

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 50 Yard Freestyle Varsity**

PAL: 24.72 2007 Daphne Yeung S. San Francisco
 23.08 ALAM Auto AI-American
 23.50 CONS AI-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|---------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Bryer Rose | FR | Terra Nova | 26.88 | 26.78 |
| 2 Janice Leung | SR | Westmoor | 27.40 | 26.88 |
| 3 Alex Sardella | JR | Half Moon Bay | 27.58 | 26.94 |
| 4 Jenna Choy | JR | Capuchino High School | 27.87 | 28.04 |
| 5 Ashley Cai | JR | Oceana | 28.43 | 28.47 |
| 6 Allison Pascual | SR | Westmoor | 28.71 | 28.57 |
| B - Final | | | | |
| 7 Phoebe Grant | SR | Half Moon Bay | 30.24 | 29.99 |
| 8 Jasper Jaffe | SO | Hillsdale | 30.67 | 30.34 |
| 9 Jordyn Gohn | JR | Terra Nova | 31.70 | 30.60 |
| 10 Camryn Gutierrez | SO | Hillsdale | 31.21 | 30.94 |
| 11 Sascha Ebinger | SR | Terra Nova | 29.13 | 31.55 |
| 12 Katilin Graetz | SR | Hillsdale | 31.52 | 32.00 |

Girls 50 Yard Freestyle Junior Varsity

PAL: 27.14 1998 Erica Gellerman Sequoia
 23.08 ALAM Auto AI-American
 23.50 CONS AI-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Brooke Griffin | FR | Capuchino High School | 33.54 | 32.98 |
| 2 Ivana Young | SO | Capuchino High School | 34.01 | 34.92 |
| 3 Coral Myers | FR | Half Moon Bay | 37.49 | 35.60 |
| 4 Jaiden Owens | SO | Capuchino High School | 36.93 | 37.11 |
| 5 Elizabeth Cusack | FR | Hillsdale | 37.76 | 37.37 |
| 6 Riley Burton | FR | Capuchino High School | 38.03 | 37.80 |
| B - Final | | | | |
| 7 Claudia Charles | FR | Half Moon Bay | 38.13 | 37.21 |
| 8 Lydia Diesh | JR | Half Moon Bay | 39.13 | 37.40 |
| 9 Mari Ortega Cruz | FR | Hillsdale | 42.00 | 40.25 |
| 10 Gina Amireh | SO | Hillsdale | 41.43 | 41.43 |
| 11 Vanessa Selu | FR | Westmoor | 40.89 | 41.68 |
| 12 Dorothy Alinea | SO | Jefferson | 42.16 | 42.27 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 50 Yard Freestyle Swim-off Varsity**

23.08 ALAM Auto AI-American
 23.50 CONS AI-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

| Name | Yr | School | Finals Time |
|-------------------|----|------------|-------------|
| - Swim-off | | | |
| 1 Jordyn Gohn | JR | Terra Nova | 30.26 |
| 2 Amelia Veis | SO | Hillsdale | 31.02 |

Girls 50 Yard Freestyle Varsity

PAL: 24.72 2007 Daphne Yeung S. San Francisco
 23.08 ALAM Auto AI-American
 23.50 CONS AI-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Bryer Rose | FR | Terra Nova | | 26.88 q |
| 2 Janice Leung | SR | Westmoor | | 27.40 q |
| 3 Alex Sardella | JR | Half Moon Bay | | 27.58 q |
| 4 Jenna Choy | JR | Capuchino High School | | 27.87 q |
| 5 Ashley Cai | JR | Oceana | | 28.43 q |
| 6 Allison Pascual | SR | Westmoor | | 28.71 q |
| 7 Sascha Ebinger | SR | Terra Nova | | 29.13 q |
| 8 Phoebe Grant | SR | Half Moon Bay | | 30.24 q |
| 9 Jasper Jaffe | SO | Hillsdale | | 30.67 q |
| 10 Camryn Gutierrez | SO | Hillsdale | | 31.21 q |
| 11 Katilin Graetz | SR | Hillsdale | | 31.52 q |
| *12 Jordyn Gohn | JR | Terra Nova | | 31.70 q |
| *12 Amelia Veis | SO | Hillsdale | | 31.70 q |

Swim-Off Required

| | | | | |
|------------------------|----|-----------------------|--|-------|
| 14 Niamh Abrash | JR | Half Moon Bay | | 32.54 |
| 15 Francesca Gravem | SR | Capuchino High School | | 34.99 |
| 16 Claire Beckler | FR | Terra Nova | | 35.38 |
| 17 Sophia Ramirez | JR | Capuchino High School | | 35.59 |
| 18 Elizah Ruiz-Mendoza | SR | Capuchino High School | | 38.24 |
| 19 Althea Rosario | JR | Jefferson | | 42.28 |
| 20 Charmay Repollo | JR | Jefferson | | 48.79 |
| --- Angel Tinetti | SR | Half Moon Bay | | SCR |
| --- Sydney Yen | SO | Oceana | | SCR |
| --- Meadow Dart | SR | Oceana | | SCR |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 50 Yard Freestyle Junior Varsity**

PAL: 27.14 1998 Erica Gellerman Sequoia
 23.08 ALAM Auto Al-American
 23.50 CONS Al-American Consider
 23.70 CIF CIF State MEET
 25.39 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Brooke Griffin | FR | Capuchino High School | | 33.54 q |
| 2 Ivana Young | SO | Capuchino High School | | 34.01 q |
| 3 Zayna Juhar | FR | El Camino | | 36.66 q |
| 4 Jaiden Owens | SO | Capuchino High School | | 36.93 q |
| 5 Coral Myers | FR | Half Moon Bay | | 37.49 q |
| 6 Elizabeth Cusack | FR | Hillsdale | | 37.76 q |
| 7 Riley Burton | FR | Capuchino High School | | 38.03 q |
| 8 Claudia Charles | FR | Half Moon Bay | | 38.13 q |
| 9 Lydia Diesh | JR | Half Moon Bay | | 39.13 q |
| 10 Vanessa Selu | FR | Westmoor | | 40.89 q |
| 11 Gina Amireh | SO | Hillsdale | | 41.43 q |
| 12 Mari Ortega Cruz | FR | Hillsdale | | 42.00 q |
| 13 Dorothy Alinea | SO | Jefferson | | 42.16 |
| 14 Sophia Latt | SO | Westmoor | | 42.38 |
| 15 Mariel Holgado | SO | Jefferson | | 45.00 |
| 16 Emily Rosales | FR | Hillsdale | | 46.54 |
| 17 Gabriela Funes | SO | Jefferson | | 46.63 |
| --- Georgina Bates | FR | Terra Nova | | 1:00.37 |
| --- Juliet Fong | SO | El Camino | | DFS |
| Declared false start | | | | |
| --- Lauren McClellen | SO | Half Moon Bay | | SCR |

Girls 100 Yard Freestyle Junior Varsity

PAL: 58.03 2012 Sarah Stretch Half Moon Bay
 50.15 ALAM Auto Al-American
 51.10 CONS Al-American Consider
 51.48 CIF CIF State MEET
 55.39 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|---------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Ryley Saavedra | SO | El Camino | 1:09.31 | 1:08.44 |
| 2 Elina Jumanan | JR | El Camino | 1:11.23 | 1:10.06 |
| 3 Chloe Wyman | SO | Half Moon Bay | 1:13.79 | 1:11.21 |
| 4 Shira Siegel | FR | Hillsdale | 1:16.81 | 1:18.73 |
| 5 Ivana Young | SO | Capuchino High School | 1:18.98 | 1:19.30 |
| 6 Brooke Griffin | FR | Capuchino High School | 1:21.15 | 1:19.67 |
| B - Final | | | | |
| 7 Lydia Diesh | JR | Half Moon Bay | 1:26.17 | 1:22.37 |
| 8 Liliane Domingo | SO | Jefferson | 1:24.06 | 1:23.08 |
| 9 Lola Castro | JR | El Camino | 1:28.34 | 1:25.00 |
| 10 Brianna Kuang | SO | Westmoor | 1:22.95 | 1:25.03 |
| 11 Elizabeth Cusack | FR | Hillsdale | 1:24.87 | 1:26.23 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

B - Final ... (Girls 100 Yard Freestyle Junior Varsity)

| Name | Yr | School | Prelim Time | Finals Time |
|----------------|----|-----------|-------------|-------------|
| 12 Kalina Chen | SO | Jefferson | 1:34.50 | 1:38.31 |

Girls 100 Yard Freestyle Varsity

| | | | | |
|------|-------|------|---------------------------|------------------|
| PAL: | 53.63 | 2007 | Daphne Yeung | S. San Francisco |
| | 50.15 | | ALAM Auto Al-American | |
| | 51.10 | | CONS Al-American Consider | |
| | 51.48 | | CIF CIF State MEET | |
| | 55.39 | | CCS | |

| Name | Yr | School | Prelim Time | Finals Time |
|------|----|--------|-------------|-------------|
|------|----|--------|-------------|-------------|

A - Final

| | | | | |
|--------------------|----|---------------|---------|---------|
| 1 Kamryn Stevenson | FR | Terra Nova | 59.02 | 58.80 |
| 2 Alex Sardella | JR | Half Moon Bay | 59.56 | 59.20 |
| 3 Zoe Chait | SR | Half Moon Bay | 1:00.56 | 59.33 |
| 4 Cat Nightingale | SR | Westmoor | 1:01.44 | 1:01.17 |
| 5 Cassidy Brians | SO | Half Moon Bay | 1:02.82 | 1:02.26 |
| 6 Abigal Chui | SO | El Camino | 1:02.01 | 1:02.84 |

B - Final

| | | | | |
|---------------------|----|-----------------------|---------|---------|
| 7 Jenna Choy | JR | Capuchino High School | 1:03.92 | 1:03.33 |
| 8 Adeline Aquinio | JR | Hillsdale | 1:12.09 | 1:08.90 |
| 9 Tori Chhay | JR | Hillsdale | 1:09.44 | 1:08.92 |
| 10 Anya Bullis | SO | Terra Nova | 1:09.91 | 1:09.76 |
| 11 Camryn Gutierrez | SO | Hillsdale | 1:09.30 | 1:09.91 |
| 12 Emilia Singer | SO | Capuchino High School | 1:11.53 | 1:13.60 |

Girls 100 Yard Freestyle Junior Varsity

| | | | | |
|------|-------|------|---------------------------|---------------|
| PAL: | 58.03 | 2012 | Sarah Stretch | Half Moon Bay |
| | 50.15 | | ALAM Auto Al-American | |
| | 51.10 | | CONS Al-American Consider | |
| | 51.48 | | CIF CIF State MEET | |
| | 55.39 | | CCS | |

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

Preliminaries

| | | | | | |
|----------------------|----|-----------------------|--|---------|---|
| 1 Ryley Saavedra | SO | El Camino | | 1:09.31 | q |
| 2 Elina Jumanan | JR | El Camino | | 1:11.23 | q |
| 3 Chloe Wyman | SO | Half Moon Bay | | 1:13.79 | q |
| 4 Shira Siegel | FR | Hillsdale | | 1:16.81 | q |
| 5 Ivana Young | SO | Capuchino High School | | 1:18.98 | q |
| 6 Brooke Griffin | FR | Capuchino High School | | 1:21.15 | q |
| 7 Brianna Kuang | SO | Westmoor | | 1:22.95 | q |
| 8 Liliane Domingo | SO | Jefferson | | 1:24.06 | q |
| 9 Elizabeth Cusack | FR | Hillsdale | | 1:24.87 | q |
| 10 Lydia Diesh | JR | Half Moon Bay | | 1:26.17 | q |
| 11 Riley McMullan | JR | Capuchino High School | | 1:27.44 | q |
| 12 Lola Castro | JR | El Camino | | 1:28.34 | q |
| 13 Kalina Chen | SO | Jefferson | | 1:34.50 | |
| 14 Sophia Latt | SO | Westmoor | | 1:40.88 | |
| 15 Hayley Cortez | JR | Westmoor | | 1:42.50 | |
| --- Kaylee Lopez Top | JR | Hillsdale | | SCR | |
| --- Lauren McClellen | SO | Half Moon Bay | | SCR | |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Preliminaries ... (Girls 100 Yard Freestyle Junior Varsity)**

| Name | Yr | School | Seed Time | Prelim Time |
|-------------------|----|-----------|-----------|-------------|
| --- Megan Simmons | FR | Hillsdale | | SCR |

Girls 100 Yard Freestyle Varsity

| | | | | |
|-------------|--------------|-------------|----------------------------------|-------------------------|
| PAL: | 53.63 | 2007 | Daphne Yeung | S. San Francisco |
| | 50.15 | | ALAM Auto AI-American | |
| | 51.10 | | CONS AI-American Consider | |
| | 51.48 | | CIF CIF State MEET | |
| | 55.39 | | CCS | |

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Kamryn Stevenson | FR | Terra Nova | | 59.02 q |
| 2 Alex Sardella | JR | Half Moon Bay | | 59.56 q |
| 3 Zoe Chait | SR | Half Moon Bay | | 1:00.56 q |
| 4 Cat Nightingale | SR | Westmoor | | 1:01.44 q |
| 5 Abigal Chui | SO | El Camino | | 1:02.01 q |
| 6 Cassidy Brians | SO | Half Moon Bay | | 1:02.82 q |
| 7 Jenna Choy | JR | Capuchino High School | | 1:03.92 q |
| 8 Camryn Gutierrez | SO | Hillsdale | | 1:09.30 q |
| 9 Tori Chhay | JR | Hillsdale | | 1:09.44 q |
| 10 Anya Bullis | SO | Terra Nova | | 1:09.91 q |
| 11 Emilia Singer | SO | Capuchino High School | | 1:11.53 q |
| 12 Adeline Aquinio | JR | Hillsdale | | 1:12.09 q |
| 13 Emma Kim | SO | Oceana | | 1:14.40 |
| 14 Maeve Keaney | SO | Terra Nova | | 1:17.42 |
| 15 Samantha Yee | SR | El Camino | | 1:20.74 |
| 16 Arianna Moreno | SR | Capuchino High School | | 1:22.84 |
| 17 Reina Karadsheh | SR | Hillsdale | | 1:24.05 |
| 18 Crystal Lee | SR | South San Francisco | | 1:36.14 |
| 19 Angeline Sanchez | JR | Capuchino High School | | 1:40.83 |
| --- Addison Gatley | FR | Terra Nova | | SCR |
| --- Angel Tinetti | SR | Half Moon Bay | | SCR |

