

2025 Tri-County Athletic League Swimming & Diving Championships
1 May 2025 | Wayne "Tuffy" Williams Pool @ Cunningham | Vallejo, CA
Team Rankings - Through Event 44

Girls - Team Scores - Junior Varsity Division

Place	School		Points
1	El Cerrito Gauchos	El Cerrito Gauchos	260
2	Pinole Valley Spartans	Pinole Valley Spartans	145
3	Vallejo Redhawks	Vallejo Redhawks	114
Total			519.00

Girls - Team Scores - Varsity Division

Place	School		Points
1	El Cerrito Gauchos	El Cerrito Gauchos	419
2	Albany Cougars	Albany Cougars	369
3	St Patrick-St Vincent Bruins	St Patrick-St Vincent Bruins	267
4	Pinole Valley Spartans	Pinole Valley Spartans	213
5	Salesian Pride	Salesian Pride	177
6	Hercules Titans	Hercules Titans	155
6	Saint Mary's Panthers	Saint Mary's Panthers	155
8	John Swett Warriors	John Swett Warriors	109
Total			1,864.00

Boys - Team Scores - Junior Varsity Division

Place	School		Points
1	El Cerrito Gauchos	El Cerrito Gauchos	69
2	Hercules Titans	Hercules Titans	40
3	Vallejo Redhawks	Vallejo Redhawks	16
Total			125.00

Boys - Team Scores - Varsity Division

Place	School		Points
1	Hercules Titans	Hercules Titans	352
2	El Cerrito Gauchos	El Cerrito Gauchos	327
3	Albany Cougars	Albany Cougars	305
4	St Patrick-St Vincent Bruins	St Patrick-St Vincent Bruins	304
5	Saint Mary's Panthers	Saint Mary's Panthers	175
6	John Swett Warriors	John Swett Warriors	159
7	Salesian Pride	Salesian Pride	123
8	Pinole Valley Spartans	Pinole Valley Spartans	69
9	John F Kennedy Eagles	John F Kennedy Eagles	10
Total			1,824.00

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- Meet Summary

Event #23		Seed		Prelims		Finals	
Devine, Paula - Girls - Year: SO - Saint Mary's							
#23 Girls 100 Free Varsity		56.10	NCSC			54.05	(1) NCSC 20
TCAL Meet: 54.65Y							
26.08	54.05 (27.97)						
Event #27							
de Hart, Ellie - Girls - Year: SO - El Cerrito							
#27 Girls 500 Free Varsity		5:35.37				5:28.12	(1) NCSC 20
TCAL Meet: 5:32.17Y							
29.15	1:01.24 (32.09)	1:33.87 (32.63)	2:07.19 (33.32)				
2:40.97 (33.78)	3:14.24 (33.27)	3:47.87 (33.63)	4:21.49 (33.62)				
4:55.17 (33.68)	5:28.12 (32.95)						
Event #28							
Dangol, Aasish - Boys - Year: JR - Albany							
#28 Boys 500 Free Varsity		4:50.60	NCSC			4:38.06	(1) NCSA 20
TCAL Meet: 4:55.60Y							
25.33	52.85 (27.52)	1:20.64 (27.79)	1:48.50 (27.86)				
2:16.35 (27.85)	2:44.77 (28.42)	3:13.09 (28.32)	3:41.84 (28.75)				
4:10.37 (28.53)	4:38.06 (27.69)						
Event #39							
Zhang, Katherine - Girls - Albany							
#39 Girls 100 Breast Varsity		1:10.09	NCSC			1:08.03	(1) NCSC 20
TCAL Meet: 1:08.21Y							
31.94	1:08.03 (36.09)						
Event #40							
Gladkevich, Peter - Boys - Year: JR - Albany							
#40 Boys 100 Breast Varsity		1:05.80				58.34	(1) NCSA 20
TCAL Meet: 59.39Y							
27.04	58.34 (31.30)						

Total Athletes: 5

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Event 1 Girls 200 Yard Medley Relay Junior Varsity**1:55.07 NCSA - North Coast Auto****2:04.99 NCSC - North Coast Cons**

Team	Relay	Seed Time	Finals Time	Points
1 El Cerrito Gauchos	A	3:14.00	2:50.25	40
1) Dowling, Violette SO	2) Tuft, Allyson JR	3) Gelbard, Sonora SO	4) Sumii, Itsuka SO	
41.74	1:30.69 (48.95)	2:15.76 (45.07)	2:50.25 (34.49)	
--- Pinole Valley Spartans	A	3:17.51	DQ	
1) Minor, Artrani SO	2) Poole, Jah'zae SO	3) Firas, Nadia FR	4) Minor, Artranae SO	
50.37	1:41.49 (51.12)	2:21.91 (40.42)	DQ (43.35)	

Event 3 Girls 200 Yard Medley Relay Varsity**TCAL Meet: 1:54.98 @ 2019****Albany High School****S. Del Priore, N. Phoonpirom, J. Jungey, M. Zhou****1:55.07 NCSA - North Coast Auto****2:04.99 NCSC - North Coast Cons**

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	1:56.53	1:55.79 NCSC	40
1) Kwong, Liv	2) Zhang, Katherine	3) Lieu, Maia	4) Stevenson, Adeline SO	
29.22	1:01.41 (32.19)	1:30.08 (28.67)	1:55.79 (25.71)	
2 El Cerrito Gauchos	A	1:59.42	1:58.55 NCSC	34
1) de Hart, Mya SR	2) Berliner, Miki JR	3) de Hart, Ellie SO	4) Bauer, Hollyce JR	
29.24	1:02.34 (33.10)	1:30.81 (28.47)	1:58.55 (27.74)	
3 Saint Mary's Panthers	A	2:00.57	2:06.33	32
1) Rohlfes, Jordan	2) Scheele, Naomi SO	3) Lee, Yenna SO	4) Devine, Paula SO	
36.32	1:12.69 (36.37)	1:41.54 (28.85)	2:06.33 (24.79)	
4 Pinole Valley Spartans	A	NT	2:13.88	30
1) Muffett, Shelby SR	2) Whaling, Lilianne FR	3) Ng, Emmi SR	4) Cintron, Yaleesa JR	
35.78	1:17.00 (41.22)	1:46.20 (29.20)	2:13.88 (27.68)	
5 St Patrick-St Vincent Bruins	A	2:20.88	2:16.28	28
1) deGuzman, Juliana FR	2) Kennedy, Oliver SR	3) Caniezo, Calissa FR	4) Macasaet, Amanda SO	
6 Hercules Titans	A	2:21.99	2:18.50	26
1) Lacanlale, Raqi SR	2) Abughosh, Jenna JR	3) Pinpin, Jillian JR	4) Sami, Kaiya SR	
32.60	1:07.52 (34.92)	1:47.28 (39.76)	2:18.50 (31.22)	
7 Salesian Pride	A	2:30.00	2:18.78	24
1) Fix, Zoe SO	2) Sifanua, Naomi SR	3) Cosentino, Nadia SO	4) Recendez, Sabina SO	
35.92	1:18.76 (42.84)	1:47.74 (28.98)	2:18.78 (31.04)	
8 John Swett Warriors	A	2:36.31	2:38.10	22
1) Milbrett, Jackie SR	2) Chin, Nox SO	3) Leclair, Jenalee JR	4) Kukkonen, Sherri SR	
48.48	1:31.16 (42.68)	1:57.58 (26.42)	2:38.10 (40.52)	
--- Albany Cougars	B	NT	X2:22.94	
1) Moon, Lena SO	2) Feldman, Annabella SR	3) Zhou, Ruen	4) Mickelson, Talia SR	
35.78	1:21.27 (45.49)	1:52.28 (31.01)	2:22.94 (30.66)	
--- Albany Cougars	C	NT	X2:52.87	
1) Gal-Erdene, Delgerzaya JR	2) Baeza Jimenez, Melissa	3) Hughes, Sara SR	4) Flores, Camilla SR	
52.89	1:35.12 (42.23)	2:16.24 (41.12)	2:52.87 (36.63)	
--- Pinole Valley Spartans	B	NT	X3:28.48	
1) Corso, Ava SR	2) Normington, Megan JR	3) McLaren, Melia SO	4) Smith, Kimora JR	
--- El Cerrito Gauchos	B	2:23.00	XDQ	
1) Shiozaki, Athena SR	2) Chen, Juliet SO	3) Lasmanis, Calliope FR	4) Berliner, Kita FR	
36.64	1:13.86 (37.22)	1:52.64 (38.78)	DQ (22.93)	
--- Salesian Pride	B	2:42.00	XDQ	
1) Manivong, Malia SO	2) Cosby, Sadie SR	3) Sacramento, Miya FR	4) Herbert, Nyah SR	
39.82	1:21.91 (42.09)	2:13.31 (51.40)	DQ (30.91)	

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Event 4 Boys 200 Yard Medley Relay Varsity

TCAL Meet: 1:42.28 @ 2019

Hercules High School

D. Pugeda, M. Yenke, I. Lin, J. Louie

1:38.06 NCSA - North Coast Auto

1:52.99 NCSC - North Coast Cons

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	1:44.18	1:42.46 NCSC	40
1) Zhou, Lucas Jieyu SR	2) Gladkevich, Peter JR	3) Dangol, Aasish JR	4) Hong, Ryan JR	
28.90	55.40 (26.50)	1:19.03 (23.63)	1:42.46 (23.43)	
2 El Cerrito Gauchos	A	1:49.84	1:47.17 NCSC	34
1) Willett Burfoot, Nate SR	2) Shiozaki, Tetsuya FR	3) Sabatini, Gabe SR	4) Carr, Finn SO	
25.92	56.87 (30.95)	1:23.32 (26.45)	1:47.17 (23.85)	
3 Hercules Titans	A	1:51.74	1:48.18 NCSC	32
1) Lapatha, Blake SR	2) Picache, Kai SO	3) Fix, Dax SR	4) Malonzo, Jacob FR	
28.50	58.99 (30.49)	1:23.55 (24.56)	1:48.18 (24.63)	
4 St Patrick-St Vincent Bruins	A	1:52.93	1:51.34 NCSC	30
1) Westad, Brody SR	2) Alvarado, Dominic SO	3) Caniezo, Justin JR	4) Rogers, Spencer JR	
30.17	1:51.34 (1:21.17)			
5 John Swett Warriors	A	2:02.42	1:58.78	28
1) Chambers, Alex JR	2) Yin, Ryan SR	3) Ragonton, Jacob FR	4) Larson, Max SR	
26.83	1:05.31 (38.48)	1:31.14 (25.83)	1:58.78 (27.64)	
6 Saint Mary's Panthers	A	2:10.39	2:00.04	26
1) Turon, Shea	2) Vargas, Enzo	3) Detwiler, James FR	4) Hamrick, Read	
28.28	1:01.39 (33.11)	1:28.61 (27.22)	2:00.04 (31.43)	
7 Salesian Pride	A	2:04.00	2:04.78	24
1) Timang, Benjamin FR	2) Timang, Jacob SR	3) Espino, Enosh SO	4) Roberts, Wesley JR	
34.85	1:04.72 (29.87)	1:33.87 (29.15)	2:04.78 (30.91)	
8 Pinole Valley Spartans	A	2:03.39	2:17.40	22
1) Cintron, Luis FR	2) Rudis, Joshua SR	3) Rote, Paul JR	4) Malone, Caden FR	
37.06	1:12.10 (35.04)	1:52.56 (40.46)	2:17.40 (24.84)	
--- Hercules Titans	B	2:03.37	X2:01.14	
1) Sandhu, Kabir SO	2) Feraren, Xavier FR	3) Rao, Ayush SR	4) Chapman, Julian SR	
29.57	1:04.87 (35.30)	1:36.37 (31.50)	2:01.14 (24.77)	
--- El Cerrito Gauchos	B	2:07.86	X2:05.15	
1) Malaowala, Kenji SR	2) Johnson, Cooper JR	3) Houser, Alden JR	4) Jacox, Alex SO	
31.77	1:07.00 (35.23)	1:38.67 (31.67)	2:05.15 (26.48)	
--- Hercules Titans	C	2:10.57	X2:06.29	
1) De Guzman, Brandon SO	2) Solla, Christian SR	3) Rivera, Kaiden SR	4) Gordon, Darren SR	
34.97	1:09.77 (34.80)	1:38.39 (28.62)	2:06.29 (27.90)	
--- Albany Cougars	B	NT	XDQ	
1) Gomez, Rodrigo	2) Lekas, Robert	3) Vorhis, Sean SR	4) Shao, Luke	
40.21	1:20.57 (40.36)	2:03.93 (43.36)	DQ (21.26)	

