



2025 PAC Champs Meet Recap

SWIMMER HIGHLIGHTS

Marlins

Nika Vujovic ~ Nika qualified for Pac Com Champs with 2 B Times in the 50 Fly and Breast at her very first swim meet. She dropped time in all of her events and managed to get on the BCS Top 10 times in the 50 Fly and 50 Breast for 7-8 years old. We are so proud of you for what you did, especially as a Pre-Comp Athlete.

Beach 1

McKenna Danner ~ Miss Danner has proven to be a fearless competitor this season and relishes every opportunity to test her swimming skills on race day. Despite a disappointing false start in the 50 Breast, her weekend included four personal bests. Her biggest improvement came in the 200 IM, which was an 18 second drop and her best individual finish came in the 100 Breast (9th). On the relay front, she paced her teams to a 5th place finish in the 200 Medley and a 3rd place finish in the 200 Free. Great racing, Kenna!

Olivia Ionescu Macri ~ Miss Ionescu-Macri is on a roll lately and she continued her hot streak in Pasadena, bagging 5 more personal bests in 6 individual races. Her biggest improvement came in the 100 Fly, which was almost a 7 second drop, as well as her best individual finish (10th). In relay action, she joined her teammates to finish 5th in the 200 Medley. Well done, Olivia!

Makena Kam ~ Miss Kam was on double-duty the weekend of Pac Comm Champs, racing her heart out in the pool and playing her heart out on the soccer pitch. This multi-sport athlete posted some outstanding times in the prelims sessions at the meet, bagging personal bests in the 100 Breast, 100 Fly, 50 Back and 50 Fly, with her biggest improvement coming in the 50 Fly (-1.36). Way to go, Makena!

Lena Kwak ~ Miss Kwak could only attend one day of the meet, but she certainly made the most of it, posting personal bests by a wide margin in both the 50 Breast (-5.98) and the 50 Free (-3.53). Her time of 34.33 in the 50 Free will also earn her a spot on the team's 200 Medley Relay at SoCal Swimming's Spring Age Group Championships in La Mirada. Congratulations, Lena!

Tegan Magee ~ Miss Magee has been on fire lately and her hot streak continued in Pasadena, where she bagged three personal bests in three individual races: 100 Breast (-9.55), 50 Back (-1.70), 50 Breast (-4.20). Huge swims from this young athlete, including her first Finals race at a championship meet (16th place - 100 Breast). Excited to see what she can do in the 50m pool this summer. Well done, Tegan!

Vivian Nguyen ~ It was another great weekend of racing for the stoic Miss Nguyen, including three personal bests (200 IM, 50 Breast, 50 Free). She also made her first Finals sessions at a championship meet, placing 15th in the 200 IM with a nearly 8 second drop and placing 13th in the 50 Breast with a 2 second drop. On the relay front, she helped her 200 Free Relay team secure a podium finish (3rd). Outstanding racing, Vivian!

Maya Perez ~ With a big smile on her face, Miss Perez raced to four personal bests in Pasadena, including the 100 Free, 100 IM, 50 Breast and 50 Free. The 50 Free was a big 2.49 second improvement! She always brings her positive can-do attitude to everything she does and supports her teammates however she can. Speaking of teammates, she joined them to grab a podium finish (3rd) in the 200 Free Relay. Way to go, Maya!

Quinn Sootkoos ~ The resilient Miss Sootkoos saw her first racing since a broken bone kept her from swimming for a long period of time and she didn't skip a beat. She bagged four personal bests (100 Breast, 100 Free, 50 Back, 50 Breast) out of her six individual races, including a huge 4.33 second improvement in the 50 Back. On the relay front, she paced her team to a 5th place finish in the 200 Medley. Welcome back and great effort, Quinn!

SWIMMER HIGHLIGHTS (continued)

Beach 1 (continued)

Logan Thatcher ~ Mr. Thatcher loves to race and it shows. He has been on a tear lately and Pac Comm Champs was no exception. He posted three personal bests in his three individual races (100 IM, 50 Fly, 50 Free), including a big 1.32 second improvement in the 50 Free. Great racing, Logan!

Beach 2

Chase Balentine ~ Chase had an awesome meet where he learned a lot about competitive racing. We think that Chase has a bright future ahead of him in the racing world. Keep up the hard work and stay healthy!

