

**WCAL Swimming & Diving Championships 2005 - 05/05/05 to 05/07/05****Psych Sheet - WCAL 2005 Championships - Girls Trials****Event 5 Girls 200 Yard Freestyle Junior Varsity**

<b>WCAL Record: 2:08.83 2003 Sarah Walsh-SI</b>			
<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>
33	Martinez, Marissa	10 NDB	3:08.69
32	Sato, Tina	10 VC	3:04.20
31	Baily, Tara	9 VC	2:58.55
30	Gee, Melinda	9 SHCP	2:56.12
29	Yaccarine, Alexandra	9 VC	2:53.64
28	Lee, Annabelle	11 SHCP	2:44.96
27	Grace, Lauren	10 VC	2:42.32
26	Santiesteban, Mimi	10 VC	2:40.45
25	Dupre, Danielle	10 VC	2:39.45
24	Lucitt, Katie	10 PRES	2:33.79
23	Idiart, Martine	10 NDB	2:30.46
22	Taylor, McKenzie	10 PRES	2:29.86
21	Refy, Monika	9 PRES	2:29.18
20	Ruiz, Dominique	10 SF	2:27.25
19	Mah, Katherine	11 SHCP	2:26.80
18	Trindle, Thea	9 SI	2:26.00
17	Rogers, Allison	9 SI	2:23.50
16	Roe, Jenna	10 PRES	2:23.00
15	Leung, Cerena	11 AMHS	2:21.31
14	Shapero, Sara	9 PRES	2:20.22
13	Farley, Laura	10 AMHS	2:19.61
12	Bunzel, Breeana	10 SF	2:18.72
11	Tarantino, Diana	11 SHP	2:18.52
10	Stephens, Kimi	11 SHP	2:17.86
9	Lorion, Marisa	10 PRES	2:17.51
8	Fisher, Kelsey	10 PRES	2:16.06
7	Kirchessuer, Kristina	11 SI	2:14.75
6	Smith, Kim	9 SF	2:12.51
5	Ericksen, Kelsea	9 AMHS	2:12.45
4	Vogt, Adriana	10 SHP	2:12.43
3	Mansfield, Roxanne	9 SF	2:11.59
2	Pedersen, Megan	9 AMHS	2:10.24
1	Roddy, Loretta	11 SI	2:09.38

**Event 7 Girls 200 Yard Freestyle Varsity**

<b>Central Coast Section - 2:05.29</b>			
<b>All American Consideration - 1:54.40</b>			
<b>All American Automatic - 1:51.80</b>			
<b>WCAL Record: 1:56.32 2003 Nicole Taheri-Pres</b>			
<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>
27	Geyton, Dior	11 NDB	2:40.46
26	Obuhoff, Marie	12 SHCP	2:36.74
25	Stalder, Julia	12 NDB	2:32.45
24	Lawson, Shannon	12 NDB	2:26.19
23	Adams, Taylor	9 SHCP	2:21.54
22	Alderette, Jenn	12 VC	2:20.55
21	Wing, Kelli	11 PRES	2:12.94
20	Morris, Kelsey	10 SI	2:11.93
19	Gowin, Jacques	12 AMHS	2:11.23
18	Castagnola, Gina	10 SI	2:10.58
17	Sclafani, Emelia	10 VC	2:10.29
16	Decesare, Diane	12 SF	2:07.59
15	Thomas, Emily	10 AMHS	2:07.42
14	Ericksen, Kristina	11 AMHS	2:07.17
13	Stephens, Hannah	9 SHP	2:06.93

12	Bacon, Ruth	11 SHP	2:06.47
11	Oreglia, Kelley	10 PRES	2:05.78
10	Gunderson, Jenna	10 SF	2:04.90
9	Dellaria, Lyndsie	9 SI	2:03.24
8	Garcia, Danielle	12 SF	2:01.68
7	Wells, Alex	9 VC	2:00.81
6	Oreglia, Julie	12 PRES	2:00.42
5	Sutherland, Katie	10 SHP	1:59.55
4	Ryan, Mallory	9 SI	1:58.81
3	Cisar, Jamie	10 AMHS	1:57.38
2	Gong, Danielle	9 PRES	1:57.12
1	Coetsee, Ciki	9 VC	1:56.48

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

<b>WCAL Record: 1:04.98 2004 Darcie Campbell-SI</b>			
<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>
63	McInnis, Allison	9 PRES	2:00.00
62	Roque, Camille	9 PRES	1:51.33
61	Wolf, Jordie	10 PRES	1:42.61
60	Kreuger, Laura	9 VC	1:41.84
59	Datu, Catherine	11 PRES	1:37.74
58	Forst, Christina	9 PRES	1:37.47
57	Yeider, Corinne	9 PRES	1:36.37
56	Pisanski, Asia	10 PRES	1:36.27
55	Larson, Casey	10 PRES	1:35.08
54	Wood, Jennifer	9 NDB	1:33.94
53	Elizondo, Samantha	9 SHCP	1:33.78
52	Lunzer, Amanda	9 SF	1:33.23
51	McInnis, Lizzie	11 PRES	1:33.09
50	Frederick, Sarah	9 PRES	1:31.76
49	VanDomelen, Angie	10 PRES	1:29.11
48	Gluck, Abby	10 NDB	1:28.79
47	Carrillo, Erika	10 PRES	1:28.25
46	Ajlouny, Karissa	10 VC	1:27.56
45	Maki, Jenna	9 SF	1:26.62
44	Guntren, Kelsey	10 NDB	1:26.57
43	Schafer, Lorraine	10 NDB	1:26.51
42	Yoo, Joyce	10 VC	1:26.09
41	Slavich, Beki	9 VC	1:25.04
40	Mock, Jessica	10 SHCP	1:24.22
39	Bray, Mikaela	10 PRES	1:23.94
38	Fenwick, Emily	9 VC	1:23.04
37	Bagoje, Andrea	9 SF	1:22.99
36	Chan, Christina	11 SHCP	1:22.61
35	Harkin, Margaret	9 SF	1:22.48
34	Hunner, Noelle	10 SF	1:22.34
33	Fiorio, Hannah	9 PRES	1:22.24
32	Slotnick, Jenny	10 NDB	1:21.84
31	Mah, Kimberly	10 SHCP	1:21.37
30	White, Wren	10 PRES	1:20.83
29	Sell, Caitlin	9 SF	1:19.87
28	Pham, Angelina	9 SF	1:19.80
27	Covarrubias, Casey	10 PRES	1:19.06
26	Curtis, Ashley	10 AMHS	1:18.87
25	Solis, Melissa	11 PRES	1:18.31
24	Weller, Emily	9 PRES	1:17.56
23	Needham, Jennifer	9 AMHS	1:17.10
22	Brezinski, Maggie	9 SHP	1:16.87
21	Murray, Sarah	11 PRES	1:16.66

