

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

## Meet Program - WCAL 2005 Championships - Girls Trials

**Event 5 Girls 200 Yard Freestyle Junior Varsity****WCAL Record: 2:08.83 2003 Sarah Walsh-SI**

Lane	Name	Yr	School	Seed	Time
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**Heat 1 of 4 Trials**

4	Martinez, Marissa	10	NDB		3:08.69
5	Baily, Tara	9	VC		2:58.55
6	Sato, Tina	10	VC		3:04.20

**Heat 2 of 4 Trials**

1	Grace, Lauren	10	VC		2:42.32
2	Refy, Monika	9	PRES		2:29.18
3	Leung, Cerena	11	AMHS		2:21.31
4	Lorion, Marisa	10	PRES		2:17.51
5	Mansfield, Roxanne	9	SF		2:11.59
6	Smith, Kim	9	SF		2:12.51
7	Bunzel, Breeana	10	SF		2:18.72
8	Trindle, Thea	9	SI		2:26.00
9	Lucitt, Katie	10	PRES		2:33.79
10	Gee, Melinda	9	SHCP		2:56.12

**Heat 3 of 4 Trials**

1	Santiesteban, Mimi	10	VC		2:40.45
2	Ruiz, Dominique	10	SF		2:27.25
3	Shapero, Sara	9	PRES		2:20.22
4	Fisher, Kelsey	10	PRES		2:16.06
5	Pedersen, Megan	9	AMHS		2:10.24
6	Eriksen, Kelsea	9	AMHS		2:12.45
7	Tarantino, Diana	11	SHP		2:18.52
8	Rogers, Allison	9	SI		2:23.50
9	Idiart, Martine	10	NDB		2:30.46
10	Yaccarine, Alexandra	9	VC		2:53.64

**Heat 4 of 4 Trials**

1	Dupre, Danielle	10	VC		2:39.45
2	Mah, Katherine	11	SHCP		2:26.80
3	Farley, Laura	10	AMHS		2:19.61
4	Kirchessuer, Kristina	11	SI		2:14.75
5	Roddy, Loretta	11	SI		2:09.38
6	Vogt, Adriana	10	SHP		2:12.43
7	Stephens, Kimi	11	SHP		2:17.86
8	Roe, Jenna	10	PRES		2:23.00
9	Taylor, McKenzie	10	PRES		2:29.86
10	Lee, Annabelle	11	SHCP		2:44.96

**Event 7 Girls 200 Yard Freestyle Varsity****Central Coast Section - 2:05.29****All American Consideration - 1:54.40****All American Automatic - 1:51.80****WCAL Record: 1:56.32 2003 Nicole Taheri-Pres**

Lane	Name	Yr	School	Seed	Time
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**Heat 1 of 3 Trials**

1	Geyton, Dior	11	NDB		2:40.46
2	Wing, Kelli	11	PRES		2:12.94
3	Thomas, Emily	10	AMHS		2:07.42
4	Dellaria, Lyndsie	9	SI		2:03.24
5	Cisar, Jamie	10	AMHS		1:57.38
6	Oreglia, Julie	12	PRES		2:00.42
7	Bacon, Ruth	11	SHP		2:06.47
8	Castagnola, Gina	10	SI		2:10.58
9	Lawson, Shannon	12	NDB		2:26.19

**Heat 2 of 3 Trials**

1	Obuhoff, Marie	12	SHCP		2:36.74
2	Morris, Kelsey	10	SI		2:11.93
3	Eriksen, Kristina	11	AMHS		2:07.17
4	Garcia, Danielle	12	SF		2:01.68
5	Gong, Danielle	9	PRES		1:57.12
6	Sutherland, Katie	10	SHP		1:59.55
7	Oreglia, Kelley	10	PRES		2:05.78
8	Sclafani, Emelia	10	VC		2:10.29
9	Adams, Taylor	9	SHCP		2:21.54

**Heat 3 of 3 Trials**

1	Stalder, Julia	12	NDB		2:32.45
2	Gowin, Jacque	12	AMHS		2:11.23
3	Stephens, Hannah	9	SHP		2:06.93
4	Wells, Alex	9	VC		2:00.81
5	Coetsee, Ciki	9	VC		1:56.48
6	Ryan, Mallory	9	SI		1:58.81
7	Gunderson, Jenna	10	SF		2:04.90
8	Decesare, Diane	12	SF		2:07.59
9	Alderette, Jenn	12	VC		2:20.55

**Event 9 Girls 100 Yard IM Junior Varsity****WCAL Record: 1:04.98 2004 Darcie Campbell-SI**

Lane	Name	Yr	School	Seed	Time
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**Heat 1 of 7 Trials**

4	McInnis, Allison	9	PRES		2:00.00
5	Wolf, Jordie	10	PRES		1:42.61
6	Roque, Camille	9	PRES		1:51.33

**Heat 2 of 7 Trials**

1	Datu, Catherine	11	PRES		1:37.74
2	Yeider, Corinne	9	PRES		1:36.37
3	Larson, Casey	10	PRES		1:35.08
4	Elizondo, Samantha	9	SHCP		1:33.78
5	McInnis, Lizzie	11	PRES		1:33.09
6	Lunzer, Amanda	9	SF		1:33.23
7	Wood, Jennifer	9	NDB		1:33.94
8	Pisanski, Asia	10	PRES		1:36.27
9	Forst, Christina	9	PRES		1:37.47
10	Kreuger, Laura	9	VC		1:41.84

**Heat 3 of 7 Trials**

1	VanDomelen, Angie	10	PRES		1:29.11
2	Carrillo, Erika	10	PRES		1:28.25
3	Maki, Jenna	9	SF		1:26.62
4	Schafer, Lorraine	10	NDB		1:26.51
5	Slavich, Beki	9	VC		1:25.04
6	Yoo, Joyce	10	VC		1:26.09
7	Guntren, Kelsey	10	NDB		1:26.57
8	Ajlouny, Karissa	10	VC		1:27.56
9	Gluck, Abby	10	NDB		1:28.79
10	Frederick, Sarah	9	PRES		1:31.76