Event 5 Girls 50 Yard Backstroke Junior Varsity

Name	Yr School	Seed Time	Finals Time	Points
1 Carter, Sariya	FR Vallejo Redhawks	43.73	40.97	20
2 Minor, Artrani	SO Pinole Valley Spartans	48.91	43.43	17
3 Minor, Artranae	SO Pinole Valley Spartans	51.52	51.36	16
4 Cote, Madison	FR Vallejo Redhawks	56.03	55.59	15
--- Torres, Valentino	JR El Cerrito Gauchos	1:11.18	DQ	
--- Firas, Nadia	FR Pinole Valley Spartans	57.47	DQ	

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Event 6 Boys 50 Yard Backstroke Junior Varsity

Name	Yr	School	Seed Time	Finals Time	Points
1 Brard, Laertes	FR	El Cerrito Gauchos	43.32	41.03	20

Event 7 Girls 200 Yard Freestyle Varsity

TCAL Meet: 1:56.81 @ 2014 Ariana Saghafi [ALBA] Albany
 1:56.17 NCSA - North Coast Auto
 2:05.99 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Abughosh, Jenna	JR	Hercules Titans	2:07.84	2:07.64	20
29.69	1:01.72 (32.03)	1:34.59 (32.87)	2:07.64 (33.05)		
2 Moon, Lena	SO	Albany Cougars	2:20.81	2:22.34	17
32.84	1:08.90 (36.06)	1:46.42 (37.52)	2:22.34 (35.92)		
3 Mickelson, Talia	SR	Albany Cougars	2:30.00	2:31.35	16
35.94	1:15.50 (39.56)	1:54.11 (38.61)	2:31.35 (37.24)		
4 deGuzman, Juliana	FR	St Patrick-St Vincent Bruins	2:32.78	2:32.31	15
2:44.63	2:32.31 ()				
5 Arnaud, Lise	JR	Albany Cougars	2:38.48	2:34.39	14
33.90	1:11.80 (37.90)	1:52.83 (41.03)	2:34.39 (41.56)		
6 Recendez, Sabina	SO	Salesian Pride	2:35.10	2:41.16	13
35.03	1:14.76 (39.73)	1:57.37 (42.61)	2:41.16 (43.79)		
7 Taniguchi, Sam	JR	El Cerrito Gauchos	2:38.00	2:43.10	12
36.22	1:18.16 (41.94)	2:01.66 (43.50)	2:43.10 (41.44)		
8 Chin, Nox	SO	John Swett Warriors	2:50.62	2:43.97	11
37.80	1:19.07 (41.27)	2:02.35 (43.28)	2:43.97 (41.62)		
9 Caragan, Jasmine	SR	St Patrick-St Vincent Bruins	2:44.36	2:44.09	9
37.15	1:19.21 (42.06)	2:02.88 (43.67)	2:44.09 (41.21)		
10 Boreen, Lydia	SO	El Cerrito Gauchos	2:51.96	2:44.30	7
11 Farahmand, Sara	SR	El Cerrito Gauchos	2:46.10	2:44.51	6
38.03	1:19.84 (41.81)	2:03.65 (43.81)	2:44.51 (40.86)		
12 McGarry, Dylan	SO	El Cerrito Gauchos	2:55.22	2:51.63	5
40.03	1:24.62 (44.59)	2:08.89 (44.27)	2:51.63 (42.74)		
13 Hotho, Dipaam	SR	El Cerrito Gauchos	2:45.00	x2:59.46	
40.19	1:24.27 (44.08)	2:12.01 (47.74)	2:59.46 (47.45)		
14 Manivong, Malia	SO	Salesian Pride	3:10.02	3:02.90	4
39.50	1:25.67 (46.17)	3:02.90 (1:37.23)			
15 Normington, Megan	JR	Pinole Valley Spartans	2:52.88	3:03.12	3
37.61	1:22.17 (44.56)	2:12.27 (50.10)	3:03.12 (50.85)		
16 Smart, Attiana	JR	St Patrick-St Vincent Bruins	3:08.22	3:10.77	2
43.52	1:32.43 (48.91)	2:23.20 (50.77)	3:10.77 (47.57)		
17 Kukkonen, Sherri	SR	John Swett Warriors	3:30.30	3:18.97	1
46.97	1:39.75 (52.78)	3:18.97 (1:39.22)			
18 Nieuwenhuis, Audrey	FR	St Patrick-St Vincent Bruins	3:33.50	3:29.58	
		2:34.30 ()	3:29.58 (55.28)		

Event 8 Boys 200 Yard Freestyle Varsity

TCAL Meet: 1:52.11 @ 2023 David Shalz [PIVA] Pinole Valley
 1:43.54 NCSA - North Coast Auto
 1:51.11 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Chansiri, Phumin	JR	Albany Cougars	1:59.72	1:52.18	20
25.61	53.06 (27.45)	1:22.45 (29.39)	1:52.18 (29.73)		
2 Fix, Dax	SR	Hercules Titans	1:57.90	1:57.83	17
26.24	55.11 (28.87)	1:25.52 (30.41)	1:57.83 (32.31)		

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	Name	Yr	School	Seed Time	Finals Time	Points
3	Westad, Brody	SR	St Patrick-St Vincent Bruins	2:12.29	2:06.20	16
	28.50	1:00.20 (31.70)	1:32.98 (32.78)	2:06.20 (33.22)		
4	Lopez, Ernesto	SR	St Patrick-St Vincent Bruins	2:21.00	2:12.94	15
	29.78	1:02.69 (32.91)	1:37.06 (34.37)	2:12.94 (35.88)		
5	Smith, Trace	JR	El Cerrito Gauchos	2:20.17	2:20.38	14
	31.22	1:06.30 (35.08)	1:44.01 (37.71)	2:20.38 (36.37)		
6	Begin, Liam		Albany Cougars	2:20.54	2:21.53	13
	30.69	1:06.07 (35.38)	1:44.02 (37.95)	2:21.53 (37.51)		
7	Amso, Nicholas	FR	St Patrick-St Vincent Bruins	2:28.67	2:22.28	12
	30.75	1:06.12 (35.37)	1:45.41 (39.29)	2:22.28 (36.87)		
8	Sheats, Devin	FR	John Swett Warriors	2:22.28	2:22.49	11
	30.72	1:06.74 (36.02)	1:45.85 (39.11)	2:22.49 (36.64)		
9	Rocher, Ethan	JR	El Cerrito Gauchos	2:33.90	2:27.11	9
	33.18	1:10.75 (37.57)	1:49.92 (39.17)	2:27.11 (37.19)		
10	De Guzman, Brandon	SO	Hercules Titans	2:49.88	2:29.70	7
	32.66	1:11.25 (38.59)	1:50.95 (39.70)	2:29.70 (38.75)		
11	Guzman, Sebastian		Saint Mary's Panthers	1:58.00	2:42.22	6
	35.47	1:17.71 (42.24)	2:00.21 (42.50)	2:42.22 (42.01)		
12	Gordon, Darren	SR	Hercules Titans	2:38.37	2:42.46	5
13	Makthepharack, Loghan	SO	El Cerrito Gauchos	2:51.72	2:45.20	4
	35.79	1:19.49 (43.70)	2:05.86 (46.37)	2:45.20 (39.34)		
14	Oliver, Griffin	JR	El Cerrito Gauchos	3:10.45	3:00.33	3
	40.13	1:25.41 (45.28)	2:13.60 (48.19)	3:00.33 (46.73)		

Event 9 Girls 100 Yard IM Junior Varsity

	Name	Yr	School	Seed Time	Finals Time	Points
1	Sumii, Itsuka	SO	El Cerrito Gauchos	1:36.99	1:36.80	20
	45.35	1:36.80 (51.45)				
2	Tuft, Allyson	JR	El Cerrito Gauchos	1:56.24	1:57.02	17
	57.66	1:57.02 (59.36)				

Event 11 Girls 200 Yard IM Varsity

TCAL Meet: 2:13.32 @ 2022 Sophia Vitek [ALBA] Albany
 2:12.78 NCSA - North Coast Auto
 2:21.55 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	de Hart, Mya	SR	El Cerrito Gauchos	2:17.44	2:14.20	NCSC 20
	28.58	1:01.34 (32.76)	1:42.04 (40.70)	2:14.20 (32.16)		
2	Devine, Paula	SO	Saint Mary's Panthers	2:20.09	2:16.33	NCSC 17
	28.33	1:02.26 (33.93)	1:44.70 (42.44)	2:16.33 (31.63)		
3	Stevenson, Adeline	SO	Albany Cougars	2:23.16	2:18.86	NCSC+ 16
4	Kwong, Liv		Albany Cougars	2:22.37	2:27.46	15
	31.32	1:07.59 (36.27)	1:51.93 (44.34)	2:27.46 (35.53)		
5	Luna, Ava	JR	El Cerrito Gauchos	2:58.02	2:58.96	14
	41.58	1:26.34 (44.76)	2:17.20 (50.86)	2:58.96 (41.76)		
6	Macasaet, Amanda	SO	St Patrick-St Vincent Bruins	3:11.10	3:10.48	13
	41.29	1:26.11 (44.82)	2:23.20 (57.09)	3:10.48 (47.28)		
7	Torres, Krystal	SR	St Patrick-St Vincent Bruins	3:35.02	3:15.18	12
	43.37	1:34.31 (50.94)	2:31.76 (57.45)	3:15.18 (43.42)		
8	Calma, Aela	SO	St Patrick-St Vincent Bruins	3:52.58	3:46.85	11
	46.64	1:46.16 (59.52)	2:49.24 (1:03.08)	3:46.85 (57.61)		
9	Torres-Paniagua, Daniela	JR	St Patrick-St Vincent Bruins	4:22.38	4:31.09	9

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Name	Yr	School	Seed Time	Finals Time	Points
--- Leclair, Jenalee	JR	John Swett Warriors	3:17.33	DQ	
42.32	1:29.45 (47.13)	2:32.32 (1:02.87)	DQ (39.56)		
--- Berliner, Miki	JR	El Cerrito Gauchos	2:40.21	DQ	
34.05	1:17.15 (43.10)	2:01.49 (44.34)	DQ (38.86)		

Event 12 Boys 200 Yard IM Varsity

TCAL Meet: 1:55.19 @ 2024 Aasish Dangol [ALBA] Albany
1:56.98 NCSA - North Coast Auto
2:06.99 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Willett Burfoot, Nate	SR	El Cerrito Gauchos	2:00.07	1:59.19 NCSC	20
26.27	55.62 (29.35)	1:29.86 (34.24)	1:59.19 (29.33)		
2 Zhou, Lucas Jieyu	SR	Albany Cougars	2:23.40	2:13.33	17
29.25	1:03.17 (33.92)	1:42.29 (39.12)	2:13.33 (31.04)		
3 Sandhu, Kabir	SO	Hercules Titans	2:30.00	2:18.29	16
29.08	1:02.79 (33.71)	1:43.78 (40.99)	2:18.29 (34.51)		
4 Lapatha, Blake	SR	Hercules Titans	2:28.64	2:23.57	15
5 Caniezo, Justin	JR	St Patrick-St Vincent Bruins	2:25.31	2:28.47	14
27.77	1:06.02 (38.25)	1:51.13 (45.11)	2:28.47 (37.34)		
6 Shiozaki, Tetsuya	FR	El Cerrito Gauchos	2:34.67	2:30.30	13
30.39	1:10.19 (39.80)	1:52.80 (42.61)	2:30.30 (37.50)		
7 Caragan, Aiden	SR	St Patrick-St Vincent Bruins	2:38.57	2:32.42	12
30.01	1:10.35 (40.34)	1:52.60 (42.25)	2:32.42 (39.82)		
8 Espino, Enosh	SO	Salesian Pride	2:49.10	2:44.61	11
33.89	1:14.32 (40.43)	2:07.24 (52.92)	2:44.61 (37.37)		
--- Gomez, Rodrigo		Albany Cougars	2:34.71	DQ	
29.25	1:11.10 (41.85)	1:57.65 (46.55)	DQ (33.53)		
--- Shao, Luke		Albany Cougars	2:40.50	DQ	
33.82	1:18.63 (44.81)	2:14.62 (55.99)	DQ (46.24)		
--- Feraren, Xavier	FR	Hercules Titans	2:38.32	DQ	
34.95	1:13.17 (38.22)	2:00.30 (47.13)	DQ (36.30)		