## WCAL Swimming &amp; Diving Championships 2005 - 05/05/05 to 05/07/05

## Psych Sheet - WCAL 2005 Championships - Girls Trials

## Event 9 ... (Girls 100 Yard IM Junior Varsity)

Name	Yr	School	Seed Time
20 Simonds, Kristen	9	AMHS	1:16.46
19 Resch, Lauren	11	AMHS	1:15.46
18 Urban, Edie	11	SHP	1:15.43
17 Carey, Michelle	10	SHP	1:14.96
16 Hussey, Katelyn	11	AMHS	1:14.88
15 Hannon, Leah	11	SI	1:14.78
14 Ho, Jessica	9	SF	1:13.97
13 Chou, Emily	10	PRES	1:13.88
12 Child, Rebecca	11	SHP	1:13.50
11 Needham, Kim	11	AMHS	1:13.24
10 Landefeld, Clare	9	SI	1:12.79
9 Boesiger, Molly	10	SF	1:12.75
8 Caine, Lindsey	9	SF	1:12.01
7 Garner, Mary Catherine	10	SF	1:11.14
6 Tran, Jenny	11	PRES	1:11.03
5 Child, Laura	9	SHP	1:10.74
4 Herrerias, Michelle	10	SI	1:10.47
3 LaValle, Ali	10	PRES	1:09.90
2 Silveria, Marilee	10	AMHS	1:09.44
1 Dayao, Raquel	11	SI	1:07.62

## Event 11 Girls 200 Yard IM Varsity

Central Coast Section - 2:23.29

All American Consideration - 2:09.16

All American Automatic - 2:06.06

WCAL Record: 2:05.02 2004

Erica Liu-Mitty

Name	Yr	School	Seed Time
24 Argent, Tawni	9	VC	2:34.60
23 Hoag, Stephanie	10	NDB	2:31.72
22 Peters, Jenni	11	PRES	2:28.61
21 Maurano, Megan	10	SHP	2:27.03
20 Holden, Marissa	9	SHCP	2:26.70
19 Collins, Sara	10	AMHS	2:25.26
18 Okuda, Kayci	9	VC	2:23.41
17 Bone, Jennifer	9	SF	2:23.07
16 Mordell, Melissa	10	SHP	2:22.74
15 Power, Kelsey	9	VC	2:22.53
14 Billiet, Jen	10	SF	2:22.11
13 Law, Nicole	11	SHCP	2:21.32
12 Bergis, Christina	9	PRES	2:21.30
11 Padilla, Lauren	9	SI	2:21.23
10 Tachibana, Misao	12	SI	2:20.23
9 Miller, Melissa	10	PRES	2:20.03
8 Gong, Sheryl	12	SI	2:19.55
7 Okuda, Kelsi	11	VC	2:18.22
6 Garcia, Erin	11	AMHS	2:16.78
5 Power, Kyla	11	VC	2:16.44
4 Dimagmaliw, Ruthie	9	SI	2:15.70
3 Yim, Tiffany	10	SHP	2:13.37
2 Simonds, Shannon	12	AMHS	2:10.22
1 Gong, Jennifer	11	PRES	2:08.97

## Event 13 Girls 50 Yard Freestyle Junior Varsity

WCAL Record: 26.51 2003

Julie Hyrne-Mitty

Name	Yr	School	Seed Time
106 O'Dowd, Stephanie	9	NDB	53.56
105 Martell, Bianca	10	PRES	51.64

104 Pushkarna, Prakriti	9	SF	49.36
103 Zabini, Rosha	9	VC	46.01
102 Iaconis, Andrea	9	PRES	44.08
101 Nguyen, Amanda	9	SF	43.36
100 Gao, Anita	9	NDB	43.19
99 Nunes, Kelly	10	SF	43.08
98 Valdovinos, Marisa	9	PRES	42.89
97 Willis, Holly	9	NDB	42.76
96 Alvarez, Rebecca	10	PRES	41.82
95 Branch, Ashley	9	PRES	41.72
94 Austin, Cherie	11	PRES	41.46
93 Gasparini, Elera	9	SF	41.42
92 Figlia, Francesca	10	SF	41.15
91 Desai, Shivani	11	PRES	41.08
90 Halstead, Chloe	10	SF	40.84
89 Joyce, Kelly	9	SF	40.22
88 Nasraty, Neelaab	10	PRES	39.62
87 Houry, Tamara	9	NDB	38.49
86 Roque, Camille	9	PRES	38.29
85 Ghadiri, Katrina	9	VC	38.24
84 Pham, Tiffany	10	PRES	38.16
83 Plummer, Michelle	9	SF	37.83
82 Sanford, Laura	9	NDB	37.67
81 Yeider, Corinne	9	PRES	37.66
80 Hansen, Annmarie	9	SI	37.50
79 Arreola, Amy	10	SF	37.42
78 Delfs, Katie	9	NDB	37.17
77 Chan, Irene	9	SHCP	36.84
76 Perry, Alexandra	10	SF	36.21
75 Hummel, Lauren	11	PRES	36.11
74 Chan, Catherine	9	SHCP	36.02
73 VanDomelen, Angie	10	PRES	35.98
72 Naumann, Elizabeth	9	SF	35.84
71 Lugonja, Jenna	10	SF	35.56
70 Datu, Catherine	11	PRES	35.23
69 Hooper, Katherine	9	AMHS	34.86
68 Scheierling, Suzie	9	NDB	34.82
67 Kelly, Genevieve	9	AMHS	34.67
66 Stern, Molly	9	SF	34.64
65 Mitchell, Kelly	11	PRES	34.61
64 Powell, Christina	9	SHP	34.54
63 Hoffman, Patrice	10	AMHS	34.34
62 Kulusich, Breanna	9	SF	33.90
61 Razzak, Zaireen	10	NDB	33.84
60 Frederick, Sarah	9	PRES	33.75
59 Castillo, Stephanie	9	PRES	33.70
58 Crockett, Meagan	10	VC	33.59
57 Powers, Taryn	10	SF	33.49
56 Buncke, Sara	9	SHP	33.37
55 Larson, Casey	10	PRES	33.18
54 Seadler, Lauren	11	PRES	33.08
53 Santos, Francesca	9	SI	32.98
52 Adams, Sarah	9	AMHS	32.92
51 Grant, Molly	9	PRES	32.73
50 Freschet, Danielle	10	SF	32.56
49 Albertsen, Kelsey	11	PRES	32.55
48 Guntren, Kelsey	10	NDB	32.53
47 Pleiss, Katie	9	SHP	32.51
46 Leaf, Christine	9	AMHS	32.43

