	58.75	58.92	q
3 Ethan Quan	Jr	Terra Nova	1:04.16	1:01.40	q
4 Aung Myat	SO	Westmoor High School	1:03.02	1:01.90	q
5 Marco Tinoco	Sr	El Camino	1:08.44	1:03.76	q
6 Joshua Hendaro	Fr	Capuchino High School	1:08.40	1:06.04	q
7 Abraham Santos-Figueroa	Fr	Terra Nova	1:08.72	1:06.88	q
8 Ben Wu	Jr	Oceana High School	1:07.03	1:07.12	q
9 Albert Jian	SO	Westmoor High School	1:09.66	1:07.90	q
10 Nathan Chen	FR	Westmoor High School	1:17.44	1:08.52	q
11 Evan Ansgarius	So	Terra Nova	1:14.53	1:13.17	q
12 Tommy Dachauer	Sr	Hillsdale	1:15.00	1:14.64	q
13 Allen Agao	Sr	Jefferson	1:15.81	1:14.95	

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Preliminaries ... (Event 38 Boys 100 Yard Backstroke Varsity)

Name	Yr	School	Seed Time	Prelim Time
14 Andrew Williamson	So	Half Moon Bay	1:25.27	1:23.06
15 Andy Dang	Fr	South San Francisco	1:35.59	1:24.77
16 John King	Sr	Oceana High School	1:35.79	1:30.28
17 Nickolas Huynh	So	South San Francisco	1:43.70	1:42.15

## Event 39 Girls 100 Yard Breaststroke Junior Varsity

PAL: 1:17.41 2012 Kiyomi O'Connell Half Moon Bay  
1:10.99 CCS

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Natalie Choy	So	Hillsdale	1:23.24	1:22.54
2 Nephela Weiseth	Fr	Terra Nova	1:26.95	1:26.63
3 Aditi Dhawan	Fr	Hillsdale	1:36.24	1:36.05
4 Tessa Mahon	Fr	Capuchino High School	1:41.15	1:37.97
5 Janice Chen	So	El Camino	1:38.03	1:40.49
6 Nicole Hata	Fr	Terra Nova	1:41.10	1:40.98
<b>B - Final</b>				
7 Tiffany Chan	Fr	El Camino	1:42.89	1:40.75
8 Julia Reiker	So	Oceana High School	1:45.64	1:42.68
9 Jessica Fry	Fr	Terra Nova	1:44.89	1:46.66
10 Jheyzelle Perez	Jr	El Camino	1:51.36	1:49.26
--- Ginger Grochowski	So	Terra Nova	1:51.10	DQ
--- Kaitlyn Blundell	Fr	Hillsdale	1:47.84	DQ

## Event 39 Girls 100 Yard Breaststroke Junior Varsity

PAL: 1:17.41 2012 Kiyomi O'Connell Half Moon Bay  
1:10.99 CCS

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Natalie Choy	So	Hillsdale	1:24.00	1:23.24 q
2 Nephela Weiseth	Fr	Terra Nova	1:27.68	1:26.95 q
3 Maya Estrada	Fr	South San Francisco	1:30.25	1:32.48 q
4 Aditi Dhawan	Fr	Hillsdale	1:39.71	1:36.24 q
5 Janice Chen	So	El Camino	1:43.29	1:38.03 q
6 Nicole Hata	Fr	Terra Nova	1:47.66	1:41.10 q
7 Tessa Mahon	Fr	Capuchino High School	1:40.74	1:41.15 q
8 Tiffany Chan	Fr	El Camino	1:37.06	1:42.89 q
9 Jessica Fry	Fr	Terra Nova	1:55.50	1:44.89 q
10 Julia Reiker	So	Oceana High School	1:47.13	1:45.64 q
11 Kaitlyn Blundell	Fr	Hillsdale	1:48.54	1:47.84 q
12 Ginger Grochowski	So	Terra Nova	1:50.83	1:51.10 q
13 Jheyzelle Perez	Jr	El Camino	1:49.56	1:51.36
14 Sofia Gelzleichter	Fr	Oceana High School	1:47.61	1:52.99
15 Alexandra Shoomiloff	Fr	El Camino	2:01.95	1:54.84
16 Jennah Kattenhorn	Fr	Capuchino High School	1:54.95	1:55.34
17 Kelly Sin	JR	Westmoor High School	2:18.60	2:07.98

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 40 Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009  
1:01.99 CCS