**Heat 4 of 7 Trials**

1	Bray, Mikaela	10	PRES		1:23.94
2	Bagoje, Andrea	9	SF		1:22.99
3	Harkin, Margaret	9	SF		1:22.48
4	Fiorio, Hannah	9	PRES		1:22.24
5	Mah, Kimberly	10	SHCP		1:21.37
6	Slotnick, Jenny	10	NDB		1:21.84
7	Hunner, Noelle	10	SF		1:22.34
8	Chan, Christina	11	SHCP		1:22.61
9	Fenwick, Emily	9	VC		1:23.04
10	Mock, Jessica	10	SHCP		1:24.22

**Heat 5 of 7 Trials**

1	Covarrubias, Casey	10	PRES		1:19.06
2	Murray, Sarah	11	PRES		1:16.66
3	Hannon, Leah	11	SI		1:14.78
4	Boesiger, Molly	10	SF		1:12.75
5	LaValle, Ali	10	PRES		1:09.90
6	Tran, Jenny	11	PRES		1:11.03
7	Child, Rebecca	11	SHP		1:13.50
8	Urban, Edie	11	SHP		1:15.43
9	Weller, Emily	9	PRES		1:17.56
10	White, Wren	10	PRES		1:20.83

**Heat 6 of 7 Trials**

1	Curtis, Ashley	10	AMHS		1:18.87
2	Simonds, Kristen	9	AMHS		1:16.46
3	Ho, Jessica	9	SF		1:13.97
4	Caine, Lindsey	9	SF		1:12.01
5	Silveria, Marilee	10	AMHS		1:09.44
6	Child, Laura	9	SHP		1:10.74
7	Needham, Kim	11	AMHS		1:13.24
8	Carey, Michelle	10	SHP		1:14.96
9	Needham, Jennifer	9	AMHS		1:17.10
10	Sell, Caitlin	9	SF		1:19.87

**Heat 7 of 7 Trials**

1	Solis, Melissa	11	PRES		1:18.31
2	Resch, Lauren	11	AMHS		1:15.46
3	Chou, Emily	10	PRES		1:13.88
4	Garner, Mary Catherine	10	SF		1:11.14
5	Dayao, Raquel	11	SI		1:07.62
6	Herrerias, Michelle	10	SI		1:10.47
7	Landefeld, Clare	9	SI		1:12.79
8	Hussey, Katelyn	11	AMHS		1:14.88
9	Brezinski, Maggie	9	SHP		1:16.87
10	Pham, Angelina	9	SF		1:19.80

**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**

Lane	Name	Yr	School	Seed	Time
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**Heat 1 of 3 Trials**

2	Maurano, Megan	10	SHP		2:27.03
3	Power, Kelsey	9	VC		2:22.53
4	Miller, Melissa	10	PRES		2:20.03
5	Yim, Tiffany	10	SHP		2:13.37
6	Garcia, Erin	11	AMHS		2:16.78
7	Bergis, Christina	9	PRES		2:21.30
8	Okuda, Kayci	9	VC		2:23.41
9	Argent, Tawni	9	VC		2:34.60

**Heat 2 of 3 Trials**

2	Holden, Marissa	9	SHCP		2:26.70
3	Billiet, Jen	10	SF		2:22.11
4	Gong, Sheryl	12	SI		2:19.55
5	Simonds, Shannon	12	AMHS		2:10.22
6	Power, Kyla	11	VC		2:16.44
7	Padilla, Lauren	9	SI		2:21.23
8	Bone, Jennifer	9	SF		2:23.07
9	Hoag, Stephanie	10	NDB		2:31.72

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

## Meet Program - WCAL 2005 Championships - Girls Trials

**Heat 3 (#11 Girls 200 Yard IM Varsity)**

2	Collins, Sara	10 AMHS	2:25.26
3	Law, Nicole	11 SHCP	2:21.32
4	Okuda, Kelsi	11 VC	2:18.22
5	Gong, Jennifer	11 PRES	2:08.97
6	Dimagmaliw, Ruthie	9 SI	2:15.70
7	Tachibana, Misao	12 SI	2:20.23
8	Mordell, Melissa	10 SHP	2:22.74
9	Peters, Jenni	11 PRES	2:28.61

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

WCAL Record: 26.51 2003 Julie Hyrne-Mitty

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 11 Trials**

3	Martell, Bianca	10 PRES	51.64
4	Zabini, Rosha	9 VC	46.01
5	Nguyen, Amanda	9 SF	43.36
6	Iaconis, Andrea	9 PRES	44.08
7	Pushkarna, Prakriti	9 SF	49.36
8	O'Dowd, Stephanie	9 NDB	53.56

**Heat 2 of 11 Trials**

1	Nunes, Kelly	10 SF	43.08
2	Willis, Holly	9 NDB	42.76
3	Branch, Ashley	9 PRES	41.72
4	Gasparini, Elera	9 SF	41.42
5	Desai, Shivani	11 PRES	41.08
6	Figlia, Francesca	10 SF	41.15
7	Austin, Cherie	11 PRES	41.46
8	Alvarez, Rebecca	10 PRES	41.82
9	Valdovinos, Marisa	9 PRES	42.89
10	Gao, Anita	9 NDB	43.19

**Heat 3 of 11 Trials**

1	Joyce, Kelly	9 SF	40.22
2	Khoury, Tamara	9 NDB	38.49
3	Ghadiri, Katrina	9 VC	38.24
4	Plummer, Michelle	9 SF	37.83
5	Yeider, Corinne	9 PRES	37.66
6	Sanford, Laura	9 NDB	37.67
7	Pham, Tiffany	10 PRES	38.16
8	Roque, Camille	9 PRES	38.29
9	Nasraty, Neelaab	10 PRES	39.62
10	Halstead, Chloe	10 SF	40.84