Girls 200 Yard Freestyle Junior Varsity

| | | | | |
|-------------|----------------|-------------|----------------------------------|----------------------|
| PAL: | 2:03.67 | 2012 | Sarah Stretch | Half Moon Bay |
| | 1:48.74 | | ALAM Auto AI-American | |
| | 1:50.65 | | CONS AI-American Consider | |
| | 1:51.40 | | CIF CIF State MEET | |
| | 2:00.49 | | CCS | |

| Name | Yr | School | Finals Time |
|---------------------------|----|---------------|-------------|
| 1 Chloe Wyman | SO | Half Moon Bay | 2:38.64 |
| 2 Hailey Lema | SO | Hillsdale | 2:41.10 |
| 3 Logan Wheeler | SO | Hillsdale | 3:03.32 |
| 4 Liliane Domingo | SO | Jefferson | 3:13.52 |
| 5 Brianna Kuang | SO | Westmoor | 3:17.82 |
| 6 Hayley Cortez | JR | Westmoor | 3:56.17 |
| --- Cynthia Fu | SO | El Camino | SCR |
| --- Jessica Garcia Vargas | JR | Hillsdale | SCR |
| --- Ryley Saavedra | SO | El Camino | SCR |
| --- Kaylee Lopez Top | JR | Hillsdale | SCR |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007 Stephanie Brooks Sequoia
 1:48.74 ALAM Auto Al-American
 1:50.65 CONS Al-American Consider
 1:51.40 CIF CIF State MEET
 2:00.49 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|-------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Samantha Lin | JR | Hillsdale | 2:01.17 | 1:59.56 CCS |
| 2 Angela Parr | FR | Terra Nova | 2:24.05 | 2:14.82 |
| 3 Cat Nightingale | SR | Westmoor | 2:17.38 | 2:15.94 |
| 4 Makenzie Bazan | FR | Half Moon Bay | 2:18.58 | 2:17.94 |
| 5 Jasper Jaffe | SO | Hillsdale | 2:25.10 | 2:26.48 |
| 6 Azusa Fini | SO | Westmoor | 2:27.82 | 2:36.49 |
| B - Final | | | | |
| 7 Zoe McAnerney | SR | Half Moon Bay | 2:28.20 | 2:24.66 |
| 8 Amelia Veis | SO | Hillsdale | 2:28.07 | 2:27.77 |
| 9 Anya Bullis | SO | Terra Nova | 2:32.27 | 2:34.00 |
| 10 Jordyn Gohn | JR | Terra Nova | 2:33.02 | 2:37.32 |
| 11 Dylan Grunow | JR | Half Moon Bay | 2:41.29 | 2:40.72 |
| 12 Emilia Singer | SO | Capuchino High School | 2:42.33 | 2:44.01 |

Girls 200 Yard Freestyle Varsity

PAL: 1:57.20 2007 Stephanie Brooks Sequoia
 1:48.74 ALAM Auto Al-American
 1:50.65 CONS Al-American Consider
 1:51.40 CIF CIF State MEET
 2:00.49 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|-----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Samantha Lin | JR | Hillsdale | | 2:01.17 q |
| 2 Cat Nightingale | SR | Westmoor | | 2:17.38 q |
| 3 Makenzie Bazan | FR | Half Moon Bay | | 2:18.58 q |
| 4 Angela Parr | FR | Terra Nova | | 2:24.05 q |
| 5 Jasper Jaffe | SO | Hillsdale | | 2:25.10 q |
| 6 Azusa Fini | SO | Westmoor | | 2:27.82 q |
| 7 Amelia Veis | SO | Hillsdale | | 2:28.07 q |
| 8 Zoe McAnerney | SR | Half Moon Bay | | 2:28.20 q |
| 9 Anya Bullis | SO | Terra Nova | | 2:32.27 q |
| 10 Jordyn Gohn | JR | Terra Nova | | 2:33.02 q |
| 11 Dylan Grunow | JR | Half Moon Bay | | 2:41.29 q |
| 12 Emilia Singer | SO | Capuchino High School | | 2:42.33 q |
| 13 Emma Kim | SO | Oceana | | 2:45.08 |
| 14 Elin Okamoto | JR | Hillsdale | | 2:46.50 |
| 15 Daisy Huerta | JR | Capuchino High School | | 2:47.27 |
| 16 Ori Aye | SR | Westmoor | | 2:56.72 |
| 17 Emma Russo | JR | Oceana | | 3:11.51 |
| 18 Lilyanna Carpenter | JR | Terra Nova | | 3:16.71 |
| 19 Angeline Sanchez | JR | Capuchino High School | | 3:42.14 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 500 Yard Freestyle Varsity

PAL: 5:08.52 2014 Michelle Karpishin Hillsdale
 4:53.06 ALAM Auto AI-American
 4:58.20 CONS AI-American Consider
 4:58.98 CIF CIF State MEET
 5:27.99 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|-------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Gabrielle Lai | SR | El Camino | 5:34.72 | 5:26.69 CCS |
| 2 Angela Parr | FR | Terra Nova | 6:25.35 | 6:01.60 |
| 3 Brigita Fischer | SO | Half Moon Bay | 6:32.42 | 6:26.51 |
| 4 Zoe McAnerney | SR | Half Moon Bay | 6:42.90 | 6:39.30 |
| 5 Kinsley Barron | JR | Hillsdale | 6:46.36 | 6:44.97 |
| 6 Madison Lam | SR | Westmoor | 7:05.97 | 6:53.78 |
| B - Final | | | | |
| 7 Isla Ragozin | JR | Half Moon Bay | 7:08.97 | 7:01.80 |
| 8 Hannah Gonzalez | SR | Jefferson | 8:12.95 | 8:05.63 |
| 9 Emma Russo | JR | Oceana | 8:26.58 | 8:31.51 |

Girls 500 Yard Freestyle Varsity

PAL: 5:08.52 2014 Michelle Karpishin Hillsdale
 4:53.06 ALAM Auto AI-American
 4:58.20 CONS AI-American Consider
 4:58.98 CIF CIF State MEET
 5:27.99 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Gabrielle Lai | SR | El Camino | | 5:34.72 q |
| 2 Quinn Quintana | SR | Capuchino High School | | 6:13.83 q |
| 3 Angela Parr | FR | Terra Nova | | 6:25.35 q |
| 4 Ava Litz | SO | Terra Nova | | 6:28.33 q |
| 5 Brigita Fischer | SO | Half Moon Bay | | 6:32.42 q |
| 6 Zoe McAnerney | SR | Half Moon Bay | | 6:42.90 q |
| 7 Kinsley Barron | JR | Hillsdale | | 6:46.36 q |
| 8 Madison Lam | SR | Westmoor | | 7:05.97 q |
| 9 Isla Ragozin | JR | Half Moon Bay | | 7:08.97 q |
| 10 Hannah Gonzalez | SR | Jefferson | | 8:12.95 q |
| 11 Emma Russo | JR | Oceana | | 8:26.58 q |

Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004 Joanna Sherman Half Moon Bay

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Annabel Okamoto | FR | Hillsdale | 36.67 | 36.40 |
| 2 Krystalyn Isleta | JR | Westmoor | 42.09 | 43.13 |
| 3 Mariel Holgado | SO | Jefferson | 45.47 | 45.11 |
| 4 Tabitha Scarpaci | SO | Half Moon Bay | 48.90 | 48.12 |
| 5 Emma Ta | SO | Half Moon Bay | 49.78 | 49.22 |
| 6 Jaiden Owens | SO | Capuchino High School | 47.25 | 51.44 |
| B - Final | | | | |
| 7 Gina Amireh | SO | Hillsdale | 52.66 | 51.43 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

B - Final ... (Girls 50 Yard Backstroke Junior Varsity)

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|-----------|-------------|-------------|
| 8 Gabriela Funes | SO | Jefferson | 53.42 | 51.51 |
| 9 Mari Ortega Cruz | FR | Hillsdale | 52.26 | 53.37 |
| 10 Emily Rosales | FR | Hillsdale | 53.63 | 54.12 |
| 11 Tanya Xu | JR | Westmoor | 56.99 | 54.93 |

Girls 50 Yard Backstroke Junior Varsity

PAL: 34.41 2004

Joanna Sherman

Half Moon Bay

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Annabel Okamoto | FR | Hillsdale | | 36.67 q |
| 2 Krystalyn Isleta | JR | Westmoor | | 42.09 q |
| 3 Mariel Holgado | SO | Jefferson | | 45.47 q |
| 4 Jaiden Owens | SO | Capuchino High School | | 47.25 q |
| *5 Riley McMullan | JR | Capuchino High School | | 48.90 q |
| *5 Tabitha Scarpaci | SO | Half Moon Bay | | 48.90 q |
| 7 Emma Ta | SO | Half Moon Bay | | 49.78 q |
| 8 Mari Ortega Cruz | FR | Hillsdale | | 52.26 q |
| 9 Gina Amireh | SO | Hillsdale | | 52.66 q |
| 10 Gabriela Funes | SO | Jefferson | | 53.42 q |
| 11 Emily Rosales | FR | Hillsdale | | 53.63 q |
| 12 Tanya Xu | JR | Westmoor | | 56.99 q |

Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017

Kaitlyn Panopio

El Camino

54.73 ALAM Auto AI-American
 55.91 CONS AI-American Consider
 56.36 CIF CIF State MEET
 1:02.39 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Samantha Lin | JR | Hillsdale | 1:00.95 | 1:00.33 CCS |
| 2 Caitlyn So | SO | El Camino | 1:04.39 | 1:03.05 |
| 3 Bryer Rose | FR | Terra Nova | 1:04.21 | 1:04.08 |
| 4 Janice Leung | SR | Westmoor | 1:06.98 | 1:05.73 |
| 5 Cassidy Brians | SO | Half Moon Bay | 1:10.01 | 1:09.26 |
| 6 Makenzie Bazan | FR | Half Moon Bay | 1:08.57 | 1:11.79 |
| B - Final | | | | |
| 7 Summer Simpson | JR | Terra Nova | 1:16.99 | 1:14.72 |
| 8 Madison Lam | SR | Westmoor | 1:18.03 | 1:15.57 |
| 9 Elin Okamoto | JR | Hillsdale | 1:26.65 | 1:25.17 |
| 10 Maeve Keaney | SO | Terra Nova | 1:28.78 | 1:28.25 |
| 11 Hannah Gonzalez | SR | Jefferson | 1:30.78 | 1:31.66 |
| 12 Reina Karadsheh | SR | Hillsdale | 1:35.94 | 1:33.00 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 100 Yard Backstroke Junior Varsity

PAL: 1:08.84 1999 **Cara Savelli** **Westmoor**
 54.73 ALAM Auto Al-American
 55.91 CONS Al-American Consider
 56.36 CIF CIF State MEET
 1:02.39 CCS

| Name | | Yr | School | Prelim Time | Finals Time |
|------------------|------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | | |
| 1 | Phoebe Lin | FR | Hillsdale | 1:18.54 | 1:19.22 |
| 2 | Annabel Okamoto | FR | Hillsdale | 1:23.04 | 1:25.60 |
| 3 | Cynthia Fu | SO | El Camino | 1:27.47 | 1:27.22 |
| 4 | Logan Wheeler | SO | Hillsdale | 1:29.13 | 1:31.53 |
| 5 | Stella Fischer | SO | Half Moon Bay | 1:30.85 | 1:31.88 |
| 6 | Simone Fischer | FR | Half Moon Bay | 1:32.81 | 1:37.63 |
| B - Final | | | | | |
| 7 | Riley Burton | FR | Capuchino High School | 1:38.35 | 1:36.63 |
| 8 | Krystalyn Isleta | JR | Westmoor | 1:38.07 | 1:36.88 |
| 9 | Vanessa Selu | FR | Westmoor | 1:44.99 | 1:45.19 |
| 10 | Tabitha Scarpaci | SO | Half Moon Bay | 1:47.09 | 1:50.25 |
| 11 | Lola Castro | JR | El Camino | 1:57.17 | 1:55.11 |

Girls 100 Yard Backstroke Junior Varsity

PAL: 1:08.84 1999 **Cara Savelli** **Westmoor**
 54.73 ALAM Auto Al-American
 55.91 CONS Al-American Consider
 56.36 CIF CIF State MEET
 1:02.39 CCS

| Name | | Yr | School | Seed Time | Prelim Time |
|----------------------|------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | | |
| 1 | Phoebe Lin | FR | Hillsdale | | 1:18.54 q |
| 2 | Annabel Okamoto | FR | Hillsdale | | 1:23.04 q |
| 3 | Cynthia Fu | SO | El Camino | | 1:27.47 q |
| 4 | Logan Wheeler | SO | Hillsdale | | 1:29.13 q |
| 5 | Stella Fischer | SO | Half Moon Bay | | 1:30.85 q |
| 6 | Simone Fischer | FR | Half Moon Bay | | 1:32.81 q |
| 7 | Krystalyn Isleta | JR | Westmoor | | 1:38.07 q |
| 8 | Riley Burton | FR | Capuchino High School | | 1:38.35 q |
| 9 | Vanessa Selu | FR | Westmoor | | 1:44.99 q |
| 10 | Tabitha Scarpaci | SO | Half Moon Bay | | 1:47.09 q |
| 11 | Lola Castro | JR | El Camino | | 1:57.17 q |
| --- | Julia Streeter | SO | Hillsdale | | DQ |

