

2004 Capo Valley Relay Finals Results
 Hosted by Capistrano Valley High School
 Held at Capistrano Valley HS Pool
 Results by Robert Mitchell
 Saturday - March 13, 2004

Girls Fr/So Meet Scores

School	Points
Corona Del Mar HS	98.0
Aliso Niguel HS	74.0
Los Alamitos HS	72.0
Irvine HS	70.0
El Toro HS	66.0
San Clemente HS	40.0
Laguna Hills HS	26.0
Trabuco Hills HS	22.0
Dana Hills HS	20.0
Santa Margarita HS	16.0

Girls Fr/So 400 Yard I.M. Relay

Record: 04:24.10 - Irvine HS 03/04/99

1 Corona Del Mar	4:26.55
Indvik, Kathryn	[1:04.08]
Hutchison, Sarah	[1:08.80]
Levine, Cari	[1:09.86]
Chandler, Ashley	[1:03.81]
2 Irvine	4:49.82
Stevens, Kirsten	[1:09.68]
Fabbri, Daryn	[1:12.50]
Akamine, Melissa	[1:18.84]
Bailey, Jenny	[1:08.80]
3 El Toro	4:52.13
Mueller, Jennifer	[1:12.44]
Henry, Katy	[1:13.36]
Gagnon, Courtney	[1:15.32]
Renz, Shannon	[1:11.01]
4 Los Alamitos	4:54.30
Kornmann, Kim	[1:16.33]
McDermott, Natalie	[1:15.60]
Denny, Jasa	[1:11.74]
Ross, Tammy	[1:10.63]
5 Santa Margarita	5:09.02
Feldman, Hannah	[1:14.88]
Weiss, Lauren	[1:19.28]
Miller, Channing	[1:19.65]
Rosenquist, Courtney	[1:15.21]
6 Trabuco Hills	5:14.04
Virgo, Alicia	[1:18.50]
Doherty, Nicole	[1:21.60]
Pellet, Valerie	[1:15.16]
Kuechline, Brandee	[1:18.78]
7 Aliso Niguel	5:14.18
Calkins, Courtney	[1:15.04]
Spada, Jacklyn	[1:20.36]
Shaw, Amanda	[1:29.45]
Johnson, Kalia	[1:09.33]

Girls Fr/So 300 Yard Free Relay

Record: 02:42.70 - LB Wilson HS 03/01/95

1 Aliso Niguel	2:44.95
Zrust, Martina	[26.55]
Anson, Cori	[28.03]
Dudic, Careena	[27.27]
Baker, Jessica	[27.44]
Church, Melissa	[27.49]
Buratti, Pam	[28.17]
2 San Clemente	2:52.78
Morris, Jessica	[29.45]
Westbrook, Carolyn	[27.70]
Chene, Kim	[29.72]
Johnstone, Allyssa	[29.49]
Allen, Lindsay	[28.03]
Brown, Nicole	[28.39]
3 El Toro	2:55.36
Marentis, Sarah	[28.90]
Sill-Kibler, Andrea	[28.59]
Walsh, Katie	[29.32]
Dorsey, Christina	[30.23]
Schroeder, Sarah	[30.25]
Moore, Rebecca	[28.07]
4 Trabuco Hills	2:58.25
Johnson, Kim	[30.44]
Kuechline, Brandee	[31.50]
Page, Olivia	[29.20]
Pellet, Valerie	[29.52]
Miela, Molly	[28.70]
Lee, Sharon	[28.89]
5 Dana Hills	2:58.59
Leffler, Nicole	[29.08]
Neish, Kirsten	[29.50]
?, Margaux	[31.09]
Wise, Maureen	[30.24]
Morgan, Hannah	[29.73]
Roskopf, Taylor	[28.95]
6 Los Alamitos	2:59.29
Stava, Lauren	[29.90]
Ludwig, Megan	[29.73]
Kornmann, Kim	[31.94]
McDermott, Natalie	[28.03]
Shnayderman, Nadine	[29.71]
Nam, Esther	[29.98]
7 Irvine	2:59.35
White, Heather	[29.53]
Wilson, Marissa	[29.44]
O'Dea, Krysten	[30.52]
Fabbri, Cami	[29.27]
Akamine, Melissa	[31.23]
Andara, Maria	[29.36]
8 Laguna Hills	3:04.44
Andrews, Stephanie	[31.01]
Thompson, Amy	[31.00]
Johnson, Jori	[30.98]
Jones, Colleen	[30.07]
Black, Jade	[31.32]
Hewko, Natalie	[30.06]

Girls Fr/So 200 Yard Breast Relay**Record: 02:22.01 - Corona Del Mar 03/11/04**

1 Corona Del Mar	2:24.32
Kipp, Kasey	[36.22]
Livingston, Leilani	[37.60]
Prickett, Haley	[38.69]
Rodenhuis, Alexine	[31.81]
2 El Toro	2:24.74
Renz, Shannon	[37.02]
Mueller, Jennifer	[35.22]
Sill-Kibler, Andrea	[37.54]
Walsh, Katie	[34.96]
3 Los Alamitos	2:34.66
Oldenburg, Ashley	[41.84]
Chenoweth, Rebecca	[38.21]
McDermott, Natalie	[38.07]
Ross, Tammy	[36.54]
4 Aliso Niguel	2:35.53
Anson, Cori	[37.02]
Adams, Amanda	[41.06]
Shaw, Amanda	[41.83]
Dudic, Careena	[35.62]
5 Laguna Hills - "A"	2:37.34
Thompson, Amy	[38.54]
Jones, Colleen	[42.07]
Black, Jade	[39.06]
Wolfson, Dani	[37.67]
6 Irvine	2:40.60
Newman, Hannah	[40.31]
Nielsen, Christina	[42.40]
O'Dea, Krysten	[39.64]
Fabbri, Daryn	[38.25]
7 Trabuco Hills	2:41.32
Miela, Molly	[42.83]
Pellet, Valerie	[41.18]
Virgo, Alicia	[39.55]
Kuechline, Brandee	[37.76]
8 San Clemente	2:44.18
Westbrook, Carolyn	[40.61]
Kapuaff, Amy	[40.61]
Tatusko, Rachel	[41.28]
Morgan, Abbey	[41.68]