Valentina Lucic ~ Valentina had an awesome 50 Free dropping 2.24 seconds in the event. She showed us how each potential there is waiting to be realised. Just don't forget to show up to all of your races.

Elliott Poole ~ Elliot showed how resilient he was during this swim meet, going right on best times after being sick the week of the meet. We are proud that you showed up with a positive attitude and came back for second swims in every event! Keep up the hard work!

Beach 3

Alysha Annamalai ~ Words cannot express how proud I am of Alysha for her performance at Pac Comm Champs! She showed incredible grit, resilience, maturity and mental fortitude during this long, challenging weekend of racing! She really showed up every day, for every event and gave it her all! What I was most proud of is the way Alysha really attacked her 500 Free during the finals session on Saturday. Instead of feeling bad about adding time in prelims, she fought hard to improve during her second swim, dropping a whopping 13.87 seconds from her prelims time in the morning and 8.77 seconds from her all-time best. Keep up the amazing work Alysha!

Cataleya Bustamante ~ Cataleya did a great job. I can tell that she is working hard to make the stroke corrections that we work so hard on in practice and apply them when she races! She showed up strong for her team and represented Beach Cities multiple relays. You looked really good out there Cataleya! Keep up the great work!

Angelo Calungcagin ~ Angelo did an incredible job last weekend! Not only did he swim 100% best times in all of the events that he raced, I also saw some major improvements in his stroke technique. I can tell that Angelo has been listening, and he did a fantastic job of applying my corrections while racing. He saw some massive drops this weekend, including a 7.66 second drop in the 100 Breast, a 5.19 second drop in the 50 Fly, and an incredible 18.89 second drop in the 200 IM! I am so proud of and impressed by you, Angelo! Great work!

Edison Cheng ~ Edison really showed up for his teammates as well as himself this past weekend. In addition to representing BCS in relays Edison swam 6 individual events, dropping time in all but one. I was most proud of his 200 IM where he dropped a whopping 14.44 seconds and showed clear improvement in his stroke technique. He also dropped 1.27 seconds in his 50 Free! Great job Edison!

Fiona Cooley ~ I was extremely impressed by Fiona's performance at this meet! She was put in some tough events but she truly showed what she was made of! She seized the challenge of racing the 200 Breast, 400 IM, and 500 Free, seeing massive drops in all 3 events. Fiona dropped 3.33 seconds in the 200 Breast, 6.60 seconds in the 400 IM, and 13.30 second in the 500 Free! She also dropped over 7 seconds in the 200 IM! Fiona's hard work and dedication to the sport is truly paying off! Nice work Fiona!

Andy Crouch ~ Andy went 100 percent best times at Pac Comm Champs! I am so proud of the progress that he is making. He dropped 5.28 seconds in the 100 Breast and 2.10 seconds in the 50 Breast. More importantly, his stroke technique and attention to detail when he races is clearly improving! I am so proud of you Andy. Great job!

Sean Everitt ~ Sean did an outstanding job at this meet! He really did a great job applying all of the stroke corrections that I give him on a daily basis. I am so proud of the progress that he has made and continues to make in the pool. Keep up the great work Sean!

Jalen Kao ~ I am impressed by Jalen's performance at this meet. He dropped 1.72 seconds in the 100 IM. In addition, I noticed significant advancements in all four of his strokes. He is really making the changes that we work so hard for in practice, stick! Way to go Jalen!

SWIMMER HIGHLIGHTS (continued)

Beach 3 (continued)

Mackenzie McElroy ~ Mackenzie had a phenomenal meet at Pac Comm Champs! I was amazed at both her massive drops as well as her execution of the race strategy and technical changes given to her. She had some extremely incredible performances, dropping time in almost everything she raced. Mackenzie dropped 16.90 seconds in the 200 Free as well as 13.95 seconds in the 200 IM, where I saw significant improvements in her Fly and Breast technique. In addition, she dropped 6.60 seconds in her 50 Fly and 5.31 seconds in her 100 breast. I am so proud of you Mackenzie! Keep up the amazing work!