Girls 100 Yard Backstroke Varsity

PAL: 58.89 5/4/2017 **Kaitlyn Panopio** **El Camino**
 54.73 ALAM Auto Al-American
 55.91 CONS Al-American Consider
 56.36 CIF CIF State MEET
 1:02.39 CCS

| Name | | Yr | School | Seed Time | Prelim Time |
|----------------------|--------------|----|-----------|-----------|--------------|
| Preliminaries | | | | | |
| 1 | Samantha Lin | JR | Hillsdale | | 1:00.95 qCCS |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Preliminaries ... (Girls 100 Yard Backstroke Varsity)

| Name | Yr | School | Seed Time | Prelim Time | |
|------------------------|----|-----------------------|-----------|-------------|---|
| 2 Bryer Rose | FR | Terra Nova | | 1:04.21 | q |
| 3 Caitlyn So | SO | El Camino | | 1:04.39 | q |
| 4 Janice Leung | SR | Westmoor | | 1:06.98 | q |
| 5 Makenzie Bazan | FR | Half Moon Bay | | 1:08.57 | q |
| 6 Cassidy Brians | SO | Half Moon Bay | | 1:10.01 | q |
| 7 Summer Simpson | JR | Terra Nova | | 1:16.99 | q |
| 8 Madison Lam | SR | Westmoor | | 1:18.03 | q |
| 9 Daisy Huerta | JR | Capuchino High School | | 1:26.17 | q |
| 10 Elin Okamoto | JR | Hillsdale | | 1:26.65 | q |
| 11 Flynn Bennett | SO | Half Moon Bay | | 1:27.09 | q |
| 12 Maeve Keaney | SO | Terra Nova | | 1:28.78 | q |
| 13 Hannah Gonzalez | SR | Jefferson | | 1:30.78 | |
| 14 Samantha Yee | SR | El Camino | | 1:42.92 | |
| 15 Elizah Ruiz-Mendoza | SR | Capuchino High School | | 1:53.05 | |
| 16 Althea Rosario | JR | Jefferson | | 1:53.59 | |
| --- Reina Karadsheh | SR | Hillsdale | | 1:35.94 | |
| --- Meadow Dart | SR | Oceana | | SCR | |
| --- Sydney Yen | SO | Oceana | | SCR | |
| --- Charmay Repollo | JR | Jefferson | | SCR | |
| --- Sadie Wong | JR | Hillsdale | | SCR | |
| --- Addison Gatley | FR | Terra Nova | | SCR | |

Girls 50 Yard Breaststroke Junior Varsity

PAL: 35.33 2012

Kiyomi, O'Connell

Half Moon Bay

| Name | Yr | School | Prelim Time | Finals Time |
|-------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Zee Forrest | SO | Half Moon Bay | 41.94 | 40.81 |
| 2 Elina Jumanan | JR | El Camino | 43.31 | 43.14 |
| 3 Jordan Lin | JR | Hillsdale | 43.03 | 44.23 |
| 4 Emily Liang | SO | Westmoor | 45.77 | 44.91 |
| 5 Vanessa Vieira | SO | Hillsdale | 44.25 | 45.93 |
| --- Elena Liu | JR | Half Moon Bay | 42.30 | NS |
| B - Final | | | | |
| 7 Ain In | SO | Hillsdale | 46.72 | 48.20 |
| 8 Coral Myers | FR | Half Moon Bay | 48.14 | 48.46 |
| 9 Juliet Fong | SO | El Camino | 52.81 | 52.79 |
| 10 Kalina Chen | SO | Jefferson | 53.07 | 53.29 |
| 11 Dorothy Alinea | SO | Jefferson | 53.95 | 56.61 |
| 12 Alyssa Moreno | FR | Capuchino High School | 56.96 | 57.23 |

Girls 50 Yard Breaststroke Junior Varsity

PAL: 35.33 2012

Kiyomi, O'Connell

Half Moon Bay

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|----|---------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Zee Forrest | SO | Half Moon Bay | | 41.94 | q |
| 2 Elena Liu | JR | Half Moon Bay | | 42.30 | q |
| 3 Jordan Lin | JR | Hillsdale | | 43.03 | q |
| 4 Elina Jumanan | JR | El Camino | | 43.31 | q |
| 5 Vanessa Vieira | SO | Hillsdale | | 44.25 | q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Preliminaries ... (Girls 50 Yard Breaststroke Junior Varsity)

| Name | Yr | School | Seed Time | Prelim Time |
|--------------------|----|-----------------------|-----------|-------------|
| 6 Emily Liang | SO | Westmoor | | 45.77 q |
| 7 Ain In | SO | Hillsdale | | 46.72 q |
| 8 Coral Myers | FR | Half Moon Bay | | 48.14 q |
| 9 Juliet Fong | SO | El Camino | | 52.81 q |
| 10 Kalina Chen | SO | Jefferson | | 53.07 q |
| 11 Dorothy Alinea | SO | Jefferson | | 53.95 q |
| 12 Cecilia Arroyo | JR | Capuchino High School | | 55.66 q |
| 13 Alyssa Moreno | FR | Capuchino High School | | 56.96 |
| 14 Emma Ta | SO | Half Moon Bay | | 58.85 |
| 15 Tanya Xu | JR | Westmoor | | 1:01.84 |
| 16 Georgina Bates | FR | Terra Nova | | 1:24.90 |
| --- Megan Simmons | FR | Hillsdale | | SCR |
| --- Makeila Rebusi | JR | Capuchino High School | | SCR |

Girls 100 Yard Breaststroke Varsity

| | | | | |
|------|---------|---------------------------|------------|-----------|
| PAL: | 1:04.92 | 2014 | Larisa Tam | San Mateo |
| | 1:02.59 | ALAM Auto AI-American | | |
| | 1:03.78 | CONS AI-American Consider | | |
| | 1:03.78 | CIF CIF State MEET | | |
| | 1:09.99 | CCS | | |

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Shreya Kashyap | JR | Hillsdale | 1:10.81 | 1:09.82 CCS |
| 2 Makena Truong | FR | Hillsdale | 1:13.15 | 1:13.86 |
| 3 Kelsni Cheng | JR | Oceana | 1:15.65 | 1:14.96 |
| 4 Allison Pascual | SR | Westmoor | 1:19.54 | 1:19.45 |
| 5 Abigal Chui | SO | El Camino | 1:20.13 | 1:21.23 |
| 6 Azusa Fini | SO | Westmoor | 1:24.77 | 1:22.40 |
| B - Final | | | | |
| 7 Robelynn Cruz | SO | Jefferson | 1:25.01 | 1:25.01 |
| 8 Phoebe Grant | SR | Half Moon Bay | 1:26.42 | 1:25.36 |
| 9 Brigita Fischer | SO | Half Moon Bay | 1:28.14 | 1:27.97 |
| 10 Adeline Aquinio | JR | Hillsdale | 1:30.71 | 1:28.15 |
| 11 Annie Basler | JR | Half Moon Bay | 1:30.47 | 1:30.83 |
| 12 Ori Aye | SR | Westmoor | 1:33.35 | 1:32.85 |

Girls 100 Yard Breaststroke Junior Varsity

| | | | | |
|------|---------|---------------------------|------------------|---------------|
| PAL: | 1:17.41 | 2012 | Kiyomi O'Connell | Half Moon Bay |
| | 1:02.59 | ALAM Auto AI-American | | |
| | 1:03.78 | CONS AI-American Consider | | |
| | 1:03.78 | CIF CIF State MEET | | |
| | 1:09.99 | CCS | | |

| Name | Yr | School | Finals Time |
|--------------------|----|-----------------------|-------------|
| 1 Zee Forrest | SO | Half Moon Bay | 1:32.13 |
| 2 Julia Streeter | SO | Hillsdale | 1:43.37 |
| 3 Emily Liang | SO | Westmoor | 1:45.08 |
| --- Ain In | SO | Hillsdale | DQ |
| --- Elena Liu | JR | Half Moon Bay | SCR |
| --- Makeila Rebusi | JR | Capuchino High School | SCR |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

(Girls 100 Yard Breaststroke Junior Varsity)

| Name | Yr | School | Finals Time |
|---------------------------|----|-----------|-------------|
| --- Jessica Garcia Vargas | JR | Hillsdale | SCR |

Girls 100 Yard Breaststroke Varsity

| | | | | |
|------|---------|------|---------------------------|-----------|
| PAL: | 1:04.92 | 2014 | Larisa Tam | San Mateo |
| | 1:02.59 | | ALAM Auto AI-American | |
| | 1:03.78 | | CONS AI-American Consider | |
| | 1:03.78 | | CIF CIF State MEET | |
| | 1:09.99 | | CCS | |

| Name | Yr | School | Seed Time | Prelim Time |
|------------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Shreya Kashyap | JR | Hillsdale | | 1:10.81 q |
| 2 Makena Truong | FR | Hillsdale | | 1:13.15 q |
| 3 Kelsni Cheng | JR | Oceana | | 1:15.65 q |
| 4 Allison Pascual | SR | Westmoor | | 1:19.54 q |
| 5 Abigal Chui | SO | El Camino | | 1:20.13 q |
| 6 Azusa Fini | SO | Westmoor | | 1:24.77 q |
| 7 Robelynn Cruz | SO | Jefferson | | 1:25.01 q |
| 8 Phoebe Grant | SR | Half Moon Bay | | 1:26.42 q |
| 9 Quinn Quintana | SR | Capuchino High School | | 1:26.51 q |
| 10 Ava Litz | SO | Terra Nova | | 1:26.63 q |
| 11 Brigita Fischer | SO | Half Moon Bay | | 1:28.14 q |
| 12 Annie Basler | JR | Half Moon Bay | | 1:30.47 q |
| 13 Adeline Aquinio | JR | Hillsdale | | 1:30.71 |
| 14 Ori Aye | SR | Westmoor | | 1:33.35 |
| 15 Katilin Graetz | SR | Hillsdale | | 1:34.79 |
| 16 Dylan Grunow | JR | Half Moon Bay | | 1:36.41 |
| 17 Claire Beckler | FR | Terra Nova | | 1:40.76 |
| 18 Sarai Freeman | JR | Capuchino High School | | 1:47.81 |
| 19 Crystal Lee | SR | South San Francisco | | 1:55.08 |
| 20 Francesca Gravem | SR | Capuchino High School | | 1:56.43 |
| --- Lilyanna Carpenter | JR | Terra Nova | | DQ |

Girls 50 Yard Butterfly Junior Varsity

| | | | | |
|------|-------|------|----------------|-----------|
| PAL: | 28.69 | 2006 | Justine Cordon | Capuchino |
|------|-------|------|----------------|-----------|

| Name | Yr | School | Prelim Time | Finals Time |
|-------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Emma Magayanes | FR | Westmoor | 33.70 | 33.65 |
| 2 Nyla Macairan | FR | El Camino | 35.15 | 34.43 |
| 3 Megan Wong | SO | Hillsdale | 36.70 | 38.44 |
| 4 Shira Siegel | FR | Hillsdale | 39.26 | 38.59 |
| 5 Hailey Lema | SO | Hillsdale | 39.26 | 39.21 |
| 6 Claudia Charles | FR | Half Moon Bay | 54.78 | 50.23 |

Girls 50 Yard Butterfly Junior Varsity

| | | | | |
|------|-------|------|----------------|-----------|
| PAL: | 28.69 | 2006 | Justine Cordon | Capuchino |
|------|-------|------|----------------|-----------|

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------|-----------|-------------|
| Preliminaries | | | | |
| 1 Emma Magayanes | FR | Westmoor | | 33.70 q |
| 2 Nyla Macairan | FR | El Camino | | 35.15 q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Preliminaries ... (Girls 50 Yard Butterfly Junior Varsity)

| Name | Yr | School | Seed Time | Prelim Time |
|-------------------|----|---------------|-----------|-------------|
| 3 Megan Wong | SO | Hillsdale | | 36.70 q |
| *4 Shira Siegel | FR | Hillsdale | | 39.26 q |
| *4 Hailey Lema | SO | Hillsdale | | 39.26 q |
| 6 Claudia Charles | FR | Half Moon Bay | | 54.78 q |
| --- Julie Nair | SO | Half Moon Bay | | NS |

Girls 100 Yard Butterfly Varsity

| | | | | |
|------|---------|---------------------------|-------------|---------|
| PAL: | 1:00.52 | 2008 | Megan Beach | Sequoia |
| | 54.38 | ALAM Auto AI-American | | |
| | 55.48 | CONS AI-American Consider | | |
| | 55.50 | CIF CIF State MEET | | |
| | 1:00.99 | CCS | | |

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Makena Truong | FR | Hillsdale | 1:04.51 | 1:02.60 |
| 2 Kamryn Stevenson | FR | Terra Nova | 1:02.38 | 1:03.32 |
| 3 Caitlyn So | SO | El Camino | 1:06.55 | 1:05.58 |
| 4 Louisa Kearns | JR | Half Moon Bay | 1:09.24 | 1:05.64 |
| 5 Zoe Chait | SR | Half Moon Bay | 1:09.17 | 1:09.06 |
| 6 Taylor Lam | SO | Westmoor | 1:11.12 | 1:10.72 |
| B - Final | | | | |
| 7 Sadie Wong | JR | Hillsdale | 1:11.75 | 1:11.56 |
| 8 Charis Taner | FR | Half Moon Bay | 1:12.93 | 1:12.61 |
| 9 Ashley Cai | JR | Oceana | 1:24.53 | 1:24.41 |
| 10 Rayna Quintana | FR | Capuchino High School | 1:32.73 | 1:32.42 |
| 11 Sophia Ramirez | JR | Capuchino High School | 1:43.07 | 1:41.23 |

Girls 100 Yard Butterfly Varsity

| | | | | |
|------|---------|---------------------------|-------------|---------|
| PAL: | 1:00.52 | 2008 | Megan Beach | Sequoia |
| | 54.38 | ALAM Auto AI-American | | |
| | 55.48 | CONS AI-American Consider | | |
| | 55.50 | CIF CIF State MEET | | |
| | 1:00.99 | CCS | | |