Girls Fr/So 200 Yard Fly Relay**Record: 02:01.12 - Irvine HS 03/04/99**

1 Aliso Niguel	2:01.58
Baker, Jessica	[30.10]
Church, Melissa	[30.68]
Anson, Cori	[32.16]
Zrust, Martina	[28.64]
2 Corona Del Mar	2:08.18
Zucker, Amy	[32.64]
McAdams, Emily	[31.50]
Galloway, Briana	[33.18]
Evans, Christina	[30.86]
3 El Toro	2:09.39
Henry, Katy	[32.24]
Gagnon, Courtney	[32.29]
Renz, Shannon	[33.39]
Dorsey, Christina	[31.47]
4 Los Alamitos	2:13.35
Fonte, Jackie	[35.59]
Nam, Esther	[34.49]
Berryman, Annie	[31.60]
Denny, Jasa	[31.67]
5 Irvine	2:14.23
Hybskmann, Chelsea	[34.73]
Nam, Sophia	[34.02]
Andara, Maria	[32.82]
White, Heather	[32.66]
6 San Clemente	2:16.52
Westbrook, Carolyn	[34.22]
Aherns, Amy	[35.43]
Brown, Nicole	[33.39]
George, Jacqueline	[33.48]
7 Santa Margarita	2:17.23
Novack, Ashley	[35.49]
Cadalso, Nerissa	[35.81]
Cox, Sarah	[33.46]
Bunkis, Jessica	[32.47]
8 Trabuco Hills	2:20.61
Virgo, Alicia	[35.56]
Carlsen, Amber	[34.33]
Johnson, Kim	[35.76]
Doherty, Nicole	[34.96]

Girls Fr/So 200 Yard Back Relay**Record: 02:02.53 - Corona Del Mar 03/11/04**

1 Corona Del Mar	2:03.15
Indvik, Kathryn	[30.62]
Harkins, Taylor	[33.51]
Hutchison, Sarah	[30.94]
Chandler, Ashley	[28.08]
2 Los Alamitos	2:11.46
Ludwig, Megan	[32.49]
Kornmann, Kim	[34.10]
Geoffroy, Shawna	[31.61]
Shnayderman, Nadine	[33.26]
3 Irvine	2:15.00
Fabbri, Daryn	[34.50]
Nam, Sophia	[36.71]
Wilson, Marissa	[32.28]
Fabbri, Cami	[31.51]
4 Laguna Hills	2:18.68
Figueroa, Paige	[33.81]
Chu, Rebecca	[36.22]
Wolfson, Dani	[34.61]
Skelly, Caitlin	[34.04]
5 Dana Hills	2:25.61
Armendariz, Dominique	[36.48]
Barrett, Nicole	[39.48]
Angle, Kallie	[35.98]
Shimmin, Jenny	[33.67]

Girls Fr/So 400 Yard Free Relay**Record: 03:54.77 - LB Wilson HS 03/01/96**

1 Corona Del Mar	3:57.44
Hutchison, Sarah	[1:00.89]
Indvik, Kathryn	[58.03]
McAdams, Emily	[1:02.51]
Chandler, Ashley	[56.01]
2 San Clemente	4:12.20
Brown, Nicole	[1:03.48]
Johnstone, Allyssa	[1:06.05]
Crankshaw, Kristina	[1:01.86]
Johnson, Teal	[1:00.81]
3 Irvine	4:16.11
Bailey, Jenny	[1:00.74]
Akamine, Melissa	[1:08.16]
Stevens, Kirsten	[1:02.22]
Wilson, Marissa	[1:04.99]
4 Los Alamitos	4:20.42
Geoffroy, Shawna	[1:04.53]
Ludwig, Megan	[1:05.45]
Shnayderman, Nadine	[1:07.73]
Berryman, Annie	[1:02.71]
5 El Toro	4:23.44
Marentis, Sarah	[1:05.01]
Sill-Kibler, Andrea	[1:05.88]
Schroeder, Sarah	[1:10.25]
Moore, Rebecca	[1:02.30]
6 Aliso Niguel	4:23.96
Buratti, Pam	[1:04.82]
Johnson, Kalia	[1:06.16]
Spada, Jacklyn	[1:05.72]
Church, Melissa	[1:07.26]

7 Dana Hills	4:28.94
Leffler, Nicole	[1:06.88]
Morgan, Hannah	[1:06.34]
Shimmin, Jenny	[1:08.77]
Rosskopf, Taylor	[1:06.95]
8 Santa Margarita	4:30.51
Harper, Emily	[1:06.98]
Stevenson, Jessica	[1:07.97]
Mahoney, Eileen	[1:08.22]
Cunningham, Meghan	[1:07.34]

Girls Fr/So 200 Yard Medley Relay**Record: 02:02.65 - Irvine HS 03/04/99**

1 Aliso Niguel	2:04.38
Buratti, Pam	[34.54]
Zrust, Martina	[32.88]
Baker, Jessica	[30.23]
Dudic, Careena	[26.73]
2 Irvine	2:07.85
Fabbri, Cami	[32.81]
Bailey, Jenny	[35.43]
White, Heather	[32.61]
Stevens, Kirsten	[27.00]
3 Corona Del Mar	2:09.72
Harkins, Taylor	[35.71]
Rodenhuis, Alexine	[32.22]
Zucker, Amy	[33.10]
Claster, Anne	[28.69]
4 Los Alamitos	2:11.11
Geoffroy, Shawna	[34.12]
Ross, Tammy	[37.14]
Denny, Jasa	[31.71]
Berryman, Annie	[28.14]
5 El Toro	2:11.16
Marentis, Sarah	[34.05]
Walsh, Katie	[36.73]
Schroeder, Sarah	[32.16]
Moore, Rebecca	[28.22]
6 Laguna Hills	2:14.39
Figueroa, Paige	[33.73]
Wolfson, Dani	[38.93]
Butterfield, Erika	[32.48]
Hewko, Natalie	[29.25]
7 San Clemente	2:14.92
Johnson, Teal	[32.30]
Crankshaw, Kristina	[41.47]
George, Jacqueline	[33.05]
Morris, Jessica	[28.10]
8 Santa Margarita	2:19.62
Beck, Allison	[36.70]
Rosenquist, Courtney	[39.30]
Bunkis, Jessica	[33.04]
Miller, Channing	[30.58]