Capri Pierce ~ Capri had some incredible swims last weekend at Pac Comm Champs! I am extremely proud! She also showed up fully for her teammates to help win the Girls 11-12 200 Medley Relay, 400 Free Relay, and the 400 Medley Relay. This was no easy task at the conclusion of two long days of racing. In addition to helping lead her team to victory in numerous relays, Capri swam nine individual events, grabbing best times in all but one of them! She dropped nearly 4 seconds in the 100 Fly and 3 seconds in the 200 IM coming out of finals. Incredible work Capri!

Lilia Priester ~ Lilia had an amazing meet! I am incredibly impressed by her drive and work ethic as well as her willingness and eagerness to try new events. She voluntarily swam the 1,000 Free, swimming more than 60 seconds faster than her seed time. She was incredibly consistent! In addition, Lilia dropped a solid 1.69 seconds in the 100 Back and 1.84 seconds in the 100 IM. Lilia listens extremely well and works very hard at applying all the corrections she is given! I am so proud of you Lilia. Keep up the great work!

Lucy Song ~ Lucy did a great job at Pac Comm Champs! She swam five individual events, going best times in all but one. Lucy's Butterfly is looking absolutely incredible, which could explain the almost three second drop in her 100 IM. I am so proud of the incredible progress that Lucy is making. She continues to impress me every day! Keep up the great work Lucy!

Kendall Visistsri ~ Keni had some great swims at this meet! She really fought hard, pushed through and got the job done. I was super impressed by her performance. She dropped almost three seconds in the 100 Back, and looked much smoother! She also cut 1.28 seconds in the 100 Fly, earning both the 2025 JAG and SAG cuts and breaking 1:13 for the first time ever! Keni also swam the 400 IM, dropping 1.33 seconds from her all-time best. Keep it up Keni! I am so proud of you!

Beach 4

Avery Ehrmann ~ Avery swam 6 events with a best time in the 100 back with a .7 second drop.

Aimee Lemus ~ The amount of effort Aimee put into finishing the 200 free fast really showed with such an impressive time drop of 5.5 seconds!

Ella Rances ~ Ella swam the 50 free and dropped .75! All gas, no brake.

Bridget Sullivan ~ Her best event at the meet was the 50 free with a .92 second drop narrowly missing breaking the 30 second barrier. Perhaps at the next meet.

Elise Wang ~ swam near best times in all 3 of her freestyle events but missed the mark. This is coming off of the previous meet where she set all those best times!

Eva Whitaker ~ Blazing arms and legs, tons of breaths and lots of speed Eva swam her best yet 50 free!

Beach 5

Olivia Chi ~ Miss Chi popped in to Pac Comm Champs to take another swing at the Sectionals cut in the 100 Back and posted a very respectable time of 1:00.20 to claim 2nd place, just 0.30 off her best time in the event. By the time this recap goes out, she will have raced at her first Sectionals meet and will have her sights set on some outstanding racing at Spring AG Champs. Go, Olivia!

Arianna Ciuffoli ~ Miss Ciuffoli was very busy in Pasadena, racing a total of 18 times (14 individual races, 4 relays). It was a brave performance, as she came into the meet tired, but did not let the way she was feeling have any influence on her effort. Of her nine individual races, she Finaled in five and posted personal bests in five. Her best individual finish came in the 200 Fly (5th place) and her biggest improvement came in the 200 Back (-4.86). On the relay front, she paced her teams to four podium finishes: 800 Free (2nd), 200 Medley (2nd), 200 Free (3rd), 400 Medley (2nd). Excellent work, Arianna!

SWIMMER HIGHLIGHTS (continued)

Beach 5 (continued)

Nina Haubner ~ Miss Haubner gave an impressive effort in Pasadena, after an illness that knocked her out of commission for a couple of weeks. She still managed to post a personal best in the 200 Back (-1.34) and give a gritty effort as a member of three victorious relays (200 Medley, 400 Free, 400 Medley), as well as the 3rd place 200 Free Relay. Outstanding effort, Nina!

Theo Haubner ~ Another athlete who was sidelined by illness in the weeks leading up to the meet, Mr. Haubner still managed a very strong showing, posting three personal bests (200 Breast, 200 IM, 500 Free) in seven individual races. His best finish was 5th place in the 400 IM. He was also part of a quartet of podium finishes on the relay front: 200 Medley (2nd), 400 Free (2nd), 200 Free (3rd), 400 Medley (2nd). All in all, it was a solid weekend of racing and I am sure he is excited about the long course season, as he has done some great work in the last year and has certainly set himself up for success. Way to go, Theo!