Event 13 Girls 50 Yard Freestyle Junior Varsity

24.27 NCSA - North Coast Auto
25.66 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Carter, Sariya	FR	Vallejo Redhawks	34.92	34.50	20
2 Dowling, Violette	SO	El Cerrito Gauchos	36.41	37.01	17
3 Minor, Artrani	SO	Pinole Valley Spartans	38.71	37.56	16
4 Gelbard, Sonora	SO	El Cerrito Gauchos	39.06	37.98	15
5 Minor, Artranae	SO	Pinole Valley Spartans	41.95	42.60	14
6 Poole, Jah'zae	SO	Pinole Valley Spartans	42.13	42.93	13
7 Firas, Nadia	FR	Pinole Valley Spartans	44.31	45.43	12
8 Gonzalez, Analiyah	FR	Vallejo Redhawks	46.98	46.95	11
9 Cote, Madison	FR	Vallejo Redhawks	48.34	48.90	9
10 Terrones, Monique	FR	Vallejo Redhawks	47.19	50.77	7
11 Miro, Lesly	SO	Vallejo Redhawks	10:09.41	x55.40	
12 Pamatz, Yesenia	SO	Vallejo Redhawks	NT	x56.46	

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Event 14 Boys 50 Yard Freestyle Junior Varsity

21.59 NCSA - North Coast Auto

22.66 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	Castro, Israel	SO	Hercules Titans	33.50	30.33	20
2	Herp, Aidan	JR	El Cerrito Gauchos	38.00	34.12	17
3	Garcia Aquino, Anthony	FR	Vallejo Redhawks	34.42	36.74	16
4	Elsaesser, Azha	SO	El Cerrito Gauchos	38.19	37.56	15

Event 15 Girls 50 Yard Freestyle Varsity

TCAL Meet: 24.49 @ 2016 Katie Gray [SWET]

John Swett

24.27 NCSA - North Coast Auto

25.66 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	Zhang, Katherine		Albany Cougars	26.36	25.86	20
2	Caniezo, Calissa	FR	St Patrick-St Vincent Bruins	27.92	27.29	17
3	Ng, Emmi	SR	Pinole Valley Spartans	27.28	27.52	16
4	Bauer, Hollyce	JR	El Cerrito Gauchos	28.54	28.11	15
5	Lacanalale, Raqi	SR	Hercules Titans	28.32	28.21	14
6	Cintron, Yaleesa	JR	Pinole Valley Spartans	29.83	28.44	13
7	Scheele, Naomi	SO	Saint Mary's Panthers	30.32	28.68	12
8	Sifanua, Naomi	SR	Salesian Pride	30.03	29.73	11
9	Muffett, Shelby	SR	Pinole Valley Spartans	30.03	30.48	9
10	Pinpin, Jillian	JR	Hercules Titans	33.04	31.48	7
11	Rohlfes, Jordan		Saint Mary's Panthers	NT	32.12	6
12	Mickelson, Talia	SR	Albany Cougars	31.43	32.61	5
13	Hotho, Dipaam	SR	El Cerrito Gauchos	32.58	32.64	4
14	Whaling, Lillianne	FR	Pinole Valley Spartans	34.02	32.87	3
15	Farahmand, Sara	SR	El Cerrito Gauchos	32.41	33.36	2
16	Nevill, Hazel	SR	El Cerrito Gauchos	32.96	33.40	1
17	McLaren, Melia	SO	Pinole Valley Spartans	33.59	x33.84	
18	Sacramento, Miya	FR	Salesian Pride	34.10	33.95	
19	Corso, Ava	SR	Pinole Valley Spartans	34.46	x35.29	
20	Gal-Erdene, Delgerzaya	JR	Albany Cougars	34.87	35.63	
21	Hughes, Sara	SR	Albany Cougars	34.72	35.69	
22	Mora, Bella	SO	St Patrick-St Vincent Bruins	36.00	37.25	
23	Lehman, Kathryn	SR	Hercules Titans	37.70	37.28	
24	Itazu, Alyassa		Albany Cougars	37.56	x37.36	
25	Herbert, Nyah	SR	Salesian Pride	37.50	38.53	
26	Montemayor, Maria	SO	St Patrick-St Vincent Bruins	39.87	39.23	
27	Mousa, Aiesha	SR	El Cerrito Gauchos	35.41	x39.85	
28	Davis, Aleesha	JR	John Swett Warriors	41.06	39.99	
29	Weber, Lila		Albany Cougars	38.00	x41.62	
30	Moreno, Amaya	SO	John Swett Warriors	40.84	46.56	
31	Pingol, Jeri	SO	St Patrick-St Vincent Bruins	48.53	46.67	
32	Sierras, Angelee	SR	John Swett Warriors	53.81	49.74	
33	Zuniga, Sable		Albany Cougars	51.27	x51.32	

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Event 16 Boys 50 Yard Freestyle Varsity

TCAL Meet: 21.76 @ 2015 Jeremy Peris [HERC] Hercules
 21.59 NCSA - North Coast Auto
 22.66 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Gladkevich, Peter	JR	Albany Cougars	23.13	21.88 NCSC+	20
2 Chambers, Alex	JR	John Swett Warriors	22.80	22.81	17
3 Hong, Ryan	JR	Albany Cougars	NT	23.99	16
4 Carr, Finn	SO	El Cerrito Gauchos	24.10	24.47	15
5 Chapman, Julian	SR	Hercules Titans	24.86	24.67	14
6 Vargas, Enzo		Saint Mary's Panthers	25.06	24.84	13
7 Rogers, Spencer	JR	St Patrick-St Vincent Bruins	25.08	25.29	12
8 Timang, Jacob	SR	Salesian Pride	26.01	25.40	11
9 Solla, Christian	SR	Hercules Titans	25.63	25.47	9
10 Malonzo, Jacob	FR	Hercules Titans	25.50	25.60	7
11 Westad, Beau	SO	St Patrick-St Vincent Bruins	27.40	26.67	6
12 Jacox, Alex	SO	El Cerrito Gauchos	26.32	27.16	5
13 Arteaga, Rafael	FR	John F Kennedy Eagles	27.30	27.76	4
14 Rudis, Joshua	SR	Pinole Valley Spartans	27.57	27.86	3
15 Larson, Max	SR	John Swett Warriors	29.37	28.05	2
16 Johnson, Cooper	JR	El Cerrito Gauchos	29.13	28.10	1
17 Lekas, Robert		Albany Cougars	28.35	28.31	
18 Rote, Paul	JR	Pinole Valley Spartans	27.17	28.41	
19 Billingsley, Paul		Saint Mary's Panthers	27.00	28.56	
20 Makthepharack, Loghan	SO	El Cerrito Gauchos	30.18	29.91	
21 Roberts, Wesley	JR	Salesian Pride	31.01	31.06	
22 Andres, Dillon	JR	Hercules Titans	29.94	31.16	
23 Franklin, Kaylum		Saint Mary's Panthers	30.00	31.54	
24 Powers, Ian		Albany Cougars	32.76	31.73	
25 Gerstman, Nat	SR	El Cerrito Gauchos	32.91	x32.35	
26 Doan, Adrian	JR	Pinole Valley Spartans	34.45	32.59	
27 Oliver, Griffin	JR	El Cerrito Gauchos	34.59	x33.29	
28 Daniel, Certa		Saint Mary's Panthers	28.00	33.95	
29 Vorhis, Sean	SR	Albany Cougars	35.87	x35.26	
30 Ali, Azhar	JR	Hercules Titans	34.15	x36.18	
31 Sissolo, Moussa	SR	John Swett Warriors	33.69	38.43	
--- Pellos, Dennis	FR	John Swett Warriors	37.87	DQ	

Event 17 Girls 50 Yard Butterfly Junior Varsity

Name	Yr	School	Seed Time	Finals Time	Points
1 Sumii, Itsuka	SO	El Cerrito Gauchos	43.98	42.82	20

Event 18 Boys 50 Yard Butterfly Junior Varsity

Name	Yr	School	Seed Time	Finals Time	Points
--- Brard, Laertes	FR	El Cerrito Gauchos	41.57	DQ	

Event 19 Girls 100 Yard Butterfly Varsity

TCAL Meet: 58.10 @ 2014 Ariana Saghafi [ALBA] Albany
 58.44 NCSA - North Coast Auto
 1:02.99 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Ng, Emmi	SR	Pinole Valley Spartans	1:08.01	1:06.91	20
			30.66	1:06.91 (36.25)	

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(Event 19 Girls 100 Yard Butterfly Varsity)

Name		Yr	School	Seed Time	Finals Time	Points
2	Lieu, Maia		Albany Cougars	1:11.70	1:08.05	17
	31.80	1:08.05 (36.25)				
3	Lee, Yenna	SO	Saint Mary's Panthers	1:12.51	1:08.88	16
	32.00	1:08.88 (36.88)				
4	Lasmanis, Calliope	FR	El Cerrito Gauchos	1:15.15	1:15.36	15
	35.09	1:15.36 (40.27)				
5	Cosentino, Nadia	SO	Salesian Pride	1:25.10	1:22.95	14
	38.01	1:22.95 (44.94)				
6	Power, Georgia	JR	El Cerrito Gauchos	1:24.07	1:24.42	13
7	Berliner, Kita	FR	El Cerrito Gauchos	1:25.00	1:26.03	12
	38.48	1:26.03 (47.55)				
8	Leclair, Jenalee	JR	John Swett Warriors	1:22.97	1:31.72	11
	41.55	1:31.72 (50.17)				
9	Caragan, Jasmine	SR	St Patrick-St Vincent Bruins	1:29.01	1:32.44	9
	44.26	1:32.44 (48.18)				
10	Torres, Krystal	SR	St Patrick-St Vincent Bruins	1:38.46	1:38.76	7
	46.97	1:38.76 (51.79)				
11	Baeza Jimenez, Melissa		Albany Cougars	1:30.00	1:43.95	6
	44.74	1:43.95 (59.21)				
12	Arrozal, Ariana	SO	St Patrick-St Vincent Bruins	2:20.06	2:01.42	5
	55.72	2:01.42 (1:05.70)				
13	Montemayor, Maria	SO	St Patrick-St Vincent Bruins	2:19.24	2:12.64	4
---	Taniguchi, Sam	JR	El Cerrito Gauchos	1:21.25	DQ	
	40.03	DQ (1:01.85)				

Event 20 Boys 100 Yard Butterfly Varsity

TCAL Meet: 51.59 @ 2024 Aasish Dangol [ALBA] Albany
51.91 NCSA - North Coast Auto
55.88 NCSC - North Coast Cons

Name		Yr	School	Seed Time	Finals Time	Points
1	Dangol, Aasish	JR	Albany Cougars	53.19	52.14 NCSC	20
	24.36	52.14 (27.78)				
2	Fix, Dax	SR	Hercules Titans	56.53	56.40	17
	26.39	56.40 (30.01)				
3	Sabatini, Gabe	SR	El Cerrito Gauchos	1:03.14	59.20	16
	27.18	59.20 (32.02)				
4	Detwiler, James	FR	Saint Mary's Panthers	1:01.98	1:00.71	15
	28.38	1:00.71 (32.33)				
5	Caniezo, Justin	JR	St Patrick-St Vincent Bruins	1:01.06	1:01.99	14
	27.81	1:01.99 (34.18)				
6	Gomez, Rodrigo		Albany Cougars	1:05.00	1:03.87	13
	29.45	1:03.87 (34.42)				
7	Rivera, Kaiden	SR	Hercules Titans	1:06.94	1:07.19	12
	29.54	1:07.19 (37.65)				
8	Ragonton, Jacob	FR	John Swett Warriors	1:15.38	1:07.47	11
	31.19	1:07.47 (36.28)				
9	Rao, Ayush	SR	Hercules Titans	1:13.43	1:14.82	9
	32.78	1:14.82 (42.04)				
10	Lekas, Robert		Albany Cougars	1:10.00	1:23.23	7
11	Herndon, Asher	SO	St Patrick-St Vincent Bruins	1:33.00	1:25.14	6
	37.77	1:25.14 (47.37)				