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 Saturday - March 13, 2004

Boys Fr/So Meet Scores

School	Points
Los Alamitos HS	92.0
Aliso Niguel HS	72.0
San Clemente HS	72.0
Newport Harbor HS	68.0
El Toro HS	50.0
Irvine HS	50.0
Tesoro HS	32.0
Corona Del Mar HS	22.0
Dana Hills HS	20.0
Trabuco Hills HS	20.0
Capistrano Valley HS	10.0

Boys Fr/So 400 Yard I.M. Relay

Record: 03:51.89 - Irvine HS 03/05/99

1 Los Alamitos	4:21.92
Dandoy, Brent	[1:09.19]
Garrett, Mike	[1:06.95]
Stromlund, Eric	[1:03.23]
Snyder, Clay	[1:02.55]
2 El Toro	4:25.91
Abbey, Trevor	[1:05.65]
Forster, Travis	[1:07.94]
Danna, Derek	[1:07.43]
Hill, Daryn	[1:04.89]
3 San Clemente	4:28.23
Moore, Kristofer	[1:01.71]
Yeilding, Scott	[1:07.32]
Buckley, Ryan	[1:10.31]
Feher, Kyle	[1:08.89]
4 Newport Harbor	4:28.74
Hill, Carson	[1:06.10]
Eakin, Justin	[1:09.41]
Wiley, Hunter	[1:06.40]
McDonald, Shawn	[1:06.83]
5 Aliso Niguel	4:37.34
Gilster, Pat	[1:06.41]
Smith, Kevin	[1:08.83]
Schnitzer, Cory	[1:12.27]
Bresnan, Jason	[1:09.83]
6 Dana Hills	4:39.95
Brown, Theodore	[1:10.39]
Chin, Andrew	[1:12.16]
Kalvi, Madison	[1:09.52]
Thomas, Clayton	[1:07.88]
7 Trabuco Hills	4:43.37
Bea, Joe	[1:08.43]
Duncan, Alex	[1:14.34]
Lamb, Sean	[1:08.40]
Briaire, Sebastian	[1:12.20]

Boys Fr/So 300 Yard Free Relay

Record: 02:25.21 - LB Wilson HS 03/01/93

1 Los Alamitos	2:27.44
Stromlund, Eric	[24.52]
Markel, Byron	[25.55]
Dandoy, Brent	[25.83]
Tsim, Jeff	[23.63]
Kosalka, Eric	[23.70]
Snyder, Clay	[24.21]
2 Aliso Niguel	2:29.30
Francis, Ben	[24.00]
Gordon, Daniel	[24.79]
Jones, Kevin	[25.58]
Smith, Kevin	[25.77]
Hernandez, Nick	[25.63]
Thacher, Pat	[23.53]
3 Newport Harbor	2:31.30
Hill, Carson	[25.01]
Hockenberry, Blake	[25.25]
Yeager, Nick	[24.98]
Gregory, Parker	[25.30]
Wiley, Hunter	[25.21]
McDonald, Shawn	[25.55]
4 San Clemente	2:31.46
Rivadeneyra, Aaron	[24.80]
Foltyn-Smith, Kyle	[24.97]
Tunnell, Matthew	[25.49]
Parry, Max	[24.90]
Garrett, Brett	[26.09]
Kerr, Bradley	[25.21]
5 El Toro	2:36.59
Park, Robert	[27.42]
Pickard, Stephen	[26.20]
Hoff, Aaron	[25.35]
Herzog, Scott	[25.50]
Allen, Luke	[25.91]
Milano, William	[26.21]
6 Irvine	2:38.11
Burgoyne, Brent	[27.81]
Karamanos, Keith	[26.73]
Lallathin, Geddy	[27.08]
Costar, David	[25.56]
Shigaki, Josh	[26.49]
Berry, Ray	[24.44]
7 Trabuco Hills	2:40.21
Abernathy, Brandon	[26.47]
Hough, Trevor	[27.57]
Jenner, Kevin	[26.59]
Lamb, Sean	[27.03]
Turner, Cole	[26.52]
Neville, Brian	[26.03]
8 Capo Valley	2:41.35
Anderson, Clay	[26.47]
Drap, Ryan	[26.39]
Tayanaka, Daniel	[26.84]
Kipper, Matthew	[26.13]
Weinmeier, Robert	[28.23]
Miyazato, Ikuho	[27.29]

Boys Fr/So 200 Yard Breast Relay**Record: 02:01.44 - Irvine HS 03/05/99**

1 Newport Harbor	2:14.61
McLain, Evan	[33.30]
McGhie, Kyle	[33.65]
McLain, Bryce	[34.40]
Eakin, Justin	[33.26]
2 Tesoro	2:15.67
Rosenkilde, Ryan	[32.17]
Hughes, Austin	[35.97]
Johnson, Russ	[34.53]
Ryan, Andy	[33.00]
3 San Clemente	2:15.84
Foltyn-Smith, Kyle	[32.41]
Haug, Brady	[32.87]
Mundia, Greg	[36.47]
Kerr, Bradley	[34.09]
4 Los Alamitos	2:20.77
Farr, L.	[34.46]
Markel, Byron	[38.70]
Gasper, Colin	[32.60]
Garrett, Mike	[35.01]
5 Irvine	2:21.29
Burgoyne, Brent	[36.97]
Shigaki, Josh	[38.10]
Karamanos, Keith	[34.69]
Berry, Ray	[31.53]
6 Aliso Niguel	2:27.81
Gilster, Pat	[35.02]
Smith, Kevin	[36.25]
Schnitzer, Cory	[37.50]
Bresnan, Jason	[39.04]

Boys Fr/So 200 Yard Fly Relay**Record: 01:43.52 - San Marino HS 03/01/89**

1 Irvine	1:52.69
Costar, David	[28.63]
Park, Steven	[29.38]
Fishcer, Sean	[28.25]
Parola, David	[26.43]
2 San Clemente	1:56.67
Moore, Kristofer	[27.07]
Buckley, Ryan	[28.89]
Yeilding, Scott	[29.24]
Kerr, Bradley	[31.47]
3 Corona Del Mar	1:57.73
Hultman, Ryan	[29.93]
Peotter, Brian	[28.88]
Jones, Nick	[32.61]
Tutton, Marshall	[26.31]
4 Tesoro	1:58.50
Adams, Chris	[29.60]
Schuster, Zack	[31.17]
Johnson, Russ	[29.06]
Caporale, Rick	[28.67]