Hana Imai ~ Miss Imai showed up and showed out, taking a swing at the Spring Age Group Champs cut in the 400 IM, coming up just short, but taking another 2.37 seconds off her previous best time, set just one weekend prior at the Lunar Festival in Mission Viejo. She is poised to have a great AG Champs meet next weekend in La Mirada. Let's go, Hana!

Colin Ionescu-Macri ~ It was a big weekend of racing for Mr. Ionescu-Macri, as he zoomed through nine individual events and five relays, bagging six personal bests in the process (100 Back, 100 Fly, 100 Free, 200 Breast, 500 Free, 1650 Free). His best finish came in the 1650, a race in which he dropped 5.45 seconds, but his biggest improvement came in the 200 Breast, where he dropped 4.59 seconds to finish 16th. He was busy on the relay front, representing the team on all five relays: 800 Free (2nd), 200 Medley (3rd), 400 Free (3rd), 200 Free (3rd), 400 Medley (2nd). He will again represent the team on relays at the upcoming Spring Age Group Championships in La Mirada. Great racing, Colin!

Tori Jyo ~ Not even a fractured bone in her hand could stop Miss Jyo from finishing her short course season with a bang, as she raced four times and bagged personal bests in three of those individual events (200 Breast, 200 Free, 50 Free). Her 200 Breast was a huge drop of 8.56 seconds. She has done a great job persevering through her injury and now has her sights set on a successful long course season. Well done, Tori!

Daniela Kan ~ Miss Kan was an iron woman in Pasadena, racing a grand total of 16 times (11 individuals, 5 relays). She bagged three personal bests (100 Back, 50 Free, 500 Free), coming within a whisper of a Spring AG cut in the 50 Free to finish her short course season in style. Her best finish came in the 100 Breast (5th), but her biggest improvement was a 2.26 second drop in the 100 Back, an event in which she placed 8th. Her relay contributions were outstanding, helping her teams to four wins (800 Free, 400 Free, 200 Free, 400 Medley) and a 2nd place finish in the 200 Medley. Outstanding work, Daniela!

Aria Kim ~ Miss Kim came in hot in her first event of the meet, the 200 Free, ultimately claiming 13th place in the event and cutting more than 7 seconds off her previous best. She also dropped almost a second in the 100 Fly, but her best finish came in one of her favorite events, the 50 Free (5th). She also made big contributions to her victorious 200 Free and 400 Medley relay teams. Way to go, Aria!

Hailey Kuo ~ Miss Kuo fought hard for two personal bests (100 Breast, 100 Fly) in her four individual races, but her best finish came in the 400 IM (5th). The 100 Fly was her biggest improvement, an event in which she dropped almost 2 full seconds. She had three great relay swims as well, helping her teams to a win in the 200 Free Relay and seconds place finishes in both the 800 Free Relay and the 400 Medley Relay. She has done some great work throughout the short course season, so we are very optimistic about her long course prospects. Keep it up, Hailey!

Adriana Lee ~ Miss Lee had a fantastic weekend, posting five personal bests in six individual races. She claimed a W in the 100 Fly and finished 2nd in the 100 Back and 200 IM, which was also her biggest improvement (-3.92). Any race you can cut ~1 second per 50 is a great race, and it's always great when that race is an IM event. She was also busy on the relay front, pacing her teams to three wins (200 Medley, 400 Free, 400 Medley) and a 3rd place finish in the 200 Free Relay. She now looks forward to the new challenge of aging up to the 13-14 age group in May, but not before showing out at Spring Age Group Championships in La Mirada next weekend. Congratulations, Adriana!

Madison Manalo-Pavach ~ In her first racing after an injury kept her out for an extended period, Miss Manalo-Pavach, threw down three solid individual efforts, bagging a personal best in the 50 Free by nearly a second. It was great to see her back in action at a competition and she is now back at full strength and ready to tackle whatever lies ahead throughout the long course season and beyond. Go, Madison!

