



# 2024 Pac Champs and Finale Meet Recap

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## Marlin A

### Rory Areredondo Ratcliff

Rory had a pretty strong meet, his best event was his backstroke swims. However, he did get DQ'd in the 50 back for gliding too long on his stomach. I think this was a good learning opportunity for Rory. His performance was good enough to land him an invitation to be the backstroke leg on a 200 Medley relay at the Spring Age group championship meet.

### Oliver Cano

This was Ollie's first swim meet and boy did he impress. He showed us how well-rounded of a swimmer he could be. Oliver did get 2 DQs but shrugged them off and kept swimming like a champ. Jordan Dallas - Jordan swam in 8 events and only had 1 DQ, which is very impressive for a Pre-comp athlete. Her best swim included the 100 Breaststroke where she placed 4th overall going a 2:02.08!

### Olivia Ionescu Macri

Olivia also attended her first meet. She swam well in all of her events showing us that she is a very well-rounded swimmer. Her best event was the 100 Breaststroke where she placed 7th overall.

### Gwyneth Korn

Gwyn had a stellar swim meet. She is one of three athletes who have qualified to swim on a relay for Spring Age group Championships. This is because of her performance in the 50 Breast where she placed 2nd overall and managed to grab a BB cut.

### Maya Perez

Maya is one of our 8 year olds who attended Finale. She swam well in every event and only had 1 DQ, Maya is very advanced for her age!

Her best swim was the 100 Breaststroke which she placed 6th overall as an 8 year old!

### Calvin Stough

Calvin has been making major strides in practice and they showed up at this meet. His Breaststroke was actually so good that he impressed himself saying that he is only 5 seconds away from his brother!

Calvin is also one of the 3 athletes who has been asked to participate on a Spring Age Group relay.

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# Beach 1

## Maddie Braceros

Miss Braceros popped in on day 3 of the meet and raced 3 times individually, posting a lifetime best and “B” time in each event (100 Free, 200 IM, 50 Breast). She blazed to a podium finish (2nd) in the 200 IM and finished in the top 10 in all of her races. Her biggest improvement came in the 100 Free (-2.27) and she led off her team’s 4th place 200 Medley Relay with a solid 50 Back split. Well done, Maddie!

## Willow Gibson

Miss Gibson posted 3 best times (100 Back, 100 Breast, 100 IM) in 6 individual races and raced 2 events for the first time (100 Fly, 200 Free). Her best finish was 20th in the 100 Fly and her biggest improvement came in the 100 Back (-6.61). She also posted a very respectable Fly split of 42.59 on the 200 Medley Relay. She had some breakthroughs at this meet on the technical side, beginning to demonstrate a mastery of some of the basic skills in our sport. Keep up the hard work, Willow!

## Marius Goldstein

Mr. Goldstein raced 4 times individually, posting B times in all 4 and improving in 3 of those races (100 Back, 100 IM, 200 Free), including a HUGE drop in the 200 Free (-35.70). He scored a podium finish (2nd) in the 100 Back and was a member of the victorious 200 Free Relay! There are a couple of things that he wants to improve, but all in all, a solid weekend of work for the young athlete. Way to go, Marius!

## Makena Kam

Miss Kam did not post any best times, but she came very close in several of her individual races. Her best finish was 23rd in the 50 Breast. She showed off one of the best streamlines in the group all weekend, while also noting the importance of improving some of her other skills. She had a very solid Breaststroke split and a nearly perfect relay exchange on the 4th place 200 Medley Relay and she helped her team to a podium finish (3rd) in the 200 Free Relay. Keep working, Makena!

## Jalen Kao

Mr. Kao started his meet with a bang, nearly breaking the 3 minute barrier in the 200 Free to finish 6th with a B time, his first time swimming this particular race. He struggled a bit, with a DQ for a one hand touch in the 100 IM and a NS in the 50 Fly, but he rebounded by leading off the victorious 200 Free Relay at the end of the session, demonstrating that “it ain’t over until it’s over.” Way to bounce back, Jalen!

## Mackenzie McElroy

Miss McElroy posted one best time in the 50 Breast (-2.22), placing 4th in the event and grabbing her first BB time in the process. She also swam the 200 Free for the first time, placing 5th in 3:06.89, which was a B time, as was her 100 IM (11th place). There is still some focus to be desired when she races Butterfly (gotta keep those toes wet to keep the feet together), but we are both confident that she is close to putting that behind her for good. She also raced her heart out as a member of the 3rd place 200 Free Relay and 4th place 200 Medley Relay. Nice work, Mackenzie!