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## Event 13 ...(Girls 50 Yard Freestyle Junior Varsity)

Name	Yr	School	Seed Time
44 Dewitt, Bailey	9	SF	32.20
44 Rivera, Ashley	9	AMHS	32.20
43 McTaggart, Megan	9	NDB	32.13
42 Koehane, Christina	9	SF	31.90
41 Johnson, Danielle	10	PRES	31.89
40 Brooks, Bree	11	PRES	31.74
39 O'Neil, Megan	11	AMHS	31.57
38 Yu, Vivian	9	SHCP	31.46
37 Hargis, Victoria	10	SF	31.13
36 Emmitt, Nicole	10	AMHS	31.10
35 Needham, Jennifer	9	AMHS	31.05
34 Milan, Milani	10	VC	30.72
33 Wood, Avery	10	SHP	30.65
32 Spano, Kellie	9	PRES	30.58
31 Chapa, Rachel	9	AMHS	30.57
30 Martin, Maria	11	SI	30.39
29 Thayer, Brittany	10	NDB	30.17
28 Tencati, Megan	10	VC	30.02
27 Halla, Shannon	10	PRES	29.89
26 Tobias, Liz	10	PRES	29.88
25 Konecny, Ally	10	SF	29.87
24 Pezzoni, Ashleigh	9	PRES	29.79
23 Gonia, Lisa	9	SF	29.77
22 Slavich, Beki	9	VC	29.64
21 Larwood, Emily	10	SF	29.59
20 Dennis, Madison	9	VC	29.33
19 Preston, Courtney	10	SF	29.28
18 Darby, Sally	10	SF	29.26
17 Villamil, Katie	11	PRES	29.20
16 Knapp, Lizzie	10	PRES	29.11
14 Wishart, Carmen-Rosa	11	SHP	28.94
14 Keane, Meghan	11	AMHS	28.94
13 Bunzel, Breeana	10	SF	28.91
12 Soares, Jennifer	9	SF	28.71
11 Hays, Heather	11	PRES	28.55
10 Keane, Delaney	9	AMHS	28.52
9 Bohannon, Sarah	9	SHP	28.25
8 Neagle, Mia	9	SI	28.17
7 Silver, Allison	9	SF	27.68
6 Silveria, Marilee	10	AMHS	27.60
5 Pang, Jinna	9	SI	27.56
4 Baum, Natalie	9	AMHS	27.32
3 Ramirez, Melisa	10	PRES	27.31
2 Conley, Kelly	10	SI	27.25
1 Lind, Jenna	11	SI	27.09

## Event 15 Girls 50 Yard Freestyle Varsity

Central Coast Section - 26.39

All American Consideration - 24.49

All American Automatic - 23.97

WCAL Record: 24.45 2004 Francesca Lollini-SI

Name	Yr	School	Seed Time
75 Espinosa, Corinne	11	SF	38.61
74 Rice, Julie	11	NDB	36.24
73 Thomas, Emily	11	SF	36.12
72 Garagozzo, Katie	11	SF	35.36
71 Rivas, Andrea	11	NDB	X34.17