**Heat 4 of 11 Trials**

1	Arreola, Amy	10 SF	37.42
2	Chan, Irene	9 SHCP	36.84
3	Hummel, Lauren	11 PRES	36.11
4	VanDomelen, Angie	10 PRES	35.98
5	Lugonja, Jenna	10 SF	35.56
6	Naumann, Elizabeth	9 SF	35.84
7	Chan, Catherine	9 SHCP	36.02
8	Perry, Alexandra	10 SF	36.21
9	Delfs, Katie	9 NDB	37.17
10	Hansen, Annmarie	9 SI	37.50

**Heat 5 of 11 Trials**

1	Hooper, Katherine	9 AMHS	34.86
2	Kelly, Genevieve	9 AMHS	34.67
3	Mitchell, Kelly	11 PRES	34.61
4	Hoffman, Patrice	10 AMHS	34.34
5	Razzak, Zaireen	10 NDB	33.84
6	Kulusich, Breanna	9 SF	33.90
7	Powell, Christina	9 SHP	34.54
8	Stern, Molly	9 SF	34.64
9	Scheierling, Suzie	9 NDB	34.82
10	Datu, Catherine	11 PRES	35.23

**Heat 6 of 11 Trials**

1	Castillo, Stephanie	9 PRES	33.70
2	Powers, Taryn	10 SF	33.49
3	Larson, Casey	10 PRES	33.18
4	Santos, Francesca	9 SI	32.98
5	Grant, Molly	9 PRES	32.73
6	Adams, Sarah	9 AMHS	32.92
7	Seadler, Lauren	11 PRES	33.08
8	Buncke, Sara	9 SHP	33.37
9	Crockett, Meagan	10 VC	33.59
10	Frederick, Sarah	9 PRES	33.75

**Heat 7 of 11 Trials**

1	Albertsen, Kelsey	11 PRES	32.55
2	Pleiss, Katie	9 SHP	32.51
3	Dewitt, Bailey	9 SF	32.20
4	McTaggart, Megan	9 NDB	32.13
5	Johnson, Danielle	10 PRES	31.89
6	Koehane, Christina	9 SF	31.90
7	Rivera, Ashley	9 AMHS	32.20
8	Leaf, Christine	9 AMHS	32.43
9	Guntren, Kelsey	10 NDB	32.53
10	Freschet, Danielle	10 SF	32.56

**Heat 8 of 11 Trials**

1	O'Neil, Megan	11 AMHS	31.57
2	Hargis, Victoria	10 SF	31.13
3	Needham, Jennifer	9 AMHS	31.05
4	Wood, Avery	10 SHP	30.65
5	Chapa, Rachel	9 AMHS	30.57
6	Spano, Kellie	9 PRES	30.58
7	Milan, Milani	10 VC	30.72
8	Emmitt, Nicole	10 AMHS	31.10
9	Yu, Vivian	9 SHCP	31.46
10	Brooks, Bree	11 PRES	31.74

**Heat 9 of 11 Trials**

1	Halla, Shannon	10 PRES	29.89
2	Larwood, Emily	10 SF	29.59
3	Wishart, Carmen-Rosa	11 SHP	28.94
4	Bohannon, Sarah	9 SHP	28.25
5	Ramirez, Melisa	10 PRES	27.31
6	Silveria, Marilee	10 AMHS	27.60
7	Soares, Jennifer	9 SF	28.71
8	Darby, Sally	10 SF	29.26
9	Pezzoni, Ashleigh	9 PRES	29.79
10	Martin, Maria	11 SI	30.39

**Heat 10 of 11 Trials**

1	Tobias, Liz	10 PRES	29.88
2	Dennis, Madison	9 VC	29.33
3	Keane, Meghan	11 AMHS	28.94
4	Neagle, Mia	9 SI	28.17
5	Conley, Kelly	10 SI	27.25
6	Pang, Jinna	9 SI	27.56
7	Hays, Heather	11 PRES	28.55
8	Villamil, Katie	11 PRES	29.20
9	Gonia, Lisa	9 SF	29.77
10	Thayer, Brittany	10 NDB	30.17

**Heat 11 of 11 Trials**

1	Konecny, Ally	10 SF	29.87
2	Preston, Courtney	10 SF	29.28
3	Bunzel, Breeana	10 SF	28.91
4	Silver, Allison	9 SF	27.68
5	Lind, Jenna	11 SI	27.09
6	Baum, Natalie	9 AMHS	27.32
7	Keane, Delaney	9 AMHS	28.52
8	Knapp, Lizzie	10 PRES	29.11
9	Slavich, Beki	9 VC	29.64
10	Tencati, Megan	10 VC	30.02

**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

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 8 Trials**

3	Rice, Julie	11 NDB	36.24
4	Garagozzo, Katie	11 SF	35.36
5	Drago, Jennifer	11 SF	34.16
6	Rivas, Andrea	11 NDB	34.17
7	Thomas, Emily	11 SF	36.12
8	Espinosa, Corinne	11 SF	38.61

**Heat 2 of 8 Trials**

1	Strangis, Jennifer	12 PRES	32.90
2	Lunzer, Christina	12 SF	32.11
3	MacIntosh, Megan	11 SF	31.84
4	Fenwick, Liz	11 VC	31.46
5	Micotti, Kelly	11 VC	31.33
6	Navai, Sogol	12 VC	31.43
7	Atwood, Lisa	11 SF	31.75
8	Hann, Deanna	10 VC	31.91
9	Castello, Amy	11 SF	32.41
10	Jordan, Aubrey	11 SF	33.80

**Heat 3 of 8 Trials**

1	Hatcher, Leslie	12 VC	30.50
2	Hildebrand, Mary	12 SF	29.89
3	Merino, Gabby	10 SHCP	29.41
4	Smith, Blair	11 SF	29.21
5	Louie, Christine	12 VC	29.18
6	Chrisman, Natalie	12 SF	29.21
7	Nielson, Megan	10 NDB	29.33
8	Cave, Kelly	11 SF	29.79
9	Rosario, Lauren	12 SF	30.22
10	Baxter, Cameron	11 SF	30.76