## Scarlett Menke

Miss Menke is improving her swimming skills every time she touches the water and last weekend’s meet was more evidence of just that. She posted 100% best times in the 100 IM, 50 Back and 50 Free and raced 5 events for the first time (100 Back, 100 Breast, 100 Free, 200 Free, 50 Breast), with just one DQ in the 100 Fly for a recurring Breaststroke kick. Her best finish came in the 50 Free (31st) and her biggest improvement came in the 50 Back (-4.08). Her anchor split of 35.1 on the 200 Medley Relay was fantastic. Onward and upward, Scarlett!

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## Beach 1

### Elliott Poole

Mr. Poole was in his element last weekend, showcasing as consistent an effort as I've seen from the young athlete thus far. He definitely came to race! He posted 4 best times (100 Free, 100 IM, 50 Fly, 50 Free), finishing as high as 2nd (50 Free) and not lower than 10th (100 Back) in any race. B times were achieved in the 100 Back, 100 Free, 100 IM, 200 Free, 200 IM, 50 Fly and 50 Free and his biggest improvement came in a blazing 100 IM (-8.44). To top it off, he closed out the victorious 200 Free Relay with a solid anchor leg. Congratulations on some great racing, Elliott! Now, let's approach your streamlines and other skills with the same energy :-).

### Violet Rosenstein

Miss Rosenstein posted 100% best times in 2 races (100 IM, 50 Free) and swam 3 races for the first time (100 Breast, 100 Fly, 200 Free), bagging B times in the 50 and 200 Free, the only 11-12 year old athlete in the group to do so. Violet has performed well in a handful of meets and has demonstrated the desire to challenge herself physically and mentally and we think we may have finally cracked the code on her Fly timing/breathing, once and for all. Her highest finish was 15th in the 50 Free, which was also her biggest improvement. Great racing, Violet!

### Addie Shamban

In her lone day of competition, Miss Shamban raced a great 100 IM, her only best time of the meet, dropping more than 3 seconds from her previous best (-3.21) to finish 56th. Her best finish was 37th in the 200 Free, which was, coincidentally, her first time swimming that race. Exciting to see her venture into some longer races. Well done, Addie!

### Finley Slayman

Miss Slayman went 2 for 2, posting 100% best times in the 100 Free and 50 Breast and also raced the 100 Back for the first time, which was her best finish of the meet (49th). The Backstroke head/body position looked especially good, which contributed to the positive outcome. Her biggest relative improvement was in the 50 Breast (-2.44), but her 100 Free was also a big drop (-4.51). Way to go, Finley!

### Quinn Sootkoos

Miss Sootkoos completed 7 individual races last weekend, snagging best times in 3 (100 Free, 100 IM, 50 Free) and swimming 2 events for the first time (100 Back, 200 Free). Her best finish came in the 50 Free (8th), which was also her biggest relative improvement (-2.51). She also finished in the top 10 in the 200 Free (9th). On the relay front, she was invaluable, pacing her teams to 3rd (200 Free Relay) and 4th place (200 Medley Relay), respectively. There were a couple of hiccups (DQ in the 100 Breast for a one hand touch and we will tackle the 100 Fly another time :-), but all in all you did an awesome job, Quinn!

### Cara Traylen

Miss Traylen saw her first competitive action last weekend, swimming 6 races for the first time: 100 Back, 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly. Her best finish was 11th in the 50 Breast, which was also her first B time. Excited to see her out there racing with her teammates :-). Congratulations, Cara!

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## Beach 2

### Isabella Antunes

Isabella joined us in Pasadena on Saturday and had a great Finale session. She went three for three in setting personal bests, and they were in the 100 IM (-0.65, 5th overall), 200 Free (-22.10, 3rd overall), and the 50 Fly (-1.52, 14th overall). On the relay side, she was on the 3<sup>rd</sup> place 10 & Under 'A' 200 Free relay. Great season, Isabella!

### Cataleya Bustamante

Cataleya was Beach 2's lone swimmer at Pac Champs and had a fantastic meet. She swam a total of six events and returned for finals in four of them. In those four events, she set all personal bests! She swam the 100 Breast (-1.92, 13th overall), 100 IM (14th overall), 200 Free (-3.59, 12th overall), 50 Back (-1.27, 11th overall), 50 Breast (19th overall), and the 50 Free (-0.69, 20th overall). Excellent job, Cataleya!

### Angelo Calungcagin

Angelo swam all three days of Finale and had another solid meet. He swam the 100 Back (-1.97), 100 Breast (-4.88), 100 Fly (13th overall), 100 IM (-3.90), 200 IM (first time!), 50 Breast (-0.70), 50 Fly, and 50 Free. He was also part of the 11-12 'B' 200 Medley relay, where he helped his team finish in 5th place. Awesome job, Angelo!