SWIMMER HIGHLIGHTS (continued)

Beach 5 (continued)

Adelei Mostellar ~ As a multi-sport athlete, only two individual races were in the cards for Miss Mostellar in Pasadena, but she made the most of them, posting a personal best in each (100 Free, 200 Back). Her best finish came in the 200 Back (6th), which was also her biggest improvement (-2.77). She also gave a great effort as a member of the victorious 800 Free Relay. Well done, Adelei!

Barrett Poole ~ Mr. Poole gave a valiant effort, after missing much of the week leading up to the meet due to illness. Though he didn't post any new best times, he mustered the strength to help his relay teams to three podium finishes: 200 Medley (2nd), 400 Free (3rd), 400 Medley (3rd). Although it wasn't the way he wanted his short course season to end, he did some great work in the last year and can certainly have a successful long course season this summer. Great effort, Barrett!

Eileen Romesser ~ Miss Romesser probably raced more than anyone in Pasadena (20 total races!), which is a sign of a very successful meet, in a prelims/finals setting. She Finaled/scored in each of her 8 individual races, finishing as high as 2nd place (200 IM), but not lower than 14th (50 Free), demonstrating incredible versatility. That 200 IM was her biggest improvement by far, which was a drop of more than 9 seconds. Her relay effort was fire, to boot, including four wins (800 Free, 400 Free, 200 Free, 400 Medley) and a 2nd place finish in the 200 Medley. She is poised for a great Spring AG Champs meet next weekend in La Mirada. Amazing effort, Eileen!

Piper Sootkoos ~ Miss Sootkoos had a very solid weekend of racing, collecting five personal bests (100 Breast, 100 Free, 200 Breast, 200 IM, 500 Free). She Finaled in four of those events, finishing as high as 10th place in the 100 Breast, which was also her biggest improvement of 2.61 seconds. She was also part of two victorious relays (800 Free, 400 Free) and helped her team to a 2nd place finish in the 200 Medley Relay. She has earned the opportunity to represent the team on another relay, this time at the upcoming Spring Age Group Championships in La Mirada. Way to race, Piper!

Sellers Stough ~ Mr. Stough is a fearless racer on a hot streak and Pac Comm Champs was no exception. He bagged seven personal bests (100 Free, 200 Back, 200 Free, 200 IM, 400 IM, 50 Back, 500 Free), demonstrating great versatility across all stroke disciplines and distances. His best finish was 4th place in the 400 IM, but his biggest improvement came in the 500 Free (-14.02). Always a great and supportive relay teammate, he helped his teams to 4th place in the 400 Medley, 5th in the 200 Free and 6th in the 400 Free. Keep it up, Sellers!

Dylan Thatcher ~ Mr. Thatcher was a busy young man in Pasadena, racing a grand total of 19 times. He finaled in seven individual races and bagged best times in six (100 Back, 100 Free, 100 IM, 200 Free, 50 Back, 500 Free). His best finish came in the 50 Back (7th), which was also his first Spring AG Champs cut! His biggest improvement came in the 200 Free (-3.86). He was also a member of the 4th place 400 Medley Relay, 5th place 200 Free Relay and 6th place 400 Free Relay. Well done, Dylan!

Mateo Trombley ~ Mr. Trombley raced a grueling schedule (20 total races), including nine individual events and all five relays. A huge prelims swim in the 200 Fly resulted in a 13.40 second drop, his biggest improvement, and set him up to finish 5th in that race, his best individual finish of the weekend. He also finaled in 100 Breast, 100 Fly, 100 Free, 200 Breast and 400 IM and posted eight personal bests, including his first Spring AG Champs cut in the 13-14 age group (50 Free)! He and his teammates put a cherry on top by securing podium finishes in all five relays: 800 Free (2nd), 200 Medley (2nd), 400 Free (3rd), 200 Free (2nd), 400 Medley (2nd). Great effort, Trombley!

Senior 1

Ethan Chen ~ Ethan had a wonderful weekend at his 1st PAC COMM Meet. He swam in 3 individual events and was a great teammate swimming in the 400 Free Relay. We will enjoy him being 12 trying his best and look forward to the Long Course when he turns 13 and will keep trying his best for new times and great swimming.

Danilo Minic ~ This was Danilo 1st PAC COMM Meet, and he did well only to swim the 50 Free and cut time, which is not easy to do. He was a great teammate swimming in both the 200 Free Relay and the 400 Medley Relay. It was a wonderful day; we look forward to the Long Course Season being 13 years old and getting new times and perfecting his craft in swimming.