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Kamryn Stevenson | FR | Terra Nova | | 1:02.38 q |
| 2 Makena Truong | FR | Hillsdale | | 1:04.51 q |
| 3 Caitlyn So | SO | El Camino | | 1:06.55 q |
| 4 Zoe Chait | SR | Half Moon Bay | | 1:09.17 q |
| 5 Louisa Kearns | JR | Half Moon Bay | | 1:09.24 q |
| 6 Taylor Lam | SO | Westmoor | | 1:11.12 q |
| 7 Sadie Wong | JR | Hillsdale | | 1:11.75 q |
| 8 Charis Taner | FR | Half Moon Bay | | 1:12.93 q |
| 9 Ashley Cai | JR | Oceana | | 1:24.53 q |
| 10 Rayna Quintana | FR | Capuchino High School | | 1:32.73 q |
| 11 Arianna Moreno | SR | Capuchino High School | | 1:34.66 q |
| 12 Sophia Ramirez | JR | Capuchino High School | | 1:43.07 q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 100 Yard IM Junior Varsity

PAL: 1:09.04 1999

Cara Savelli

Westmoor

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|----|-----------------------|-------------|-------------|
| A - Final | | | | |
| 1 Emma Magayanes | FR | Westmoor | 1:18.33 | 1:18.03 |
| 2 Nyla Macairan | FR | El Camino | 1:23.33 | 1:23.46 |
| 3 Megan Wong | SO | Hillsdale | 1:26.87 | 1:25.06 |
| 4 Phoebe Lin | FR | Hillsdale | 1:25.22 | 1:26.99 |
| 5 Simone Fischer | FR | Half Moon Bay | 1:30.60 | 1:30.06 |
| --- Jordan Lin | JR | Hillsdale | 1:24.07 | DQ |
| B - Final | | | | |
| 7 Alyssa Moreno | FR | Capuchino High School | 1:45.25 | 1:46.41 |

Girls 100 Yard IM Junior Varsity

PAL: 1:09.04 1999

Cara Savelli

Westmoor

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Emma Magayanes | FR | Westmoor | | 1:18.33 q |
| 2 Nyla Macairan | FR | El Camino | | 1:23.33 q |
| 3 Jordan Lin | JR | Hillsdale | | 1:24.07 q |
| 4 Phoebe Lin | FR | Hillsdale | | 1:25.22 q |
| 5 Megan Wong | SO | Hillsdale | | 1:26.87 q |
| 6 Simone Fischer | FR | Half Moon Bay | | 1:30.60 q |
| 7 Alyssa Moreno | FR | Capuchino High School | | 1:45.25 q |
| 8 Cecilia Arroyo | JR | Capuchino High School | | 1:49.96 q |
| --- Julie Nair | SO | Half Moon Bay | | DQ |
| --- Stella Fischer | SO | Half Moon Bay | | DQ |
| --- Vanessa Vieira | SO | Hillsdale | | DQ |

Girls 200 Yard IM Varsity

PAL: 2:06.51

4/28/2023

Calista Lynch

El Camino

2:01.46 ALAM Auto AI-American

2:04.01 CONS AI-American Consider

2:04.13 CIF CIF State MEET

2:16.99 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|--------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Gabrielle Lai | SR | El Camino | 2:17.27 | 2:15.47 CCS |
| 2 Shreya Kashyap | JR | Hillsdale | 2:24.72 | 2:20.52 |
| 3 Kelsni Cheng | JR | Oceana | 2:26.32 | 2:23.75 |
| 4 Louisa Kearns | JR | Half Moon Bay | 2:30.81 | 2:26.18 |
| 5 Taylor Lam | SO | Westmoor | 2:35.16 | 2:33.74 |
| 6 Charis Taner | FR | Half Moon Bay | 2:36.80 | 2:35.98 |
| B - Final | | | | |
| 7 Robelynn Cruz | SO | Jefferson | 2:50.21 | 2:45.69 |
| 8 Summer Simpson | JR | Terra Nova | 2:54.81 | 2:50.17 |
| 9 Kinsley Barron | JR | Hillsdale | 2:55.63 | 2:52.94 |
| 10 Tori Chhay | JR | Hillsdale | 2:58.40 | 2:56.15 |
| 11 Isla Ragozin | JR | Half Moon Bay | 3:04.58 | 3:07.15 |
| --- Sascha Ebinger | SR | Terra Nova | 2:47.50 | DQ |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Girls 200 Yard IM Varsity**

PAL: 2:06.51 4/28/2023 Calista Lynch
 2:01.46 ALAM Auto AI-American
 2:04.01 CONS AI-American Consider
 2:04.13 CIF CIF State MEET
 2:16.99 CCS

El Camino

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|----------------|--------------------------|-------------|
| Preliminaries | | | | |
| 1 | | Gabrielle Lai | SR El Camino | 2:17.27 q |
| 2 | | Shreya Kashyap | JR Hillsdale | 2:24.72 q |
| 3 | | Kelsni Cheng | JR Oceana | 2:26.32 q |
| 4 | | Louisa Kearns | JR Half Moon Bay | 2:30.81 q |
| 5 | | Taylor Lam | SO Westmoor | 2:35.16 q |
| 6 | | Charis Taner | FR Half Moon Bay | 2:36.80 q |
| 7 | | Sascha Ebinger | SR Terra Nova | 2:47.50 q |
| 8 | | Robelynn Cruz | SO Jefferson | 2:50.21 q |
| 9 | | Summer Simpson | JR Terra Nova | 2:54.81 q |
| 10 | | Kinsley Barron | JR Hillsdale | 2:55.63 q |
| 11 | | Tori Chhay | JR Hillsdale | 2:58.40 q |
| 12 | | Isla Ragozin | JR Half Moon Bay | 3:04.58 q |
| 13 | | Rayna Quintana | FR Capuchino High School | 3:05.61 |
| 14 | | Flynn Bennett | SO Half Moon Bay | 3:08.85 |
| 15 | | Sarai Freeman | JR Capuchino High School | 3:37.21 |

Girls 200 Yard Freestyle Relay Junior Varsity

PAL: 1:54.07 1998
 1:35.36 ALAM Auto AI-American
 1:37.15 CONS AI-American Consider
 1:37.16 CIF CIF State MEET
 1:46.99 CCS

Sequoia

| Team | Relay | Finals Time | |
|-------------------------|------------------------|----------------------|-----------------------|
| 1 El Camino | A | 2:09.55 | |
| 1) Cynthia Fu SO | 2) Ryley Saavedra SO | 3) Nyla Macairan FR | 4) Elina Jumanan JR |
| 2 Hillsdale | A | 2:18.63 | |
| 1) Shira Siegel FR | 2) Annabel Okamoto FR | 3) Hailey Lema SO | 4) Logan Wheeler SO |
| 3 Half Moon Bay | A | 2:21.33 | |
| 1) Stella Fischer SO | 2) Lauren McClellan SO | 3) Zee Forrest SO | 4) Simone Fischer FR |
| 4 Capuchino High School | A | 2:31.34 | |
| 1) Brooke Griffin FR | 2) Makeila Rebusi JR | 3) Jaiden Owens SO | 4) Ivana Young SO |
| 5 Jefferson | A | 2:51.55 | |
| 1) Dorothy Alinea SO | 2) Kalina Chen SO | 3) Gabriela Funes SO | 4) Liliane Domingo SO |
| 6 Westmoor | A | 2:58.73 | |
| 1) Vanessa Selu FR | 2) Tanya Xu JR | 3) Sophia Latt SO | 4) Hayley Cortez JR |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 200 Yard Freestyle Relay Varsity

PAL: 1:44.79 2015

San Mateo

- 1:35.36 ALAM Auto AI-American**
- 1:37.15 CONS AI-American Consider**
- 1:37.16 CIF CIF State MEET**
- 1:46.99 CCS**

| Team | Relay | | | Finals Time |
|---------------------------|-----------------------|------------------------|----------------------|-------------|
| 1 Half Moon Bay | A | | | 1:48.63 |
| 1) Charis Taner FR | 2) Alex Sardella JR | 3) Louisa Kearns JR | 4) Zoe Chait SR | |
| 2 Westmoor | A | | | 1:57.64 |
| 1) Allison Pascual SR | 2) Madison Lam SR | 3) Azusa Fini SO | 4) Janice Leung SR | |
| 3 El Camino | A | | | 1:58.01 |
| 1) Caitlyn So SO | 2) Samantha Yee SR | 3) Abigal Chui SO | 4) Gabrielle Lai SR | |
| 4 Hillsdale | A | | | 2:06.27 |
| 1) Adeline Aquinio JR | 2) Tori Chhay JR | 3) Camryn Gutierrez SO | 4) Amelia Veis SO | |
| 5 Terra Nova | A | | | 2:14.43 |
| 1) Claire Beckler FR | 2) Maeve Keaney SO | 3) Jordyn Gohn JR | 4) Anya Bullis SO | |
| 6 Jefferson | A | | | 2:39.40 |
| 1) Hannah Gonzalez SR | 2) Charmay Repollo JR | 3) Robelynn Cruz SO | 4) Althea Rosario JR | |
| --- Capuchino High School | A | | | SCR |
| 1) Daisy Huerta JR | 2) Quinn Quintana SR | 3) Emilia Singer SO | 4) Jenna Choy JR | |

Girls 400 Yard Freestyle Relay Junior Varsity

PAL: 4:19.11 2008

Hillsdale

- 3:27.68 ALAM Auto AI-American**
- 3:31.16 CONS AI-American Consider**
- 3:32.13 CIF CIF State MEET**
- 3:56.99 CCS**

| Team | Relay | | | Finals Time |
|-----------------------------|-------------------|------------------------|-----------------------|-------------|
| 1 Hillsdale | A | | | 5:22.40 |
| 1) Jessica Garcia Vargas JR | 2) Phoebe Lin FR | 3) Kaylee Lopez Top JR | 4) Megan Wong SO | |
| 2 Westmoor | A | | | 5:36.29 |
| 1) Krystalyn Isleta JR | 2) Emily Liang SO | 3) Brianna Kuang SO | 4) Emma Magayanes FR | |
| --- Jefferson | A | | | DQ |
| 1) Dorothy Alinea SO | 2) Kalina Chen SO | 3) Mariel Holgado SO | 4) Liliane Domingo SO | |

Girls 400 Yard Freestyle Relay Varsity

PAL: 3:53.50 2004

Carlmont

- 3:27.68 ALAM Auto AI-American**
- 3:31.16 CONS AI-American Consider**
- 3:32.13 CIF CIF State MEET**
- 3:56.99 CCS**

| Team | Relay | | | Finals Time |
|----------------------|---------------------|--------------------------|-----------------------|-------------|
| 1 Half Moon Bay | A | | | 3:58.93 |
| 1) Charis Taner FR | 2) Alex Sardella JR | 3) Louisa Kearns JR | 4) Zoe Chait SR | |
| 2 Hillsdale | A | | | 4:01.79 |
| 1) Shreya Kashyap JR | 2) Samantha Lin JR | 3) Makena Truong FR | 4) Sadie Wong JR | |
| 3 Westmoor | A | | | 4:18.42 |
| 1) Madison Lam SR | 2) Janice Leung SR | 3) Taylor Lam SO | 4) Cat Nightingale SR | |
| 4 Oceana | A | | | 4:48.80 |
| 1) Sydney Yen SO | 2) Kelsni Cheng JR | 3) Meadow Dart SR | 4) Ashley Cai JR | |
| 5 Terra Nova | A | | | 4:58.62 |
| 1) Summer Simpson JR | 2) Anya Bullis SO | 3) Lilyanna Carpenter JR | 4) Angela Parr FR | |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Girls 200 Yard Medley Relay Varsity

PAL: 1:54.70 2015

San Mateo

- 1:44.27 ALAM Auto AI-American**
- 1:46.16 CONS AI-American Consider**
- 1:46.89 CIF CIF State MEET**
- 1:58.99 CCS**

| Team | Relay | | | Finals Time |
|---------------------------|-----------------------|------------------------|-----------------------|--------------------|
| 1 Hillsdale | A | | | 1:57.80 CCS |
| 1) Samantha Lin JR | 2) Shreya Kashyap JR | 3) Sadie Wong JR | 4) Makena Truong FR | |
| 2 El Camino | A | | | 2:07.80 |
| 1) Caitlyn So SO | 2) Abigal Chui SO | 3) Gabrielle Lai SR | 4) Samantha Yee SR | |
| 3 Westmoor | A | | | 2:08.52 |
| 1) Taylor Lam SO | 2) Allison Pascual SR | 3) Cat Nightingale SR | 4) Azusa Fini SO | |
| 4 Half Moon Bay | A | | | 2:13.03 |
| 1) Makenzie Bazan FR | 2) Phoebe Grant SR | 3) Cassidy Brians SO | 4) Angel Tinetti SR | |
| 5 Oceana | A | | | 2:21.55 |
| 1) Meadow Dart SR | 2) Kelsni Cheng JR | 3) Ashley Cai JR | 4) Emma Kim SO | |
| 6 Jefferson | A | | | 3:00.87 |
| 1) Althea Rosario JR | 2) Robelynn Cruz SO | 3) Hannah Gonzalez SR | 4) Charmay Repollo JR | |
| --- Terra Nova | A | | | DQ |
| 1) Bryer Rose FR | 2) Sascha Ebinger SR | 3) Kamryn Stevenson FR | 4) Angela Parr FR | |
| --- Capuchino High School | A | | | SCR |
| 1) Daisy Huerta JR | 2) Jenna Choy JR | 3) Quinn Quintana SR | 4) Emilia Singer SO | |

Girls 200 Yard Medley Relay Junior Varsity

PAL: 2:07.41 1997

Terra Nova

- 1:44.27 ALAM Auto AI-American**
- 1:46.16 CONS AI-American Consider**
- 1:46.89 CIF CIF State MEET**
- 1:58.99 CCS**

| Team | Relay | | | Finals Time |
|-------------------------|----------------------|----------------------|-----------------------|--------------------|
| 1 El Camino | A | | | 2:29.14 |
| 1) Cynthia Fu SO | 2) Elina Jumanan JR | 3) Nyla Macairan FR | 4) Ryley Saavedra SO | |
| 2 Hillsdale | A | | | 2:30.09 |
| 1) Phoebe Lin FR | 2) Vanessa Vieira SO | 3) Hailey Lema SO | 4) Annabel Okamoto FR | |
| 3 Westmoor | A | | | 2:41.16 |
| 1) Krystalyn Isleta JR | 2) Emily Liang SO | 3) Emma Magayanes FR | 4) Brianna Kuang SO | |
| 4 Half Moon Bay | A | | | 2:42.34 |
| 1) Stella Fischer SO | 2) Elena Liu JR | 3) Julie Nair SO | 4) Simone Fischer FR | |
| 5 Capuchino High School | A | | | 3:00.79 |
| 1) Riley Burton FR | 2) Makeila Rebusi JR | 3) Alyssa Moreno FR | 4) Ivana Young SO | |