### Fiona Cooley

Fiona also swam all three days of Finale, and she came in full throttle while never once stepping off the gas pedal. Of her nine events, she set personal bests in six. She swam the 100 Breast (-2.10, 5th overall), 100 Fly (first time!), 100 Free (-2.68), 100 IM (-3.05, 14th overall), 200 Free (-16.50, 12th overall), 200 IM (first time, 11th overall), 50 Back (-2.81, 10th overall), 50 Breast (10th overall), and 50 Free (-0.67, 18th overall). For relays, she swam on the 11-12 'B' 200 Free (3rd overall) and the 200 Medley (6th overall) relays. Hard work pays off, Fiona!

### Sean Everitt

Sean came in on the last day of Finale and had some fantastic swims. He swam the 200 IM (-10.04, 16th), 100 Back (-10.26), and the 50 Breast. He was also on the 5th place 11-12 'B' 200 Medley relay where he had a solid backstroke leg. Nice job, Sean!

### Max Goldstein

Max came in for the weekend sessions of Finale and had another solid meet. He swam the 100 Back (14th overall, first-time short course!), 100 IM (-0.58, 11th overall), 200 Free (9th overall, first time!), 50 Breast (19th overall), 50 Fly, and the 50 Free. He also swam on the 2<sup>nd</sup> place 11-12 'A' 200 Free relay and the winning 11-12 'A' 200 Medley relay, where he anchored away in the freestyle with an almost sub-30s effort (30.23). Great swims and great season, Max!

### Kavya Kachhadia

Kavya came in for Finale and was laser-focused for all of her swims. Her event lineup was the 100 Back (-6.56), 100 IM, 200 Free (-20.72), 200 IM (first time!), 50 Breast, and 50 Fly. She was on the 3<sup>rd</sup> place 11-12 'B' 200 Free relay and the 6<sup>th</sup> place 11-12 'B' 200 Medley relay where she had solid swims that helped her team's success. Well done, Kavya!

### Sohum Kulkarni

Across the three days of Finale and his nine events, Sohum had one goal this meet, and it was to swim fast. He set personal bests in eight events which were the 100 Back (-24.16), 100 Breast (-4.18, 4th overall), 100 Fly (-3.98, 10th overall), 100 IM (-1.11, 17th overall), 200 Free (-13.43, 13th overall), 200 IM (-5.82, 12th overall), 50 Back, 50 Breast (-0.28, 14th overall), and the 50 free (-0.47, 18th overall). He was also on the 2<sup>nd</sup> place 11-12 'A' 200 Free relay and the 1<sup>st</sup> place 11-12 'A' 200 Medley relay. Let's go, Sohum!

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## Beach 2

### Valentina Lucic

Valentina competed in her first championship meet with Beach Cities, which was a success! She swam on all three days of Finale and set personal bests in five events. She swam in the 100 Back, 100 Breast (-1.20), 100 Fly (-11.75, 19th overall!), 100 IM (-1.71), 200 Free (-6.35), 200 IM, 50 Breast, and the 50 Free (-0.57). She swam in two relays: 11-12 200 Free and 200 Medley. I hope you enjoyed your first season with BCS, Valentina! To many more!

### Aum Patel

Aum had himself a solid Finale meet where he swam six events and set personal bests in three of them. The other events were ones where he swam for the first time! His event lineup was the 100 Back (first time!), 100 Free (-3.60), 100 IM (-6.24), 200 Free (18th, first time!), 200 IM (18th, first time!), and the 50 Fly (-0.83). For relays, Aum was on the 2nd overall 11-12 'A' 200 Free relay and the 5th place 11-12 'B' 200 Medley relay. Way to go, Aum!

### Landon Schleicher

Landon swam on the last day of Finale and even though he had a tough start with his 200 IM, he pushed through and swam well in his 100 Back (-7.34) and 50 Breast. He also swam on the 11-12 'B' 200 Medley relay where they placed 5<sup>th</sup> overall. Nice work, Landon!

### Sellers Stough

Mr. Stough put the champ in championship as this Finale was some of the best racing he has done in Beach 2. Across his six events, he set personal bests in four of them. He swam the 100 Back (-18.58, 2nd overall), 100 Breast (-7.79, 9th overall), 100 Fly (first time!), 200 IM (-12.14, 4th overall), 50 Breast (20th overall), and the 50 Free (-2.08, 7th overall). On the relay side, he was part of the winning 11-12 'A' 200 Medley relay where he led off in the backstroke and set a personal best in the 50 Back (-2.03). Great work, Sellers!

### Ryson Tomongin

Ryson joined us on the third day of Finale, and while it was a rough start to the session, he bounced back quickly with a great first-time swim in the 100 Back (19th overall) and a new personal best in the 50 Breast (-1.09, 18th). He finished the meet with an electric 50 Fly in the winning 11-12 'A' 200 Medley relay alongside Sellers, Max, and Sohum. Way to go, Ryson!