Brandon Padar ~ Brandon was a trooper this weekend swimming 2 days of the meet in 3 individual events, staying around his best times. Along with being a great teammate cheering on his mates while swimming in the 200 Free Relay and the 400 Medley Relay. So happy you will be 14 for all of the Long Course Season, let's have fun and get new times.

SWIMMER HIGHLIGHTS (continued)

Senior 2

Tara Biggs ~ Watching Tara swim her 500 this meet was such an inspiring moment. Having started the race in 7th position for the first 100, Tara did not relent but rather pushed harder and harder, every lap was further pushing up the field. By the last 50 she had made it to second position, and fought incredibly hard. She overtook the final swimmer and claimed the rubber ducky.

Mykah Gibson ~ Narrowly missed her best 50 free ever but more than made up for it in the 500 free where she knocked off 6 seconds! Great race and great finish.

Yi Han ~ With a full slate of events Yi smashed through the 100 back with 3.3 seconds dropped, improving in particular his kick strength. He then went on to blast the 200 free with 3.4 seconds dropped and finally finished off with a 200 back that saw a 2 second drop. Great adjustments mid meet paid off!

Kellen Kao ~ Kellen broke into the 100 free with a 55 second swim, then blessed the 100 back getting him to 1:04 off a 3 second drop and then clearing the 50 free with a big 1.3 second drop!

Keira Lyman ~ One of the best feats of athleticism I've seen her do throughout her swim career, Keira smashed the 500 free and dropped 3.4 seconds!

Hudson Menke ~ the race was Huds-ON during the 200 free where Hudson dropped 1.8 seconds and then went on to drop .02 in the 50 free. A drop is a drop.

Mayank Shenoy ~ blasted the 200 free and 50 with both dropping roughly 2 seconds in each.

Jack Stimpson ~ got his dolphin kick to really carry him through the 100 fly this meet with a 1second drop and a .5 second drop in the 200 free.

Soleil Wicks ~ Meet after meet Soleil has impressed me with her competitive spirit and drive to improve. She went out fast and finished fast in the 100 back dropping her 2 seconds and then returned for some more in the 200 free where she dropped 4 seconds to break into sub 2:20. Stellar performance.

Senior 3

Mazie Adams ~ Mazie swam the 100 Back, 50 Free, and the 500 Free at Pac Champs where she swam her heart out in each event. In addition to her individual events, she had some fantastic relay swims in the 800 'B' Free (6th), 200 'B' Free (6th), and the 400 'C' Medley. Nice work, Mazie!

Santi Baranda ~ Santi was on a mission in Pasadena and did not hold back. He swam the 100 Free (-1.45), 200 Free (-7.22, 1st time under 2:00), 200 IM (-4.69), 50 Free (-0.74), and the 500 Free (-14.39). In addition, for the 13-14 relays, he was on the 800 Free 'A' (2nd), 200 Medley 'B' (3rd), 400 Free 'A' (3rd), 200 Free 'B' (3rd), and the 400 Medley (3rd). Great meet, Santi!

Luca Boots ~ Mr. Boots had a great end to the short course season over the three days of racing at the Rose Bowl. He swam the 200 Back (-6.72, 4th, Spring Age Group!), 100 Breast (-3.68, 10th), 200 Breast (-9.92, 7th, Spring Age Group!), 200 Fly (7th), 100 Fly, and the 50 Free (-0.74). For relays, he was on the 13-14 800 Free 'A' (2nd), 200 Medley 'A' (2nd), 400 Free 'B' (2nd), 200 Free 'A' (2nd), and the 400 Medley 'A' (2nd). Great work, Luca!

Annie Coyne ~ Annie had three events in Pasadena: 100 Back (-0.70), 200 Free, 50 Free, and the 500 Free (-1.89). On the relay side, she had solid swims on the 'B' 200 Medley (8th), 'B' 400 Free (8th), and the 'C' 200 Free. Great work, Annie. Let's lock in for the long course season!

Maddie Fu ~ Maddie raced on all three days of the meet and while a personal best eluded her, she made sure to give her best effort on every lap. She swam the 100 Breast (11th), 100 Fly, 100 Free, 200 IM, and the 50 Free. In addition, she was on the 3rd place 15&O 'A' 800 Free relay. Nice work, Maddie!