Boys 50 Yard Freestyle Varsity

PAL: 21.27 5/3/2019 Nathaniel Macapagal

El Camino

- 20.43 ALAM Auto AI-American**
- 20.85 CONS AI-American Consider**
- 20.90 CIF CIF State MEET**
- 22.59 CCS**

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|-----------|---------------|--------------------|--------------------|
| A - Final | | | | |
| 1 Dane Potter | SR | Terra Nova | 21.46 | 21.80 CCS |
| 2 Ashton Phan | SR | El Camino | 22.57 | 22.07 CCS |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

A - Final ... (Boys 50 Yard Freestyle Varsity)

| Name | Yr | School | Prelim Time | Finals Time | |
|--------------------|----|---------------|-------------|-------------|-----|
| 3 Jackson Grafilo | SO | Westmoor | 22.96 | 22.52 | CCS |
| 4 Chris Stray | SO | Hillsdale | 23.18 | 23.35 | |
| 5 Marcus McMichael | FR | Terra Nova | 24.13 | 23.94 | |
| 6 Brennan Higaki | SR | Half Moon Bay | 24.87 | 25.11 | |

B - Final

| | | | | | |
|---------------------------|----|---------------------|-------|-------|--|
| 7 Jonathan Martins-Rettes | SO | Terra Nova | 25.40 | 24.85 | |
| 8 Taner Heidenreich | SO | Hillsdale | 25.03 | 24.92 | |
| 9 Jerrick Sunga | FR | South San Francisco | 25.16 | 25.27 | |
| 10 Mathew Jenkins-Cruz | JR | Oceana | 25.48 | 25.52 | |
| 11 Anderson Birkett | FR | Hillsdale | 25.94 | 26.02 | |
| 12 Shane McGuirk | JR | Half Moon Bay | 26.01 | 26.43 | |

Boys 50 Yard Freestyle Junior Varsity

| | | | | |
|------|-------|------|---------------------------|-----------|
| PAL: | 24.93 | 2015 | Jarod Frias | Capuchino |
| | 20.43 | | ALAM Auto Al-American | |
| | 20.85 | | CONS Al-American Consider | |
| | 20.90 | | CIF CIF State MEET | |
| | 22.59 | | CCS | |

| Name | Yr | School | Prelim Time | Finals Time |
|------|----|--------|-------------|-------------|
|------|----|--------|-------------|-------------|

A - Final

| | | | | |
|-------------------------|----|---------------|-------|-------|
| 1 Zander Merrill | SO | Half Moon Bay | 23.97 | 23.70 |
| 2 Bradley Petterson | FR | El Camino | 27.43 | 27.66 |
| 3 Josh Parecki | SO | Hillsdale | 28.84 | 28.62 |
| 4 Nova Auerbach Polanco | JR | Westmoor | 30.26 | 29.35 |
| 5 Soren Eoff | SO | Half Moon Bay | 29.77 | 29.59 |
| 6 Ryan Moe | SO | El Camino | 31.47 | 30.80 |

B - Final

| | | | | |
|-------------------|----|-----------------------|-------|-------|
| 7 Patrick Tang | SO | El Camino | 31.50 | 31.47 |
| 8 Gabe Singer | SO | Hillsdale | 31.85 | 32.46 |
| 9 Emre Uygur | FR | Hillsdale | 36.40 | 35.76 |
| 10 Yiu-wai Wu | FR | Oceana | 39.37 | 40.94 |
| --- Omar Alsharif | FR | Capuchino High School | 37.15 | DQ |

Boys 50 Yard Freestyle Varsity

| | | | | |
|------|-------|----------|---------------------------|-----------|
| PAL: | 21.27 | 5/3/2019 | Nathaniel Macapagal | El Camino |
| | 20.43 | | ALAM Auto Al-American | |
| | 20.85 | | CONS Al-American Consider | |
| | 20.90 | | CIF CIF State MEET | |
| | 22.59 | | CCS | |

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

Preliminaries

| | | | | | |
|---------------------------|----|---------------------|--|-------|------|
| 1 Dane Potter | SR | Terra Nova | | 21.46 | qCCS |
| 2 Ashton Phan | SR | El Camino | | 22.57 | qCCS |
| 3 Jackson Grafilo | SO | Westmoor | | 22.96 | q |
| 4 Chris Stray | SO | Hillsdale | | 23.18 | q |
| 5 Marcus McMichael | FR | Terra Nova | | 24.13 | q |
| 6 Brennan Higaki | SR | Half Moon Bay | | 24.87 | q |
| 7 Taner Heidenreich | SO | Hillsdale | | 25.03 | q |
| 8 Jerrick Sunga | FR | South San Francisco | | 25.16 | q |
| 9 Jonathan Martins-Rettes | SO | Terra Nova | | 25.40 | q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Preliminaries ... (Boys 50 Yard Freestyle Varsity)**

| | Name | Yr | School | Seed Time | Prelim Time |
|----|------------------------|-----------|-----------------------|------------------|--------------------|
| 10 | Mathew Jenkins-Cruz | JR | Oceana | | 25.48 q |
| 11 | Anderson Birkett | FR | Hillsdale | | 25.94 q |
| 12 | Shane McGuirk | JR | Half Moon Bay | | 26.01 q |
| 13 | Gabriel Hua | SR | El Camino | | 26.10 |
| 14 | Lawrence Kuang | SR | Westmoor | | 26.14 |
| 15 | Kaleo Lozada | SR | Capuchino High School | | 26.66 |
| 16 | Jayden Vong | JR | Oceana | | 27.28 |
| 17 | Elliot Mai | SO | Capuchino High School | | 27.35 |
| 18 | Jake Curthoys | JR | Half Moon Bay | | 27.94 |
| 19 | Austin Lu | SO | Hillsdale | | 27.99 |
| 20 | Shane Ansgarius | FR | Terra Nova | | 28.91 |
| 21 | JB Ferreira | JR | Capuchino High School | | 30.87 |
| 22 | James Verdura | JR | Half Moon Bay | | 31.09 |
| 23 | Tyler Fassler | JR | Capuchino High School | | 31.78 |
| 24 | Eljhon Valenzuela | SO | South San Francisco | | 32.61 |
| 25 | Xavier Caspe | JR | Jefferson | | 33.60 |
| 26 | Benicio Chavez Cordell | SO | South San Francisco | | 34.04 |
| 27 | Gabriel Machado | SO | South San Francisco | | 36.16 |
| 28 | Dennis Wong | SR | Oceana | | 43.55 |

Boys 50 Yard Freestyle Junior Varsity

PAL: 24.93 2015 Jarod Frias
 20.43 ALAM Auto AI-American
 20.85 CONS AI-American Consider
 20.90 CIF CIF State MEET
 22.59 CCS

Capuchino

| | Name | Yr | School | Seed Time | Prelim Time |
|----------------------|-----------------------|-----------|-----------------------|------------------|--------------------|
| Preliminaries | | | | | |
| 1 | Zander Merrill | SO | Half Moon Bay | | 23.97 q |
| 2 | Bradley Petterson | FR | El Camino | | 27.43 q |
| 3 | Josh Parecki | SO | Hillsdale | | 28.84 q |
| 4 | Soren Eoff | SO | Half Moon Bay | | 29.77 q |
| 5 | Nova Auerbach Polanco | JR | Westmoor | | 30.26 q |
| 6 | Ezra Quiroz | FR | Capuchino High School | | 30.59 q |
| 7 | Ryan Moe | SO | El Camino | | 31.47 q |
| 8 | Patrick Tang | SO | El Camino | | 31.50 q |
| 9 | Gabe Singer | SO | Hillsdale | | 31.85 q |
| 10 | Emre Uygur | FR | Hillsdale | | 36.40 q |
| 11 | Omar Alsharif | FR | Capuchino High School | | 37.15 q |
| 12 | Mataio Lozada | SO | Capuchino High School | | 37.84 q |
| 13 | Yiu-wai Wu | FR | Oceana | | 39.37 |
| --- | Declan Reed | FR | Oceana | | NS |
| --- | Colin Travis | JR | Half Moon Bay | | SCR |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024
PAL Trials and Finals 2024 Ocean Division
Oceana High School
Results

Boys 100 Yard Freestyle Varsity

PAL: 46.98 5/4/2019 Nathaniel Macapagal El Camino
 44.83 ALAM Auto Al-American
 45.64 CONS Al-American Consider
 46.05 CIF CIF State MEET
 49.69 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|--------------------------|------------------|-------------|-------------|
| A - Final | | | | |
| 1 | Liam Wilson | SR Half Moon Bay | 49.72 | 49.77 |
| 2 | Kyle Chen | SO Westmoor | 52.58 | 51.03 |
| 3 | Aditya Tendulkar | JR Hillsdale | 53.70 | 51.82 |
| 4 | Adit Rai | SR El Camino | 56.62 | 55.86 |
| 5 | Taner Heidenreich | SO Hillsdale | 55.34 | 56.49 |
| 6 | Anderson Birkett | FR Hillsdale | 57.88 | 58.55 |
| B - Final | | | | |
| 7 | Gabriel Hua | SR El Camino | 58.05 | 57.53 |
| 8 | Lawrence Kuang | SR Westmoor | 59.52 | 1:00.17 |
| 9 | Vaisigago Uperesa-Teleai | SR Terra Nova | 58.31 | 1:00.31 |
| 10 | Josh Kyaw | SR Westmoor | 1:01.04 | 1:00.65 |
| 11 | Alexander Glynn | JR Terra Nova | 1:00.95 | 1:01.51 |
| 12 | Chris Yoberd | JR Oceana | 1:02.39 | 1:03.15 |

Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012 Avery Calhoun Half Moon Bay
 44.83 ALAM Auto Al-American
 45.64 CONS Al-American Consider
 46.05 CIF CIF State MEET
 49.69 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|-------------------|------------------|-------------|-------------|
| A - Final | | | | |
| 1 | Zander Merrill | SO Half Moon Bay | 51.63 | 52.67 |
| 2 | Matthew Cho | JR El Camino | 1:03.57 | 1:03.31 |
| 3 | Bradley Petterson | FR El Camino | 1:01.44 | 1:03.40 |
| 4 | David Nguyen | SO El Camino | 1:07.28 | 1:07.04 |
| 5 | Erkan Mecit | SO Hillsdale | 1:08.47 | 1:08.17 |
| 6 | Krounyx Bolleser | JR Westmoor | 1:09.35 | 1:10.16 |
| B - Final | | | | |
| 7 | Skyler Liu | FR El Camino | 1:13.69 | 1:09.85 |
| 8 | Gabe Singer | SO Hillsdale | 1:13.18 | 1:11.84 |
| 9 | Alex Wright | FR Hillsdale | 1:17.37 | 1:20.13 |

Boys 100 Yard Freestyle Varsity

44.83 ALAM Auto Al-American
 45.64 CONS Al-American Consider
 46.05 CIF CIF State MEET
 49.69 CCS

| Name | Yr | School | Finals Time |
|------|-------------|------------------|-------------|
| 1 | Liam Wilson | SR Half Moon Bay | 49.42 CCS |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Boys 100 Yard Freestyle Swim-off Varsity**

44.83 ALAM Auto Al-American
 45.64 CONS Al-American Consider
 46.05 CIF CIF State MEET
 49.69 CCS

| Name | Yr | School | Finals Time |
|-------------------|----|---------------|-------------|
| - Swim-off | | | |
| 1 Jake Curthoys | JR | Half Moon Bay | 1:00.39 |
| 2 Jayden Vong | JR | Oceana | 1:04.65 |

Boys 100 Yard Freestyle Junior Varsity

PAL: 55.26 2012 Avery Calhoun Half Moon Bay
 44.83 ALAM Auto Al-American
 45.64 CONS Al-American Consider
 46.05 CIF CIF State MEET
 49.69 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|---------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Zander Merrill | SO | Half Moon Bay | | 51.63 q |
| 2 Bradley Petterson | FR | El Camino | | 1:01.44 q |
| 3 Matthew Cho | JR | El Camino | | 1:03.57 q |
| 4 David Nguyen | SO | El Camino | | 1:07.28 q |
| 5 Erkan Mecit | SO | Hillsdale | | 1:08.47 q |
| 6 Krounyx Bolleser | JR | Westmoor | | 1:09.35 q |
| 7 Gabe Singer | SO | Hillsdale | | 1:13.18 q |
| 8 Skyler Liu | FR | El Camino | | 1:13.69 q |
| --- Alex Wright | FR | Hillsdale | | DQ |
| --- Colin Travis | JR | Half Moon Bay | | SCR |
| --- Nathan Kuang | JR | Westmoor | | SCR |

Boys 100 Yard Freestyle Varsity

PAL: 46.98 5/4/2019 Nathaniel Macapagal El Camino
 44.83 ALAM Auto Al-American
 45.64 CONS Al-American Consider
 46.05 CIF CIF State MEET
 49.69 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Liam Wilson | SR | Half Moon Bay | | 49.72 q |
| 2 Kyle Chen | SO | Westmoor | | 52.58 q |
| 3 Aditya Tendulkar | JR | Hillsdale | | 53.70 q |
| 4 Taner Heidenreich | SO | Hillsdale | | 55.34 q |
| 5 Adit Rai | SR | El Camino | | 56.62 q |
| 6 Anderson Birkett | FR | Hillsdale | | 57.88 q |
| 7 Gabriel Hua | SR | El Camino | | 58.05 q |
| 8 Vaisigago Uperesa-Teleai | SR | Terra Nova | | 58.31 q |
| 9 Lawrence Kuang | SR | Westmoor | | 59.52 q |
| 10 Alexander Glynn | JR | Terra Nova | | 1:00.95 q |
| 11 Josh Kyaw | SR | Westmoor | | 1:01.04 q |
| 12 Kaleo Lozada | SR | Capuchino High School | | 1:01.23 q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Preliminaries ... (Boys 100 Yard Freestyle Varsity)

| Name | Yr | School | Seed Time | Prelim Time |
|-------------------|----|---------------|-----------|-------------|
| 13 Chris Yoberd | JR | Oceana | | 1:02.39 |
| *14 Jayden Vong | JR | Oceana | | 1:02.59 |
| *14 Jake Curthoys | JR | Half Moon Bay | | 1:02.59 |