### Amari Tullo

If we look for an example of how hard work pays off, Amari would be our swimmer. Of her six events, she set personal bests in four, and she swam the 100 Back (-6.96), 100 Free (15th), 100 IM (-2.70), 200 Free (-29.11), 200 IM (-38.20), and the 50 Fly. Those 200s were incredible! For relays, she was on the 1st place 'A' 11-12 200 Free relay and the 6th place 'B' 200 Medley relay. Amazing swims, Amari!

### Kenya Tullo

Like her sister, Kenya is another example of how hard work pays off. Of her six events, she set five personal bests, and she swam the 100 Back (-20.23), 100 Free (11th), 100 IM (-3.15, 16th), 200 Free (-28.69), 200 IM (-24.01, 20th), and the 50 Fly (-0.30). She joined her sister on the 1st place 11-12 'A' 200 Free Relay and was on the 2nd place 'A' 11-12 200 Medley relay. Well done, Kenya!

### Keni Visistsri

Nine events, six personal bests. Another successful short course season is in the books for Keni! She swam the 100 back (-12.49), 100 Breast (-4.25, 14th), 100 Fly (16th, first time!), 100 IM (-4.17), 200 Free (-28.84), 200 IM (19th, first time!), 50 Breast (-0.03), 50 Fly, and the 50 Free (-2.13, 19th). On the relay side, she was on the 2nd overall 'A' 11-12 200 Medley relay, where she swam the butterfly leg and the 11-12 200 Free relay. Nice job, Keni!

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## Beach 2

### Elise Wang

Elise is one of our Beach 2 swimmers who comes in, works hard, and always does it with a smile. It showed in her five personal bests as she swam the 100 Back (first time!), 100 Free, 100 IM (-0.59), 200 Free (-7.32), 200 IM (-15.48, 12th overall), and the 50 Fly (-0.04). To end each session, she led off in the 11-12 200 Free and swam the breaststroke in the 200 Medley relay. Let's go, Elise!

### Harper Ward

Harper joined us only on Friday for Finale and had a great meet! She swam the 100 Breast and the 100 Fly for the first time while setting a personal best in the 50 Free (-0.95). Awesome job on tackling the new events, Harper. Let's have a great short course season!

### Hudson Wolfe

Hudson had a great meet as he set five personal bests in the 100 Breast (-15.57, 6th), 50 Back (-2.12, 19th), and 50 Free (-0.88, 17th). He swam the 100 Fly (11th, first time!) and the 100 IM (21st). For relays, he was on the 2nd place 'A' 11-12 200 Free relay with Sohum, Aum, and Max. Great swims, great season, Hudson!

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## Beach 3

### Alysha Annamalai

Ms. Annamalai continues to wow me, dropping significant amounts of time across the board. She works hard at every practice and because of her efforts she continues to improve! I am extremely impressed by the stroke corrections that Alysha has made since joining Beach 3. Go Alysha!

### Theo Haubner

Mr. Haubner has not stopped improving since he joined Beach 3 a few months ago. His focus, engagement, and determination during each practice session are the reason for his significant improvements! Theo dropped time in every event he swam. He had numerous impressive swims but the one that stands out most is him nabbing a first place finish in prelims in the 11-12 Boys 50 Breaststroke and then coming back to finish second overall in finals! Keep up the amazing work Theo!

### Amelia Hsu

Ms. Hsu had some solid swims, dropping time in all but one event. I am most proud of her 50 Fly! She has been working hard to make the technical changes that are required and I see her blossoming right before my eyes. Keep it up Amelia!

### Colin Ionescu-Macri

Mr. Ionescu-Macri was truly amazing to watch! He shaved time in every event he swam in both Prelims and Finals. Colin is proving that he knows how to race! I am also impressed by the way he applies my instructions and goes after what he wants. I was also impressed that he asked me for extra help, which shows how much this means to him. Keep up the amazing work Colin!

### Tori Jyo

I am so proud of Ms Jyo. She demonstrated great improvement across the board, shaving time in all but one event. Her most impressive swim had to have been her 200 Free, where she improved by a massive 5.08 seconds. She also had an amazing 50 Fly, dropping 3.10 seconds! Keep up the great work Tori! I am so proud of you!

### Hailey Kuo

I am so proud of Ms. Kuo for showing up for her team and doing her absolute best. Despite having been sick and not feeling totally 100% herself, Hailey did what she had to do, dropping an impressive 8.28 seconds in her 200 Free and one second in her 50 Back. She remained committed to her team, making it back for finals in almost everything and representing BCS in multiple relays! Great job Hailey!

