

2026 Redwood Empire Aquatic League Championships

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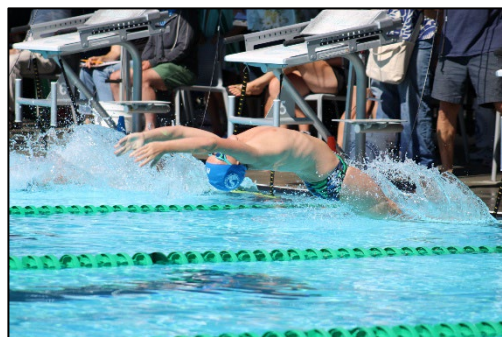


The Sebastopol Sea Serpents concluded the 2026 Redwood Empire Aquatic League (REAL) Championships with one of the strongest team performances in program history, finishing **2nd overall** among eight teams. After placing third in 2025, the Sea Serpents climbed one position this season, surpassing AC Swim Club demonstrating the depth of the Sea Serpents. The team also finished **2nd in overall team points for Girls**, and **3rd for Boys**, reflecting the success throughout the entire program.

Success of the Sea Serpents was propelled by swimmers of every age, from first-year competitors to experienced senior athletes. All weekend, swimmers earned top finishes across nearly every age division, captured **15 individual event championships**, and contributed to a team effort that showed the strength and depth of the entire program.



The depth of the Sea Serpents was reflected in the overall individual points earned for the team. While R.E.A.L. Championships does not award individual High Point Awards, SSS had top point earners in every age group led by 7-8 Boys **Diego Watts** (104 points), **James Cronin** (99.5 points), and **Lorenzo Watts** (69 points). For 7-8 Girls, **Kora Kleinschmidt** (95 points), **Plum Serra** and **Saoirse Bair** (tied with 76 points). For 9-10 Girls, **Quail Serra** earned 96 points. The 11–12 Boys had exceptional depth with five swimmers finishing among the top eight leading scorers: **Finn Longson** (106 points), **AJ Felciano** (105 points), **Callen Warner** (84 points), **Desi Cosgrove** (81 points), and **Ben Deffenbaugh** (77 points). Additional top performers included 13-14 Boys **Parker Warner** (107 points), and 15 & Over Girls **Kalia Trockel** (105 points).



Sebastopol Sea Serpents Individual Event Champions

- **James Cronin** – 7–8 Boys **25 Freestyle** (17.81).
- **Diego Watts** – 7–8 Boys **200 Freestyle** (3:01.37) and **100 Individual Medley** (1:33.76).
- **AJ Felciano** – 11–12 Boys **200 Individual Medley** (2:46.80) and **100 Breaststroke** (1:25.84).
- **Finn Longson** – 11–12 Boys **50 Backstroke** (36.79) and **100 Individual Medley** (1:16.51).
- **Antonia Cerniglio** – 13-14 Girls **200 Breaststroke** (2:55.85).
- **Parker Warner** – 13–14 Boys **100 Breaststroke** (1:02.48), **200 Breaststroke** (2:24.90), and **200 Individual Medley** (2:07.88).
- **Kalia Trockel** – 15 & Over Girls **100 Freestyle** (55.76) and **50 Freestyle** (25.45).
- **Orion Monroe** – 15 & Over Boys **200 Breaststroke** (2:15.58), **200 Individual Medley** (2:03.80).



Relay teams also played a significant role in the team's second-place finish, earning championship titles in the **8 & Under Boys 100 Freestyle Relay** made up of **James Cronin**, **Ben Storum**, **Lorenzo Watts**, **Diego Watts** (1:16.19) and the **11–12 Boys 200 Freestyle Relay** made of **Callen Warner**, **Finn Longson**, **Ben Deffenbaugh**, **AJ Felciano** (2:05.92), while several relay teams reached the podium throughout the weekend.

[Team Scores](#)

[Individual Scores](#)

[Results by Name](#)

[Team Photos](#)