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(Event 20 Boys 100 Yard Butterfly Varsity)

Name	Yr	School	Seed Time	Finals Time	Points
12 Smart, Anthony	FR	St Patrick-St Vincent Bruins	1:28.90	1:26.96	5
39.99		1:26.96 (46.97)			

Event 21 Girls 100 Yard Freestyle Junior Varsity

53.26 NCSA - North Coast Auto
57.99 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Tuft, Allyson	JR	El Cerrito Gauchos	1:44.57	1:37.80	20
45.05		1:37.80 (52.75)			
2 Torres, Valentino	JR	El Cerrito Gauchos	1:51.57	1:51.21	17
52.49		1:51.21 (58.72)			

Event 22 Boys 100 Yard Freestyle Junior Varsity

47.38 NCSA - North Coast Auto
49.77 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Castro, Israel	SO	Hercules Titans	1:15.00	1:12.55	20
30.76		1:12.55 (41.79)			
2 Herp, Aidan	JR	El Cerrito Gauchos	1:25.00	1:19.98	17
39.00		1:19.98 (40.98)			

Event 23 Girls 100 Yard Freestyle Varsity

TCAL Meet: 54.65 @ 2019 Melissa Zhou [ALBA] Albany
53.26 NCSA - North Coast Auto
57.99 NCSC - North Coast Cons

Name	Yr	School	Seed Time	Finals Time	Points
1 Devine, Paula	SO	Saint Mary's Panthers	56.10	54.05 @ NCSC	20
26.08		54.05 (27.97)			
2 Lieu, Maia		Albany Cougars	1:01.32	58.91	17
28.59		58.91 (30.32)			
3 Bauer, Hollyce	JR	El Cerrito Gauchos	1:03.66	1:01.59	16
29.24		1:01.59 (32.35)			
4 Caniezo, Calissa	FR	St Patrick-St Vincent Bruins	1:04.02	1:02.76	15
29.92		1:02.76 (32.84)			
5 Zhou, Ruen		Albany Cougars	1:06.03	1:04.37	14
30.95		1:04.37 (33.42)			
6 Cintron, Yaleesa	JR	Pinole Valley Spartans	1:06.83	1:05.36	13
31.25		1:05.36 (34.11)			
7 Fix, Zoe	SO	Salesian Pride	1:08.50	1:07.09	12
8 Smith, Kimora	JR	Pinole Valley Spartans	1:09.05	1:08.30	11
30.53		1:08.30 (37.77)			
9 Lasmanis, Calliope	FR	El Cerrito Gauchos	1:14.12	1:09.34	9
33.39		1:09.34 (35.95)			
10 Berliner, Kita	FR	El Cerrito Gauchos	1:11.54	1:10.74	7
34.51		1:10.74 (36.23)			
11 Shiozaki, Athena	SR	El Cerrito Gauchos	1:10.19	1:11.56	6
33.22		1:11.56 (38.34)			
12 Cosentino, Nadia	SO	Salesian Pride	1:12.53	1:11.72	5
33.69		1:11.72 (38.03)			
13 Macasaet, Amanda	SO	St Patrick-St Vincent Bruins	1:13.93	1:12.48	4
34.39		1:12.48 (38.09)			
14 Normington, Megan	JR	Pinole Valley Spartans	1:16.85	1:14.95	3
35.93		1:14.95 (39.02)			

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(Event 23 Girls 100 Yard Freestyle Varsity)

	Name	Yr	School	Seed Time	Finals Time	Points
15	Corso, Ava	SR	Pinole Valley Spartans	1:17.38	1:16.78	2
16	Quiñones, Sabrina	SR	El Cerrito Gauchos	1:16.82	x1:16.93	
	36.21		1:16.93 (40.72)			
17	Cosby, Sadie	SR	Salesian Pride	1:21.22	1:20.60	1
	38.58		1:20.60 (42.02)			
18	Flores, Camilla	SR	Albany Cougars	1:15.00	1:22.62	
	37.35		1:22.62 (45.27)			
19	Baeza Jimenez, Melissa		Albany Cougars	1:24.53	1:22.90	
	39.67		1:22.90 (43.23)			
20	Feldman, Annabella	SR	Albany Cougars	NT	x1:23.80	
21	Mora, Bella	SO	St Patrick-St Vincent Bruins	1:24.69	1:24.61	
22	Spillman, Carly	FR	Pinole Valley Spartans	1:24.00	x1:25.09	
	39.46		1:25.09 (45.63)			
23	Weber, Lila		Albany Cougars	1:20.00	x1:29.34	
	42.97		1:29.34 (46.37)			
24	Kukkonen, Sherri	SR	John Swett Warriors	1:30.62	1:31.20	
	46.45		1:31.20 (44.75)			
25	Moreno, Amaya	SO	John Swett Warriors	1:30.87	1:34.16	
	44.21		1:34.16 (49.95)			
26	Davis, Aleesha	JR	John Swett Warriors	1:34.67	1:37.54	
	44.25		1:37.54 (53.29)			
27	Rogelio-Moreno, Danyelle	JR	Hercules Titans	1:42.76	1:42.13	
	47.70		1:42.13 (54.43)			
28	Pingol, Jeri	SO	St Patrick-St Vincent Bruins	2:00.00	1:55.28	
	52.79		1:55.28 (1:02.49)			
29	Zuniga, Sable		Albany Cougars	2:10.00	x2:02.21	
	52.60		2:02.21 (1:09.61)			
---	Lee, Yenna	SO	Saint Mary's Panthers	1:06.50	X1:03.52	
	30.49		1:03.52 (33.03)			

Event 24 Boys 100 Yard Freestyle Varsity

TCAL Meet: 48.15 @ 2014 Jeremy Peris [HERC] Hercules
47.38 NCSA - North Coast Auto
49.77 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	Chansiri, Phumin	JR	Albany Cougars	52.54	50.19	20
	24.21		50.19 (25.98)			
2	Alvarado, Dominic	SO	St Patrick-St Vincent Bruins	54.33	53.40	17
	25.42		53.40 (27.98)			
3	Turon, Shea		Saint Mary's Panthers	NT	54.96	16
	26.39		54.96 (28.57)			
4	Picache, Kai	SO	Hercules Titans	56.88	55.26	15
	26.46		55.26 (28.80)			
5	Carr, Finn	SO	El Cerrito Gauchos	56.00	55.69	14
	26.47		55.69 (29.22)			
6	Malaowala, Kenji	SR	El Cerrito Gauchos	59.10	56.27	13
	27.09		56.27 (29.18)			
7	Sabatini, Gabe	SR	El Cerrito Gauchos	58.80	57.01	12
	27.07		57.01 (29.94)			
8	Timang, Benjamin	FR	Salesian Pride	1:00.45	58.35	11
	27.82		58.35 (30.53)			

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(Event 24 Boys 100 Yard Freestyle Varsity)

	Name	Yr	School	Seed Time	Finals Time	Points
9	Chapman, Julian	SR	Hercules Titans	1:01.08	58.41	9
	28.30		58.41 (30.11)			
10	Rogers, Spencer	JR	St Patrick-St Vincent Bruins	57.59	59.56	7
	27.94		59.56 (31.62)			
11	Solla, Christian	SR	Hercules Titans	1:04.26	59.82	6
	29.04		59.82 (30.78)			
12	Shao, Luke		Albany Cougars	1:10.11	1:02.36	5
13	Cintron, Luis	FR	Pinole Valley Spartans	1:04.81	1:02.41	4
	29.37		1:02.41 (33.04)			
14	Gordon, Darren	SR	Hercules Titans	1:06.72	1:02.62	3
	30.79		1:02.62 (31.83)			
15	Smith, Trace	JR	El Cerrito Gauchos	1:03.60	1:03.56	2
16	Halligan, Kai		Saint Mary's Panthers	56.00	1:07.69	1
	32.43		1:07.69 (35.26)			
17	Billingsley, Paul		Saint Mary's Panthers	1:00.00	1:08.22	
	30.87		1:08.22 (37.35)			
18	Hamrick, Read		Saint Mary's Panthers	NT	1:08.67	
19	Rote, Paul	JR	Pinole Valley Spartans	1:13.71	1:09.53	
	32.45		1:09.53 (37.08)			
20	Malone, Caden	FR	Pinole Valley Spartans	1:12.37	1:10.30	
	31.77		1:10.30 (38.53)			
21	Yin, Ryan	SR	John Swett Warriors	1:15.68	1:14.00	
	32.16		1:14.00 (41.84)			
22	Doan, Adrian	JR	Pinole Valley Spartans	1:12.56	1:14.39	
	34.65		1:14.39 (39.74)			
23	Roberts, Wesley	JR	Salesian Pride	1:19.50	1:14.68	
	34.39		1:14.68 (40.29)			
24	Franklin, Kaylum		Saint Mary's Panthers	1:10.00	x1:16.38	
	34.63		1:16.38 (41.75)			
25	Vorhis, Sean	SR	Albany Cougars	1:17.45	1:16.73	
	37.04		1:16.73 (39.69)			
26	Daniel, Certa		Saint Mary's Panthers	58.00	x1:19.28	
27	Ali, Azhar	JR	Hercules Titans	1:27.88	x1:22.33	
	36.83		1:22.33 (45.50)			
28	Pellos, Dennis	FR	John Swett Warriors	1:25.62	1:23.11	
	40.23		1:23.11 (42.88)			
29	Sissolo, Moussa	SR	John Swett Warriors	1:26.89	1:28.35	
	40.23		1:28.35 (48.12)			
---	Hill, Mason		Saint Mary's Panthers	1:08.94	DQ	

Event 25 Girls 200 Yard Freestyle Junior Varsity**1:56.17 NCSA - North Coast Auto****2:05.99 NCSC - North Coast Cons**

	Name	Yr	School	Seed Time	Finals Time	Points
1	Gelbard, Sonora	SO	El Cerrito Gauchos	3:03.14	3:04.24	20
	41.12		1:27.51 (46.39) 2:16.09 (48.58)	3:04.24 (48.15)		

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Event 27 Girls 500 Yard Freestyle Varsity

TCAL Meet: 5:32.17 @ 2019

Alejandra Robbins [STMY]