70 Drago, Jennifer	11	SF	34.16
69 Jordan, Aubrey	11	SF	33.80
68 Strangis, Jennifer	12	PRES	32.90
67 Castello, Amy	11	SF	32.41
66 Lunzer, Christina	12	SF	32.11
65 Hann, Deanna	10	VC	31.91
64 MacIntosh, Megan	11	SF	31.84
63 Atwood, Lisa	11	SF	31.75
62 Fenwick, Liz	11	VC	31.46
61 Navai, Sogol	12	VC	31.43
60 Micotti, Kelly	11	VC	31.33
59 Baxter, Cameron	11	SF	30.76
58 Hatcher, Leslie	12	VC	30.50
57 Rosario, Lauren	12	SF	30.22
56 Hildebrand, Mary	12	SF	29.89
55 Cave, Kelly	11	SF	29.79
54 Merino, Gabby	10	SHCP	29.41
53 Nielson, Megan	10	NDB	29.33
51 Smith, Blair	11	SF	29.21
51 Chrisman, Natalie	12	SF	29.21
50 Louie, Christine	12	VC	29.18
49 O'Farriell, Natalie	12	SF	29.16
48 Barden, Audrey	12	SF	29.15
47 Berry, Andrea	11	SF	29.14
46 Roland, Tamara	11	VC	29.09
44 Groh, Maxie	11	SI	29.05
44 Chaplin, Lauren	11	VC	29.05
43 Heinisch, Amanda	11	SF	28.96
42 Byrnes, Rebecca	12	SI	28.92
41 Wargo, Toni	11	NDB	X28.91
40 Rouleau, Lizzie	12	SF	28.81
39 Grave, Yumi	12	SF	28.80
38 Harnett, April	12	SF	28.70
37 Isaacs, Gina	12	SI	28.53
36 Semplinski, Katrina	12	PRES	28.47
35 Koike, Michelle	11	SHCP	28.43
34 Blenn, Michelle	10	VC	28.20
33 Hedlund, JJ	12	SF	28.07
32 Baxter, Hali	10	SF	27.91
30 Garagozzo, Melitta	12	SF	27.73
30 O'Connor, Karen	12	AMHS	27.73
29 Sheridan, Kirsten	9	SHP	27.71
28 Rogers, Rachel	11	SI	27.53
27 Zakula, Katie	9	NDB	X27.45
25 Weber, Mattie	10	SF	27.24
25 Garcia, Jessica	11	AMHS	27.24
24 Gause, Kelley	10	PRES	27.14
23 Rudolph, Lynn	12	SHP	27.12
22 McGanney, Shayne	11	SHP	27.05
21 Syres, Amy	12	VC	27.04
20 Wilkins, Christine	11	NDB	X26.78
19 Clark, Christie	11	SHP	26.49
18 Mordell, Melissa	10	SHP	26.45
17 Hyrne, Julie	12	AMHS	26.30
16 Gamlen, Victoria	9	SF	26.29
14 Culpan, Kim	10	SHP	26.27
14 Tipton, Amanda	12	SF	26.27
13 McGraw, Maura	11	SF	26.21
12 Jollymour, Lauren	11	SHP	26.17

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## Event 15 ... (Girls 50 Yard Freestyle Varsity)

Name	Yr	School	Seed Time
11 Tansuwan, Melanie	11	SF	26.07
10 Campbell, Darcie	10	SI	25.73
9 Schwab, Natalie	12	SI	25.61
8 Mar, Lauren	12	SHCP	25.49
7 Cutler, Lauren	9	VC	25.31
6 Yau, Audrey	12	SF	25.20
5 Isaacs, Dory	10	AMHS	24.97
4 Campbell, MacKenzie	10	SI	24.89
3 Clarke, Emily	10	PRES	24.83
2 Shilling, Christina	11	VC	24.78
1 Lollini, Francesca	12	SI	24.41

## Event 21 Girls 50 Yard Butterfly Junior Varsity

WCAL Record: 29.42 2004		Sara Collins-Mitty	
Name	Yr	School	Seed Time
48 Alvarez, Rebecca	10	PRES	57.78
47 Martell, Bianca	10	PRES	54.73
46 Austin, Cherie	11	PRES	49.63
45 Nunes, Kelly	10	SF	47.50
44 Carrillo, Erika	10	PRES	47.01
43 Dutkiewicz, Madeline	10	PRES	44.95
42 Castillo, Stephanie	9	PRES	43.30
41 Lui, Wincy	9	SHCP	43.25
40 Lunzer, Amanda	9	SF	42.93
39 McInnis, Lizzie	11	PRES	40.89
38 Lugonja, Jenna	10	SF	38.78
37 Mansker, Kaitlyn	9	PRES	38.08
36 Chan, Christina	11	SHCP	38.03
35 Riley, Jane	9	PRES	37.60
34 Schuman, Marrisona	10	VC	37.50
33 Bray, Mikaela	10	PRES	37.18
32 Comey, Barbara	11	PRES	37.00
31 Grace, Lauren	10	VC	36.75
30 Fenwick, Emily	9	VC	36.05
29 Brooks, Bree	11	PRES	35.94
28 Arthun, Charlotte	9	SF	35.49
26 Montanari, Kristin	9	SF	35.28
26 Yoo, Joyce	10	VC	35.28
25 Mah, Kimberly	10	SHCP	34.97
24 Hallagan, Erin	9	AMHS	34.87
23 Ruan, Alexandra	9	SF	34.81
22 Fouts, Betsy	10	SF	33.97
21 Knapp, Lizzie	10	PRES	33.66
20 Solis, Melissa	11	PRES	33.32
19 Murray, Sarah	11	PRES	32.97
18 Keane, Meghan	11	AMHS	32.73
17 Carey, Michelle	10	SHP	32.55
16 Chou, Emily	10	PRES	32.49
15 Richardson, Edie	9	SF	32.29
14 Pang, Jinna	9	SI	32.17
13 Bohannon, Sarah	9	SHP	32.16
12 Preston, Courtney	10	SF	32.13
11 Ceremsak, Kate	9	SHP	32.04
10 Moscone, Zea	9	SI	31.77
9 Hermansen, Wendy	9	NDB	31.75
8 Kearney, Christina	9	AMHS	31.39
7 Lind, Jenna	11	SI	31.37

6 Hays, Heather	11	PRES	31.12
5 Larwood, Emily	10	SF	31.11
4 Schwartz, Emily	10	SI	30.79
3 Sato, Tina	10	VC	30.53
2 Wishart, Carmen-Rosa	11	SHP	30.03
1 Malkovich, Kristen	11	PRES	29.56

## Event 23 Girls 100 Yard Butterfly Varsity

## Central Coast Section - 1:04.69

## All American Consideration - 58.39

## All American Automatic - 57.14

WCAL Record: 57.97 2003		Carlene Takaki-Pres	
Name	Yr	School	Seed Time
20 Strangis, Jennifer	12	PRES	2:00.00
19 O'Farriell, Natalie	12	SF	1:08.76
18 Castagnola, Gina	10	SI	1:07.64
17 Rudolph, Lynn	12	SHP	1:07.17
16 McGanney, Shayne	11	SHP	1:06.99
15 Wing, Kelli	11	PRES	1:06.87
14 Oreglia, Kelley	10	PRES	1:06.30
13 Sclafani, Emelia	10	VC	1:04.85
12 Cottrell, Rebecca	12	SF	1:04.60
11 Hyrne, Julie	12	AMHS	1:04.45
10 Billiet, Jen	10	SF	1:04.40
9 Canonica, Kandis	10	SI	1:04.12
8 Peirona, Tessa	9	SI	1:03.20
7 Oreglia, Julie	12	PRES	1:02.36
6 Garcia, Erin	11	AMHS	1:01.45
5 Tansuwan, Melanie	11	SF	1:01.14
4 Yoshida, Kaylee	10	VC	1:00.94
3 Coetsee, Ciki	9	VC	59.78
2 Sheppard, JC	11	SI	59.77
1 Liu, Michelle	11	AMHS	57.55