### Madison Manalo-Pavach

Ms. Manalo-Pavach is amazing to watch! I love the way she supports and lifts up her teammates! She is always there to cheer and uplift her team and her friends, which I am truly grateful for. Madison is showing significant improvements in Breaststroke, dropping in both the 50 and the 100 Breast!

### Adelei Mosteller

I want to start out by thanking Ms. Mostellar for the support and dedication that she gives her teammates. Although Adelei had another sporting event to participate in, she stayed to represent Beach Cities in both the finals and the relays, and we could not have done it without her. Thank you for showing up for your team Adelei! She also saw solid drops in both her 100 Fly and 100 Free.

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## Beach 3

### Capri Pierce

Ms. Pierce truly had the meet of her life! She swam 100 percent lifetime bests, dropping a whopping total of 95.34 seconds in all events. She shaved 26.66 seconds in the 200 Free, 26.29 seconds in the 100 Fly and 20.49 seconds in the 200 IM. Capri works incredibly hard in practice and has been a fabulous addition to Beach 3. Way to go Capri!

### Barrett Poole

Mr. Poole did a great job this past weekend! He swam right on his best times, which was extremely impressive considering his challenges with being sick over the past few weeks. Keep up the great work Barrett! I am so excited to see what the Long Course season has in store.

### Eileen Romesser

Ms. Romesser was the only swimmer from Beach 3 to swim the 400 IM and she did incredible, dropping a combined 27.22 seconds in Prelims and Finals. This demonstrates how much Eileen has improved in all areas. She also dropped almost four seconds in the 100 Fly and over a second in the 50 Back! I am so excited to watch you blossom into such a well rounded athlete. Incredible work Eileen!

### Piper Sootkoos

Ms. Sootkoos had an incredible meet! She really showed us what she is made of this past weekend, dropping significant amounts of time in multiple events, earning a second swim in all events, and then coming back to finals to blow us all away. She shaved a solid 2.29 seconds off of her 500 Free in Prelims and then returned to swim the 500 Free at finals where she dropped an additional 10.67 seconds. Nice work Piper!



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## Beach 4

### Juliana Antunes

Juju came in quick on her 200 free dropping 16 seconds for a lifetime best!

### Tara Biggs

Tara had 4 swims all with huge drops, most particularly the 100 IM with a 21 second drop.

### Mykah Gibson

Mykah's hard worked paid off for Mykah this meet with all but 1 best times. Most notable was finally breaking the 30 second barrier in the 50 free

### Keira Goss

With a full slate of 8 events Keira dropped in almost all her events. A really big swim on her 500 free closed her out 10 seconds faster than her previous best!

### Darei Roberston

With 100% best times and big 15+ second drops in several events this was a very big meet for Darei. The 100 fly 26 second drop earned him racer of the meet for Beach 4!

### Bridget Sullivan

Coming in like a wrecking ball from the southgate meet, Bridget came in with yet another big time drop meet with a staggering 35 second drop in her 200 free and 43 second drop in her 200 IM

### Juliette Tymick

With two events to race Juju's time drops were just a little out of reach with the 50 free being off by just .04. She did however represent BCS phenomenally where she more than made up for her individual times.

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# Intro to Senior&Senior 1

## Alex Chernyshov

Alex did very well and came to swim his best. 100 Breaststroke 1:26.34 dropping -2.14, 50 Free 30.69 dropping -1.59, 100 Fly 1:25.88

## Larissa Fernandez

Larissa swam very well, and her results show it: 200 IM 3:08.51, 100 Backstroke 1:26.93, 100 Free 1:14.73 dropping -3.13, 200 Medley Relay 2:33.91 dropping -0.37 as a team.

## Yi Han

Yi came to swim crazy fast and drop time, which is did very well: 200 IM 2:36.46 B Time, 100 Back 1:10.62 dropping -1.94 B Time, 100 Free 1:01.34 dropping -1.83, 200 Medley Relay 2:05.37 dropping -4.10 as a team.

## Emma Hurlburt

Ms Hurlburt swam 2 days and showed her best swims, so excited you for your 1<sup>st</sup> B Time: 100 Breaststroke 1:33.98 dropping -0.19, 50 Free 32.19 dropping -1.12 B Time, 100 Fly 1:35.27 dropping -2.97 & Heat Winner, 100 Free 1:33.96 dropping -0.93, 200 IM 3:07.52 dropping -2.41, 100 Backstroke 1:30.92, 100 Free 1:17.26, 200 Medley Relay 2:33.91 dropping -0.37 as a team.