5 El Toro	1:59.26
Park, Robert	[30.57]
Hoff, Aaron	[30.97]
Dinh, Andy	[29.68]
Duggleby, Neal	[28.04]
6 Los Alamitos	2:03.44
Unal, B.	[29.31]
Knudston, C.	[31.62]
Liska, Corey	[32.02]
Hamid, N.	[30.49]
7 Dana Hills	2:05.24
O'Connor, Chris	[30.59]
Chin, Andrew	[30.40]
Thomas, Clayton	[32.26]
Gladish, Brian	[31.99]

Boys Fr/So 200 Yard Back Relay**Record: 01:49.62 Mission Viejo HS 03/01/96**

1 Aliso Niguel	1:55.59
Meola, Guiliano	[28.12]
Meier, Johnny	[28.71]
Marsh, Taylor	[28.63]
Gordon, Daniel	[30.13]
2 El Toro	2:00.12
Hill, Daryn	[30.28]
Hoff, Aaron	[29.55]
Forster, Travis	[30.51]
Danna, Derek	[29.78]
3 Newport Harbor	2:03.09
McDonald, Shawn	[29.78]
Wright, Breck	[30.98]
Hill, Brock	[32.01]
McGhie, Kyle	[30.32]
4 San Clemente	2:07.61
Rivadeneira, Aaron	[36.57]
Garrett, Brett	[30.66]
Gocke, Kevin	[32.66]
White, Kyle	[27.72]
5 Trabuco Hills	2:07.89
Lamb, Sean	[33.10]
Turner, Cole	[32.19]
Hough, Trevor	[32.49]
Pavlis, Chris	[30.11]
6 Dana Hills	2:09.42
Kalvi, Madison	[32.08]
Brown, Theodore	[32.29]
Castel, Ellan	[31.78]
Flores, Kyle	[33.27]
7 Los Alamitos	2:09.60
Liska, Corey	[31.05]
Dandoy, Brent	[31.76]
Weidenkeller, E.	[32.26]
Garrett, Mike	[34.53]
8 Capo Valley	2:11.36
Steinbaur, Troy	[32.20]
Tayenaka, Daniel	[31.54]
Anderson, Clay	[33.20]
Gomez, Gabriel	[34.42]

Boys Fr/So 400 Yard Free Relay**Record: 03:27.15 - LB Wilson HS 03/01/97**

1 Los Alamitos		3:32.54
Stromlund, Eric	[53.28]	
Kosalka, Eric	[53.15]	
Tsim, Jeff	[52.55]	
Snyder, Clay	[53.56]	
2 Aliso Niguel		3:34.35
Meier, Johnny	[54.60]	
Francis, Ben	[52.18]	
Gordon, Daniel	[54.82]	
Thacher, Pat	[52.75]	
3 Newport Harbor		3:47.10
Gregory, Parker	[56.37]	
Yeager, Nick	[56.79]	
Eakin, Justin	[57.98]	
Hockenberry, Blake	[55.96]	
4 Corona Del Mar		3:48.15
Baldoni, Rudolph	[55.59]	
Mobarek, Omar	[56.61]	
Kent, Ryan	[1:01.43]	
Tutton, Marshall	[54.52]	
5 Irvine		3:56.31
Parola, David	[54.05]	
Park, Steven	[59.36]	
Lallathin, Geddy	[59.89]	
Burgoyne, Brent	[1:03.01]	
6 Capo Valley		3:57.85
Anderson, Clay	[58.55]	
Tayenaka, Daniel	[59.37]	
Steinbaur, Troy	[1:01.44]	
Drap, Ryan	[58.49]	
7 Trabuco Hills		4:00.52
Turner, Cole	[58.51]	
Pavlis, Chris	[59.58]	
Jenner, Kevin	[1:02.85]	
Abernathy, Brandon	[59.58]	
8 Dana Hills		4:03.54
Brown, Theodore	[59.55]	
Kalvi, Madison	[59.18]	
O'Connor, Chris	[1:02.72]	
Chin, Andrew	[1:02.09]	

Boys Fr/So 200 Yard Medley Relay**Record: 01:46.58 - Irvine HS 03/05/99**

1 Los Alamitos		1:52.64
Liska, Corey	[30.94]	
Gasper, Colin	[32.15]	
Tsim, Jeff	[25.76]	
Kosalka, Eric	[23.79]	
2 San Clemente		1:53.07
Rivadeneira, Aaron	[29.41]	
Haug, Brady	[33.15]	
Moore, Kristofer	[26.04]	
Foltyn-Smith, Kyle	[24.47]	
3 Aliso Niguel		1:54.97
Meola, Guiliano	[30.59]	
Gilster, Pat	[33.34]	
Jones, Kevin	[28.16]	
Hernandez, Nick	[22.88]	
4 Irvine		1:56.81
Fishcer, Sean	[30.60]	
Berry, Ray	[31.37]	
Costar, David	[28.19]	
Lallathin, Geddy	[26.65]	
5 Tesoro		1:57.90
Ryan, Andy	[33.44]	
Rosenkilde, Ryan	[31.84]	
Caporale, Rick	[28.19]	
English, Brandon	[24.43]	
6 El Toro		2:00.58
Forster, Travis	[31.91]	
Abbey, Trevor	[34.35]	
Duggleby, Neal	[28.35]	
Milano, William	[25.97]	
7 Newport Harbor		2:02.16
McGhie, Kyle	[31.53]	
McLain, Evan	[33.69]	
Hayes, Riley	[31.26]	
Hill, Brock	[25.68]	
8 Dana Hills		2:06.75
Castel, Ellan	[32.40]	
Bubinski, Ryan	[35.12]	
O'Connor, Chris	[31.07]	
Eckl, Daniel	[28.16]	

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 Results by Robert Mitchell
 Saturday - March 13, 2004