Swim-Off Required

| | | | | |
|----------------------------|----|-----------------------|--|---------|
| 16 Austin Lu | SO | Hillsdale | | 1:04.55 |
| 17 Dom Mathers | FR | Capuchino High School | | 1:05.66 |
| 18 Edward Tian | JR | South San Francisco | | 1:06.48 |
| 19 Adam Rice | FR | Terra Nova | | 1:07.02 |
| 20 Christian Perez | JR | Capuchino High School | | 1:08.82 |
| 21 Jacob Truong | FR | Terra Nova | | 1:08.85 |
| 22 James Verdura | JR | Half Moon Bay | | 1:09.72 |
| 23 Gabriel Machado | SO | South San Francisco | | 1:17.97 |
| 24 Keanu Morikawa | SR | Capuchino High School | | 1:18.96 |
| 25 Lance Kim | SO | Oceana | | 1:19.57 |
| --- Benicio Chavez Cordell | SO | South San Francisco | | SCR |

Boys 200 Yard Freestyle Varsity

| | | | | |
|-------------|----------------|-------------|----------------------------------|------------------|
| PAL: | 1:45.26 | 2013 | JJ Harlet | San Mateo |
| | 1:38.67 | | ALAM Auto Al-American | |
| | 1:40.06 | | CONS Al-American Consider | |
| | 1:40.18 | | CIF CIF State MEET | |
| | 1:48.99 | | CCS | |

| Name | Yr | School | Prelim Time | Finals Time |
|-----------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Liam Wilson | SR | Half Moon Bay | 1:48.34 | 1:50.32 |
| 2 Chris Stray | SO | Hillsdale | 1:56.34 | 1:56.42 |
| 3 Joaquin Grafilo | SR | Westmoor | 2:00.71 | 1:59.31 |
| 4 Isaiah Yeager | SO | Hillsdale | 2:03.03 | 2:00.74 |
| 5 Brennan Higaki | SR | Half Moon Bay | 2:02.66 | 2:04.06 |
| 6 Adit Rai | SR | El Camino | 2:04.95 | 2:04.47 |
| B - Final | | | | |
| 7 Lin Myat | SO | Westmoor | 2:06.49 | 2:06.94 |
| 8 Mathew Jenkins-Cruz | JR | Oceana | 2:14.41 | 2:09.71 |
| 9 Braiden Sommerfeld | FR | Hillsdale | 2:12.59 | 2:09.87 |
| 10 Isaac Goulart | JR | Half Moon Bay | 2:13.35 | 2:15.76 |
| 11 Sav Zhukov | FR | Oceana | 2:29.31 | 2:25.73 |
| 12 Chris Yoberd | JR | Oceana | 2:27.25 | 2:28.54 |

Boys 200 Yard Freestyle Junior Varsity

| | | | | |
|-------------|----------------|-------------|----------------------------------|-------------------|
| PAL: | 2:02.44 | 2002 | Carlos Sanchez | Terra Nova |
| | 1:38.67 | | ALAM Auto Al-American | |
| | 1:40.06 | | CONS Al-American Consider | |
| | 1:40.18 | | CIF CIF State MEET | |
| | 1:48.99 | | CCS | |

| Name | Yr | School | Finals Time |
|----------------------|----|-----------|-------------|
| 1 Benjamin Steinbach | SO | Hillsdale | 2:16.16 |
| 2 Brendan Chen | FR | El Camino | 2:22.85 |
| 3 Nate Evans | SO | Hillsdale | 2:31.41 |
| 4 David Nguyen | SO | El Camino | 2:32.74 |
| 5 Krounyx Bolleser | JR | Westmoor | 2:44.90 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****(Boys 200 Yard Freestyle Junior Varsity)**

| Name | Yr | School | Finals Time |
|------------------|----|----------|-------------|
| --- Nathan Kuang | JR | Westmoor | SCR |

Boys 200 Yard Freestyle Varsity

| | | | | |
|------|---------|------|---------------------------|-----------|
| PAL: | 1:45.26 | 2013 | JJ Harlet | San Mateo |
| | 1:38.67 | | ALAM Auto Al-American | |
| | 1:40.06 | | CONS Al-American Consider | |
| | 1:40.18 | | CIF CIF State MEET | |
| | 1:48.99 | | CCS | |

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|---------------------|--------|-----------------------|--------------|
| Preliminaries | | | | |
| 1 | Liam Wilson | SR | Half Moon Bay | 1:48.34 qCCS |
| 2 | Chris Stray | SO | Hillsdale | 1:56.34 q |
| 3 | Joaquin Grafilo | SR | Westmoor | 2:00.71 q |
| 4 | Brennan Higaki | SR | Half Moon Bay | 2:02.66 q |
| 5 | Isaiah Yeager | SO | Hillsdale | 2:03.03 q |
| 6 | Adit Rai | SR | El Camino | 2:04.95 q |
| 7 | Lin Myat | SO | Westmoor | 2:06.49 q |
| 8 | Braiden Sommerfeld | FR | Hillsdale | 2:12.59 q |
| 9 | Isaac Goulart | JR | Half Moon Bay | 2:13.35 q |
| 10 | Mathew Jenkins-Cruz | JR | Oceana | 2:14.41 q |
| 11 | Chris Yoberd | JR | Oceana | 2:27.25 q |
| 12 | Sav Zhukov | FR | Oceana | 2:29.31 q |
| 13 | Dom Mathers | FR | Capuchino High School | 2:29.48 |
| 14 | Jacob Truong | FR | Terra Nova | 2:33.64 |
| 15 | Shane Ansgarius | FR | Terra Nova | 2:34.78 |
| 16 | Josh Kyaw | SR | Westmoor | 2:38.21 |
| 17 | Wyatt Haggarty | SO | Terra Nova | 2:39.63 |
| 18 | Angel De La Cruz | SR | Jefferson | 2:47.33 |
| 19 | Dominic Presta | SO | Oceana | 2:52.86 |

Boys 500 Yard Freestyle Varsity

| | | | | |
|------|---------|------|---------------------------|-----------|
| PAL: | 4:45.10 | 2010 | Ronald Chen | San Mateo |
| | 4:29.39 | | ALAM Auto Al-American | |
| | 4:31.94 | | CIF CIF State MEET | |
| | 4:33.16 | | CONS Al-American Consider | |
| | 4:57.99 | | CCS | |

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|------------------|--------|---------------|---------------------|
| A - Final | | | | |
| 1 | Ryan Musich | SR | Hillsdale | 4:51.96 4:49.76 CCS |
| 2 | Milan Dizitser | FR | Hillsdale | 5:18.64 5:12.53 |
| 3 | Lin Myat | SO | Westmoor | 5:47.08 5:44.20 |
| 4 | Gavin Koelsch | JR | Half Moon Bay | 6:12.85 6:07.74 |
| 5 | Zackery Fung | SO | El Camino | 6:24.71 6:17.30 |
| 6 | Adam Rice | FR | Terra Nova | 6:30.78 6:56.08 |
| B - Final | | | | |
| 7 | Sav Zhukov | FR | Oceana | 7:07.29 7:10.32 |
| 8 | Angel De La Cruz | SR | Jefferson | 7:53.51 7:55.75 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Boys 500 Yard Freestyle Varsity

PAL: 4:45.10 2010 Ronald Chen San Mateo
 4:29.39 ALAM Auto AI-American
 4:31.94 CIF CIF State MEET
 4:33.16 CONS AI-American Consider
 4:57.99 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|------------------|------------------|-----------|--------------|
| Preliminaries | | | | |
| 1 | Ryan Musich | SR Hillsdale | | 4:51.96 qCCS |
| 2 | Milan Dizitser | FR Hillsdale | | 5:18.64 q |
| 3 | Lin Myat | SO Westmoor | | 5:47.08 q |
| 4 | Gavin Koelsch | JR Half Moon Bay | | 6:12.85 q |
| 5 | Zackery Fung | SO El Camino | | 6:24.71 q |
| 6 | Adam Rice | FR Terra Nova | | 6:30.78 q |
| 7 | Sav Zhukov | FR Oceana | | 7:07.29 q |
| 8 | Angel De La Cruz | SR Jefferson | | 7:53.51 q |

Boys 50 Yard Backstroke Junior Varsity

PAL: 28.37 2010 Carter White Half Moon Bay

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|------------------------|--------------------------|-------------|-------------|
| A - Final | | | | |
| 1 | Nate Evans | SO Hillsdale | 34.23 | 33.57 |
| 2 | Anzell Nursalim | SO El Camino | 36.27 | 33.75 |
| 3 | Emmett Forrest | FR Half Moon Bay | 37.74 | 40.09 |
| 4 | Gabriel Javinal | FR El Camino | 43.86 | 42.59 |
| 5 | Patrick Tang | SO El Camino | 44.09 | 46.99 |
| --- | Evan Fu | FR Hillsdale | 44.50 | DQ |
| B - Final | | | | |
| 7 | Emre Uygur | FR Hillsdale | 45.92 | 45.78 |
| 8 | Sergio Fonseca Paredes | FR Capuchino High School | 52.66 | 50.11 |

Boys 50 Yard Backstroke Junior Varsity

PAL: 28.37 2010 Carter White Half Moon Bay

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|------------------------|--------------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 | Nate Evans | SO Hillsdale | | 34.23 q |
| 2 | Anzell Nursalim | SO El Camino | | 36.27 q |
| 3 | Emmett Forrest | FR Half Moon Bay | | 37.74 q |
| 4 | Gabriel Javinal | FR El Camino | | 43.86 q |
| 5 | Patrick Tang | SO El Camino | | 44.09 q |
| 6 | Evan Fu | FR Hillsdale | | 44.50 q |
| 7 | Emre Uygur | FR Hillsdale | | 45.92 q |
| 8 | Sergio Fonseca Paredes | FR Capuchino High School | | 52.66 q |
| --- | Ethan Liu | SO El Camino | | DFS |

Declared false start

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Boys 100 Yard Backstroke Varsity

PAL: 50.60 4/28/2022 Jeremy Tan El Camino
 49.07 ALAM Auto Al-American
 49.90 CIF CIF State MEET
 50.18 CONS Al-American Consider
 56.99 CCS

| Name | Yr | School | Prelim Time | Finals Time | |
|------------------|-----------|------------|---------------|-------------|-----------|
| A - Final | | | | | |
| 1 | Ashton | Phan SR | El Camino | 55.20 | 52.58 CCS |
| 2 | Dane | Potter SR | Terra Nova | 55.92 | 55.81 CCS |
| 3 | Joaquin | Grafilo SR | Westmoor | 1:00.62 | 59.36 |
| 4 | Jacob | Ng SO | Hillsdale | 1:03.32 | 1:01.48 |
| 5 | Adam | Hu SO | El Camino | 1:04.51 | 1:03.84 |
| 6 | Maurico | Navarro FR | El Camino | 1:04.33 | 1:04.56 |
| B - Final | | | | | |
| 7 | Kyle | Chen SO | Westmoor | 1:05.73 | 1:03.52 |
| 8 | Isaac | Goulart JR | Half Moon Bay | 1:07.92 | 1:10.53 |
| 9 | Alexander | Glynn JR | Terra Nova | 1:11.91 | 1:10.69 |
| 10 | Zackery | Fung SO | El Camino | 1:11.43 | 1:11.40 |
| 11 | Baker | Book JR | Half Moon Bay | 1:11.31 | 1:11.44 |
| 12 | Clive | Go SO | Jefferson | 1:15.25 | 1:14.19 |

Boys 100 Yard Backstroke Junior Varsity

PAL: 1:02.45 2010 Carter White Half Moon Bay
 49.07 ALAM Auto Al-American
 49.90 CIF CIF State MEET
 50.18 CONS Al-American Consider
 56.99 CCS

| Name | Yr | School | Finals Time |
|------|---------|---------------------|-------------------|
| 1 | Anzell | Nursalim SO | El Camino 1:20.56 |
| 2 | Nova | Auerbach Polanco JR | Westmoor 1:21.71 |
| 3 | Matthew | Pun JR | El Camino 1:27.78 |
| 4 | Ethan | Liu SO | El Camino 1:30.04 |
| 5 | Kamal | Khalil FR | Hillsdale 1:47.01 |

Boys 100 Yard Backstroke Varsity

PAL: 50.60 4/28/2022 Jeremy Tan El Camino
 49.07 ALAM Auto Al-American
 49.90 CIF CIF State MEET
 50.18 CONS Al-American Consider
 56.99 CCS

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|---------|------------|---------------|-------------|------|
| Preliminaries | | | | | |
| 1 | Ashton | Phan SR | El Camino | 55.20 | qCCS |
| 2 | Dane | Potter SR | Terra Nova | 55.92 | qCCS |
| 3 | Joaquin | Grafilo SR | Westmoor | 1:00.62 | q |
| 4 | Jacob | Ng SO | Hillsdale | 1:03.32 | q |
| 5 | Maurico | Navarro FR | El Camino | 1:04.33 | q |
| 6 | Adam | Hu SO | El Camino | 1:04.51 | q |
| 7 | Kyle | Chen SO | Westmoor | 1:05.73 | q |
| 8 | Isaac | Goulart JR | Half Moon Bay | 1:07.92 | q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Preliminaries ... (Boys 100 Yard Backstroke Varsity)

| Name | Yr | School | Seed Time | Prelim Time | |
|--------------------|----|---------------|-----------|-------------|---|
| 9 Baker Book | JR | Half Moon Bay | | 1:11.31 | q |
| 10 Zackery Fung | SO | El Camino | | 1:11.43 | q |
| 11 Alexander Glynn | JR | Terra Nova | | 1:11.91 | q |
| 12 Clive Go | SO | Jefferson | | 1:15.25 | q |
| *13 Tyler Paing | SR | Oceana | | 1:19.26 | |
| *13 Dominic Presta | SO | Oceana | | 1:19.26 | |