## Milo Ikeda

Milo did a very great job getting new times in new events and dropping time: 200 IM 2:48.15, 100 Back 1:21.44, 100 Free 1:07.35 dropping -7.14 & Heat Winner

## Mia Kuwabara

Mia keeps on impressing me and thank you for missing school to swim 2 days: 100 Breaststroke 1:27.24 dropping -1.63, 50 Free 30.60 dropping -0.05, 100 Fly 1:24.91 dropping -1.72, 200 IM 2:54.58, 100 Backstroke 1:28.47, 100 Free 1:06.42.

## Bella Lee

Ms Lee came to swim and did very well dropping time: 100 Breaststroke 1:31.42 dropping -2.48, 50 Free 35.59 dropping -0.60, 100 Fly 1:42.00 dropping -1.94

## Dylan Luppo

Dylan, you read the assignment and swam the way I tell you all how to swim, with all you got and I really appreciate you, way to go : 100 Breaststroke 1:19.04, 50 Free 27.99 dropping -0.29, 100 Fly 1:16.27 dropping -16.46, 200 IM 2:33.93 dropping -5.06 B Time & Heat Winner, 100 Backstroke 1:06.62 dropping -1.53, 100 Free 1:00.16 dropping -4.16 BB Time & Heat Winner, 200 Medley Relay 2:05.37 dropping -4.10 as a team.

## Dalen Malcomb

Dalen, you are a good swimmer and thank you for coming out 2 days to swim, you did well: 100 Breaststroke 1:32.70 dropping -4.96, 50 Free 29.27 dropping -0.32, 100 Fly 1:30.86, 200 IM 3:07.19, 100 Backstroke 1:30.73 dropping -0.52, 100 Free 1:10.73 200 Medley relay 2:33.91 dropping -0.32 as a team.

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# Intro to Senior&Senior 1

## **Ganesa Martinez**

I am so happy you are feeling better and back in swimming mode. Way to go dropping crazy time and to the next meet: 200 IM 2:57.27 dropping -8.52, 100 Backstroke 1:34.96 dropping -12.34, 100 Free 1:12.83 dropping -2.83

## **Kavi Matthews**

Kavi, you swam very well for 2 days, thank you for doing your best: 100 Breaststroke 1:40.28 dropping -31.64, 50 Free 32.68 dropping -0.33, 100 Fly 1:31.31, 200 IM 3:07.98 dropping -0.34, 100 Backstroke 1:30.34 dropping -11.42, 100 Free 1:11.62 dropping -4.05, 200 Medley Relay 2:19.26 dropping -0.38 as a team.

## **Paul McGrath**

I am so happy you came to this meets and very good at dropping time 2 weeks after the last meet: 100 Backstroke 1:38.62 dropping -1.86, 100 Free 1:22.27 dropping -4.41

## **Emery Miller**

We'e so happy you were able to come to this meet and you did a good job :200 IM 3:12.03, 100 Backstroke 1:32.61, 100 Free 1:28.791:38.27 dropping -0.5

## **Alex Nimick**

Alex, you did well this weekend and I look forward to the next meet: 100 Breaststroke 1:38.27 dropping -0.51, 50 Free 33.04, 100 Fly 1:42.40

## **Megan Ostrick**

Megan, thank you so much for jumping into a relay last minute and swimming your best: 200 IM 2:59.98 dropping -4.94, 100 Backstroke 1:27.94

## **Brandon Padar**

For your second official meet you swam so well and way to drop time: 100 Backstroke 1:17.15 dropping -4.42, 100 Free 1:12.12 dropping -4.14

## **Clarissa Ramirez**

Clarissa did well at this meet, thanks for skipping school and swimming fast: 100 Fly 1:32.45  
Tate Stabile you swam great this weekend, dropping time and making new times: 200 IM 3:47.79, 100 Backstroke1:38.85, 100 Free 1:19.35 dropping -7.25

## **Soleil Wicks**

Thanks for swimming after a busy week, Soleil! You did so well: 200 IM 2:50.67, 100 Backstroke 1:26.76, 100 Free 1:05.60 dropping -1.18

## **Anthony Zhang**

Anthony, congrats on your 2<sup>nd</sup> official meet, dropping time and making new time: 100 Backstroke 1:26.15, 100 Free 1:12.22 dropping -7.12 & Heat Winner

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## Senior 2

### Aidan Alzayat

Coming into the meet with 100% best times and a big 7 second drop in the 100 back Aidan had a fantastic meet with close to 25 seconds off total in 5 events.

### Santiago Baranda

Santi overcame a lot at this meet tackling the 500 free as well as the 200 IM and Free. He came out of these events with time drops in the 200 and 500 as well as a big 2.3 second drop in the 50 free.

### Mackenzie Brock

Yet another 100% best times for Kenzie she finished off the 100 IM with 18 seconds time drop as well as a 200 free drop of 11 seconds and a total drop of around 35 seconds between 5 events!