Girls Varsity Meet Scores

<u>School</u>	<u>Points</u>
Los Alamitos HS	84.0
Santa Margarita HS	84.0
San Clemente HS	80.0
El Toro HS	78.0
Tesoro HS	52.0
Dana Hills HS	36.0
Aliso Niguel HS	28.0
Irvine HS	22.0
Laguna Hills HS	18.0
Corona Del Mar HS	14.0
Trabuco Hills HS	14.0
Capistrano Valley HS	8.0

Girls Varsity 400 Yard I.M. Relay

Record: 04:03.60 - Irvine HS 03/07/98

1 San Clemente	4:19.63
Travis, Stephanie	[1:03.48]
Winkleman, Hilary	[1:07.00]
Cunningham, CarriAnne	[1:05.70]
Sabins, Andrea	[1:03.45]
2 Los Alamitos	4:32.74
McGill, Gabby	[1:09.21]
Hammershla, Elisa	[1:06.53]
Brady, Sarah	[1:09.84]
Buchbinder, Lauren	[1:07.16]
3 Santa Margarita	4:36.91
Chancellor, Trudy	[1:05.91]
Gonzalez, Vanessa	[1:13.83]
Pelaez, Cristina	[1:09.52]
Nauman, Amanda	[1:07.65]
4 Dana Hills	4:43.20
Smathers, Ashly	[1:05.66]
Harris, Jessica	[1:12.02]
Bedolfe, Sarah	[1:15.12]
Covington, Leita	[1:10.40]
5 El Toro	4:44.92
Gelberger, Samantha	[1:11.54]
Sullivan, Shawnda	[1:13.71]
Henry, Kristen	[1:11.16]
Menzies, Lauren	[1:08.51]
6 Corona Del Mar	4:46.31
Winners, Ann	[1:09.36]
Schuman, Bree	[1:13.78]
Jones, Alyssa	[1:12.21]
Catlin, Amy	[1:10.96]
7 Aliso Niguel	4:50.49
Church, Jennifer	[1:11.99]
Altamirano, Gimena	[1:07.94]
Cardlin, Rebecca	[1:13.35]
Switzer, Jackie	[1:17.21]
8 Laguna Hills	4:58.57
Clingan, Heather	[1:14.86]
Novelli, Jennifer	[1:16.48]
Vessey, Angela	[1:14.63]
Ghanbari, Neda	[1:12.60]

Girls Varsity 300 Yard Free Relay

Record: 02:33.28 - San Clemente HS 03/15/03

1 San Clemente	2:36.84
Jones, Lindsay	[27.09]
Russell, Allison	[26.36]
Sabins, Andrea	[25.50]
Ligenza, Danielle	[26.68]
Skora, Kady	[25.54]
Travis, Stephanie	[25.67]
2 El Toro	2:39.31
Kissee, Jamie	[26.58]
DiGregorio, Melissa	[26.78]
Titus, Katelyn	[27.11]
Todisco, Lianne	[26.56]
Segner, Julie	[27.11]
Duggleby, Megan	[25.17]
3 Los Alamitos	2:40.42
Lewis, Jessica	[26.12]
Scully, Erin	[27.07]
Oberman, Irena	[26.52]
Christianson, Amanda	[27.45]
Traylor, Jennifer	[27.11]
Pelke, Danielle	[26.15]
4 Aliso Niguel	2:42.17
Altamirano, Gimena	[26.87]
McCormick, Katelyn	[27.24]
Swift, Christine	[27.16]
Welch, Jackie	[26.22]
Cardlin, Rebecca	[27.70]
Horton, Juliet	[26.98]
5 Dana Hills	2:42.28
Gubala, Tiffany	[26.52]
Guck, Jeannette	[27.76]
Russell, Joey	[27.65]
Van Zyl, Brandice	[27.43]
Stewart, Heather	[26.84]
Grabarek, Kelly	[26.08]
6 Santa Margarita	2:44.44
Palase, Kristen	[27.18]
Markel, Anne	[28.38]
Elbertse, Danica	[27.25]
Franz, Stephanie	[27.52]
Whichard, Katie	[27.40]
Chancellor, Trudy	[26.71]
7 Trabuco Hills	2:44.48
Dobbs, Kylee	[28.28]
Wilson, Brittney	[28.06]
Trussell, Amy	[26.92]
Kandalraft, Michelle	[27.55]
Minahan, Mary	[27.12]
Smith, Vickie	[26.55]
8 Irvine	2:48.00
Beckett, June	[26.67]
Akamine, Katie	[29.12]
Brito, Vanessa	[28.32]
McLaughlin, Megan	[29.98]
Wilson, Brittany	[27.06]
Parola, Dana	[26.85]

Girls Varsity 200 Yard Breast Relay**Record: 02:05.89 - Irvine HS 03/07/98**

1 Los Alamitos		2:18.57
Buchbinder, Lauren	[34.07]	
McGill, Gabby	[36.10]	
Hammershla, Elisa	[35.01]	
Traylor, Jennifer	[33.39]	
2 Santa Margarita		2:22.67
Elbertse, Danica	[36.62]	
Peckham, Stephanie	[37.99]	
Pelaez, Cristina	[36.64]	
Migues, Devonie	[31.42]	
3 Tesoro		2:23.63
Lu, Junxiu	[36.65]	
Johnson, Aeon	[36.78]	
Sobin, Karissa	[35.30]	
Dzandzara, Natasha	[34.90]	
4 El Toro		2:25.71
Segner, Julie	[37.27]	
Henry, Kristen	[36.96]	
Randall, Christy	[37.51]	
Gelberger, Samantha	[33.97]	
5 Dana Hills		2:26.40
Harris, Justine	[37.62]	
Rokhidah, Maryam	[40.91]	
Covington, Leita	[33.84]	
Smathers, Ashly	[34.03]	
6 Corona Del Mar		2:27.93
Winners, Ann	[36.43]	
Constantinou, Blaire	[40.23]	
Piggott, Juliane	[34.71]	
O'Brien, Paige	[36.56]	
7 Irvine		2:30.17
Dai, Joanna	[37.61]	
Hess, Lauren	[36.11]	
Romanosky, Shelly	[37.36]	
Cheung, Melody	[39.09]	
8 San Clemente		2:30.28
O'Neill, Heather	[35.51]	
Bandaruk, Brandy	[36.83]	
Vogel, Melinda	[39.19]	
Ligenza, Danielle	[38.75]	