Saint Mary's

5:17.51 NCSA - North Coast Auto

5:34.99 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	de Hart, Ellie	SO	El Cerrito Gauchos	5:35.37	5:28.12 @ NCSC+	20
	29.15		1:01.24 (32.09)	1:33.87 (32.63)	2:07.19 (33.32)	
	2:40.97 (33.78)		3:14.24 (33.27)	3:47.87 (33.63)	4:21.49 (33.62)	
	4:55.17 (33.68)		5:28.12 (32.95)			
2	Moon, Lena	SO	Albany Cougars	6:32.18	6:28.18	17
	32.98		1:10.45 (37.47)	1:49.70 (39.25)	2:29.30 (39.60)	
	3:09.09 (39.79)		3:49.05 (39.96)	4:29.02 (39.97)	5:09.59 (40.57)	
	5:49.58 (39.99)		6:28.18 (38.60)			
3	Sami, Kaiya	SR	Hercules Titans	6:59.74	6:41.31	16
	33.09		1:10.57 (37.48)	1:51.34 (40.77)	2:33.29 (41.95)	
	3:14.81 (41.52)		3:57.25 (42.44)	4:38.71 (41.46)	5:21.02 (42.31)	
	6:02.35 (41.33)		6:41.31 (38.96)			
4	Luna, Ava	JR	El Cerrito Gauchos	6:52.82	6:58.30	15
	35.93		1:15.71 (39.78)	1:56.56 (40.85)	2:38.83 (42.27)	
	3:21.11 (42.28)		4:04.62 (43.51)	4:48.05 (43.43)	5:31.38 (43.33)	
	6:15.45 (44.07)		6:58.30 (42.85)			
5	Power, Georgia	JR	El Cerrito Gauchos	7:02.86	7:02.77	14
	38.62		1:20.96 (42.34)	2:04.68 (43.72)	2:47.92 (43.24)	
	3:30.90 (42.98)		4:14.15 (43.25)	4:57.96 (43.81)	5:41.87 (43.91)	
	6:23.02 (41.15)		7:02.77 (39.75)			
6	McLaren, Melia	SO	Pinole Valley Spartans	7:33.00	7:10.10	13
7	Boreen, Lydia	SO	El Cerrito Gauchos	7:30.00	7:10.74	12
	38.84		1:21.50 (42.66)	2:05.24 (43.74)	2:49.73 (44.49)	
	3:33.99 (44.26)		4:19.32 (45.33)	5:04.25 (44.93)	5:47.63 (43.38)	
	6:30.36 (42.73)		7:10.74 (40.38)			
8	Recendez, Sabina	SO	Salesian Pride	7:02.53	7:15.88	11
	37.75		1:20.05 (42.30)	2:04.20 (44.15)	2:48.48 (44.28)	
	3:33.33 (44.85)		4:18.91 (45.58)	5:03.69 (44.78)	5:48.76 (45.07)	
	6:32.62 (43.86)		7:15.88 (43.26)			
9	Milbrett, Jackie	SR	John Swett Warriors	8:09.25	7:39.45	9
	37.09		1:19.97 (42.88)	2:06.02 (46.05)	2:53.59 (47.57)	
	3:41.63 (48.04)		4:30.30 (48.67)	5:20.22 (49.92)	6:09.83 (49.61)	
	6:57.98 (48.15)		7:39.45 (41.47)			
10	Kennedy, Oliver	SR	St Patrick-St Vincent Bruins	7:52.35	8:04.57	7
	39.92		1:24.74 (44.82)	2:11.84 (47.10)	3:00.11 (48.27)	
	3:50.16 (50.05)		4:41.58 (51.42)	5:32.70 (51.12)	6:25.03 (52.33)	
	7:17.38 (52.35)		8:04.57 (47.19)			
11	Gamboa, Lyla	FR	St Patrick-St Vincent Bruins	8:57.39	8:22.33	6
	45.98		1:37.53 (51.55)	2:26.14 (48.61)	3:14.83 (48.69)	
	4:07.75 (52.92)		4:57.91 (50.16)	5:50.19 (52.28)	6:42.59 (52.40)	
	7:35.18 (52.59)		8:22.33 (47.15)			
12	Smart, Attiana	JR	St Patrick-St Vincent Bruins	8:22.00	8:26.99	5
	46.42		1:36.01 (49.59)	2:26.85 (50.84)	3:18.20 (51.35)	
	4:11.21 (53.01)		5:03.51 (52.30)	5:55.59 (52.08)	6:47.90 (52.31)	
	7:39.74 (51.84)		8:26.99 (47.25)			
13	James-Palisoc, Maile	SO	St Patrick-St Vincent Bruins	9:13.11	8:34.83	4
	42.84		1:32.76 (49.92)	2:25.82 (53.06)	3:19.56 (53.74)	
	4:12.23 (52.67)		5:05.85 (53.62)	5:58.68 (52.83)	6:52.08 (53.40)	
	7:46.16 (54.08)		8:34.83 (48.67)			

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Event 28 Boys 500 Yard Freestyle Varsity

TCAL Meet: 4:55.60 @ 2018 Arman Saghafi [ALBA] Albany
 4:44.21 NCSA - North Coast Auto
 5:05.99 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	Dangol, Aasish	JR	Albany Cougars	4:50.60	4:38.06 @ NCSA+	20
	25.33	52.85 (27.52)	1:20.64 (27.79)	1:48.50 (27.86)		
	2:16.35 (27.85)	2:44.77 (28.42)	3:13.09 (28.32)	3:41.84 (28.75)		
	4:10.37 (28.53)	4:38.06 (27.69)				
2	Zhou, Lucas Jieyu	SR	Albany Cougars	5:40.23	5:35.35	17
	29.25	1:01.81 (32.56)	1:36.15 (34.34)	2:10.66 (34.51)		
	2:44.88 (34.22)	3:19.91 (35.03)	3:54.86 (34.95)	4:29.94 (35.08)		
	5:03.64 (33.70)	5:35.35 (31.71)				
3	Detwiler, James	FR	Saint Mary's Panthers	5:56.98	5:39.81	16
	30.44	1:05.32 (34.88)	1:41.27 (35.95)	2:16.67 (35.40)		
	2:51.31 (34.64)	3:26.09 (34.78)	4:00.78 (34.69)	4:34.89 (34.11)		
	5:08.18 (33.29)	5:39.81 (31.63)				
4	Westad, Brody	SR	St Patrick-St Vincent Bruins	5:53.69	5:45.03	15
	28.98	1:01.62 (32.64)	1:35.82 (34.20)	2:10.66 (34.84)		
	2:45.64 (34.98)	3:21.19 (35.55)	3:57.12 (35.93)	4:33.70 (36.58)		
	5:09.81 (36.11)	5:45.03 (35.22)				
5	Lopez, Ernesto	SR	St Patrick-St Vincent Bruins	6:40.52	6:11.14	14
6	Ragonton, Jacob	FR	John Swett Warriors	6:25.02	6:13.78	13
	31.29	1:08.10 (36.81)	1:47.66 (39.56)	2:25.72 (38.06)		
	3:04.47 (38.75)	3:43.79 (39.32)	4:21.67 (37.88)	4:59.36 (37.69)		
	5:38.88 (39.52)	6:13.78 (34.90)				
7	Amso, Nicholas	FR	St Patrick-St Vincent Bruins	6:48.38	6:38.62	12
	35.61	1:15.46 (39.85)	2:36.39 (1:20.93)	3:17.64 (41.25)		
	4:00.40 (42.76)	4:43.12 (42.72)	5:25.14 (42.02)	6:04.56 (39.42)		
	6:38.67 (34.11)	6:38.62 ()				
8	Houser, Alden	JR	El Cerrito Gauchos	6:43.91	6:41.96	11
	35.05	1:13.96 (38.91)	1:53.79 (39.83)	2:34.90 (41.11)		
	3:59.30 (1:24.40)	6:04.60 (2:05.30)	6:42.05 (37.45)	6:59.27 (17.22)		
	7:39.21 (39.94)	6:41.96 ()				
9	Espino, Enosh	SO	Salesian Pride	6:00.00	6:43.87	9
	33.89	1:11.95 (38.06)	1:51.77 (39.82)	2:32.95 (41.18)		
	3:14.57 (41.62)	3:55.89 (41.32)	4:37.11 (41.22)	5:20.95 (43.84)		
	6:03.58 (42.63)	6:43.87 (40.29)				
10	Rao, Ayush	SR	Hercules Titans	6:20.00	6:51.64	7
	33.74	1:11.90 (38.16)	1:52.91 (41.01)	2:34.62 (41.71)		
	3:17.36 (42.74)	4:01.15 (43.79)	4:44.94 (43.79)	5:29.34 (44.40)		
	6:11.89 (42.55)	6:51.64 (39.75)				
11	Rocher, Ethan	JR	El Cerrito Gauchos	7:15.00	7:18.28	6
	38.78	1:21.38 (42.60)	2:06.04 (44.66)	2:51.17 (45.13)		
	3:37.29 (46.12)	4:23.88 (46.59)	5:10.24 (46.36)	5:56.27 (46.03)		
	6:40.33 (44.06)	7:18.28 (37.95)				
12	Brenman, Rafi	FR	El Cerrito Gauchos	8:30.00	7:33.57	5
	39.29	1:23.14 (43.85)	2:11.23 (48.09)	2:56.05 (44.82)		
	3:43.36 (47.31)	4:30.85 (47.49)	5:18.65 (47.80)	6:06.94 (48.29)		
	6:52.38 (45.44)	7:33.57 (41.19)				
13	Gerstman, Nat	SR	El Cerrito Gauchos	8:30.00	8:50.77	4
	2:16.68	4:04.91 (1:48.23)	5:00.77 (55.86)	5:58.32 (57.55)		
	7:52.34 (1:54.02)	8:52.72 (1:00.38)	8:50.77 ()			

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Event 29 Girls 50 Yard Breaststroke Junior Varsity

	Name	Yr	School	Seed Time	Finals Time	Points
1	Dowling, Violette	SO	El Cerrito Gauchos	48.14	47.37	20
2	Poole, Jah'zae	SO	Pinole Valley Spartans	51.71	52.50	17

Event 30 Boys 50 Yard Breaststroke Junior Varsity

	Name	Yr	School	Seed Time	Finals Time	Points
---	Elsaesser, Azha	SO	El Cerrito Gauchos	53.90	DQ	

Event 31 Girls 200 Yard Freestyle Relay Varsity

TCAL Meet: 1:41.78 @ 2022 El Cerrito High School
M. de Hart, N. Brunetti, N. Thompson, C. Lu
1:42.78 NCSA - North Coast Auto
1:52.99 NCSC - North Coast Cons

	Team	Relay	Seed Time	Finals Time	Points
1	Albany Cougars	A	1:48.98	1:43.85 NCSC	40
	1) Zhang, Katherine	2) Lieu, Maia	3) Kwong, Liv	4) Stevenson, Adeline SO	
	25.77	52.10 (26.33)	1:17.67 (25.57)	1:43.85 (26.18)	
2	Saint Mary's Panthers	A	1:55.00	1:52.02 NCSC+	34
	1) Devine, Paula SO	2) Rohlfes, Jordan	3) Scheele, Naomi SO	4) Lee, Yenna SO	
	25.32	57.11 (31.79)	1:24.55 (27.44)	1:52.02 (27.47)	
3	Pinole Valley Spartans	A	2:13.41	1:58.00	32
	1) Ng, Emmi SR	2) Muffett, Shelby SR	3) Smith, Kimora JR	4) Cintron, Yaleesa JR	
	28.08	58.73 (30.65)	1:28.95 (30.22)	1:58.00 (29.05)	
4	El Cerrito Gauchos	A	2:07.23	2:07.29	30
	1) Power, Georgia JR	2) Farahmand, Sara SR	3) Lasmanis, Calliope FR	4) Luna, Ava JR	
	32.47	1:05.13 (32.66)	1:35.58 (30.45)	2:07.29 (31.71)	
5	Salesian Pride	A	2:12.50	2:07.48	28
	1) Fix, Zoe SO	2) Recendez, Sabina SO	3) Cosentino, Nadia SO	4) Sifanua, Naomi SR	
	30.20	1:38.03 (1:07.83)	2:07.59 (29.56)	2:07.48 ()	
6	St Patrick-St Vincent Bruins	A	2:03.55	2:16.48	26
	1) Caragan, Jasmine SR	2) Kennedy, Oliver SR	3) Mora, Bella SO	4) Torres, Krystal SR	
	34.47	1:07.11 (32.64)	1:45.53 (38.42)	2:16.48 (30.95)	
7	John Swett Warriors	A	3:22.01	2:53.27	24
	1) Sierras, Angelee SR	2) Moreno, Amaya SO	3) Davis, Aleesha JR	4) Kukkonen, Sherri SR	
---	El Cerrito Gauchos	B	2:17.53	X2:17.19	
	1) Boreen, Lydia SO	2) Mousa, Aiesha SR	3) Quiñones, Sabrina SR	4) Taniguchi, Sam JR	
	34.66	1:12.24 (37.58)	1:45.50 (33.26)	2:17.19 (31.69)	
---	Albany Cougars	B	2:25.00	X2:20.62	
	1) Baeza Jimenez, Melissa	2) Gal-Erdene, Delgerzaya JR	3) Flores, Camilla SR	4) Hughes, Sara SR	
	34.93	1:09.98 (35.05)	1:46.47 (36.49)	2:20.62 (34.15)	

Event 32 Boys 200 Yard Freestyle Relay Varsity

TCAL Meet: 1:31.79 @ 2015 Hercules High School
B. McDonald, J.P. Palabrica, M. Pugged, J. Peris
1:29.00 NCSA - North Coast Auto
1:39.99 NCSC - North Coast Cons