### Sebastiano Bystedt

Seb had a staggering 1300 yards to swim at the meet, swimming the 400/200 IM, 200 Breast and 200 Fly and making it to finals in all his events.

### Cayden Garcia

Cayden swam 1800 yards in prelims alone tackling the 500 free, 400 IM, 200 free fly and breast with finals in several events. Most notable was his double time drop in the 400 IM prelims and finals to drop a total of 10 seconds.

### Cierra Garcia

With back to back incredible meets, Cierra came roaring into pac champs with big drops on all her events except for one, the elusive 200 Breast. She really pulled through on the 500 Free especially to close out nearly 4 seconds faster from just a few weeks earlier.

### Axle Greenstein

4 events and 4 best times for Axle. The most notable race being the 200 IM where Axle impressed me the most with his race finish on the final 50 of the race. His attention to details in practice paid off really well in this race.

### Kellen Kao

Popping in for one day Kellen knocked out a 100 Back time drop and just shy of a 200 IM best time by .06.

### Sheenah Mahindra

Grazing past her best 100 free time by .06 Sheenah's other two events the 100 and 200 Breast were elusive time drops. What I did see was some incredible turns and underwater works which will pay off in no time.

### Hudson Menke

Of the 9 events Hudson swam, he dropped big in his non-free events, most notably the 100 IM and Breast the attention to underwater movement really paid off well here and showed increased efficiency in the water.

### Ranna Payamfar

Boasting the biggest time drop amongst her peers in an individual event Ranna dropped an incredible 1:30 in her 500 free style, but the success didn't stop there. She continued to drop incredible amounts of time in all 6 of her events amounting to 114 seconds in total!

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## Senior 2

### **Cevastian Ramirez Ramos**

100% best times and coming from a meet two weeks prior was a great feat for Cevastian. A big performance in the 100 breast changing his technique around allowed him a 10 second drop.

### **Matteo Sanchez**

Even with many strong swims, having taken time off from swim due to illness Matteo missed (but not by much) best times in his events.

### **Joseph Scallon**

Coming in from a highschool meet and tons of added yardage due to HS swimming Joseph, despite untapered, managed to come out of the 200 free with a 4 second drop and an incredible .01 time drop in the 50 free!

### **Mayank Shenoy**

Just like his close friend and schoolmate Joseph, Mayank came into Pac Champs tired from a HS swim meet and yet despite that managed to drop 100% best times!

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## Senior 3

### **Mazie Adams**

Mazie is getting back into the swing of things as she starts to get back into the swimming. We can't wait for her to get back on track and start beating all of her old best times. Mazie was also instrumental in helping out with relays.

### **Madelyn Fu**

Maddie swam in 7 individual events and had several best times. Her best swim of the meet was her 100 Fly where she swam a 1:04.4 for a 5 seconds drop. She has found a new event to add to her favorites list.

### **Willamena Hodson**

Willa had a great meet-going best time in all but one event. Her best swim was her 100 Fly where she dropped over 4 seconds and grabbed her first National A cut. She swam well on her relays as well.

### **Daniel Huang**

Daniel, unfortunately, got sick after his first day of the meeting, we wish him a speedy recovery.

### **Amelia Iwai**

Amelia had a great swim meet, getting the best time in her events and showing everyone how aggressive of a swimmer she can be. I was very impressed with Amelia's 100 Back and 100 Breast. Those events were the ones where she broke through some glass ceilings showing everyone how fast she can go.

### **Adam Kim**

Adam swam in 7 individual events getting best times in all but two of them. This was a great meet for him to learn what he needs to do to succeed in future events.

### **Koji Konishi**

Koji was one of two athletes to go 100 % best times in all of his events, dropping a total of 17.5 seconds. He managed to grab 2 Spring age group cuts and was less than a second off 3 other spring age group cuts.

### **Katherine Lanzdorf**

Kate was our top athlete when it came to total time dropped 18.98 seconds. Her biggest time drops were in the 500 free 10.2 seconds and the 200 Free 4 seconds. She was also an integral part of our 13-14 girls relays.

### **Jewel Lluz**

Jewel had an amazing meet and was one of our top athletes dropping 14.35 seconds. She went big in the 100 and 200 back and her 100 fly and 50 fly swims(relay).

### **Soraya Lluz**

Raya had a breakout meet she dropped 11.65 seconds, she also learned what it takes to go fast in backstroke. However, there are still some learning experiences to be had, as she narrowly missed her spring age group cut in the 100/200 backstroke.

### **Grant Morgan**

Grant was able to join us for his first club meet in quite a long time! He went best time in 2 out of 3 events.