Andrew Buckley

Terra Nova

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Ryan Pham	SO	Westmoor High School	1:18.75	1:17.46
2 Ethan Kapp	So	Terra Nova	1:19.38	1:20.34
3 Zane Pettersen	Fr	Oceana High School	1:24.50	1:26.03
4 Issac Lin	FR	Westmoor High School	1:25.11	1:27.60
5 Erik Bogren	Fr	Terra Nova	1:25.35	1:28.93
6 Sean Siapno	So	El Camino	1:32.29	1:33.01
<b>B - Final</b>				
7 Miles Hooe	Fr	Oceana High School	1:32.57	1:33.72
8 Eric Chiu	Fr	Jefferson	1:34.51	1:36.43
9 Pedro Matulja	Fr	Terra Nova	1:36.29	1:41.40

## Event 40 Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009  
1:01.99 CCS

Andrew Buckley

Terra Nova

Name	Yr	School	Seed Time	Prelim Time
<b>Preliminaries</b>				
1 Ryan Pham	SO	Westmoor High School	1:23.75	1:18.75 q
2 Ethan Kapp	So	Terra Nova	1:20.47	1:19.38 q
3 Zane Pettersen	Fr	Oceana High School	1:26.49	1:24.50 q
4 Issac Lin	FR	Westmoor High School	1:30.42	1:25.11 q
5 Erik Bogren	Fr	Terra Nova	1:29.54	1:25.35 q
6 Sean Siapno	So	El Camino	1:34.44	1:32.29 q
7 Miles Hooe	Fr	Oceana High School	1:32.27	1:32.57 q
8 Eric Chiu	Fr	Jefferson	1:38.23	1:34.51 q
9 Pedro Matulja	Fr	Terra Nova	1:46.16	1:36.29 q

## Event 41 Girls 100 Yard Breaststroke Varsity

PAL: 1:04.92 2014  
1:10.99 CCS

Larisa Tam

San Mateo

Name	Yr	School	Prelim Time	Finals Time
<b>A - Final</b>				
1 Sara Olsen	Sr	Terra Nova	1:17.73	1:17.45
2 Abigail Lee	FR	Westmoor High School	1:20.14	1:20.96
3 Maya Rippberger	So	Half Moon Bay	1:25.92	1:25.13
4 Iris Cruz	Fr	Capuchino High School	1:23.27	1:25.31
5 Jessica Zhao	So	Oceana High School	1:28.13	1:28.35
6 Kaylie Mini	Jr	Terra Nova	1:28.99	1:30.13
<b>B - Final</b>				
7 Tiana Cole	Jr	Terra Nova	1:29.43	1:30.10
8 Leah Sangalang	So	Oceana High School	1:30.63	1:31.80
9 Karina Pranza	Sr	Terra Nova	1:32.18	1:33.24
10 Hannah Chan	Jr	Oceana High School	1:37.31	1:36.96

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Event 41 Girls 100 Yard Breaststroke Varsity

PAL: 1:04.92 2014  
1:10.99 CCS

Larisa Tam

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Sara Olsen	Sr	Terra Nova	1:14.71	1:17.73	q
2 Abigail Lee	FR	Westmoor High School	1:24.75	1:20.14	q
3 Iris Cruz	Fr	Capuchino High School	1:25.23	1:23.27	q
4 Maya Rippberger	So	Half Moon Bay	1:30.50	1:25.92	q
5 Jessica Zhao	So	Oceana High School	1:27.31	1:28.13	q
6 Kaylie Mini	Jr	Terra Nova	1:26.56	1:28.99	q
7 Tiana Cole	Jr	Terra Nova	1:30.09	1:29.43	q
8 Leah Sangalang	So	Oceana High School	1:33.29	1:30.63	q
9 Karina Pranza	Sr	Terra Nova	1:32.08	1:32.18	q
10 Hannah Chan	Jr	Oceana High School	1:34.84	1:37.31	q
11 Kelly Lin	Sr	Jefferson	1:42.76	1:41.31	q
12 Amanda Hua	JR	Westmoor High School	1:44.96	1:42.19	q