Willamena Hodson ~ In one of her best meets so far, Willa came in with laser focus and it showed in some big-time swims. She swam the 200 IM (-12.45, 9th), 100 Free (-0.57), 100 Fly (-1.89, 7th, Spring Age Group!), and the 50 Free (-1.05). For relays, she had amazing efforts in the 'B' 800 Free (2nd), 'B' 200 Free (3rd), and the 'B' 400 Medley Relay (2nd). Let's go, Willa!

SWIMMER HIGHLIGHTS (continued)

Senior 3 (continued)

Lucas Hott ~ Lucas had some great swims in the 200 IM (-2.29), 100 Free, 500 Free (-3.30), and the 200 Free (-2.66). He was also on the 2nd place 15&O 200 'A' Free Relay. Yeah, Lucas!

Daniel Huang ~ Daniel raced in the 100 Fly, 200 Breast, 200 Free, and the 500 Free at Pac Champs. He was right on his best times in four of those events and was a big part of the 4th place 15&O 'A' 400 Medley Relay. Nice work, Daniel!

Amelia Iwai ~ Amelia joined us Sunday and swam the 100 Fly and the 50 Free (-0.17). While it was a quick morning, she showed that she is capable of racing at any moment. Yes, Amelia!

Tyler Kashida ~ Tyler came up to join us in Pasadena for the 100 Back, 100 Fly, 50 Free (-0.22), and the 200 Breast (-1.25). While he has been busy with high school season, he did a great job of showing up and giving his best effort. Nice work, Tyler!

Adam Kim ~ Adam had seven events at Pac Champs: 100 Back, 100 Breast, 200 Back, 200 Breast, 200 Free, 200 IM (-1.33), and the 50 Free. While most of his swims were not the results he was looking for, Adam continues to keep a positive mindset and is ready to get back to work to be at his best.

Derrick Kwan ~ Derrick could only join us on Friday and he went on to swim two personal bests in the 100 Breast (-0.69) and the 100 Free (-0.01). Great job and back to work, DK!

Kate Lanzdorf ~ Four events, four personal bests. Kate had a fantastic meet where she swam in the 100 Back (-1.04), 200 Free (-2.23, 5th), 50 Free (-0.54), and the 500 Free (-11.32, 9th). For relays, she had an amazing go in the 'A' 200 Free (1st), 'A' 200 Medley (1st), 'A' 400 Free (1st), and the 'A' 400 Medley (2nd). Let's go, Kate!

Soraya Lluz ~ Raya had a great meet where she swam the 100 Back, 100 Free (-1.04), 200 Back (5th), 200 Free (-4.61), and the 50 Free (0.57). She was also a huge component of our relay success as she was on the 'A' 800 Free (3rd), 'A' 200 Medley (1st), 'A' 400 Free (1st), 'B' 200 Free (6th), and the 'A' 400 Medley (2nd). Let's go, Raya!

Joseph Scallon ~ Three days, three great swims. Joseph swam the 100 Back, 100 Fly (-1.43), 200 Back (-2.02, 7th), 200 Free (-0.78), 400 IM (-1.33, 5th), and the 500 Free at Pac Champs. One of our most consistent swimmers, Joseph is ready to get back to work to prepare for the long course season. Let's go, Joseph!

Bella Tieman ~ Bella's events included the 100 Breast (-3.35, 9th), 100 Free, 200 Free, 200 IM (-0.86, 10th), and the 50 Free. In addition to her individual events, Bella had some great swims on the 'A' 800 Free (3rd), 'B' 200 Free (6th), and the 'B' 400 Medley (8th). Let's go, Bella!

Kaia Weiss ~ Kaia had a big lineup to swim in Pasadena and did a great job of being ready for each opportunity. Individually, she swam the 100 Breast, 100 Free (-1.31), 200 Breast, and the 500 Free (-6.16). She had amazing relay swims in the 'B' 800 Free (6th), 'B' 200 Medley (8th), 'B' 400 Free (8th), 'B' 200 Free (6th), and the 'B' 400 Medley (8th).