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

## Meet Program - WCAL 2005 Championships - Girls Trials

**Heat 4 (#15 Girls 50 Yard Freestyle Varsity)**

1	Barden, Audrey	12 SF	29.15
2	Roland, Tamara	11 VC	29.09
3	Groh, Maxie	11 SI	29.05
4	Byrnes, Rebecca	12 SI	28.92
5	Rouleau, Lizzie	12 SF	28.81
6	Wargo, Toni	11 NDB	28.91
7	Heinisch, Amanda	11 SF	28.96
8	Chaplin, Lauren	11 VC	29.05
9	Berry, Andrea	11 SF	29.14
10	O'Farriell, Natalie	12 SF	29.16

**Heat 5 of 8 Trials**

1	Harnett, April	12 SF	28.70
2	Semplinski, Katrina	12 PRES	28.47
3	Blenn, Michelle	10 VC	28.20
4	Baxter, Hali	10 SF	27.91
5	Garagozzo, Melitta	12 SF	27.73
6	O'Connor, Karen	12 AMHS	27.73
7	Hedlund, JJ	12 SF	28.07
8	Koike, Michelle	11 SHCP	28.43
9	Isaacs, Gina	12 SI	28.53
10	Grave, Yumi	12 SF	28.80

**Heat 6 of 8 Trials**

1	Weber, Mattie	10 SF	27.24
2	Slugocki, Katie	12 AMHS	27.01
3	Tipton, Amanda	12 SF	26.27
4	Schwab, Natalie	12 SI	25.61
5	Clarke, Emily	10 PRES	24.83
6	Yau, Audrey	12 SF	25.20
7	Jollymour, Lauren	11 SHP	26.17
8	Mordell, Melissa	10 SHP	26.45
9	Rudolph, Lynn	12 SHP	27.12
10	Sheridan, Kirsten	9 SHP	27.71

**Heat 7 of 8 Trials**

1	Garcia, Jessica	11 AMHS	27.24
2	Wilkins, Christine	11 NDB	26.78
3	Culpan, Kim	10 SHP	26.27
4	Mar, Lauren	12 SHCP	25.49
5	Shilling, Christina	11 VC	24.78
6	Isaacs, Dory	10 AMHS	24.97
7	Tansuwan, Melanie	11 SF	26.07
8	Hyrne, Julie	12 AMHS	26.30
9	McGanney, Shayne	11 SHP	27.05
10	Rogers, Rachel	11 SI	27.53

**Heat 8 of 8 Trials**

1	Gause, Kelley	10 PRES	27.14
2	Clark, Christie	11 SHP	26.49
3	McGraw, Maura	11 SF	26.21
4	Cutler, Lauren	9 VC	25.31
5	Lollini, Francesca	12 SI	24.41
6	Campbell, MacKenzie	10 SI	24.89
7	Campbell, Darci	10 SI	25.73
8	Gamlen, Victoria	9 SF	26.29
9	Syres, Amy	12 VC	27.04
10	Zakula, Katie	9 NDB	27.45

**Event 21 Girls 50 Yard Butterfly Junior Varsity**

WCAL Record: 29.42 2004 Sara Collins-Mitty

Lane Name Yr School Seed Time

**Heat 1 of 5 Trials**

2	Martell, Bianca	10 PRES	54.73
3	Nunes, Kelly	10 SF	47.50
4	Dutkiewicz, Madeline	10 PRES	44.95
5	Lui, Wincy	9 SHCP	43.25
6	Castillo, Stephanie	9 PRES	43.30
7	Carrillo, Erika	10 PRES	47.01
8	Austin, Cherie	11 PRES	49.63
9	Alvarez, Rebecca	10 PRES	57.78

**Heat 2 of 5 Trials**

1	McInnis, Lizzie	11 PRES	40.89
2	Mansker, Kaitlyn	9 PRES	38.08
3	Riley, Jane	9 PRES	37.60
4	Bray, Mikaela	10 PRES	37.18
5	Grace, Lauren	10 VC	36.75
6	Comey, Barbara	11 PRES	37.00
7	Schuman, MARRISSA	10 VC	37.50
8	Chan, Christina	11 SHCP	38.03
9	Lugonja, Jenna	10 SF	38.78
10	Lunzer, Amanda	9 SF	42.93

**Heat 3 of 5 Trials**

1	Yoo, Joyce	10 VC	35.28
2	Knapp, Lizzie	10 PRES	33.66
3	Richardson, Edie	9 SF	32.29
4	Hermansen, Wendy	9 NDB	31.75
5	Sato, Tina	10 VC	30.53
6	Hays, Heather	11 PRES	31.12
7	Preston, Courtney	10 SF	32.13
8	Keane, Meghan	11 AMHS	32.73
9	Hallagan, Erin	9 AMHS	34.87
10	Fenwick, Emily	9 VC	36.05

**Heat 4 of 5 Trials**

1	Montanari, Kristin	9 SF	35.28
2	Solis, Melissa	11 PRES	33.32
3	Pang, Jinna	9 SI	32.17
4	Kearney, Christina	9 AMHS	31.39
5	Wishart, Carmen-Rosa	11 SHP	30.03
6	Larwood, Emily	10 SF	31.11
7	Ceremsak, Kate	9 SHP	32.04
8	Carey, Michelle	10 SHP	32.55
9	Ruan, Alexandra	9 SF	34.81
10	Brooks, Bree	11 PRES	35.94

**Heat 5 of 5 Trials**

1	Mah, Kimberly	10 SHCP	34.97
2	Murray, Sarah	11 PRES	32.97
3	Bohannon, Sarah	9 SHP	32.16
4	Lind, Jenna	11 SI	31.37
5	Malkovich, Kristen	11 PRES	29.56
6	Schwartz, Emily	10 SI	30.79
7	Mosccone, Zea	9 SI	31.77
8	Chou, Emily	10 PRES	32.49
9	Fouts, Betsy	10 SF	33.97
10	Arthun, Charlotte	9 SF	35.49