## Event 25 Girls 100 Yard Freestyle Junior Varsity

WCAL Record: 58.41 2003		Julie Hyrne-Mitty	
Name	Yr	School	Seed Time
86 Pushkarna, Prakriti	9	SF	1:40.63
85 Nguyen, Amanda	9	SF	1:40.21
84 Desai, Shivani	11	PRES	1:38.06
83 Naumann, Elizabeth	9	SF	1:34.82
82 Valdovinos, Marisa	9	PRES	1:34.13
81 Fisher, Theresa	9	SF	1:33.40
80 Khoury, Tamara	9	NDB	1:30.90
79 Gahagan, Claire	9	PRES	1:29.01
78 Plummer, Michelle	9	SF	1:26.28
77 Hooper, Katherine	9	AMHS	1:26.07
76 Arreola, Amy	10	SF	1:25.40
75 Ferdon, Alex	9	SF	1:25.35
74 Spratt, Hillary	9	VC	1:25.00
73 Goulet, Elizabeth	9	NDB	1:24.70
72 Halstead, Chloe	10	SF	1:24.39
71 Chan, Catherine	9	SHCP	1:24.03
70 Sanford, Laura	9	NDB	1:22.85
69 Gee, Melinda	9	SHCP	1:20.86
68 Bailly, Tara	9	VC	1:19.86
67 Razzak, Zaireen	10	NDB	1:19.84
66 Crockett, Meagan	10	VC	1:19.57
65 Maki, Jenna	9	SF	1:19.23

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## Event 25 ... (Girls 100 Yard Freestyle Junior Varsity)

Name	Yr	School	Seed Time
64 Powell, Christina	9	SHP	1:19.15
63 Scheierling, Suzie	9	NDB	1:19.03
62 Hummel, Lauren	11	PRES	1:18.85
61 Hoffman, Patrice	10	AMHS	1:17.71
60 Rivera, Ashley	9	AMHS	1:16.55
59 Yu, Vivian	9	SHCP	1:16.28
58 Matson, Lauren	9	SF	1:15.98
57 Kelly, Genevieve	9	AMHS	1:15.78
56 Seadler, Lauren	11	PRES	1:15.69
55 Adams, Sarah	9	AMHS	1:15.28
54 Salciccia, Ally	9	SF	1:14.80
53 Delfs, Katie	9	NDB	1:14.59
52 Pleiss, Katie	9	SHP	1:14.53
51 Freschet, Danielle	10	SF	1:14.20
50 Mansker, Kaitlyn	9	PRES	1:13.86
49 Buncke, Sara	9	SHP	1:13.69
48 Santos, Francesca	9	SI	1:13.51
47 Leaf, Christine	9	AMHS	1:13.34
46 Celeya, Shayna	9	NDB	1:12.83
45 Koehane, Christina	9	SF	1:12.63
44 Lee, Annabelle	11	SHCP	1:12.20
43 Wood, Avery	10	SHP	1:11.92
42 McTaggart, Megan	9	NDB	1:11.85
41 Refy, Amanda	11	PRES	1:11.22
40 Stephan, Krista	10	VC	1:10.96
39 Lucitt, Katie	10	PRES	1:10.20
38 Sun, Jiapei	10	VC	1:10.15
37 Simard, Christina	9	PRES	1:10.14
36 Ruiz, Dominique	10	SF	1:09.85
35 Gonia, Lisa	9	SF	1:09.50
34 Emmitt, Nicole	10	AMHS	1:09.20
33 Tencati, Megan	10	VC	1:08.94
32 O'Neil, Megan	11	AMHS	1:08.59
31 Hargis, Victoria	10	SF	1:08.01
30 Adams, Hannah	10	SHP	1:07.90
29 Chapa, Rachel	9	AMHS	1:07.70
28 Thayer, Brittany	10	NDB	1:07.00
27 Konecny, Ally	10	SF	1:06.80
26 Martin, Maria	11	SI	1:06.58
25 Refy, Monika	9	PRES	1:06.57
23 Villamil, Katie	11	PRES	1:06.11
23 Brezinski, Maggie	9	SHP	1:06.11
22 Doudell, Christine	11	PRES	1:05.41
21 Keane, Delaney	9	AMHS	1:05.28
20 Proceviat, Laina	9	SF	1:04.48
19 Soares, Jennifer	9	SF	1:04.35
18 Leung, Cerena	11	AMHS	1:04.31
17 Tobias, Liz	10	PRES	1:04.03
15 Pezzoni, Ashleigh	9	PRES	1:03.99
15 Darby, Sally	10	SF	1:03.99
14 Moscone, Zea	9	SI	1:03.57
13 Farley, Laura	10	AMHS	1:03.37
12 Child, Rebecca	11	SHP	1:03.15
11 Henderson, Hannah	9	SHP	1:02.83
10 Caine, Lindsey	9	SF	1:02.17
9 Ericksen, Kelsea	9	AMHS	1:01.32
8 Baum, Natalie	9	AMHS	1:01.19

7 Conley, Kelly	10	SI	1:00.84
6 Ramirez, Melisa	10	PRES	1:00.75
5 Pedersen, Megan	9	AMHS	59.94
4 Mansfield, Roxanne	9	SF	59.89
3 Herrerias, Michelle	10	SI	59.57
2 Dayao, Raquel	11	SI	59.51
1 Lohrey, Sasza	9	SI	57.37