Girls Varsity 200 Yard Fly Relay**Record: 01:49.10 - San Clemente HS 03/04/99**

1 El Toro		1:56.12
Todisco, Lianne	[29.44]	
Kissee, Jamie	[29.58]	
Segner, Julie	[30.15]	
Duggleby, Megan	[26.95]	
2 San Clemente		1:57.10
Sabins, Andrea	[28.89]	
Winkleman, Hilary	[31.00]	
Ligenza, Danielle	[28.15]	
Cunningham, CarriAnne	[29.06]	
3 Santa Margarita		1:58.39
Leahy, Kathryn	[30.12]	
Pelaez, Cristina	[29.54]	
Palase, Kristen	[30.30]	
Nauman, Amanda	[28.43]	
4 Los Alamitos		2:00.06
Lewis, Jessica	[28.08]	
Buchbinder, Lauren	[30.53]	
McGill, Gabby	[30.88]	
Brady, Sarah	[30.57]	
5 Irvine		2:03.31
Beckett, June	[30.15]	
Akamine, Katie	[31.67]	
Brito, Vanessa	[32.36]	
McLaughlin, Megan	[29.13]	
6 Trabuco Hills		2:05.25
	[34.32]	
	[31.80]	
	[30.76]	
	[28.37]	
7 Capo Valley		2:05.62
Meier, Ashley	[32.38]	
Van Dyke, Stephanie	[32.05]	
Blackburn, Quianna	[31.17]	
Moore, Katie	[30.02]	
8 Dana Hills		2:05.91
McCloskey, Devin	[31.75]	
Green, Amanda	[32.01]	
Covington, Leita	[31.61]	
Stewart, Heather	[30.54]	

Girls Varsity 200 Yard Back Relay**Record: 01:51.46 - Irvine HS 03/03/01**

1 Tesoro	2:00.88
Kinney, Meghan	[31.10]
Hahn, Lauren	[30.30]
Foss, Tracey	[30.30]
Sobin, Karissa	[29.18]
2 Laguna Hills	2:04.60
Doscher, Kelly	[31.27]
Keyes, Lindsey	[32.24]
Voss, Katalyn	[32.02]
Jasniy, Melissa	[29.07]
3 Santa Margarita	2:05.17
Franz, Stephanie	[31.40]
Gonzalez, Vanessa	[32.74]
Markel, Anne	[31.65]
Peckham, Stephanie	[29.38]
4 Los Alamitos	2:06.71
Oberman, Irena	[32.61]
Christianson, Amanda	[31.68]
Hammershla, Elisa	[31.28]
Scully, Erin	[31.14]
5 Irvine	2:10.28
Dai, Joanna	[31.50]
Wilson, Brittany	[30.35]
Hess, Lauren	[34.96]
Romanosky, Shelly	[33.47]
6 El Toro	2:10.35
DiGregorio, Melissa	[33.69]
Sullivan, Shawnda	[31.01]
Randall, Christy	[33.93]
Menzies, Lauren	[31.72]
7 Capo Valley	2:11.53
Steinbaur, Page	[33.21]
Beck, Erica	[34.69]
Moore, Katie	[32.57]
Blackburn, Quianna	[31.06]
8 Corona Del Mar	2:15.03
Catlin, Amy	[34.19]
Bilder, Kathryn	[34.32]
Hyter, Ashley	[33.11]
Lyman, Chelsea	[33.41]

Girls Varsity 400 Yard Free Relay**Record: 03:36.40 - Irvine HS 03/07/98**

1 Santa Margarita	3:51.22
Chancellor, Trudy	[57.91]
Whichard, Katie	[58.68]
Nauman, Amanda	[58.29]
Migues, Devonie	[56.34]
2 San Clemente	3:52.59
Jones, Lindsay	[55.75]
Russell, Allison	[56.98]
Edler, Marissa	[1:03.16]
Skora, Kady	[56.70]
3 Los Alamitos	3:54.15
Lewis, Jessica	[58.16]
Pelke, Danielle	[59.40]
Oberman, Irena	[57.98]
Scully, Erin	[58.61]
4 Tesoro	3:55.51
Foss, Tracey	[1:00.67]
Kinney, Meghan	[59.43]
Dzandzara, Natasha	[57.95]
Aung, Kimberly	[57.46]

5 Aliso Niguel	3:58.23
McCormick, Katelyn	[58.80]
Horton, Juliet	[1:00.29]
Swift, Christine	[58.54]
Welch, Jackie	[1:00.60]
6 Dana Hills	3:58.59
Grabarek, Kelly	[56.86]
Guck, Jeannette	[1:00.79]
Russell, Joey	[1:02.62]
Gubala, Tiffany	[58.32]
7 El Toro	4:01.71
Kissee, Jamie	[57.77]
Menzies, Lauren	[1:01.61]
Henry, Kristen	[1:00.77]
Titus, Katelyn	[1:01.56]
8 Laguna Hills	4:02.80
Henry, Sara	[1:01.29]
Burkhard, Tracy	[1:02.58]
McGinley, Kelsey	[1:00.21]
Jasniy, Melissa	[58.72]

Girls Varsity 200 Yard Medley Relay**Record: 01:50.44 - Irvine HS 03/01/97**

1 El Toro	1:57.10
Duggleby, Megan	[28.15]
Gelberger, Samantha	[33.65]
Todisco, Lianne	[28.99]
DiGregorio, Melissa	[26.31]
2 San Clemente	1:58.37
Jones, Lindsay	[29.99]
Travis, Stephanie	[33.96]
Cunningham, CarriAnne	[28.70]
Skora, Kady	[25.72]
3 Tesoro	1:58.81
Kinney, Meghan	[30.44]
Bowdle, Alyssa	[33.11]
Baron, Danielle	[29.35]
Foss, Tracey	[25.91]
4 Santa Margarita	1:59.64
Peckham, Stephanie	[31.56]
Migues, Devonie	[31.65]
Leahy, Kathryn	[29.39]
Whichard, Katie	[27.04]
5 Los Alamitos	2:02.40
Christianson, Amanda	[32.73]
Traylor, Jennifer	[33.31]
Brady, Sarah	[30.24]
Pelke, Danielle	[26.12]
6 Aliso Niguel	2:02.87
McCormick, Katelyn	[31.36]
Meier, Brynna	[36.16]
Welch, Jackie	[29.15]
Swift, Christine	[26.20]
7 Trabuco Hills	2:02.93
Minahan, Mary	[31.13]
Dobbs, Kylee	[35.69]
Smith, Vickie	[28.53]
Trussell, Amy	[27.58]
8 Dana Hills	2:07.50
Grabarek, Kelly	[31.47]
Gubala, Tiffany	[35.85]
Stewart, Heather	[31.40]
Guck, Jeannette	[28.78]