## Event 42 Boys 100 Yard Breaststroke Varsity

PAL: 59.56 2011  
1:01.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Prelim Time	Finals Time	
<b>A - Final</b>					
1 Jacob Lumbang	Sr	Oceana High School	59.45	59.33	CCS
2 Alex Amundsen	Jr	Terra Nova	1:06.22	1:03.29	
3 Chris Cheng	Jr	Oceana High School	1:03.90	1:03.46	
4 Isaac Anderson	So	Oceana High School	1:09.77	1:09.98	
5 Alex Wong	JR	Westmoor High School	1:15.04	1:15.38	
6 Luke Ma	Sr	Hillsdale	1:15.45	1:19.77	
<b>B - Final</b>					
7 Ian Pantoja	So	El Camino	1:16.65	1:15.79	
8 Clutch Smith	Fr	Capuchino High School	1:18.46	1:17.28	
9 Andrew Stibor	Sr	Terra Nova	1:16.96	1:17.78	
10 Brent Huie	Fr	El Camino	1:21.40	1:18.62	
11 Spencer Sih	Sr	Hillsdale	1:19.05	1:18.80	
12 Nick Tran	Fr	Capuchino High School	1:18.75	1:19.50	

## Event 42 Boys 100 Yard Breaststroke Varsity

PAL: 59.56 2011  
1:01.99 CCS

Ronald Chen

San Mateo

Name	Yr	School	Seed Time	Prelim Time	
<b>Preliminaries</b>					
1 Jacob Lumbang	Sr	Oceana High School	1:01.30	59.45	qCCS
2 Chris Cheng	Jr	Oceana High School	1:04.46	1:03.90	q
3 Alex Amundsen	Jr	Terra Nova	1:03.86	1:06.22	q
4 Isaac Anderson	So	Oceana High School	1:10.62	1:09.77	q
5 Alex Wong	JR	Westmoor High School	1:18.67	1:15.04	q
6 Luke Ma	Sr	Hillsdale	1:17.00	1:15.45	q
7 Ian Pantoja	So	El Camino	1:23.04	1:16.65	q
8 Andrew Stibor	Sr	Terra Nova	1:21.44	1:16.96	q
9 Clutch Smith	Fr	Capuchino High School	1:21.72	1:18.46	q

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

## Preliminaries ... (Event 42 Boys 100 Yard Breaststroke Varsity)

Name	Yr	School	Seed Time	Prelim Time	
10 Nick Tran	Fr	Capuchino High School	1:18.69	1:18.75	q
11 Spencer Sih	Sr	Hillsdale	1:20.00	1:19.05	q
12 Brent Huie	Fr	El Camino	1:20.77	1:21.40	q
13 Andrew Williamson	So	Half Moon Bay	1:27.34	1:21.68	
14 Maxime Guglielmetti	Sr	Hillsdale	1:24.00	1:22.31	
15 Henry Villalobos	Jr	Terra Nova	1:28.05	1:22.46	
16 Cole Tinch Mak	Fr	Capuchino High School	1:21.68	1:23.67	
17 Nathan Barquira	Sr	Jefferson	1:25.06	1:25.77	
18 Aidan Roberts	Jr	Terra Nova	1:26.88	1:27.71	

## Event 43 Girls 400 Yard Freestyle Relay Junior Varsity

PAL: 4:19.11 2008

Hillsdale

3:56.99 CCS

Team	Relay	Seed Time	Finals Time
1 Hillsdale		4:28.00	4:29.56
1) Jennifer Kao So	2) ZongYun Deng Fr	3) Olivia Ratti So	4) Annika Langner So
2 Terra Nova		4:54.73	4:49.66
1) Faith Esparza So	2) Gia Szabo Jr	3) Mikayla Martinez So	4) Sydney Gallant So
3 Capuchino High School		5:17.50	5:12.93
1) Taylor Blunt Fr	2) Gabby Dudum Fr	3) Hannah Downes Fr	4) Marlo Martindale Fr
4 El Camino		6:10.09	5:44.35
1) Arienne Alibayan So	2) Yesenia Vargas Fr	3) Jheyzelle Perez Jr	4) Jessica Zabat So
5 Oceana High School		5:59.94	5:49.79
1) Sadie Forry Fr	2) Ella Maltbie Fr	3) Eva Parabaniuk So	4) Seidi Godoy So
--- Terra Nova	B	5:25.00	x5:22.96
1) Riley Dohrmann Fr	2) Nicole Hata Fr	3) Anna Julian Fr	4) Lauren Nevin So