	Team	Relay	Seed Time	Finals Time	Points
1	Hercules Titans	A	1:41.77	1:38.12 NCSC+	40
	1) Picache, Kai SO	2) Malonzo, Jacob FR	3) Chapman, Julian SR	4) Fix, Dax SR	
	25.06	49.94 (24.88)	1:14.46 (24.52)	1:38.12 (23.66)	
2	El Cerrito Gauchos	A	1:44.62	1:40.92	34
	1) Carr, Finn SO	2) Shiozaki, Tetsuya FR	3) Jacox, Alex SO	4) Sabatini, Gabe SR	
	24.35	50.00 (25.65)	1:21.09 (31.09)	1:40.92 (19.83)	

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(Event 32 Boys 200 Yard Freestyle Relay Varsity)

Team		Relay		Seed Time	Finals Time	Points
3	St Patrick-St Vincent Bruins	A		1:42.68	1:48.12	32
	1) Lopez, Ernesto SR	2) Caragan, Aiden SR	3) Amso, Nicholas FR	4) Westad, Beau SO		
	26.26	52.91 (26.65)	1:21.33 (28.42)	1:48.12 (26.79)		
4	Salesian Pride	A		2:02.45	1:49.97	30
	1) Timang, Benjamin FR	2) Espino, Enosh SO	3) Roberts, Wesley JR	4) Timang, Jacob SR		
	25.92	53.29 (27.37)	1:23.99 (30.70)	1:49.97 (25.98)		
5	Pinole Valley Spartans	A		1:46.43	1:53.76	28
	1) Cintron, Luis FR	2) Rudis, Joshua SR	3) Doan, Adrian JR	4) Rote, Paul JR		
	27.73	55.18 (27.45)	1:25.62 (30.44)	1:53.76 (28.14)		
6	Saint Mary's Panthers	A		1:53.80	1:55.01	26
	1) Billingsley, Paul	2) Daniel, Certá	3) Detwiler, James FR	4) Vargas, Enzo		
	29.10	1:04.66 (35.56)	1:30.52 (25.86)	1:55.01 (24.49)		
7	John Swett Warriors	A		2:21.72	2:09.05	24
	1) Sissolo, Moussa SR	2) Pellos, Dennis FR	3) Yin, Ryan SR	4) Sheats, Devin FR		
---	Hercules Titans	B		1:55.98	X1:49.34	
	1) Gordon, Darren SR	2) De Guzman, Brandon SO	3) Rivera, Kaiden SR	4) Solla, Christian SR		
	27.48	54.84 (27.36)	1:23.46 (28.62)	1:49.34 (25.88)		
---	Saint Mary's Panthers	B		2:00.05	X1:57.41	
	1) Turon, Shea	2) Hill, Mason	3) Hamrick, Read	4) Guzman, Sebastian		
	25.56	56.03 (30.47)	1:26.23 (30.20)	1:57.41 (31.18)		
---	El Cerrito Gauchos	B		2:05.70	X1:57.43	
	1) Johnson, Cooper JR	2) Makthepharack, Loghan SO	3) Oliver, Griffin JR	4) Smith, Trace JR		
	29.05	57.23 (28.18)	1:29.05 (31.82)	1:57.43 (28.38)		
---	Albany Cougars	B		NT	X2:06.69	
	1) Powers, Ian	2) Vorhis, Sean SR	3) Begin, Liam	4) Lekas, Robert		
	31.53	49.69 (18.16)	1:08.41 (18.72)	2:06.69 (58.28)		
---	Albany Cougars	A		1:33.71	DQ	
	1) Hong, Ryan JR	2) Gladkevich, Peter JR	3) Gomez, Rodrigo	4) Chansiri, Phumin JR		
	24.02	46.23 (22.21)	1:11.73 (25.50)	DQ (17.47)		

Event 35 Girls 100 Yard Backstroke Varsity

TCAL Meet: 57.87 @ 2023 Ashley Dangol [ALBA] Albany
59.50 NCSA - North Coast Auto
1:04.99 NCSC - North Coast Cons

Name		Yr	School	Seed Time	Finals Time	Points
1	de Hart, Mya	SR	El Cerrito Gauchos	1:02.91	1:00.87 NCSC	20
	29.59		1:00.87 (31.28)			
2	de Hart, Ellie	SO	El Cerrito Gauchos	1:03.69	1:02.12 NCSC	17
	30.49		1:02.12 (31.63)			
3	Kwong, Liv		Albany Cougars	1:04.59	1:03.07 NCSC	16
	30.17		1:03.07 (32.90)			
4	Lacanalale, Raqi	SR	Hercules Titans	1:11.38	1:10.66	15
	33.72		1:10.66 (36.94)			
5	Zhou, Ruen		Albany Cougars	1:15.27	1:12.95	14
	35.14		1:12.95 (37.81)			
6	deGuzman, Juliana	FR	St Patrick-St Vincent Bruins	1:18.55	1:14.61	13
7	Fix, Zoe	SO	Salesian Pride	1:13.50	1:14.81	12
	36.49		1:14.81 (38.32)			
8	Muffett, Shelby	SR	Pinole Valley Spartans	1:21.43	1:22.51	11
	39.41		1:22.51 (43.10)			
9	Nevill, Hazel	SR	El Cerrito Gauchos	1:31.33	1:24.01	9
	1:23.89		1:24.01 (0.12)			

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	Name	Yr	School	Seed Time	Finals Time	Points
10	Gamboa, Lyla	FR	St Patrick-St Vincent Bruins	1:38.21	1:29.34	7
	43.44	1:29.34 (45.90)				
11	McGarry, Dylan	SO	El Cerrito Gauchos	1:36.75	1:34.13	6
	46.52	1:34.13 (47.61)				
12	Milbrett, Jackie	SR	John Swett Warriors	1:36.00	1:34.94	5
	46.57	1:34.94 (48.37)				
13	James-Palisoc, Maile	SO	St Patrick-St Vincent Bruins	1:53.37	1:42.92	4
	49.89	1:42.92 (53.03)				
14	Gal-Erdene, Delgerzaya	JR	Albany Cougars	1:10.00	1:52.42	3
15	Arrozal, Ariana	SO	St Patrick-St Vincent Bruins	1:59.20	1:55.90	2
16	Rogelio-Moreno, Danyelle	JR	Hercules Titans	2:01.81	2:04.66	1
	57.90	2:04.66 (1:06.76)				
17	Sierras, Angelee	SR	John Swett Warriors	2:24.08	2:17.91	
	1:03.34	2:17.91 (1:14.57)				
---	Itazu, Alyassa		Albany Cougars	1:59.20	DQ	
	47.77	DQ (57.08)				
---	Spillman, Carly	FR	Pinole Valley Spartans	1:30.96	DQ	
	43.49	DQ (45.57)				
---	Hughes, Sara	SR	Albany Cougars	NT	DQ	
	44.18	DQ (47.25)				

Event 36 Boys 100 Yard Backstroke Varsity

TCAL Meet: 54.81 @ 2024 Nate Willett Burfoot [ELCE] El Cerrito
52.82 NCSA - North Coast Auto
57.99 NCSC - North Coast Cons

	Name	Yr	School	Seed Time	Finals Time	Points
1	Willett Burfoot, Nate	SR	El Cerrito Gauchos	55.94	54.85 NCSC	20
	26.60	54.85 (28.25)				
2	Hong, Ryan	JR	Albany Cougars	1:04.08	59.63	17
	28.38	59.63 (31.25)				
3	Chambers, Alex	JR	John Swett Warriors	1:02.36	1:00.79	16
	29.21	1:00.79 (31.58)				
4	Turon, Shea		Saint Mary's Panthers	NT	1:01.85	15
5	Lapatha, Blake	SR	Hercules Titans	1:04.20	1:02.00	14
	29.64	1:02.00 (32.36)				
6	Sandhu, Kabir	SO	Hercules Titans	1:06.81	1:03.16	13
	30.24	1:03.16 (32.92)				
7	Malaowala, Kenji	SR	El Cerrito Gauchos	1:10.59	1:07.72	12
	32.48	1:07.72 (35.24)				
8	Feraren, Xavier	FR	Hercules Titans	1:11.08	1:08.15	11
	33.02	1:08.15 (35.13)				
9	Houser, Alden	JR	El Cerrito Gauchos	1:11.25	1:09.77	9
	34.05	1:09.77 (35.72)				
10	Caragan, Aiden	SR	St Patrick-St Vincent Bruins	1:22.45	1:16.24	7
	37.32	1:16.24 (38.92)				
11	Arteaga, Rafael	FR	John F Kennedy Eagles	1:15.00	1:16.54	6
	36.88	1:16.54 (39.66)				
12	Westad, Beau	SO	St Patrick-St Vincent Bruins	1:24.53	1:17.76	5
13	Andres, Dillon	JR	Hercules Titans	1:24.15	1:19.48	4
	37.64	1:19.48 (41.84)				
14	Halligan, Kai		Saint Mary's Panthers	1:05.00	1:23.82	3
	40.87	1:23.82 (42.95)				

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(Event 36 Boys 100 Yard Backstroke Varsity)

	Name	Yr	School	Seed Time	Finals Time	Points
15	Smart, Anthony	FR	St Patrick-St Vincent Bruins	1:29.88	1:25.31	2
	40.96	1:25.31 (44.35)				
16	Guzman, Sebastian		Saint Mary's Panthers	1:10.00	1:29.60	1
17	Powers, Ian		Albany Cougars	1:36.56	1:39.39	
	46.50	1:39.39 (52.89)				

Event 37 Girls 100 Yard Breaststroke Junior Varsity**1:06.87 NCSA - North Coast Auto****1:12.99 NCSC - North Coast Cons**

	Name	Yr	School	Seed Time	Finals Time	Points
1	Bounthavy, Kaila	JR	El Cerrito Gauchos	1:51.00	2:00.91	20
	58.05	2:00.91 (1:02.86)				

Event 39 Girls 100 Yard Breaststroke Varsity**TCAL Meet: 1:08.21 @ 2016 Sophia Vitek [ALBA]****Albany****1:06.87 NCSA - North Coast Auto****1:12.99 NCSC - North Coast Cons**

	Name	Yr	School	Seed Time	Finals Time	Points
1	Zhang, Katherine		Albany Cougars	1:10.09	1:08.03 @ NCSC	20
	31.94	1:08.03 (36.09)				
2	Stevenson, Adeline	SO	Albany Cougars	1:14.78	1:11.55 NCSC+	17
	33.96	1:11.55 (37.59)				
3	Berliner, Miki	JR	El Cerrito Gauchos	1:15.44	1:13.05	16
	34.32	1:13.05 (38.73)				
4	Abughosh, Jenna	JR	Hercules Titans	1:15.44	1:14.91	15
	35.32	1:14.91 (39.59)				
5	Scheele, Naomi	SO	Saint Mary's Panthers	1:22.63	1:21.27	14
	39.28	1:21.27 (41.99)				
6	Chen, Juliet	SO	El Cerrito Gauchos	1:22.54	1:23.18	13
	39.54	1:23.18 (43.64)				
7	Sifanua, Naomi	SR	Salesian Pride	1:26.00	1:25.51	12
	40.57	1:25.51 (44.94)				
8	Arnaud, Lise	JR	Albany Cougars	1:33.34	1:27.35	11
	41.85	1:27.35 (45.50)				
9	Shiozaki, Athena	SR	El Cerrito Gauchos	1:32.23	1:28.22	9
	41.48	1:28.22 (46.74)				
10	Sami, Kaiya	SR	Hercules Titans	1:33.58	1:29.54	7
	43.36	1:29.54 (46.18)				
11	Whaling, Lilianne	FR	Pinole Valley Spartans	1:32.23	1:30.37	6
	42.01	1:30.37 (48.36)				
12	Sacramento, Miya	FR	Salesian Pride	1:39.32	1:34.40	5
	46.22	1:34.40 (48.18)				
13	Rohlfes, Jordan		Saint Mary's Panthers	1:15.00	1:34.44	4
14	Kennedy, Oliver	SR	St Patrick-St Vincent Bruins	1:35.03	1:34.84	3
	43.57	1:34.84 (51.27)				
15	Pinpin, Jillian	JR	Hercules Titans	1:38.30	1:35.03	2
	1:42.04	1:35.03 ()				
16	Cosby, Sadie	SR	Salesian Pride	1:37.55	1:36.75	1
	45.06	1:36.75 (51.69)				
17	Smith, Kimora	JR	Pinole Valley Spartans	1:37.25	1:37.11	
	43.79	1:37.11 (53.32)				
18	Chin, Nox	SO	John Swett Warriors	1:37.26	1:38.25	
	46.74	1:38.25 (51.51)				