2004 Capo Valley Relay Finals Results
 Hosted by Capistrano Valley High School
 Held at Capistrano Valley HS Pool
 Results by Robert Mitchell
 Saturday - March 13, 2004

Boys Varsity Meet Scores

School	Points
Irvine HS	98.0
Tesoro HS	66.0
Los Alamitos HS	58.0
San Clemente HS	48.0
Capistrano Valley HS	46.0
Newport Harbor HS	42.0
Dana Hills HS	42.0
Trabuco Hills HS	36.0
Millikan HS	24.0
El Toro HS	18.0
Aliso Niguel HS	16.0
Corona Del Mar HS	16.0

Boys Varsity 400 Yard I.M. Relay

Record: 03:37.86 - Irvine HS 03/05/99

1 Tesoro	3:56.52
Hong, Jimmy	[59.33]
White, Zack	[57.80]
Schlundt, Marcus	[1:00.30]
Walker, Tyler	[59.09]
2 Irvine	3:57.09
Schafer, Sam	[1:03.23]
Swanson, Chris	[1:01.99]
Hsaio, Evan	[55.78]
Natalizio, Danny	[56.09]
3 Newport Harbor	4:01.50
Bury, Michael	[58.71]
Sherman, Kyle	[1:00.55]
Jackson, James	[1:02.50]
Carlson, Eric	[59.74]
4 Los Alamitos	4:02.66
Slater, Tyler	[1:02.44]
Kagan, Calvin	[1:00.27]
Davidson, Scott	[1:00.13]
Bailey, Byron	[59.82]
5 San Clemente	4:06.02
McDaniel, Matt	[1:03.75]
Yamamoto, Charles	[59.59]
Haug, Eric	[1:02.81]
Wolf, Brett	[59.87]
6 El Toro	4:06.21
Sonnenfeld, Miles	[1:01.38]
Small, Kyle	[1:04.50]
Fessenden, Mike	[57.88]
Meyer, George	[1:02.45]
7 Capo Valley	4:18.81
Blackburn, Corry	[1:02.15]
Cammell, Brandon	[1:02.94]
Braido, Cody	[1:09.42]
Bruce, Trevor	[1:04.30]
8 Trabuco Hills	4:25.89
Olson, Jeff	[1:07.55]
Strand, Trevor	[1:04.95]
Aikey, Chris	[1:06.68]
Froman, Logan	[1:06.71]

Boys Varsity 300 Yard Free Relay

Record: 02:15.98 Trabuco Hills HS 03/01/94

1 Los Alamitos	2:18.01
Morelli, Aaron	[23.40]
Bailey, Byron	[22.34]
Kagan, Calvin	[23.05]
Rysavy, Chasen	[23.64]
Dandoy, Brent	[23.42]
Mills, David	[22.16]
2 Newport Harbor	2:18.08
Bury, Michael	[23.75]
Furman, Dan	[22.70]
Sherman, Kyle	[22.73]
Cottam, Telford	[22.81]
Jorth, Clay	[23.40]
McGhie, Sean	[22.69]
3 Trabuco Hills	2:23.05
Lara, Matt	[25.09]
Froman, Logan	[24.78]
Bradley, Graeme	[24.08]
Kim, Daniel	[23.61]
Kross, Jonathan	[23.32]
Kirkpatrick, Michael	[22.17]
4 Irvine	2:23.17
Vyn, Drew	[22.70]
Zhang, Raymond	[24.59]
Skidmore, Craig	[24.05]
Doan, Lan	[23.67]
Swanson, Chris	[24.48]
Simpson, Steven	[23.68]
5 San Clemente	2:26.40
Yamamoto, Charles	[23.93]
Moss, David	[25.07]
Edler, Chase	[24.31]
Williams, Brandon	[23.68]
Thress, Ryan	[24.63]
Haug, Eric	[24.78]
6 Dana Hills	2:27.23
Emery, Brett	[25.00]
Peterson, Josh	[24.41]
Blum, David	[24.26]
Richter, Joey	[24.48]
Harrell, Austin	[24.28]
Guck, Dan	[24.80]
7 Aliso Niguel	2:29.26
Luther, Austin	[24.72]
Giometti, Danny	[24.39]
Cunningham, Doug	[23.62]
Terzo, Anthony	[22.54]
Christensen, Chad	[25.49]
Cintas, Alan	[28.50]

Boys Varsity 200 Yard Breast Relay**Record: 01:51.54 - Irvine HS 03/05/99**

1 Irvine	2:01.77
Zhang, Raymond	[31.06]
Schafer, Sam	[31.35]
Hoang, Long	[31.90]
Vyn, Drew	[27.46]
2 Capo Valley	2:03.95
Blackburn, Corry	[31.92]
McComb, Zach	[30.33]
McCull, Scott	[29.94]
Braido, Cody	[31.76]
3 Trabuco Hills	2:04.88
Olson, Jeff	[32.29]
Woods, Jimmy	[31.72]
Kingma, Justin	[31.42]
Aikey, Chris	[29.45]
4 Tesoro	2:06.40
Knapp, Spencer	[32.33]
Acosta, Santiago	[32.52]
Schlundt, Marcus	[31.13]
White, Zack	[30.42]
5 Corona Del Mar	2:07.63
Gladych, John	[32.54]
Sanford, Gaston	[31.74]
Crawford, Christopher	[32.15]
Russell, Walker	[31.20]
6 Los Alamitos	2:11.95
Muncy, Nick	[32.85]
Davidson, Scott	[31.75]
Rysavy, Chasen	[32.01]
Dandoy, Kyle	[35.34]
7 Millikan	2:14.83
Gilmore, Trent	[32.00]
Lemus, Kendal	[35.94]
Reid, Malcolm	[34.85]
Mattingly, Brian	[32.04]