**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

Lane Name Yr School Seed Time

**Heat 1 of 2 Trials**

1	Castagnola, Gina	10 SI	1:07.64
2	Oreglia, Kelley	10 PRES	1:06.30
3	Billiet, Jen	10 SF	1:04.40
4	Garcia, Erin	11 AMHS	1:01.45
5	Sheppard, JC	11 SI	59.77
6	Yoshida, Kaylee	10 VC	1:00.94
7	Peirona, Tessa	9 SI	1:03.20
8	Cottrell, Rebecca	12 SF	1:04.60
9	McGanney, Shayne	11 SHP	1:06.99
10	Strangis, Jennifer	12 PRES	2:00.00

**Heat 2 of 2 Trials**

1	Rudolph, Lynn	12 SHP	1:07.17
2	Sclafani, Emelia	10 VC	1:04.85
3	Canonica, Kandis	10 SI	1:04.12
4	Tansuwan, Melanie	11 SF	1:01.14
5	Liu, Michelle	11 AMHS	57.55
6	Coetsee, Ciki	9 VC	59.78
7	Oreglia, Julie	12 PRES	1:02.36
8	Hyrne, Julie	12 AMHS	1:04.45
9	Wing, Kelli	11 PRES	1:06.87
10	O'Farriell, Natalie	12 SF	1:08.76

**Event 25 Girls 100 Yard Freestyle Junior Varsity**

WCAL Record: 58.41 2003 Julie Hyrne-Mitty

Lane Name Yr School Seed Time

**Heat 1 of 9 Trials**

3	Nguyen, Amanda	9 SF	1:40.21
4	Naumann, Elizabeth	9 SF	1:34.82
5	Fisher, Theresa	9 SF	1:33.40
6	Valdovinos, Marisa	9 PRES	1:34.13
7	Desai, Shivani	11 PRES	1:38.06
8	Pushkarna, Prakriti	9 SF	1:40.63

**Heat 2 of 9 Trials**

1	Gahagan, Claire	9 PRES	1:29.01
2	Hooper, Katherine	9 AMHS	1:26.07
3	Ferdon, Alex	9 SF	1:25.35
4	Goulet, Elizabeth	9 NDB	1:24.70
5	Chan, Catherine	9 SHCP	1:24.03
6	Halstead, Chloe	10 SF	1:24.39
7	Spratt, Hillary	9 VC	1:25.00
8	Arreola, Amy	10 SF	1:25.40
9	Plummer, Michelle	9 SF	1:26.28
10	Khoury, Tamara	9 NDB	1:30.90

**Heat 3 of 9 Trials**

1	Gee, Melinda	9 SHCP	1:20.86
2	Razzak, Zaireen	10 NDB	1:19.84
3	Maki, Jenna	9 SF	1:19.23
4	Scheierling, Suzie	9 NDB	1:19.03
5	Hoffman, Patrice	10 AMHS	1:17.71
6	Hummel, Lauren	11 PRES	1:18.85
7	Powell, Christina	9 SHP	1:19.15
8	Crockett, Meagan	10 VC	1:19.57
9	Baily, Tara	9 VC	1:19.86
10	Sanford, Laura	9 NDB	1:22.85

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

## Meet Program - WCAL 2005 Championships - Girls Trials

**Heat 4 (#25 Girls 100 Yard Freestyle Junior Varsity)**

1	Yu, Vivian	9 SHCP	1:16.28
2	Kelly, Genevieve	9 AMHS	1:15.78
3	Adams, Sarah	9 AMHS	1:15.28
4	Delfs, Katie	9 NDB	1:14.59
5	Freschet, Danielle	10 SF	1:14.20
6	Pleiss, Katie	9 SHP	1:14.53
7	Salciccia, Ally	9 SF	1:14.80
8	Seadler, Lauren	11 PRES	1:15.69
9	Matson, Lauren	9 SF	1:15.98
10	Rivera, Ashley	9 AMHS	1:16.55

**Heat 5 of 9 Trials**

1	Buncke, Sara	9 SHP	1:13.69
2	Leaf, Christine	9 AMHS	1:13.34
3	Koehane, Christina	9 SF	1:12.63
4	Wood, Avery	10 SHP	1:11.92
5	Refy, Amanda	11 PRES	1:11.22
6	McTaggart, Megan	9 NDB	1:11.85
7	Lee, Annabelle	11 SHCP	1:12.20
8	Celeya, Shayna	9 NDB	1:12.83
9	Santos, Francesca	9 SI	1:13.51
10	Mansker, Kaitlyn	9 PRES	1:13.86

**Heat 6 of 9 Trials**

1	Lucitt, Katie	10 PRES	1:10.20
2	Simard, Christina	9 PRES	1:10.14
3	Gonia, Lisa	9 SF	1:09.50
4	Tencati, Megan	10 VC	1:08.94
5	Hargis, Victoria	10 SF	1:08.01
6	O'Neil, Megan	11 AMHS	1:08.59
7	Emmitt, Nicole	10 AMHS	1:09.20
8	Ruiz, Dominique	10 SF	1:09.85
9	Sun, Jiapei	10 VC	1:10.15
10	Stephan, Krista	10 VC	1:10.96

**Heat 7 of 9 Trials**

1	Konecny, Ally	10 SF	1:06.80
2	Keane, Delaney	9 AMHS	1:05.28
3	Pezzoni, Ashleigh	9 PRES	1:03.99
4	Eriksen, Kelsea	9 AMHS	1:01.32
5	Herrerias, Michelle	10 SI	59.57
6	Ramirez, Melissa	10 PRES	1:00.75
7	Child, Rebecca	11 SHP	1:03.15
8	Leung, Cerena	11 AMHS	1:04.31
9	Brezinski, Maggie	9 SHP	1:06.11
10	Adams, Hannah	10 SHP	1:07.90