Senior 4

Miki D'Adamo ~ Miki has spent this season working technique & race planning! In the 500 & 1000 her hard work showed up! Her pacing was STELLAR! And her technique looks stronger & better every race! I love her spirit and willingness! Now it's time to look toward her goal times for the upcoming Varsity Season. *Let's Go Miki!!*

Gabby Nicholas ~ What a road Gabby has taken to find her way back to the BCS Sectional Team! Congrats to Gabby! Nothing like waiting until her FINAL Event on the FINAL Day to qualify! But "Qualify" is just what she did in her Fantastic 100 Fly prelim swim. Gabby smashed her PB time, dropping 1.11 seconds! But most impressive were the AWESOME Breakouts on her start and ALL of her turns! Well-Done Gabby!

Trey Nilson ~ When Trey decided he was going to go, "Go" is EXACTLY what he did! All 3 races were fast and furious! And just the ticket he needed to get a ride on the BCS Bus to Sectionals! Congrats Trey! "You are Speed"!

SWIMMER HIGHLIGHTS (continued)

Senior 4 (continued)

Bennett Sootkoos ~ Our guy Bennett likes to keep himself busy in & out of the pool! Despite all the balls he seems to juggle he managed to put together a couple nice swims in his 200 Free & 100 Fly. Which would have seemed enough, but then came the 50 Free at FINALS. Coming into this race in Lane 1, his start was exceptional, which carried him in/out of his turn with rocket speed. After taking his final breath and racing to the wall he clocked in .54 drop & 10th place finish! That was some great “outside smoke” Bennet!

Marcus Syring ~ It's been a slow and steady season for Marcus. Every race has tested his patience as his times moved closer and closer to the Sectional Qualifying cuts. After an impressive drop in his 100 BR at the Lunar Festival the weekend before, Marcus arrived with ONE mission. Go out FAST & get that QTs! Needless to say...*MISSION ACCOMPLISHED!* Next up...Oceanside for his 1st Sectional Championships!

Lily Wu ~ Lily's season has been one of hard work & perseverance! And that seemed to be the recipe for a weekend of PBs! Lily finished the meet with a 1st place finish in 2 events, ALL PBs, 1 more Sectional QT and 2 new Sectional Bonus QTs! Enjoy your sweet success, Lily!

Nick Zhang ~ Joining BCS and our Senior 4 group in January Nick has thrived! It's been a pleasure watching him learn, grow and race with incredible intention and success! Nick raced 6 races and dropped in ALL 6 of them! Most impressive was his “*Come Back*” swim in the 100 Back...where he busted the 1:00 mark for the first time, clocking a 58.08! I know the great focus and determination will continue. I know there's so much more to come!

TOP 10 TOTAL TIME DROPPED

(in seconds)

Lilia Priester (-64.10)
Mackenzie McElroy (-47.13)
Angelo Calungcagin (-36.00)
Santiago Baranda (-34.90)
Mateo Trombley (-33.11)
Fiona Cooley (-31.07)
Kenna Danner (-26.14)
Eileen Romesser (-25.96)
Seller Stough (-23.75)
Alysha Annamalai (-23.42)

PAC Champs Event Winners

Fiona Cooley 400 IM
Adriana Lee ~ 100 Fly
Gabby Nicholas ~ 100 BR & 100 Fly
Trey Nilson ~ 100 Free
Lilia Priester ~ 1000 Free
Lily Wu ~ 100 Back & 50 Free

100% PERSONAL BEST TIMES

Santi Baranda, Angelo Calungcagin, Andy Crouch, Willa Hodson,
Hana Imai, Aria Kim, Lena Kwak, Derrick Kwan, Kate Lanzdorf,
Valentina Lucic, Tegan Magee, Adelei Mostellar, Trey Nilson,
Ella Rances, Mayank Shenoy, Jack Stimpson, Marcus Syring,
Logan Thatcher, Nika Vujovic, Lily Wu, Nick Zhang

ALL-BUT-1 PERSONAL BESTS TIMES

Tara Biggs, Edison Cheng, Olivia Chi, Mykah Gibson,
Lucas Hott, Olivia Ionescu Macri, Amelia Iwai,
Tori Jyo, Kellen Kao, Adriana Lee, Aimee Lemus,
Hudson Menke, Danilo Minic, Capri Pierce, Lucy Song,
Piper Sootkoos, Jack Stimpson, Mateo Trombley,
Eva Whitaker, Soleil Wicks