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(Event 39 Girls 100 Yard Breaststroke Varsity)

	Name	Yr	School	Seed Time	Finals Time	Points
19	Feldman, Annabella	SR	Albany Cougars	1:35.00	1:38.38	
	46.46	1:38.38 (51.92)				
20	Quiñones, Sabrina	SR	El Cerrito Gauchos	1:35.92	1:38.93	
	46.56	1:38.93 (52.37)				
21	Manivong, Malia	SO	Salesian Pride	1:49.40	1:42.27	
	46.82	1:42.27 (55.45)				
22	Calma, Aela	SO	St Patrick-St Vincent Bruins	1:51.94	1:52.07	
	52.64	1:52.07 (59.43)				
23	Torres-Paniagua, Daniela	JR	St Patrick-St Vincent Bruins	2:30.00	2:15.07	
	1:03.30	2:15.07 (1:11.77)				
---	Lehman, Kathryn	SR	Hercules Titans	1:53.87	DQ	
	52.15	DQ (1:06.65)				
---	Flores, Camilla	SR	Albany Cougars	NT	DQ	
	50.53	DQ (54.91)				
---	Nieuwenhuis, Audrey	FR	St Patrick-St Vincent Bruins	1:40.87	DQ	
	47.10	DQ (51.31)				

Event 40 Boys 100 Yard Breaststroke Varsity

TCAL Meet: 59.39 @ 2018 Marko Yenko [HERC]
58.99 NCSA - North Coast Auto
1:03.55 NCSC - North Coast Cons

Hercules

	Name	Yr	School	Seed Time	Finals Time	Points
1	Gladkevich, Peter	JR	Albany Cougars	1:05.80	58.34 @ NCSA+	20
	27.04	58.34 (31.30)				
2	Alvarado, Dominic	SO	St Patrick-St Vincent Bruins	1:04.14	1:03.58	17
	29.57	1:03.58 (34.01)				
3	Picache, Kai	SO	Hercules Titans	1:09.99	1:07.10	16
	31.02	1:07.10 (36.08)				
4	Timang, Jacob	SR	Salesian Pride	1:17.55	1:08.03	15
	31.82	1:08.03 (36.21)				
5	Malonzo, Jacob	FR	Hercules Titans	1:12.44	1:09.40	14
	31.78	1:09.40 (37.62)				
6	Shiozaki, Tetsuya	FR	El Cerrito Gauchos	1:12.57	1:10.89	13
	33.04	1:10.89 (37.85)				
7	Timang, Benjamin	FR	Salesian Pride	1:16.55	1:11.21	12
	33.40	1:11.21 (37.81)				
8	Vargas, Enzo		Saint Mary's Panthers	1:15.23	1:13.53	11
	34.31	1:13.53 (39.22)				
9	Rivera, Kaiden	SR	Hercules Titans	1:18.20	1:15.44	9
	34.65	1:15.44 (40.79)				
10	Cintron, Luis	FR	Pinole Valley Spartans	1:18.87	1:17.77	7
	36.45	1:17.77 (41.32)				
11	Sheats, Devin	FR	John Swett Warriors	1:15.00	1:18.10	6
	37.00	1:18.10 (41.10)				
12	Rudis, Joshua	SR	Pinole Valley Spartans	1:19.55	1:19.10	5
	35.98	1:19.10 (43.12)				
13	Johnson, Cooper	JR	El Cerrito Gauchos	1:28.11	1:21.05	4
	36.37	1:21.05 (44.68)				
14	Yin, Ryan	SR	John Swett Warriors	1:26.19	1:22.87	3
	38.10	1:22.87 (44.77)				
15	Jacox, Alex	SO	El Cerrito Gauchos	1:21.81	1:22.88	2
	38.16	1:22.88 (44.72)				

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(Event 40 Boys 100 Yard Breaststroke Varsity)

	Name	Yr	School	Seed Time	Finals Time	Points
16	De Guzman, Brandon	SO	Hercules Titans	1:35.00	1:23.05	1
	37.04	1:23.05 (46.01)				
17	Hill, Mason		Saint Mary's Panthers	1:29.39	1:23.26	
	37.96	1:23.26 (45.30)				
18	Begin, Liam		Albany Cougars	NT	1:27.97	
	41.58	1:27.97 (46.39)				
19	Brenman, Rafi	FR	El Cerrito Gauchos	1:31.38	1:29.23	
	40.12	1:29.23 (49.11)				
20	Larson, Max	SR	John Swett Warriors	1:37.03	1:33.13	
	43.55	1:33.13 (49.58)				
21	Hamrick, Read		Saint Mary's Panthers	1:37.48	1:34.73	
	45.34	1:34.73 (49.39)				
22	Herndon, Asher	SO	St Patrick-St Vincent Bruins	1:45.91	1:35.73	
	43.07	1:35.73 (52.66)				
23	Malone, Caden	FR	Pinole Valley Spartans	1:45.52	1:46.29	
	47.47	1:46.29 (58.82)				

Event 41 Girls 200 Yard Freestyle Relay Junior Varsity

1:42.78 NCSA - North Coast Auto
1:52.99 NCSC - North Coast Cons

	Team	Relay	Seed Time	Finals Time	Points
1	Pinole Valley Spartans	A	2:50.42	2:40.86	40
	1) Firas, Nadia FR	2) Minor, Artranae SO	3) Poole, Jah'zae SO	4) Minor, Artrani SO	
	36.88	1:20.33 (43.45)	2:02.35 (42.02)	2:40.86 (38.51)	
2	El Cerrito Gauchos	A	2:47.12	2:43.59	34
	1) Gelbard, Sonora SO	2) Torres, Valentino JR	3) Tuft, Allyson JR	4) Sumii, Itsuka SO	
	37.84	1:26.85 (49.01)	1:46.39 (19.54)	2:43.59 (57.20)	
3	Vallejo Redhawks	A	2:55.43	2:57.83	32
	1) Carter, Sariya FR	2) Cote, Madison FR	3) Gonzalez, Analiyah FR	4) Terrones, Monique FR	
	35.56	53.79 (18.23)	1:22.91 (29.12)	2:57.83 (1:34.92)	

Event 43 Girls 400 Yard Freestyle Relay Varsity

TCAL Meet: 3:54.01 @ 2023 El Cerrito High School
N. Thompson, T. Roorda, H. Bauer, M. de Hart
3:48.09 NCSA - North Coast Auto
4:11.55 NCSC - North Coast Cons

	Team	Relay	Seed Time	Finals Time	Points
1	El Cerrito Gauchos	A	4:13.05	4:04.15 NCSC+	40
	1) de Hart, Ellie SO	2) Berliner, Miki JR	3) Bauer, Hollyce JR	4) de Hart, Mya SR	
	28.01	58.12 (58.12)	1:29.95 (31.83)	2:06.02 (1:07.90)	
	2:34.98 (28.96)	3:07.31 (1:01.29)	3:34.09 (26.78)	4:04.15 (56.84)	
2	Albany Cougars	A	4:30.00	4:25.81	34
	1) Zhou, Ruen	2) Moon, Lena SO	3) Arnaud, Lise JR	4) Mickelson, Talia SR	
	31.37	1:06.75 (1:06.75)	1:35.58 (28.83)	2:09.06 (1:02.31)	
	2:28.83 (19.77)	3:19.02 (1:09.96)	3:50.67 (31.65)	4:25.81 (1:06.79)	
3	Hercules Titans	A	4:28.50	4:27.72	32
	1) Lacanlale, Raqi SR	2) Pinpin, Jillian JR	3) Sami, Kaiya SR	4) Abughosh, Jenna JR	
	30.45	1:04.23 (1:04.23)	1:39.49 (35.26)	2:19.98 (1:15.75)	
	2:52.23 (32.25)	3:28.52 (1:08.54)	3:57.06 (28.54)	4:27.72 (59.20)	
4	St Patrick-St Vincent Bruins	A	5:38.73	4:41.65	30
	1) deGuzman, Juliana FR	2) Macasaet, Amanda SO	3) Caragan, Jasmine SR	4) Caniezo, Calissa FR	
	31.76	1:05.89 (1:05.89)	1:38.66 (32.77)	2:17.69 (1:11.80)	
	2:55.11 (37.42)	4:07.08 (1:49.39)	4:41.65 (34.57)		

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Team	Relay	Seed Time	Finals Time	Points
5 Pinole Valley Spartans	A	4:35.00	4:58.83	28
1) Whaling, Lilianne FR	2) Normington, Megan JR	3) Corso, Ava SR	4) McLaren, Melia SO	
34.73	1:13.26 (1:13.26)	1:48.48 (35.22)	2:28.81 (1:15.55)	
3:05.46 (36.65)	3:46.14 (1:17.33)	4:19.98 (33.84)	4:58.83 (1:12.69)	
6 John Swett Warriors	A	5:56.92	5:18.60	26
1) Milbrett, Jackie SR	2) Chin, Nox SO	3) Moreno, Amaya SO	4) Leclair, Jenalee JR	
7 Salesian Pride	A	4:55.00	5:30.00	24
1) Manivong, Malia SO	2) Cosby, Sadie SR	3) Herbert, Nyah SR	4) Sacramento, Miya FR	
36.60	1:25.86 (1:25.86)	2:00.59 (34.73)	2:42.64 (1:16.78)	
3:25.35 (42.71)	4:19.76 (1:37.12)	5:30.00 (1:10.24)		
--- El Cerrito Gauchos	B	5:14.26	X5:05.48	
1) Power, Georgia JR	2) Nevill, Hazel SR	3) McGarry, Dylan SO	4) Hotho, Dipaam SR	
34.76	1:11.94 (1:11.94)	1:48.34 (36.40)	2:29.41 (1:17.47)	
3:07.75 (38.34)	3:46.86 (1:17.45)	4:22.70 (35.84)	5:05.48 (1:18.62)	

Event 44 Boys 400 Yard Freestyle Relay Varsity**TCAL Meet: 3:27.45 @ 2017****Hercules High School****B. McDonald, K. Louie, M. Yenke, M. Pugged****3:17.62 NCSA - North Coast Auto****3:38.55 NCSC - North Coast Cons**

Team	Relay	Seed Time	Finals Time	Points
1 Albany Cougars	A	3:17.60	3:33.81 NCSC	40
1) Chansiri, Phumin JR	2) Begin, Liam	3) Zhou, Lucas Jieyu SR	4) Dangol, Aasish JR	
24.66	50.50 (50.50)	1:20.10 (29.60)	1:52.83 (1:02.33)	
2:17.63 (24.80)	2:45.87 (53.04)	3:08.89 (23.02)	3:33.81 (47.94)	
2 St Patrick-St Vincent Bruins	A	4:00.91	3:39.42	34
1) Caniezo, Justin JR	2) Rogers, Spencer JR	3) Alvarado, Dominic SO	4) Westad, Brody SR	
25.91	55.41 (55.41)	1:21.09 (25.68)	1:51.93 (56.52)	
2:17.49 (25.56)	2:45.79 (53.86)	3:11.02 (25.23)	3:39.42 (53.63)	
3 El Cerrito Gauchos	A	3:56.47	3:48.27	32
1) Willett Burfoot, Nate SR	2) Houser, Alden JR	3) Smith, Trace JR	4) Malaowala, Kenji SR	
24.20	50.30 (50.30)	1:18.90 (28.60)	1:50.41 (1:00.11)	
2:18.91 (28.50)	2:52.63 (1:02.22)	3:18.52 (25.89)	3:48.27 (55.64)	
4 Hercules Titans	A	4:14.67	3:57.27	30
1) Sandhu, Kabir SO	2) Feraren, Xavier FR	3) Rao, Ayush SR	4) Lapatha, Blake SR	
26.93	57.06 (57.06)	1:26.23 (29.17)	1:58.13 (1:01.07)	
2:27.06 (28.93)	3:00.38 (1:02.25)	3:27.06 (26.68)	3:57.27 (56.89)	
5 John Swett Warriors	A	3:59.01	4:01.60	28
1) Chambers, Alex JR	2) Sheats, Devin FR	3) Ragonton, Jacob FR	4) Larson, Max SR	
26.19	56.28 (56.28)	1:24.69 (28.41)	1:59.16 (1:02.88)	
2:27.93 (28.77)	2:59.96 (1:00.80)	3:29.08 (29.12)	4:01.60 (1:01.64)	
6 Saint Mary's Panthers	A	3:45.00	4:52.93	26
1) Hill, Mason	2) Daniel, Certa	3) Halligan, Kai	4) Billingsley, Paul	
32.39	1:08.67 (1:08.67)	1:48.79 (40.12)	2:34.05 (1:25.38)	
3:07.63 (33.58)	4:52.93 (2:18.88)			
--- El Cerrito Gauchos	B	4:45.62	X4:50.87	
1) Rocher, Ethan JR	2) Makthepharack, Loghan SO	3) Brenman, Rafi FR	4) Gerstman, Nat SR	