## Event 44 Boys 400 Yard Freestyle Relay Junior Varsity

PAL: 3:54.23 2015

Half Moon Bay

3:29.99 CCS

Team	Relay	Seed Time	Finals Time
1 Hillsdale		4:17.00	4:07.88
1) Drew Sih So	2) Billy Taylor So	3) Bryan Lin Fr	4) Ryan Berkshire So
2 Terra Nova		4:50.10	4:42.01
1) Evan Leong Fr	2) Erik Bogren Fr	3) Ethan Kapp So	4) Victor Wu So
--- Terra Nova	B	5:25.10	x4:53.83
1) Noah Friedman Fr	2) Pedro Matulja Fr	3) Brandon Vintero So	4) Zak Kafka Fr
--- Oceana High School		4:40.84	DQ
1) Miles Hooe Fr	2) Andrew Ross So	3) Luke Dittes So	4) Yiu-Ming Wu So

## Event 45 Girls 400 Yard Freestyle Relay Varsity

PAL: 3:53.50 2004

Carlmont

3:56.99 CCS

Team	Relay	Seed Time	Finals Time
1 Terra Nova		3:58.62	4:02.88
1) Maya Orsi Fr	2) Allison Wong Sr	3) Sara Olsen Sr	4) Kaycie Lindland Sr
2 Half Moon Bay		4:20.55	4:20.33
1) Rachel Jenar So	2) Mia Orr So	3) Holly Quick Fr	4) Eve Kearns Jr
3 Oceana High School		5:25.84	5:25.31
1) Leah Sangalang So	2) Katelyn Fishtrom Jr	3) Mimi Trawinski Sr	4) Alison Luo So

## PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019

## PAL Trials and Finals 2019 Ocean Division

## Oceana High School

## Results

**(Event 45 Girls 400 Yard Freestyle Relay Varsity)**

Team	Relay	Seed Time	Finals Time
--- Terra Nova	B	4:15.10	x4:21.77
1) Anna Steinberg So	2) Lisa Luhrs Sr	3) Gabby Nickelson Fr	4) Remy Dizon Jr

**Event 46 Boys 400 Yard Freestyle Relay Varsity**

PAL: 3:26.59 2005

3:29.99 CCS

Half Moon Bay

Team	Relay	Seed Time	Finals Time
1 Terra Nova		3:27.66	3:37.24
1) Berg Guibadouline Jr	2) Patrick Harmon So	3) Zach Zavodnik Jr	4) Luka Goncharov So
2 El Camino		3:53.05	3:45.75
1) Brandon Concepcion Fr	2) Tobias Krackow So	3) Waylon Tang So	4) Marco Tinoco Sr
3 Hillsdale		3:45.00	3:46.13
1) Sean Isomatsu Jr	2) Tommy Dachauer Sr	3) Luke Ma Sr	4) Mihir Carey Sood Sr
4 Oceana High School		3:54.05	3:46.23
1) Chris Cheng Jr	2) Tanu Pradhan Sr	3) Isaac Anderson So	4) Santi Goncharov Fr
5 Capuchino High School		4:10.09	4:18.32
1) Dylan Singer Fr	2) Diego Quintana Jr	3) Joshua Hendaro Fr	4) Riley Choy Fr
--- Terra Nova	B	3:55.50	x3:47.45
1) Emille Guibadouline Fr	2) Evan Ansgarius So	3) Abraham Santos-Figueroa Fr	4) Chris Cothran Sr

**Scores - Women**

## Women - Varsity - Team Rankings - Through Event 46

1. Terra Nova	353	2. Half Moon Bay	192
3. Oceana High School	167	4. Westmoor High School	132
5. South San Francisco	80	6. Hillsdale	38
7. Capuchino High School	33	8. Jefferson	20
9. El Camino	11		

**Scores - Men**

## Men - Varsity - Team Rankings - Through Event 46

1. Terra Nova	279	2. El Camino	253
3. Oceana High School	228	4. Hillsdale	145
5. Westmoor High School	129	6. Capuchino High School	98
7. Half Moon Bay	24	8. South San Francisco	10

**Scores - Women**

## Women - Junior Varsity - Team Rankings - Through Event 46

1. Hillsdale	338	2. Terra Nova	304
3. Capuchino High School	193	4. El Camino	182
5. Oceana High School	95	6. Half Moon Bay	88
7. Westmoor High School	35	8. Jefferson	10

**Scores - Men**

## Men - Junior Varsity - Team Rankings - Through Event 46

1. Terra Nova	282	2. Oceana High School	189.5
3. Hillsdale	161.5	4. Westmoor High School	158



**PAL Championships Trials and Finals - 4/24/2019 to 4/27/2019**

**PAL Trials and Finals 2019 Ocean Division**

**Oceana High School**

**Results**

**(Scores - Men)**

5. El Camino	111	6. Capuchino High School	100
7. Jefferson	29		