Boys Varsity 200 Yard Fly Relay**Record: 01:35.83 Mission Viejo HS 03/05/99**

1 Dana Hills	1:40.25
McCartin, Casey	[24.69]
Wheeler, Kyle	[25.94]
McCartin, Shaun	[24.60]
Pearson, Brian	[25.02]
2 Tesoro	1:42.33
Hong, Jimmy	[25.44]
Colton, Sean	[25.87]
Weisbecker, Alex	[25.98]
Walker, Tyler	[25.04]
3 Irvine	1:44.72
Leksono, Chris	[26.19]
Niuro, Nick	[25.88]
Skidmore, Craig	[27.11]
Natalizio, Danny	[25.54]
4 San Clemente	1:47.34
Ellis, Cody	[25.80]
Barrera, Richard	[25.63]
Bassett, Sam	[26.46]
McDaniel, Matt	[29.45]

5 Millikan	1:51.30
Reid, Malcolm	[26.69]
Tapia, Daniel	[28.22]
Knowles, Shane	[28.78]
Seislove, Tyler	[27.61]
6 Newport Harbor	1:59.63
McGhie, Sean	[27.19]
Robinson, Michael	[29.34]
Alvarado, Hunter	[29.69]
Moad, Kenny	[33.41]

Boys Varsity 200 Yard Back Relay**Record: 01:34.51 Mission Viejo HS 03/01/96**

1 Capo Valley	1:47.33
McComb, Zach	[28.10]
McCull, Scott	[27.52]
Tayenaka, Torrey	[25.96]
Dahlen, Jeff	[25.75]
2 Irvine	1:50.06
Simpson, Steven	[27.85]
Doan, Lan	[27.55]
Leksono, Chris	[27.20]
Niuro, Nick	[27.46]
3 El Toro	1:51.29
Sonnenfeld, Miles	[26.83]
Small, Kyle	[27.87]
McKenna, Kevin	[28.36]
Cantrell, Tom	[28.23]
4 Tesoro	1:52.42
Schlundt, Marcus	[28.96]
Bryars, Joe	[29.10]
Gomez, David	[28.05]
Colton, Sean	[26.31]
5 Corona Del Mar	1:53.57
Buhagiar, Bryan	[29.99]
Niehenke, Daniel	[28.52]
Jones, Matthew	[29.05]
Crawford, Christopher	[26.01]
6 Newport Harbor	1:53.60
Jackson, James	[29.04]
Sherman, Kyle	[28.67]
Blei, Aaron	[29.75]
Carlson, Eric	[26.14]
7 San Clemente	1:53.65
Barrera, Richard	[29.93]
Welch, Daniel	[26.82]
Powers, Conor	[28.89]
Bro, Erik	[28.01]
8 Los Alamitos	1:54.97
Slater, Tyler	[29.04]
Morelli, Aaron	[27.86]
Miloslavich, Mike	[30.50]
Guerin, Kevin	[27.57]

Boys Varsity 400 Yard Free Relay**Record: 03:07.93 Mission Viejo HS 03/01/96**

1 Dana Hills		3:21.92
McCartin, Casey	[50.10]	
Wheeler, Kyle	[52.13]	
McCartin, Shaun	[50.08]	
Pearson, Brian	[49.61]	
2 Los Alamitos		3:24.55
Davidson, Scott	[50.91]	
Bailey, Byron	[49.79]	
Rysavy, Chasen	[52.46]	
Mills, David	[51.39]	
3 Irvine		3:26.94
Hsaio, Evan	[50.40]	
Swanson, Chris	[52.55]	
Natalizio, Danny	[52.01]	
Simpson, Steven	[51.98]	
4 Trabuco Hills		3:27.77
Kim, Daniel	[51.94]	
Kross, Jonathan	[53.05]	
Bradley, Graeme	[52.52]	
Kirkpatrick, Michael	[50.26]	
5 Aliso Niguel		3:33.55
Giometti, Danny	[50.37]	
Cunningham, Doug	[52.87]	
Terzo, Anthony	[53.23]	
Luther, Austin	[57.08]	
6 San Clemente		3:42.39
Moss, David	[52.73]	
Edler, Chase	[54.57]	
Williams, Brandon	[58.20]	
Thress, Ryan	[56.89]	
7 Millikan		3:42.59
Seislove, Tyler	[52.88]	
Kinneer, Kevin	[57.67]	
Fandrich, Sam	[57.65]	
Oorts, Leo	[54.39]	
8 Newport Harbor		3:53.61
Carlson, Eric	[55.41]	
Alvarado, Hunter	[59.83]	
Moad, Kenny	[1:00.81]	
Blei, Aaron	[57.56]	

Boys Varsity 200 Yard Medley Relay**Record: 01:38.13 - San Marino HS 03/01/92**

1 Irvine		1:44.32
Doan, Lan	[28.06]	
Hsaio, Evan	[27.38]	
Schafer, Sam	[26.74]	
Vyn, Drew	[22.14]	
2 Tesoro		1:44.58
Colton, Sean	[27.44]	
White, Zack	[29.71]	
Hong, Jimmy	[24.89]	
Weisbecker, Alex	[22.54]	
3 San Clemente		1:47.25
McDaniel, Matt	[26.92]	
Haug, Eric	[31.38]	
Barrera, Richard	[25.83]	
Moss, David	[23.12]	
4 Capo Valley		1:50.96
Dahlen, Jeff	[28.58]	
Braid, Cody	[31.63]	
Blackburn, Corry	[27.39]	
Tayenaka, Torrey	[23.36]	
5 Los Alamitos		1:51.20
Slater, Tyler	[29.00]	
Muncy, Nick	[32.42]	
Guerin, Kevin	[27.19]	
Mills, David	[22.59]	
6 Millikan		1:52.94
Seislove, Tyler	[30.21]	
Mattingly, Brian	[31.89]	
Reid, Malcolm	[26.64]	
Kinneer, Kevin	[24.20]	
7 Aliso Niguel		1:53.70
Watson, Matt	[29.11]	
Terzo, Anthony	[30.80]	
Luther, Austin	[30.45]	
Cunningham, Doug	[23.34]	
8 Newport Harbor		1:55.64
Jackson, James	[28.71]	
Robinson, Michael	[33.40]	
McGhie, Sean	[27.82]	
Alvarado, Hunter	[25.71]	