Swim-Off Required

| | | | | | |
|--------------------------|----|-----------------------|--|---------|--|
| 15 Kai Gieraths | SO | Terra Nova | | 1:21.31 | |
| 16 Tyler Fassler | JR | Capuchino High School | | 1:31.62 | |
| 17 Jhosse Cerritos Perez | SR | South San Francisco | | 1:35.48 | |
| 18 Keanu Morikawa | SR | Capuchino High School | | 1:39.27 | |

Boys 50 Yard Breaststroke Junior Varsity

| Name | Yr | School | Prelim Time | Finals Time |
|------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Aden Chang | JR | El Camino | 36.64 | 36.67 |
| 2 Brendan Chen | FR | El Camino | 36.05 | 37.66 |
| 3 Clayton Lau | SO | El Camino | 38.21 | 38.72 |
| 4 Daniel Kim | SO | Hillsdale | 39.25 | 39.19 |
| 5 Emmett Forrest | FR | Half Moon Bay | 41.27 | 42.26 |
| 6 Soren Eoff | SO | Half Moon Bay | 43.21 | 42.70 |
| B - Final | | | | |
| 7 Kai Higaki | FR | Half Moon Bay | 43.41 | 40.92 |
| 8 Erkan Mecit | SO | Hillsdale | 43.83 | 41.91 |
| 9 Randy Chen | FR | Westmoor | 44.71 | 44.91 |

Boys 50 Yard Breaststroke Junior Varsity

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|----|---------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 Brendan Chen | FR | El Camino | | 36.05 | q |
| 2 Aden Chang | JR | El Camino | | 36.64 | q |
| 3 Clayton Lau | SO | El Camino | | 38.21 | q |
| 4 Daniel Kim | SO | Hillsdale | | 39.25 | q |
| 5 Emmett Forrest | FR | Half Moon Bay | | 41.27 | q |
| 6 Soren Eoff | SO | Half Moon Bay | | 43.21 | q |
| 7 Kai Higaki | FR | Half Moon Bay | | 43.41 | q |
| 8 Erkan Mecit | SO | Hillsdale | | 43.83 | q |
| 9 Randy Chen | FR | Westmoor | | 44.71 | q |
| --- James Newton | FR | El Camino | | SCR | |
| --- Declan Reed | FR | Oceana | | SCR | |
| --- Evan Fu | FR | Hillsdale | | SCR | |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Boys 100 Yard Breaststroke Varsity

PAL: 58.75 2018 Nick Tan EL Camino
 55.44 ALAM Auto Al-American
 56.65 CIF CIF State MEET
 56.68 CONS Al-American Consider
 1:01.99 CCS

| Name | Yr | School | Prelim Time | Finals Time | |
|------------------|------------------|--------------------------|-------------|-------------|-----|
| A - Final | | | | | |
| 1 | Justin Ferrer | JR Westmoor | 59.44 | 59.42 | CCS |
| 2 | Aditya Tendulkar | JR Hillsdale | 1:03.73 | 1:03.61 | |
| 3 | Leo Lai | FR El Camino | 1:06.59 | 1:04.78 | |
| 4 | Marcus McMichael | FR Terra Nova | 1:08.53 | 1:07.77 | |
| 5 | Tyler Ho | FR Westmoor | 1:12.13 | 1:10.50 | |
| 6 | Henry Cattermole | JR Half Moon Bay | 1:13.05 | 1:12.75 | |
| B - Final | | | | | |
| 7 | Isaiah Yeager | SO Hillsdale | 1:13.95 | 1:10.31 | |
| 8 | Adam Hu | SO El Camino | 1:13.56 | 1:12.66 | |
| 9 | Sean Rogerson | FR Half Moon Bay | 1:14.27 | 1:12.90 | |
| 10 | Ryan Choy | JR Hillsdale | 1:15.05 | 1:14.52 | |
| 11 | Elliot Mai | SO Capuchino High School | 1:15.06 | 1:14.67 | |
| 12 | Maurico Navarro | FR El Camino | 1:14.99 | 1:15.42 | |

Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009 Andrew Buckley Terra Nova
 55.44 ALAM Auto Al-American
 56.65 CIF CIF State MEET
 56.68 CONS Al-American Consider
 1:01.99 CCS

| Name | Yr | School | Prelim Time | Finals Time | |
|------------------|---------------|--------------------------|-------------|-------------|--|
| A - Final | | | | | |
| 1 | Matthew Cho | JR El Camino | 1:21.79 | 1:18.20 | |
| 2 | Josh Parecki | SO Hillsdale | 1:24.96 | 1:23.48 | |
| 3 | Clayton Lau | SO El Camino | 1:26.88 | 1:26.39 | |
| 4 | Aden Chang | JR El Camino | 1:27.71 | 1:26.84 | |
| 5 | Daniel Kim | SO Hillsdale | 1:27.47 | 1:27.94 | |
| 6 | Kamal Khalil | FR Hillsdale | 1:29.53 | 1:33.93 | |
| B - Final | | | | | |
| 7 | Randy Chen | FR Westmoor | 1:39.84 | 1:38.78 | |
| 8 | Yiu-wai Wu | FR Oceana | 1:40.37 | 1:41.82 | |
| 9 | Omar Alsharif | FR Capuchino High School | 1:56.00 | 1:54.41 | |

Boys 100 Yard Breaststroke Junior Varsity

PAL: 1:11.05 2009 Andrew Buckley Terra Nova
 55.44 ALAM Auto Al-American
 56.65 CIF CIF State MEET
 56.68 CONS Al-American Consider
 1:01.99 CCS

| Name | Yr | School | Seed Time | Prelim Time | |
|----------------------|--------------|--------------|-----------|-------------|---|
| Preliminaries | | | | | |
| 1 | Matthew Cho | JR El Camino | | 1:21.79 | q |
| 2 | Josh Parecki | SO Hillsdale | | 1:24.96 | q |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Preliminaries ... (Boys 100 Yard Breaststroke Junior Varsity)

| Name | Yr | School | Seed Time | Prelim Time | |
|------------------|----|-----------------------|-----------|-------------|---|
| 3 Clayton Lau | SO | El Camino | | 1:26.88 | q |
| 4 Daniel Kim | SO | Hillsdale | | 1:27.47 | q |
| 5 Aden Chang | JR | El Camino | | 1:27.71 | q |
| 6 Ezra Quiroz | FR | Capuchino High School | | 1:29.02 | q |
| 7 Kamal Khalil | FR | Hillsdale | | 1:29.53 | q |
| 8 Randy Chen | FR | Westmoor | | 1:39.84 | q |
| 9 Yiu-wai Wu | FR | Oceana | | 1:40.37 | q |
| 10 Omar Alsharif | FR | Capuchino High School | | 1:56.00 | q |
| --- James Newton | FR | El Camino | | SCR | |

Boys 100 Yard Breaststroke Varsity

| | | | | |
|------|---------|------|---------------------------|-----------|
| PAL: | 58.75 | 2018 | Nick Tan | EL Camino |
| | 55.44 | | ALAM Auto Al-American | |
| | 56.65 | | CIF CIF State MEET | |
| | 56.68 | | CONS Al-American Consider | |
| | 1:01.99 | | CCS | |

| Name | Yr | School | Seed Time | Prelim Time | |
|---------------------------|----|-----------------------|-----------|-------------|------|
| Preliminaries | | | | | |
| 1 Justin Ferrer | JR | Westmoor | | 59.44 | qCCS |
| 2 Aditya Tendulkar | JR | Hillsdale | | 1:03.73 | q |
| 3 Leo Lai | FR | El Camino | | 1:06.59 | q |
| 4 Marcus McMichael | FR | Terra Nova | | 1:08.53 | q |
| 5 Tyler Ho | FR | Westmoor | | 1:12.13 | q |
| 6 Henry Cattermole | JR | Half Moon Bay | | 1:13.05 | q |
| 7 Adam Hu | SO | El Camino | | 1:13.56 | q |
| 8 Isaiah Yeager | SO | Hillsdale | | 1:13.95 | q |
| 9 Sean Rogerson | FR | Half Moon Bay | | 1:14.27 | q |
| 10 Maurico Navarro | FR | El Camino | | 1:14.99 | q |
| 11 Ryan Choy | JR | Hillsdale | | 1:15.05 | q |
| 12 Elliot Mai | SO | Capuchino High School | | 1:15.06 | q |
| 13 Gavin Koelsch | JR | Half Moon Bay | | 1:16.97 | |
| 14 Ian Keaney | SR | Terra Nova | | 1:18.35 | |
| 15 Christian Perez | JR | Capuchino High School | | 1:24.54 | |
| 16 Xavier Caspe | JR | Jefferson | | 1:25.69 | |
| 17 Wyatt Haggarty | SO | Terra Nova | | 1:25.89 | |
| 18 Erik Lo | SO | Capuchino High School | | 1:28.02 | |
| 19 Edward Tian | JR | South San Francisco | | 1:30.98 | |
| 20 Kai Gieraths | SO | Terra Nova | | 1:31.83 | |
| 21 Jaden Ortiz | JR | Oceana | | 1:33.85 | |
| 22 Lance Kim | SO | Oceana | | 1:36.92 | |
| --- Jhosse Cerritos Perez | SR | South San Francisco | | DQ | |
| --- Eljhon Valenzuela | SO | South San Francisco | | SCR | |
| --- Aiden Ng | SO | Oceana | | SCR | |

Boys 50 Yard Butterfly Junior Varsity

| | | | | |
|------|-------|------|------------------|---------------|
| PAL: | 27.83 | 2015 | Zachary Romsdahl | Half Moon Bay |
|------|-------|------|------------------|---------------|

| Name | Yr | School | Finals Time |
|-------------------|----|-----------|-------------|
| 1 Ivan La | SO | Westmoor | 31.08 |
| 2 Lorenzo Domingo | SO | El Camino | 32.22 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

(Boys 50 Yard Butterfly Junior Varsity)

| Name | Yr | School | Finals Time |
|-------------------|----|-----------|-------------|
| 3 Ivan Tong | FR | El Camino | 33.43 |
| 4 Gavin Fowler | FR | Hillsdale | 38.37 |
| 5 Gabriel Javinal | FR | El Camino | 41.12 |
| --- Alex Wright | FR | Hillsdale | DQ |

Boys 100 Yard Butterfly Varsity

PAL: 50.85 4/27/2022 Jeremy Tan El Camino
48.57 ALAM Auto Al-American
49.55 CIF CIF State MEET
49.69 CONS Al-American Consider
54.99 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|----------------------|----|---------------------|-------------|-------------|
| A - Final | | | | |
| 1 Jackson Grafilo | SO | Westmoor | 57.36 | 54.24 CCS |
| 2 Jose Garcia | SR | El Camino | 1:00.60 | 56.53 |
| 3 Baker Book | JR | Half Moon Bay | 1:06.13 | 1:03.97 |
| 4 Braiden Sommerfeld | FR | Hillsdale | 1:05.35 | 1:05.05 |
| 5 Jerrick Sunga | FR | South San Francisco | 1:02.58 | 1:05.06 |
| --- Milan Dizitser | FR | Hillsdale | 1:02.30 | DQ |

B - Final

| | | | | |
|---------------------------|----|------------|---------|---------|
| 7 Jonathan Martins-Rettes | SO | Terra Nova | 1:06.57 | 1:05.56 |
| 8 Tyler Paing | SR | Oceana | 1:11.92 | 1:10.23 |
| 9 Liam McCarroll | SR | Oceana | 1:11.22 | 1:11.63 |

Boys 100 Yard Butterfly Varsity

PAL: 50.85 4/27/2022 Jeremy Tan El Camino
48.57 ALAM Auto Al-American
49.55 CIF CIF State MEET
49.69 CONS Al-American Consider
54.99 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|---------------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Jackson Grafilo | SO | Westmoor | | 57.36 q |
| 2 Jose Garcia | SR | El Camino | | 1:00.60 q |
| 3 Milan Dizitser | FR | Hillsdale | | 1:02.30 q |
| 4 Jerrick Sunga | FR | South San Francisco | | 1:02.58 q |
| 5 Braiden Sommerfeld | FR | Hillsdale | | 1:05.35 q |
| 6 Baker Book | JR | Half Moon Bay | | 1:06.13 q |
| 7 Jonathan Martins-Rettes | SO | Terra Nova | | 1:06.57 q |
| 8 Liam McCarroll | SR | Oceana | | 1:11.22 q |
| 9 Tyler Paing | SR | Oceana | | 1:11.92 q |
| 10 JB Ferreira | JR | Capuchino High School | | 1:26.51 q |
| --- Xian Lumbang | FR | Oceana | | SCR |

Boys 100 Yard IM Junior Varsity

PAL: 1:02.63 2000 Rainer Amora Westmoor

| Name | Yr | School | Prelim Time | Finals Time |
|----------------------|----|-----------|-------------|-------------|
| A - Final | | | | |
| 1 Ivan La | SO | Westmoor | 1:10.32 | 1:10.70 |
| 2 Benjamin Steinbach | SO | Hillsdale | 1:13.86 | 1:15.56 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

A - Final ... (Boys 100 Yard IM Junior Varsity)

| Name | Yr | School | Prelim Time | Finals Time |
|---------------------|----|-----------------------|-------------|-------------|
| 3 Ivan Tong | FR | El Camino | 1:17.34 | 1:16.70 |
| 4 Kai Higaki | FR | Half Moon Bay | 1:22.27 | 1:21.82 |
| 5 Mataio Lozada | SO | Capuchino High School | 1:39.11 | 1:35.84 |
| --- Lorenzo Domingo | SO | El Camino | 1:20.91 | DQ |

Boys 100 Yard IM Junior Varsity

PAL: 1:02.63 2000

Rainer Amora

Westmoor

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------------|----|-----------------------|-----------|-------------|
| Preliminaries | | | | |
| 1 Ivan La | SO | Westmoor | | 1:10.32 q |
| 2 Benjamin Steinbach | SO | Hillsdale | | 1:13.86 q |
| 3 Ivan Tong | FR | El Camino | | 1:17.34 q |
| 4 Lorenzo Domingo | SO | El Camino | | 1:20.91 q |
| 5 Kai Higaki | FR | Half Moon Bay | | 1:22.27 q |
| 6 Mataio Lozada | SO | Capuchino High School | | 1:39.11 q |
| --- Sergio Fonseca Paredes | FR | Capuchino High School | | 1:42.39 |
| --- Gavin Fowler | FR | Hillsdale | | DQ |