### **Trey Nilson**

This was a good meet for Trey to get back on track as he prepares for CIF. He swam right on best times for all of his events. His best swim of the meet was his 200 Free going a 1:51.26 for a 1.93 second drop.

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## Senior 3

### **Aya Olszewski**

Aya has recently returned to BCS and in a very short amount of time is back to hitting best times! She dropped in the 50/100 Free and is adding the 100 Fly to her list of best events.

### **Sofia Tanner**

Sofia has been sick going into this swim meet but still managed to be right on best times in a lot of her events.

### **Bella Tieman**

Bella has slowly been returning to swimming after mending a shoulder injury. She had some awesome relay swims this weekend and had best times in the 100 Breast and 100 Free.

### **Amelia Tucker**

Amelia was off to a good going best time in both the 500 free and the 100 back. Unfortunately, she was unable to continue competing due to catching a cold during the meet.

### **Kaia Weiss**

Kaia stepped up in a big way this weekend filling in to some relay swims and saving the relay! Kaia was also one of 3 athletes to go 100 % of best times in all of her events dropping a total of 9.2 seconds.

### **Hattie Wildes**

Hattie had some great swims in the 100 and 200 Back. This was a real learning experience for her as to how fast she could go. Hattie also swam and had some stellar relay swims.

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## Senior 4

### **Evan Brutscher**

Evan was dropping in Sunday morning for prelims and unfortunately wasn't feeling well so after mucking through the 50/200 Free it was best for him to get some more rest. Evan did come off a solid weekend at AAPI so still some good work from the previous weekend.

### **Ben Schlehuber**

After just missing a Sectional cut at AAPI the previous weekend in the 200 Free Ben dropped into Pac Champs for a few final chances and Friday did not disappoint. Ben dropped 3 seconds in prelims in the 100 Breast knocking on the door of a cut. Then put up a monster swim at finals going 1:00.33 to grab 2nd place and his cut. Sunday Ben came back for a few more swims but wasn't feeling great either. He did have a nice .4 drop in the 50 Free at Finals going 22.58.

### **Bennett Sootkoos**

Bennett had a full lineup of events over the course of the meet. He started with a 10 second drop Friday in the 200 IM going 2:11 to finish 6th and a nice 1.5 drop in the 100 Free. Saturday Bennett had a small drop in the 200 Fly going 2:11 and was right on his best time in the 500 Free. Sunday we started off with a 2.3 second drop in the 200 Free and a 2.2 drop in the 100 Fly and finishing strong with a .4 drop in the 50 Free. Bennett was also a huge help on relays for the team.



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## **100% LIFETIME BESTS**

Aidan Alzayat, Isabella Antunes, Tara Biggs, Maddie Bracerros, Alex Chernyshov, Yi Han, Theo Haubner, Milo Ikeda, Amelia Iwai, Koji Konishi, Bella Lee, Colin Ionescu-Macri, Ganesa Martinez, Paul McGrath, Scarlett Menke, Brandon Padar, Aum Patel, Ranna Payamfar, Capri Pierce, Cevastian Ramos Ramirez, Violet Roenstein, Joseph Scallon, Mayank Shenoy, Finley Slayman, Cara Traylen, Harper Ward, Kaia Weiss

## **ALL-BUT-1 LIFETIME BESTS**

Juliana Antunes, Mackenzie Brock, Evan Brutscher, Fiona Cooley, Jordan Dallas, Sean Everitt, Cierra Garcia, Mykah Gibson, Marius Goldstein, Max Goldstein, Axle Greesnstein, Amelia Hsu, Gwyneth Korn, Olivia Ionescu-Macri, Tori Jyo, Kellen Kao, Kate Landzdorf, Willamena Hodson, Dylan Luppo, Kavi Matthews, Grant Morgan, Maya Perez, Elliott Poole, Darei Robertson, Ben Schlehuber, Addie Shamban, Bennett Sootkoos, Tate Stabile, Calvin Stough, Sellers Stough, Bridget Sullivan, Kenya Tullo, Keni Visistsri, Elise Wang, Hudson Wolfe, Anthony Zhang

## **BCS EVENT WINNERS**

Cayden Garcia  
400 IM

Colin Ionescu-Macri  
100 IM

Tori Jyo  
50 Butterfly, 100 Butterfly

Eileen Romesser  
400 IM

## **TOP 10 TOTAL TIME DROPPED**

(in seconds)

Ranna Payamfar-114.85

Capri Pierce-95.34

Darei Robertson-90.65

Bridget Sullivan-88.82

Amari Tullo-76.97

Kenya Tullo-76.38

Sohum Kulkarni-53.43

Keni Visistsri-51.91

Kavi Matthews-47.78

Marcus Goldstein-46.71