**Heat 8 of 9 Trials**

1	Martin, Maria	11 SI	1:06.58
2	Proceviat, Laina	9 SF	1:04.48
3	Moscone, Zea	9 SI	1:03.57
4	Baum, Natalie	9 AMHS	1:01.19
5	Dayao, Raquel	11 SI	59.51
6	Pedersen, Megan	9 AMHS	59.94
7	Henderson, Hannah	9 SHP	1:02.83
8	Tobias, Liz	10 PRES	1:04.03
9	Villamil, Katie	11 PRES	1:06.11
10	Chapa, Rachel	9 AMHS	1:07.70

**Heat 9 of 9 Trials**

1	Refy, Monika	9 PRES	1:06.57
2	Soares, Jennifer	9 SF	1:04.35
3	Farley, Laura	10 AMHS	1:03.37
4	Conley, Kelly	10 SI	1:00.84
5	Lohrey, Sasza	9 SI	57.37
6	Mansfield, Roxanne	9 SF	59.89
7	Caine, Lindsey	9 SF	1:02.17
8	Darby, Sally	10 SF	1:03.99
9	Doudell, Christine	11 PRES	1:05.41
10	Thayer, Brittany	10 NDB	1:07.00

**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****Lane Name Yr School Seed Time****Heat 1 of 5 Trials**

2	Espinosa, Corinne	11 SF	1:23.40
3	Rivas, Andrea	11 NDB	1:17.96
4	Richards, Alexa	11 NDB	1:15.28
5	Baxter, Cameron	11 SF	1:09.41
6	Lunzer, Christina	12 SF	1:10.91
7	Garagozzo, Katie	11 SF	1:15.98
8	Jordan, Aubrey	11 SF	1:19.91
9	Thomas, Emily	11 SF	1:24.17

**Heat 2 of 5 Trials**

1	Micotti, Kelly	11 VC	1:07.86
2	Cave, Kelly	11 SF	1:07.12
3	Rouleau, Lizzie	12 SF	1:05.23
4	Roland, Tamara	11 VC	1:05.00
5	Fong, Natalie	9 SHCP	1:04.74
6	Harnett, April	12 SF	1:04.96
7	Berry, Andrea	11 SF	1:05.16
8	Koike, Michelle	11 SHCP	1:05.75
9	Merino, Gabby	10 SHCP	1:07.38
10	Smith, Blair	11 SF	1:09.16

**Heat 3 of 5 Trials**

1	Isaacs, Gina	12 SI	1:03.56
2	Mort, Allison	10 AMHS	1:00.01
3	Stephens, Hannah	9 SHP	58.11
4	Campbell, Darcie	10 SI	56.31
5	Lollini, Francesca	12 SI	54.21
6	Cutler, Lauren	9 VC	55.40
7	Collins, Sara	10 AMHS	57.52
8	Weber, Mattie	10 SF	58.87
9	Byrnes, Rebecca	12 SI	1:01.61
10	Chaplin, Lauren	11 VC	1:04.65

**Heat 4 of 5 Trials**

1	Heinisch, Amanda	11 SF	1:02.89
2	Clark, Christie	11 SHP	59.72
3	Tipton, Amanda	12 SF	57.98
4	Jollymour, Lauren	11 SHP	56.27
5	Shilling, Christina	11 VC	53.96
6	Cisar, Jamie	10 AMHS	54.41
7	Power, Kelsey	9 VC	57.33
8	Slugocki, Katie	12 AMHS	58.46
9	Sheridan, Kirsten	9 SHP	1:00.64
10	Nielson, Megan	10 NDB	1:04.24

**Heat 5 of 5 Trials**

1	Hedlund, JJ	12 SF	1:01.90
2	Menon, Pallavi	9 SHP	58.90
3	Culpan, Kim	10 SHP	57.95
4	Dellaria, Lyndsie	9 SI	55.75
5	Clarke, Emily	10 PRES	53.33
6	Campbell, MacKenzie	10 SI	54.23
7	Gunderson, Jenna	10 SF	57.23
8	Gamlen, Victoria	9 SF	58.11
9	Wilkins, Christine	11 NDB	1:00.55
10	Grave, Yumi	12 SF	1:03.77

**Event 29 Girls 500 Yard Freestyle Junior Varsity****WCAL Record: 5:44.91 2003 Tori Riess-Mitty****Lane Name Yr School Seed Time****Heat 1 of 3 Trials**

2	Idiart, Martine	10 NDB	6:59.38
3	Doudell, Christine	11 PRES	6:18.49
4	Lorion, Marisa	10 PRES	6:07.39
5	Kirchessuer, Kristina	11 SI	5:55.47
6	Allen, Katie	10 VC	6:01.46
7	Shapero, Sara	9 PRES	6:09.32
8	Kidd, Natalie	10 AMHS	6:25.40
9	Elizondo, Samantha	9 SHCP	7:31.49

**Heat 2 of 3 Trials**

1	Martinez, Marissa	10 NDB	8:23.44
2	Hermansen, Wendy	9 NDB	6:44.56
3	Boesiger, Molly	10 SF	6:13.14
4	Malkovich, Kristen	11 PRES	6:06.96
5	Riess, Tori	11 AMHS	5:55.23
6	Vogt, Adriana	10 SHP	5:59.75
7	Fisher, Kelsey	10 PRES	6:08.99
8	Kilbourn, Kathryn	10 AMHS	6:22.24
9	Slotnick, Jenny	10 NDB	7:05.08

**Heat 3 of 3 Trials**

1	Milan, Milani	10 VC	8:03.82
2	Trindle, Thea	9 SI	6:32.85
3	Urban, Edie	11 SHP	6:12.11
4	Needham, Kim	11 AMHS	6:06.43
5	Roddy, Loretta	11 SI	5:51.64
6	Smith, Kim	9 SF	5:56.98
7	Gallagher, Cassandra	9 SI	6:08.18
8	Villeneuve, Nicole	10 SHP	6:20.09
9	Mah, Katherine	11 SHCP	6:59.98