## Event 27 Girls 100 Yard Freestyle Varsity

Central Coast Section - 57.39

All American Consideration - 52.93

All American Automatic - 51.91

WCAL Record: 52.45 2004 Michelle Liu-Mitty

Name	Yr	School	Seed Time
48 Thomas, Emily	11	SF	1:24.17
47 Espinosa, Corinne	11	SF	1:23.40
46 Jordan, Aubrey	11	SF	1:19.91
45 Rivas, Andrea	11	NDB	1:17.96
44 Garagozzo, Katie	11	SF	1:15.98
43 Richards, Alexa	11	NDB	1:15.28
42 Lunzer, Christina	12	SF	1:10.91
41 Baxter, Cameron	11	SF	1:09.41
40 Smith, Blair	11	SF	1:09.16
39 Micotti, Kelly	11	VC	1:07.86
38 Merino, Gabby	10	SHCP	1:07.38
37 Cave, Kelly	11	SF	1:07.12
36 Koike, Michelle	11	SHCP	1:05.75
35 Rouleau, Lizzie	12	SF	1:05.23
34 Berry, Andrea	11	SF	1:05.16
33 Roland, Tamara	11	VC	1:05.00
32 Harnett, April	12	SF	1:04.96
31 Fong, Natalie	9	SHCP	1:04.74
30 Chaplin, Lauren	11	VC	1:04.65
29 Nielson, Megan	10	NDB	1:04.24
28 Grave, Yumi	12	SF	1:03.77
27 Isaacs, Gina	12	SI	1:03.56
26 Heinisch, Amanda	11	SF	1:02.89
25 Hedlund, JJ	12	SF	1:01.90
24 Byrnes, Rebecca	12	SI	1:01.61
23 Sheridan, Kirsten	9	SHP	1:00.64
22 Wilkins, Christine	11	NDB	1:00.55
21 Mort, Allison	10	AMHS	1:00.01
20 Clark, Christie	11	SHP	59.72
19 Menon, Pallavi	9	SHP	58.90
18 Weber, Mattie	10	SF	58.87
17 Slugocki, Katie	12	AMHS	58.46
15 Stephens, Hannah	9	SHP	58.11
15 Gamlen, Victoria	9	SF	58.11
14 Tipton, Amanda	12	SF	57.98
13 Culpán, Kim	10	SHP	57.95
12 Collins, Sara	10	AMHS	57.52
11 Power, Kelsey	9	VC	57.33
10 Gunderson, Jenna	10	SF	57.23
9 Campbell, Darcie	10	SI	56.31
8 Jollymour, Lauren	11	SHP	56.27
7 Dellaria, Lyndsie	9	SI	55.75
6 Cutler, Lauren	9	VC	55.40
5 Cisar, Jamie	10	AMHS	54.41
4 Campbell, MacKenzie	10	SI	54.23

## WCAL Swimming &amp; Diving Championships 2005 - 05/05/05 to 05/07/05

## Psych Sheet - WCAL 2005 Championships - Girls Trials

## Event 27 ... (Girls 100 Yard Freestyle Varsity)

Name	Yr	School	Seed Time
3 Lollini, Francesca	12	SI	54.21
2 Shilling, Christina	11	VC	53.96
1 Clarke, Emily	10	PRES	53.33

## Event 29 Girls 500 Yard Freestyle Junior Varsity

WCAL Record: 5:44.91 2003 Tori Riess- Mitty			
Name	Yr	School	Seed Time
26 Martinez, Marissa	10	NDB	8:23.44
25 Milan, Milani	10	VC	8:03.82
24 Elizondo, Samantha	9	SHCP	7:31.49
23 Slotnick, Jenny	10	NDB	7:05.08
22 Mah, Katherine	11	SHCP	6:59.98
21 Idiart, Martine	10	NDB	6:59.38
20 Hermansen, Wendy	9	NDB	6:44.56
19 Trindle, Thea	9	SI	6:32.85
18 Kidd, Natalie	10	AMHS	6:25.40
17 Kilbourn, Kathryn	10	AMHS	6:22.24
16 Villeneuve, Nicole	10	SHP	6:20.09
15 Doudell, Christine	11	PRES	6:18.49
14 Boesiger, Molly	10	SF	6:13.14
13 Urban, Edie	11	SHP	6:12.11
12 Shapero, Sara	9	PRES	6:09.32
11 Fisher, Kelsey	10	PRES	6:08.99
10 Gallagher, Cassandra	9	SI	6:08.18
9 Lorion, Marisa	10	PRES	6:07.39
8 Malkovich, Kristen	11	PRES	6:06.96
7 Needham, Kim	11	AMHS	6:06.43
6 Allen, Katie	10	VC	6:01.46
5 Vogt, Adriana	10	SHP	5:59.75
4 Smith, Kim	9	SF	5:56.98
3 Kirchessuer, Kristina	11	SI	5:55.47
2 Riess, Tori	11	AMHS	5:55.23
1 Roddy, Loretta	11	SI	5:51.64

## Event 31 Girls 500 Yard Freestyle Varsity

Central Coast Section - 5:36.59			
All American Consideration - 5:05.34			
All American Automatic - 4:58.15			
WCAL Record: 5:08.29 2004 Jennifer Gong-Pres			
Name	Yr	School	Seed Time
26 Geyton, Dior	11	NDB	7:14.80
25 Atwood, Lisa	11	SF	7:03.92
24 Obuhoff, Marie	12	SHCP	6:47.38
23 Hoag, Blaise	10	NDB	6:24.15
22 Adams, Taylor	9	SHCP	6:23.12
21 Hoag, Stephanie	10	NDB	6:12.65
20 Smith, Danielle	9	AMHS	6:05.73
19 Alderette, Jenn	12	VC	5:58.69
18 Gowin, Jacque	12	AMHS	5:57.38
17 Shorrock, Micaela	11	SI	5:53.70
16 McKinney, Heather	12	VC	5:48.86
15 Micotti, Kristina	9	VC	5:47.64
14 Morris, Kelsey	10	SI	5:45.74
13 Thomas, Emily	10	AMHS	5:44.03
12 Smith, Helen	12	PRES	5:43.89
11 Enriquez, Nicolyna	10	SF	5:40.11
10 Bacon, Ruth	11	SHP	5:36.88