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Girls - Individual Scores - Junior Varsity Division

Place	Name	Year	School	Points
1	Sumii, Itsuka	SO	El Cerrito Gauchos	40
1	Carter, Sariya	FR	Vallejo Redhawks	40
3	Tuft, Allyson	JR	El Cerrito Gauchos	37
3	Dowling, Violette	SO	El Cerrito Gauchos	37
5	Gelbard, Sonora	SO	El Cerrito Gauchos	35
6	Minor, Artrani	SO	Pinole Valley Spartans	33
7	Minor, Artranae	SO	Pinole Valley Spartans	30
7	Poole, Jah'zae	SO	Pinole Valley Spartans	30
9	Cote, Madison	FR	Vallejo Redhawks	24
10	Bounthavy, Kaila	JR	El Cerrito Gauchos	20
11	Torres, Valentino	JR	El Cerrito Gauchos	17
12	Firas, Nadia	FR	Pinole Valley Spartans	12
13	Gonzalez, Analiyah	FR	Vallejo Redhawks	11
14	Terrones, Monique	FR	Vallejo Redhawks	7

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Girls - Individual Scores - Varsity Division

Place	Name	Year	School	Points
1	de Hart, Mya	SR	El Cerrito Gauchos	40
1	Zhang, Katherine		Albany Cougars	40
3	Devine, Paula	SO	Saint Mary's Panthers	37
3	de Hart, Ellie	SO	El Cerrito Gauchos	37
5	Ng, Emmi	SR	Pinole Valley Spartans	36
6	Abughosh, Jenna	JR	Hercules Titans	35
7	Moon, Lena	SO	Albany Cougars	34
7	Lieu, Maia		Albany Cougars	34
9	Stevenson, Adeline	SO	Albany Cougars	33
10	Caniezo, Calissa	FR	St Patrick-St Vincent Bruins	32
11	Bauer, Hollyce	JR	El Cerrito Gauchos	31
11	Kwong, Liv		Albany Cougars	31
13	Luna, Ava	JR	El Cerrito Gauchos	29
13	Lacanalale, Raqi	SR	Hercules Titans	29
15	deGuzman, Juliana	FR	St Patrick-St Vincent Bruins	28
15	Zhou, Ruen		Albany Cougars	28
17	Power, Georgia	JR	El Cerrito Gauchos	27
18	Cintron, Yaleesa	JR	Pinole Valley Spartans	26
18	Scheele, Naomi	SO	Saint Mary's Panthers	26
20	Arnaud, Lise	JR	Albany Cougars	25
21	Lasmanis, Calliope	FR	El Cerrito Gauchos	24
21	Fix, Zoe	SO	Salesian Pride	24
21	Recendez, Sabina	SO	Salesian Pride	24
24	Sifanua, Naomi	SR	Salesian Pride	23
24	Sami, Kaiya	SR	Hercules Titans	23
26	Mickelson, Talia	SR	Albany Cougars	21
27	Muffett, Shelby	SR	Pinole Valley Spartans	20
28	Torres, Krystal	SR	St Patrick-St Vincent Bruins	19
28	Boreen, Lydia	SO	El Cerrito Gauchos	19
28	Berliner, Kita	FR	El Cerrito Gauchos	19
28	Cosentino, Nadia	SO	Salesian Pride	19
32	Caragan, Jasmine	SR	St Patrick-St Vincent Bruins	18
33	Macasaet, Amanda	SO	St Patrick-St Vincent Bruins	17
34	Lee, Yenna	SO	Saint Mary's Panthers	16
34	Berliner, Miki	JR	El Cerrito Gauchos	16
36	Shiozaki, Athena	SR	El Cerrito Gauchos	15
37	Milbrett, Jackie	SR	John Swett Warriors	14
38	Chen, Juliet	SO	El Cerrito Gauchos	13
38	Gamboa, Lyla	FR	St Patrick-St Vincent Bruins	13
38	McLaren, Melia	SO	Pinole Valley Spartans	13
41	Taniguchi, Sam	JR	El Cerrito Gauchos	12
42	Chin, Nox	SO	John Swett Warriors	11
42	Leclair, Jenalee	JR	John Swett Warriors	11
42	McGarry, Dylan	SO	El Cerrito Gauchos	11

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Girls - Individual Scores - Varsity Division

Place	Name	Year	School	Points
42	Calma, Aela	SO	St Patrick-St Vincent Bruins	11
42	Smith, Kimora	JR	Pinole Valley Spartans	11
47	Rohlfes, Jordan		Saint Mary's Panthers	10
47	Nevill, Hazel	SR	El Cerrito Gauchos	10
47	Kennedy, Oliver	SR	St Patrick-St Vincent Bruins	10
50	Pinpin, Jillian	JR	Hercules Titans	9
50	Whaling, Lillianne	FR	Pinole Valley Spartans	9
50	Torres-Paniagua, Daniela	JR	St Patrick-St Vincent Bruins	9
53	James-Palisoc, Maile	SO	St Patrick-St Vincent Bruins	8
53	Farahmand, Sara	SR	El Cerrito Gauchos	8
55	Arrozal, Ariana	SO	St Patrick-St Vincent Bruins	7
55	Smart, Attiana	JR	St Patrick-St Vincent Bruins	7
57	Baeza Jimenez, Melissa		Albany Cougars	6
57	Normington, Megan	JR	Pinole Valley Spartans	6
59	Sacramento, Miya	FR	Salesian Pride	5
60	Manivong, Malia	SO	Salesian Pride	4
60	Hotho, Dipaam	SR	El Cerrito Gauchos	4
60	Montemayor, Maria	SO	St Patrick-St Vincent Bruins	4
63	Gal-Erdene, Delgerzaya	JR	Albany Cougars	3
64	Cosby, Sadie	SR	Salesian Pride	2
64	Corso, Ava	SR	Pinole Valley Spartans	2
66	Rogelio-Moreno, Danyelle	JR	Hercules Titans	1
66	Kukkonen, Sherri	SR	John Swett Warriors	1

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Boys - Individual Scores - Junior Varsity Division

Place	Name	Year	School	Points
1	Castro, Israel	SO	Hercules Titans	40
2	Herp, Aidan	JR	El Cerrito Gauchos	34
3	Brard, Laertes	FR	El Cerrito Gauchos	20
4	Garcia Aquino, Anthony	FR	Vallejo Redhawks	16
5	Elsaesser, Azha	SO	El Cerrito Gauchos	15

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Boys - Individual Scores - Varsity Division

Place	Name	Year	School	Points
1	Willett Burfoot, Nate	SR	El Cerrito Gauchos	40
1	Dangol, Aasish	JR	Albany Cougars	40
1	Gladkevich, Peter	JR	Albany Cougars	40
1	Chansiri, Phumin	JR	Albany Cougars	40
5	Alvarado, Dominic	SO	St Patrick-St Vincent Bruins	34
5	Zhou, Lucas Jieyu	SR	Albany Cougars	34
5	Fix, Dax	SR	Hercules Titans	34
8	Hong, Ryan	JR	Albany Cougars	33
8	Chambers, Alex	JR	John Swett Warriors	33
10	Detwiler, James	FR	Saint Mary's Panthers	31
10	Turon, Shea		Saint Mary's Panthers	31
10	Picache, Kai	SO	Hercules Titans	31
10	Westad, Brody	SR	St Patrick-St Vincent Bruins	31
14	Carr, Finn	SO	El Cerrito Gauchos	29
14	Lopez, Ernesto	SR	St Patrick-St Vincent Bruins	29
14	Lapatha, Blake	SR	Hercules Titans	29
14	Sandhu, Kabir	SO	Hercules Titans	29
18	Sabatini, Gabe	SR	El Cerrito Gauchos	28
18	Caniezo, Justin	JR	St Patrick-St Vincent Bruins	28
20	Timang, Jacob	SR	Salesian Pride	26
20	Shiozaki, Tetsuya	FR	El Cerrito Gauchos	26
22	Malaowala, Kenji	SR	El Cerrito Gauchos	25
23	Vargas, Enzo		Saint Mary's Panthers	24
23	Amso, Nicholas	FR	St Patrick-St Vincent Bruins	24
23	Ragonton, Jacob	FR	John Swett Warriors	24
26	Timang, Benjamin	FR	Salesian Pride	23
26	Chapman, Julian	SR	Hercules Titans	23
28	Malonzo, Jacob	FR	Hercules Titans	21
28	Rivera, Kaiden	SR	Hercules Titans	21
30	Espino, Enosh	SO	Salesian Pride	20
30	Houser, Alden	JR	El Cerrito Gauchos	20
32	Caragan, Aiden	SR	St Patrick-St Vincent Bruins	19
32	Rogers, Spencer	JR	St Patrick-St Vincent Bruins	19
34	Sheats, Devin	FR	John Swett Warriors	17
35	Smith, Trace	JR	El Cerrito Gauchos	16
35	Rao, Ayush	SR	Hercules Titans	16
37	Solla, Christian	SR	Hercules Titans	15
37	Rocher, Ethan	JR	El Cerrito Gauchos	15
39	Gomez, Rodrigo		Albany Cougars	13
39	Begin, Liam		Albany Cougars	13
41	Westad, Beau	SO	St Patrick-St Vincent Bruins	11
41	Feraren, Xavier	FR	Hercules Titans	11
41	Cintron, Luis	FR	Pinole Valley Spartans	11
44	Arteaga, Rafael	FR	John F Kennedy Eagles	10

2025 Tri-County Athletic League Swimming & Diving Championships
1 May 2025 | Wayne "Tuffy" Williams Pool @ Cunningham | Vallejo, CA
Individual Rankings - Through Event 44

Boys - Individual Scores - Varsity Division

Place	Name	Year	School	Points
45	Gordon, Darren	SR	Hercules Titans	8
45	De Guzman, Brandon	SO	Hercules Titans	8
45	Rudis, Joshua	SR	Pinole Valley Spartans	8
48	Guzman, Sebastian		Saint Mary's Panthers	7
48	Smart, Anthony	FR	St Patrick-St Vincent Bruins	7
48	Lekas, Robert		Albany Cougars	7
48	Jacox, Alex	SO	El Cerrito Gauchos	7
52	Herndon, Asher	SO	St Patrick-St Vincent Bruins	6
53	Johnson, Cooper	JR	El Cerrito Gauchos	5
53	Brenman, Rafi	FR	El Cerrito Gauchos	5
53	Shao, Luke		Albany Cougars	5
56	Halligan, Kai		Saint Mary's Panthers	4
56	Andres, Dillon	JR	Hercules Titans	4
56	Makthepharack, Loghan	SO	El Cerrito Gauchos	4
56	Gerstman, Nat	SR	El Cerrito Gauchos	4
60	Oliver, Griffin	JR	El Cerrito Gauchos	3
60	Yin, Ryan	SR	John Swett Warriors	3
62	Larson, Max	SR	John Swett Warriors	2