**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****Lane Name Yr School Seed Time****Heat 1 of 3 Trials**

2	Hoag, Stephanie	10 NDB	6:12.65
3	Micotti, Kristina	9 VC	5:47.64
4	Decesare, Diane	12 SF	5:32.05
5	Simonds, Shannon	12 AMHS	5:13.25
6	Power, Kyla	11 VC	5:17.83
7	Smith, Helen	12 PRES	5:43.89
8	Gowin, Jacque	12 AMHS	5:57.38
9	Obuhoff, Marie	12 SHCP	6:47.38

**WCAL Swimming & Diving Championships 2005 - 05/05/05 to 05/07/05**

**Meet Program - WCAL 2005 Championships - Girls Trials**

**Heat 2 (#31 Girls 500 Yard Freestyle Varsity)**

1	Geyton, Dior	11 NDB	7:14.80
2	Smith, Danielle	9 AMHS	6:05.73
3	Morris, Kelsey	10 SI	5:45.74
4	Garcia, Danielle	12 SF	5:28.64
5	Gong, Danielle	9 PRES	5:13.17
6	Sutherland, Katie	10 SHP	5:16.40
7	Enriquez, Nicolyna	10 SF	5:40.11
8	Shorrock, Micaela	11 SI	5:53.70
9	Hoag, Blaise	10 NDB	6:24.15

**Heat 3 of 3 Trials**

1	Atwood, Lisa	11 SF	7:03.92
2	Alderette, Jenn	12 VC	5:58.69
3	Thomas, Emily	10 AMHS	5:44.03
4	Still, Julia	9 PRES	5:19.41
5	Ryan, Mallory	9 SI	5:11.21
6	Wells, Alex	9 VC	5:16.16
7	Bacon, Ruth	11 SHP	5:36.88
8	McKinney, Heather	12 VC	5:48.86
9	Adams, Taylor	9 SHCP	6:23.12

**Event 37 Girls 100 Yard Backstroke Junior Varsity**

**WCAL Record: 1:03.92 2004 Jessica Garcia-Mitty**

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 5 Trials**

3	Branch, Ashley	9 PRES	1:51.42
4	DeLara, Stephanie	9 SHCP	1:46.26
5	Ghadiri, Katrina	9 VC	1:39.83
6	Pisanski, Asia	10 PRES	1:41.17
7	Gasparini, Elera	9 SF	1:49.83

**Heat 2 of 5 Trials**

1	Forst, Christina	9 PRES	1:35.14
2	Dupre, Danielle	10 VC	1:34.80
3	Wood, Jennifer	9 NDB	1:33.99
4	Gluck, Abby	10 NDB	1:31.34
5	Platzer, Rosie	10 SHCP	1:26.92
6	Lee, Matti	10 SHCP	1:29.09
7	Montanari, Kristin	9 SF	1:33.28
8	Perry, Alexandra	10 SF	1:34.63
9	Kreuger, Laura	9 VC	1:35.00
10	Nasraty, Neelaab	10 PRES	1:36.81

**Heat 3 of 5 Trials**

1	Stamm, Beth	9 NDB	1:25.50
2	White, Wren	10 PRES	1:20.07
3	Covarrubias, Casey	10 PRES	1:16.31
4	Roe, Jenna	10 PRES	1:13.30
5	Gallagher, Cassandra	9 SI	1:08.87
6	Rogers, Allison	9 SI	1:11.68
7	Henderson, Hannah	9 SHP	1:14.11
8	Villeneuve, Nicole	10 SHP	1:18.06
9	Santiesteban, Mimi	10 VC	1:23.68
10	Wolf, Jordie	10 PRES	1:26.11

**Heat 4 of 5 Trials**

1	Albertsen, Kelsey	11 PRES	1:25.34
2	Taylor, McKenzie	10 PRES	1:19.99
3	Resch, Lauren	11 AMHS	1:14.44
4	Kearney, Christina	9 AMHS	1:13.06
5	LaValle, Ali	10 PRES	1:08.56
6	Stephens, Kimi	11 SHP	1:11.65
7	Ceremsak, Kate	9 SHP	1:13.89
8	Sell, Caitlin	9 SF	1:17.78
9	Salciocchia, Ally	9 SF	1:23.20
10	Schafer, Lorraine	10 NDB	1:25.99

**Heat 5 of 5 Trials**

1	Refy, Amanda	11 PRES	1:25.21
2	Draeger, Christina	10 SF	1:19.93
3	Grosso, Julie	10 SF	1:14.35
4	Silver, Allison	9 SF	1:11.74
5	Lohrey, Sasza	9 SI	1:07.01
6	Schwartz, Emily	10 SI	1:09.36
7	Tarantino, Diana	11 SHP	1:13.73
8	Kilbourn, Kathryn	10 AMHS	1:17.11
9	Sun, Jiawei	10 VC	1:22.54
10	Pham, Angelina	9 SF	1:25.89

**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**

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 3 Trials**

1	Lawson, Shannon	12 NDB	1:18.37
2	O'Connor, Karen	12 AMHS	1:09.96
3	Bone, Jennifer	9 SF	1:06.91
4	Canonica, Kandis	10 SI	1:04.05
5	Yim, Tiffany	10 SHP	1:01.56
6	Yau, Audrey	12 SF	1:03.40
7	Law, Nicole	11 SHCP	1:05.83
8	Smith, Helen	12 PRES	1:08.50
9	Fenwick, Liz	11 VC	1:11.55

**Heat 2 of 3 Trials**

1	MacIntosh, Megan	11 SF	1:15.86
2	Gause, Kelley	10 PRES	1:09.27
3	Garcia, Jessica	11 AMHS	1:06.27
4	Still, Julia	9 PRES	1:04.03
5	Dimagmaliw, Ruthie	9 SI	1:00.71
6	Syres, Amy	12 VC	1:03.06
7	Mar, Lauren	12 SHCP	1:04.13
8	Rogers, Rachel	11 SI	1:07.05
9	Zakula, Katie	9 NDB	1:11.25