9 Decesare, Diane	12	SF	5:32.05
8 Garcia, Danielle	12	SF	5:28.64
7 Still, Julia	9	PRES	5:19.41
6 Power, Kyla	11	VC	5:17.83
5 Sutherland, Katie	10	SHP	5:16.40
4 Wells, Alex	9	VC	5:16.16
3 Simonds, Shannon	12	AMHS	5:13.25
2 Gong, Danielle	9	PRES	5:13.17
1 Ryan, Mallory	9	SI	5:11.21

## Event 37 Girls 100 Yard Backstroke Junior Varsity

WCAL Record: 1:03.92 2004 Jessica Garcia-Mitty			
Name	Yr	School	Seed Time
45 Branch, Ashley	9	PRES	1:51.42
44 Gasparini, Elera	9	SF	1:49.83
43 DeLara, Stephanie	9	SHCP	1:46.26
42 Pisanski, Asia	10	PRES	1:41.17
41 Ghadiri, Katrina	9	VC	1:39.83
40 Nasraty, Neelaab	10	PRES	1:36.81
39 Forst, Christina	9	PRES	1:35.14
38 Kreuger, Laura	9	VC	1:35.00
37 Dupre, Danielle	10	VC	1:34.80
36 Perry, Alexandra	10	SF	1:34.63
35 Wood, Jennifer	9	NDB	1:33.99
34 Montanari, Kristin	9	SF	1:33.28
33 Gluck, Abby	10	NDB	1:31.34
32 Lee, Matti	10	SHCP	1:29.09
31 Platzer, Rosie	10	SHCP	1:26.92
30 Wolf, Jordie	10	PRES	1:26.11
29 Schafer, Lorraine	10	NDB	1:25.99
28 Pham, Angelina	9	SF	1:25.89
27 Stamm, Beth	9	NDB	1:25.50
26 Albertsen, Kelsey	11	PRES	1:25.34
25 Refy, Amanda	11	PRES	1:25.21
24 Santiesteban, Mimi	10	VC	1:23.68
23 Salciccia, Ally	9	SF	1:23.20
22 Sun, Jiapei	10	VC	1:22.54
21 White, Wren	10	PRES	1:20.07
20 Taylor, McKenzie	10	PRES	1:19.99
19 Draeger, Christina	10	SF	1:19.93
18 Villeneuve, Nicole	10	SHP	1:18.06
17 Sell, Caitlin	9	SF	1:17.78
16 Kilbourn, Kathryn	10	AMHS	1:17.11
15 Covarrubias, Casey	10	PRES	1:16.31
14 Resch, Lauren	11	AMHS	1:14.44
13 Grosso, Julie	10	SF	1:14.35
12 Henderson, Hannah	9	SHP	1:14.11
11 Ceremsak, Kate	9	SHP	1:13.89
10 Tarantino, Diana	11	SHP	1:13.73
9 Roe, Jenna	10	PRES	1:13.30
8 Kearney, Christina	9	AMHS	1:13.06
7 Silver, Allison	9	SF	1:11.74
6 Rogers, Allison	9	SI	1:11.68
5 Stephens, Kimi	11	SHP	1:11.65
4 Schwartz, Emily	10	SI	1:09.36
3 Gallagher, Cassandra	9	SI	1:08.87
2 LaValle, Ali	10	PRES	1:08.56
1 Lohrey, Sasza	9	SI	1:07.01

## WCAL Swimming &amp; Diving Championships 2005 - 05/05/05 to 05/07/05

## Psych Sheet - WCAL 2005 Championships - Girls Trials

**Event 39 Girls 100 Yard Backstroke Varsity**

Central Coast Section - 1:06.09

All American Consideration - 59.58

All American Automatic - 57.89

WCAL Record: 57.66 2004

Michelle Liu-Mitty

Name	Yr	School	Seed Time	
27 Lawson, Shannon	12	NDB	1:18.37	_____
26 MacIntosh, Megan	11	SF	1:15.86	_____
25 Wargo, Toni	11	NDB	1:15.49	_____
24 Fenwick, Liz	11	VC	1:11.55	_____
23 Zakula, Katie	9	NDB	1:11.25	_____
22 Micotti, Kristina	9	VC	1:10.45	_____
21 O'Connor, Karen	12	AMHS	1:09.96	_____
20 Gause, Kelley	10	PRES	1:09.27	_____
19 Fong, Natalie	9	SHCP	1:09.17	_____
18 Smith, Helen	12	PRES	1:08.50	_____
17 Rogers, Rachel	11	SI	1:07.05	_____
16 Shorrock, Micaela	11	SI	1:07.04	_____
15 Bone, Jennifer	9	SF	1:06.91	_____
14 Garcia, Jessica	11	AMHS	1:06.27	_____
13 Barden, Audrey	12	SF	1:06.06	_____
12 Law, Nicole	11	SHCP	1:05.83	_____
11 Mar, Lauren	12	SHCP	1:04.13	_____
10 Gong, Sheryl	12	SI	1:04.08	_____
9 Canonica, Kandis	10	SI	1:04.05	_____
8 Still, Julia	9	PRES	1:04.03	_____
7 Peirona, Tessa	9	SI	1:03.69	_____
6 Yau, Audrey	12	SF	1:03.40	_____
5 Syres, Amy	12	VC	1:03.06	_____
4 Yoshida, Kaylee	10	VC	1:02.51	_____
3 Yim, Tiffany	10	SHP	1:01.56	_____
2 Dimagmaliw, Ruthie	9	SI	1:00.71	_____
1 Liu, Michelle	11	AMHS	57.80	_____