Boys 200 Yard IM Varsity

PAL: 1:52.95 2018

Nick Tan

El Camino

1:49.50 ALAM Auto AI-American
 1:51.52 CONS AI-American Consider
 1:51.56 CIF CIF State MEET
 2:02.49 CCS

| Name | Yr | School | Prelim Time | Finals Time |
|-----------------------------|----|---------------|-------------|-------------|
| A - Final | | | | |
| 1 Ryan Musich | SR | Hillsdale | 2:00.71 | 1:56.03 CCS |
| 2 Justin Ferrer | JR | Westmoor | 2:01.18 | 1:58.13 CCS |
| 3 Jose Garcia | SR | El Camino | 2:16.23 | 2:07.49 |
| 4 Leo Lai | FR | El Camino | 2:14.31 | 2:09.26 |
| 5 Sean Rogerson | FR | Half Moon Bay | 2:23.75 | 2:18.32 |
| 6 Jacob Ng | SO | Hillsdale | 2:21.64 | 2:23.46 |
| B - Final | | | | |
| 7 Tyler Ho | FR | Westmoor | 2:31.03 | 2:22.66 |
| 8 Liam McCarroll | SR | Oceana | 2:31.28 | 2:28.42 |
| 9 Henry Cattermole | JR | Half Moon Bay | 2:40.20 | 2:32.23 |
| 10 Vaisigago Uperesa-Teleai | SR | Terra Nova | 2:33.48 | 2:35.73 |
| 11 Ian Keaney | SR | Terra Nova | 2:43.13 | 2:38.51 |
| 12 Clive Go | SO | Jefferson | 2:45.25 | 2:45.55 |

Boys 200 Yard IM Varsity

PAL: 1:52.95 2018

Nick Tan

El Camino

1:49.50 ALAM Auto AI-American
 1:51.52 CONS AI-American Consider
 1:51.56 CIF CIF State MEET
 2:02.49 CCS

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------|----|-----------|-----------|--------------|
| Preliminaries | | | | |
| 1 Ryan Musich | SR | Hillsdale | | 2:00.71 qCCS |
| 2 Justin Ferrer | JR | Westmoor | | 2:01.18 qCCS |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024**PAL Trials and Finals 2024 Ocean Division****Oceana High School****Results****Preliminaries ... (Boys 200 Yard IM Varsity)**

| Name | Yr | School | Seed Time | Prelim Time |
|----------------------------|----|-----------------------|-----------|-------------|
| 3 Leo Lai | FR | El Camino | | 2:14.31 q |
| 4 Jose Garcia | SR | El Camino | | 2:16.23 q |
| 5 Jacob Ng | SO | Hillsdale | | 2:21.64 q |
| 6 Sean Rogerson | FR | Half Moon Bay | | 2:23.75 q |
| 7 Tyler Ho | FR | Westmoor | | 2:31.03 q |
| 8 Liam McCarroll | SR | Oceana | | 2:31.28 q |
| 9 Vaisigago Uperesa-Teleai | SR | Terra Nova | | 2:33.48 q |
| 10 Henry Cattermole | JR | Half Moon Bay | | 2:40.20 q |
| 11 Ian Keaney | SR | Terra Nova | | 2:43.13 q |
| 12 Clive Go | SO | Jefferson | | 2:45.25 q |
| 13 Ryan Choy | JR | Hillsdale | | 2:46.57 |
| 14 Erik Lo | SO | Capuchino High School | | 3:11.10 |
| --- Xian Lumbang | FR | Oceana | | SCR |

Boys 200 Yard Freestyle Relay Varsity

PAL: 1:31.35 2015

El Camino

1:24.34 ALAM Auto AI-American
 1:25.75 CONS AI-American Consider
 1:25.85 CIF CIF State MEET
 1:34.39 CCS

| Team | Relay | Finals Time |
|-------------------------|------------------------|-----------------------|
| 1 Westmoor | A | 1:33.21 CCS |
| 1) Joaquin Grafilo SR | 2) Justin Ferrer JR | 3) Kyle Chen SO |
| 4) Jackson Grafilo SO | | |
| 2 El Camino | A | 1:33.57 CCS |
| 1) Leo Lai FR | 2) Ashton Phan SR | 3) Jose Garcia SR |
| 4) Adam Hu SO | | |
| 3 Hillsdale | A | 1:33.89 CCS |
| 1) Jacob Ng SO | 2) Ryan Musich SR | 3) Chris Stray SO |
| 4) Aditya Tendulkar JR | | |
| 4 Half Moon Bay | A | 1:41.51 |
| 1) Brennan Higaki SR | 2) Henry Cattermole JR | 3) Shane McGuirk JR |
| 4) Liam Wilson SR | | |
| 5 Terra Nova | A | 1:55.19 |
| 1) Ian Keaney SR | 2) Alexander Glynn JR | 3) Wyatt Haggarty SO |
| 4) Adam Rice FR | | |
| 6 Oceana | A | 1:59.09 |
| 1) Dominic Presta SO | 2) Jayden Vong JR | 3) Sav Zhukov FR |
| 4) Chris Yoberd JR | | |
| 7 Capuchino High School | A | 2:00.06 |
| 1) Elliot Mai SO | 2) Dom Mathers FR | 3) Christian Perez JR |
| 4) Kaleo Lozada SR | | |
| --- South San Francisco | A | SCR |
| 1) Jerrick Sunga FR | 2) Edward Tian JR | 3) Gabriel Machado SO |
| 4) Eljhon Valenzuela SO | | |

Boys 200 Yard Freestyle Relay Junior Varsity

PAL: 1:44.70 2010

Half Moon Bay

1:24.34 ALAM Auto AI-American
 1:25.75 CONS AI-American Consider
 1:25.85 CIF CIF State MEET
 1:34.39 CCS

| Team | Relay | Finals Time |
|----------------------|-------------------------|-----------------------|
| 1 El Camino | A | 1:53.45 |
| 1) David Nguyen SO | 2) Bradley Petterson FR | 3) Anzell Nursalim SO |
| 4) Clayton Lau SO | | |
| 2 Half Moon Bay | A | 2:00.12 |
| 1) Zander Merrill SO | 2) Soren Eoff SO | 3) Kai Higaki FR |
| 4) Colin Travis JR | | |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

(Boys 200 Yard Freestyle Relay Junior Varsity)

| Team | Relay | | | Finals Time |
|------------------|-----------------------------|------------------------|--------------------|-------------|
| 3 Westmoor | A | | | 2:04.25 |
| 1) Randy Chen FR | 2) Nova Auerbach Polanco JR | 3) Krounyx Bolleser JR | 4) Ivan La SO | |
| 4 Hillsdale | A | | | 2:11.30 |
| 1) Go Sugai FR | 2) Kamal Khalil FR | 3) Alex Wright FR | 4) Gavin Fowler FR | |

Boys 400 Yard Freestyle Relay Junior Varsity

PAL: 3:54.23 2015 Half Moon Bay
3:05.74 ALAM Auto Al-American
3:08.40 CONS Al-American Consider
3:08.45 CIF CIF State MEET
3:31.99 CCS

| Team | Relay | | | Finals Time |
|-------------------|--------------------|--------------------|--------------------------|-------------|
| 1 Hillsdale | A | | | 4:20.25 |
| 1) Erkan Mecit SO | 2) Go Sugai FR | 3) Nate Evans SO | 4) Benjamin Steinbach SO | |
| 2 El Camino | A | | | 4:29.13 |
| 1) Matthew Cho JR | 2) Brendan Chen FR | 3) David Nguyen SO | 4) Aden Chang JR | |

Boys 400 Yard Freestyle Relay Varsity

PAL: 3:26.59 2005 Half Moon Bay
3:05.74 ALAM Auto Al-American
3:08.40 CONS Al-American Consider
3:08.45 CIF CIF State MEET
3:31.99 CCS

| Team | Relay | | | Finals Time |
|---------------------------|-----------------------|-------------------------|---------------------|-------------|
| 1 Half Moon Bay | A | | | 3:41.55 |
| 1) Brennan Higaki SR | 2) Isaac Goulart JR | 3) Baker Book JR | 4) Liam Wilson SR | |
| 2 Hillsdale | A | | | 3:47.03 |
| 1) Anderson Birkett FR | 2) Milan Dizitser FR | 3) Taner Heidenreich SO | 4) Isaiah Yeager SO | |
| 3 El Camino | A | | | 3:47.36 |
| 1) Zackery Fung SO | 2) Maurico Navarro FR | 3) Adit Rai SR | 4) Gabriel Hua SR | |
| 4 Westmoor | A | | | 3:55.19 |
| 1) Lawrence Kuang SR | 2) Tyler Ho FR | 3) Josh Kyaw SR | 4) Lin Myat SO | |
| 5 Terra Nova | A | | | 4:42.77 |
| 1) Shane Ansgarius FR | 2) Jacob Truong FR | 3) Adam Rice FR | 4) Kai Gieraths SO | |
| --- Oceana | A | | | DFS |
| Declared false start | | | | |
| 1) Mathew Jenkins-Cruz JR | 2) Liam McCarroll SR | 3) Xian Lumbang FR | 4) Tyler Paing SR | |

Boys 200 Yard Medley Relay Varsity

PAL: 1:40.95 2015 El Camino
1:32.76 ALAM Auto Al-American
1:34.41 CONS Al-American Consider
1:34.50 CIF CIF State MEET
1:45.99 CCS

| Team | Relay | | | Finals Time |
|-----------------------|------------------------|-----------------------|-------------------|-------------|
| 1 Westmoor | A | | | 1:41.37 CCS |
| 1) Joaquin Grafilo SR | 2) Justin Ferrer JR | 3) Jackson Grafilo SO | 4) Kyle Chen SO | |
| 2 El Camino | A | | | 1:42.33 CCS |
| 1) Ashton Phan SR | 2) Leo Lai FR | 3) Jose Garcia SR | 4) Adam Hu SO | |
| 3 Hillsdale | A | | | 1:44.41 CCS |
| 1) Jacob Ng SO | 2) Aditya Tendulkar JR | 3) Ryan Musich SR | 4) Chris Stray SO | |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

(Boys 200 Yard Medley Relay Varsity)

| Team | Relay | Finals Time |
|--|-----------------------------|---|
| 4 Terra Nova 1) Dane Potter SR | A 2) Marcus McMichael FR | 1:53.30 3) Jonathan Martins-Rettes SO |
| 5 Half Moon Bay 1) Isaac Goulart JR | A 2) Henry Cattermole JR | 1:56.72 4) Vaisigago Uperesa-Teleai SR |
| 6 Oceana 1) Mathew Jenkins-Cruz JR | A 2) Liam McCarroll SR | 2:00.91 3) Baker Book JR |
| 7 Capuchino High School 1) Dom Mathers FR | A 2) Elliot Mai SO | 2:11.68 4) Shane McGuirk JR |
| --- South San Francisco 1) Jerrick Sunga FR | A 2) Edward Tian JR | SCR 4) Xian Lumbang FR |
| | | 4) Christian Perez JR |
| | | 4) Gabriel Machado SO |

Boys 200 Yard Medley Relay Junior Varsity

PAL: 1:57.79 2006

- 1:32.76 ALAM Auto AI-American
- 1:34.41 CONS AI-American Consider
- 1:34.50 CIF CIF State MEET
- 1:45.99 CCS

Westmoor

| Team | Relay | Finals Time |
|---|------------------------|------------------------------------|
| 1 El Camino 1) Anzell Nursalim SO | A 2) Matthew Cho JR | 2:05.24 3) Ivan Tong FR |
| 2 Half Moon Bay 1) Emmett Forrest FR | A 2) Kai Higaki FR | 2:15.54 4) Bradley Petterson FR |
| --- Westmoor 1) Nova Auerbach Polanco JR | A 2) Randy Chen FR | DQ 3) Zander Merrill SO |
| --- Hillsdale 1) Josh Parecki SO | A 2) Daniel Kim SO | DQ 4) Colin Travis JR |
| | | 4) Krounyx Bolleser JR |
| | | 4) Gabe Singer SO |

Scores - Women

Women - Varsity - Team Rankings - Through Event 117

| | | | |
|------------------|-----|--------------------------|-----|
| 1. Half Moon Bay | 268 | 2. Hillsdale | 237 |
| 3. Westmoor | 193 | 4. Terra Nova | 154 |
| 5. El Camino | 126 | 6. Oceana | 84 |
| 7. Jefferson | 57 | 8. Capuchino High School | 25 |

Scores - Men

Men - Varsity - Team Rankings - Through Event 117

| | | | |
|--------------------------|-----|------------------------|-----|
| 1. Hillsdale | 250 | 2. Westmoor | 231 |
| 3. El Camino | 218 | 4. Half Moon Bay | 186 |
| 5. Terra Nova | 150 | 6. Oceana | 69 |
| 7. Capuchino High School | 30 | 8. South San Francisco | 14 |
| 9. Jefferson | 7 | | |

Scores - Women

Women - Junior Varsity - Team Rankings - Through Event 117

| | | | |
|--------------------------|-----|------------------|-----|
| 1. Hillsdale | 307 | 2. Half Moon Bay | 204 |
| 3. Westmoor | 171 | 4. El Camino | 154 |
| 5. Capuchino High School | 134 | 6. Jefferson | 60 |

PAL Championships Trials and Finals - 4/24/2024 to 4/27/2024

PAL Trials and Finals 2024 Ocean Division

Oceana High School

Results

Scores - Men

Men - Junior Varsity - Team Rankings - Through Event 117

| | | | |
|--------------------------|-----|--------------|-----|
| 1. El Camino | 386 | 2. Hillsdale | 227 |
| 3. Half Moon Bay | 143 | 4. Westmoor | 110 |
| 5. Capuchino High School | 19 | 6. Oceana | 8 |