**Heat 3 of 3 Trials**

1	Wargo, Toni	11 NDB	1:15.49
2	Fong, Natalie	9 SHCP	1:09.17
3	Barden, Audrey	12 SF	1:06.06
4	Peirona, Tessa	9 SI	1:03.69
5	Liu, Michelle	11 AMHS	57.80
6	Yoshida, Kaylee	10 VC	1:02.51
7	Gong, Sheryl	12 SI	1:04.08
8	Shorrock, Micaela	11 SI	1:07.04
9	Micotti, Kristina	9 VC	1:10.45

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

**WCAL Record: 1:14.53 2003 Vickie Whitehill-Mitt**

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 6 Trials**

4	Iaconis, Andrea	9 PRES	2:04.42
5	Figlia, Francesca	10 SF	1:52.18
6	Schuman, Marrisca	10 VC	1:57.58

**Heat 2 of 6 Trials**

2	Gahagan, Claire	9 PRES	1:42.36
3	Yaccarine, Alexandra	9 VC	1:40.64
4	Lui, Wincy	9 SHCP	1:39.27
5	Goulet, Elizabeth	9 NDB	1:36.91
6	Fisher, Theresa	9 SF	1:38.19
7	Spratt, Hillary	9 VC	1:39.80
8	McInnis, Allison	9 PRES	1:41.71
9	Pham, Tiffany	10 PRES	1:51.08

**Heat 3 of 6 Trials**

1	Custodio, Alyssa	9 NDB	1:35.88
2	Kulusich, Breanna	9 SF	1:33.91
3	Mitchell, Kelly	11 PRES	1:33.17
4	Grant, Molly	9 PRES	1:32.97
5	Stamm, Beth	9 NDB	1:30.32
6	Dewitt, Bailey	9 SF	1:31.33
7	Dutkiewicz, Madeline	10 PRES	1:33.03
8	Harkin, Margaret	9 SF	1:33.20
9	Stern, Molly	9 SF	1:33.98
10	Fiorio, Hannah	9 PRES	1:36.74

**Heat 4 of 6 Trials**

1	Hunner, Noelle	10 SF	1:27.55
2	Neagle, Mia	9 SI	1:24.88
3	Proceviat, Laina	9 SF	1:23.37
4	Simonds, Kristen	9 AMHS	1:21.65
5	Hannon, Leah	11 SI	1:18.53
6	Child, Laura	9 SHP	1:20.51
7	Richardson, Edie	9 SF	1:22.54
8	Hussey, Katelyn	11 AMHS	1:24.37
9	Mock, Jessica	10 SHCP	1:27.33
10	Spano, Kellie	9 PRES	1:30.20

**Heat 5 of 6 Trials**

1	Stephan, Krista	10 VC	1:27.48
2	Hallagan, Erin	9 AMHS	1:24.87
3	Kidd, Natalie	10 AMHS	1:23.16
4	Dennis, Madison	9 VC	1:21.28
5	Riess, Tori	11 AMHS	1:17.13
6	Garner, Mary Catherine	10 SF	1:19.86
7	Porter, Vicki	10 SHCP	1:21.83
8	Johnson, Danielle	10 PRES	1:24.15
9	Celeya, Shayna	9 NDB	1:26.90
10	Halla, Shannon	10 PRES	1:29.00

**Heat 6 of 6 Trials**

1	Riley, Jane	9 PRES	1:27.36
2	Weller, Emily	9 PRES	1:24.47
3	Curtis, Ashley	10 AMHS	1:22.75
4	Tran, Jenny	11 PRES	1:20.94
5	Ho, Jessica	9 SF	1:16.90
6	Comey, Barbara	11 PRES	1:19.58
7	Landefeld, Clare	9 SI	1:21.67
8	Ruan, Alexandra	9 SF	1:24.05
9	Adams, Hannah	10 SHP	1:25.89
10	Simard, Christina	9 PRES	1:28.32

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

## Meet Program - WCAL 2005 Championships - Girls Trials

**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**

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 4 Trials**

4	Richards, Alexa	11	NDB	1:32.61
5	Castello, Amy	11	SF	1:26.94
6	Drago, Jennifer	11	SF	1:29.87
7	Rice, Julie	11	NDB	1:38.69

**Heat 2 of 4 Trials**

1	Maung, Ashley	9	SHCP	1:22.90
2	Ericksen, Kristina	11	AMHS	1:17.09
3	Baxter, Hali	10	SF	1:15.70
4	Mort, Allison	10	AMHS	1:13.01
5	Maurano, Megan	10	SHP	1:09.43
6	Okuda, Kelsi	11	VC	1:12.69
7	Peters, Jenni	11	PRES	1:14.80
8	Sheppard, JC	11	SI	1:16.24
9	Menon, Pallavi	9	SHP	1:18.58
10	Stalder, Julia	12	NDB	1:25.24

**Heat 3 of 4 Trials**

1	Blenn, Michelle	10	VC	1:21.03
2	Garagozzo, Melitta	12	SF	1:16.64
3	Bergis, Christina	9	PRES	1:15.21
4	McGraw, Maura	11	SF	1:12.86
5	Gong, Jennifer	11	PRES	1:08.79
6	Okuda, Kayci	9	VC	1:12.05
7	Padilla, Lauren	9	SI	1:14.32
8	Cottrell, Rebecca	12	SF	1:16.20
9	Groh, Maxie	11	SI	1:18.42
10	Chrisman, Natalie	12	SF	1:24.61

**Heat 4 of 4 Trials**

1	Rosario, Lauren	12	SF	1:20.86
2	Holden, Marissa	9	SHCP	1:16.25
3	Enriquez, Nicolyna	10	SF	1:15.11
4	Schwab, Natalie	12	SI	1:12.72
5	Isaacs, Dory	10	AMHS	1:08.22
6	Tachibana, Misao	12	SI	1:11.78
7	Miller, Melissa	10	PRES	1:13.65
8	Smith, Danielle	9	AMHS	1:15.71
9	Argent, Tawni	9	VC	1:17.46
10	Hoag, Blaise	10	NDB	1:23.67