**Event 41 Girls 100 Yard Breaststroke Junior Varsity**

WCAL Record: 1:14.53 2003

Vickie Whitehill-Mitty

Name	Yr	School	Seed Time	
51 Iaconis, Andrea	9	PRES	2:04.42	_____
50 Schuman, Marrisona	10	VC	1:57.58	_____
49 Figlia, Francesca	10	SF	1:52.18	_____
48 Pham, Tiffany	10	PRES	1:51.08	_____
47 Gahagan, Claire	9	PRES	1:42.36	_____
46 McInnis, Allison	9	PRES	1:41.71	_____
45 Yaccarine, Alexandra	9	VC	1:40.64	_____
44 Spratt, Hillary	9	VC	1:39.80	_____
43 Lui, Wincy	9	SHCP	1:39.27	_____
42 Fisher, Theresa	9	SF	1:38.19	_____
41 Goulet, Elizabeth	9	NDB	1:36.91	_____
40 Fiorio, Hannah	9	PRES	1:36.74	_____
39 Custodio, Alyssa	9	NDB	1:35.88	_____
38 Stern, Molly	9	SF	1:33.98	_____
37 Kulusich, Breanna	9	SF	1:33.91	_____
36 Harkin, Margaret	9	SF	1:33.20	_____
35 Mitchell, Kelly	11	PRES	1:33.17	_____
34 Dutkiewicz, Madeline	10	PRES	1:33.03	_____
33 Grant, Molly	9	PRES	1:32.97	_____
32 Dewitt, Bailey	9	SF	1:31.33	_____
31 Stamm, Beth	9	NDB	1:30.32	_____

30 Spano, Kellie	9	PRES	1:30.20	_____
29 Halla, Shannon	10	PRES	1:29.00	_____
28 Simard, Christina	9	PRES	1:28.32	_____
27 Hunner, Noelle	10	SF	1:27.55	_____
26 Stephan, Krista	10	VC	1:27.48	_____
25 Riley, Jane	9	PRES	1:27.36	_____
24 Mock, Jessica	10	SHCP	1:27.33	_____
23 Celeya, Shayna	9	NDB	1:26.90	_____
22 Adams, Hannah	10	SHP	1:25.89	_____
21 Neagle, Mia	9	SI	1:24.88	_____
20 Hallagan, Erin	9	AMHS	1:24.87	_____
19 Weller, Emily	9	PRES	1:24.47	_____
18 Hussey, Katelyn	11	AMHS	1:24.37	_____
17 Johnson, Danielle	10	PRES	1:24.15	_____
16 Ruan, Alexandra	9	SF	1:24.05	_____
15 Proceviat, Laina	9	SF	1:23.37	_____
14 Kidd, Natalie	10	AMHS	1:23.16	_____
13 Curtis, Ashley	10	AMHS	1:22.75	_____
12 Richardson, Edie	9	SF	1:22.54	_____
11 Porter, Vicki	10	SHCP	1:21.83	_____
10 Landefeld, Clare	9	SI	1:21.67	_____
9 Simonds, Kristen	9	AMHS	1:21.65	_____
8 Dennis, Madison	9	VC	1:21.28	_____
7 Tran, Jenny	11	PRES	1:20.94	_____
6 Child, Laura	9	SHP	1:20.51	_____
5 Garner, Mary Catherine	10	SF	1:19.86	_____
4 Comey, Barbara	11	PRES	1:19.58	_____
3 Hannon, Leah	11	SI	1:18.53	_____
2 Riess, Tori	11	AMHS	1:17.13	_____
1 Ho, Jessica	9	SF	1:16.90	_____

**Event 43 Girls 100 Yard Breaststroke Varsity**

Central Coast Section - 1:13.59

All American Consideration - 1:07.24

All American Automatic - 1:05.58

WCAL Record: 1:03.21 2004

Erica Liu-Mitty

Name	Yr	School	Seed Time	
34 Rice, Julie	11	NDB	1:38.69	_____
33 Richards, Alexa	11	NDB	1:32.61	_____
32 Drago, Jennifer	11	SF	1:29.87	_____
31 Castello, Amy	11	SF	1:26.94	_____
30 Stalder, Julia	12	NDB	1:25.24	_____
29 Chrisman, Natalie	12	SF	1:24.61	_____
28 Hoag, Blaise	10	NDB	1:23.67	_____
27 Maung, Ashley	9	SHCP	1:22.90	_____
26 Blenn, Michelle	10	VC	1:21.03	_____
25 Rosario, Lauren	12	SF	1:20.86	_____
24 Menon, Pallavi	9	SHP	1:18.58	_____
23 Groh, Maxie	11	SI	1:18.42	_____
22 Argent, Tawni	9	VC	1:17.46	_____
21 Ericksen, Kristina	11	AMHS	1:17.09	_____
20 Garagozzo, Melitta	12	SF	1:16.64	_____
19 Holden, Marissa	9	SHCP	1:16.25	_____
18 Sheppard, JC	11	SI	1:16.24	_____
17 Cottrell, Rebecca	12	SF	1:16.20	_____
16 Smith, Danielle	9	AMHS	1:15.71	_____
15 Baxter, Hali	10	SF	1:15.70	_____
14 Bergis, Christina	9	PRES	1:15.21	_____
13 Enriquez, Nicolyna	10	SF	1:15.11	_____

**WCAL Swimming & Diving Championships 2005 - 05/05/05 to 05/07/05****Psych Sheet - WCAL 2005 Championships - Girls Trials****Event 43 ...(Girls 100 Yard Breaststroke Varsity)**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed Time</b>	
12	Peters, Jenni	11	PRES	1:14.80	_____
11	Padilla, Lauren	9	SI	1:14.32	_____
10	Miller, Melissa	10	PRES	1:13.65	_____
9	Mort, Allison	10	AMHS	1:13.01	_____
8	McGraw, Maura	11	SF	1:12.86	_____
7	Schwab, Natalie	12	SI	1:12.72	_____
6	Okuda, Kelsi	11	VC	1:12.69	_____
5	Okuda, Kayci	9	VC	1:12.05	_____
4	Tachibana, Misao	12	SI	1:11.78	_____
3	Maurano, Megan	10	SHP	1:09.43	_____
2	Gong, Jennifer	11	PRES	1:08.79	_____
1	Isaacs, Dory	10	AMHS	1:08.22	_____