

**Peninsula Athletic League
Boys & Girls Swimming 2019
All League**

**Boys Varsity
Division: Bay**

<u>Swimmer of the Meet</u>	<u>School</u>	<u>Year</u>
Pavel Sinclair	Burlingame	Frosh

First Team

Pavel Sinclair	Burlingame	Frosh
Austin Sparrow	Menlo-Atherton	Soph
Luca Garlati	Carlmont	Junior
Nicholas Finke	Aragon	Junior
Niky Marahovic	Menlo-Atherton	Junior
Billy Picht	Carlmont	Frosh
Thomas Ko	Mills	Senior
Alec Sasano	Burlingame	Junior
Justin Chang	Mills	Senior
Oliver Crawford-Shelmadine	Carlmont	Soph
Aidan Truel	Carlmont	Junior
Skyler Stauber	Carlmont	Junior
Nicholas Kwang	Mills	Soph

Second Team

Justin Mills	Woodside	Junior
Andrew Johnson	Aragon	Soph
Jonathan Huang	Mills	Junior
Bryan Chan	Mills	Senior
Andrew Mills	Woodside	Frosh
Oliver Spittle	San Mateo	Junior
Zack deHaaff	Menlo-Atherton	Junior
Tyler Rachal	Carlmont	Senior
Noah Camerino	Carlmont	Soph
Donovan Truel	Carlmont	Frosh
Andre Lapachet	Mills	Frosh

**Girls Varsity
Division: Bay**

<u>Swimmer of the Meet</u>	<u>School</u>	<u>Year</u>
Morgan Hawes	Carlmont	Soph

First Team

Morgan Hawes	Carlmont	Soph
Lucy Worden	Woodside	Frosh
Emma Lepisova	San Mateo	Senior
Sammie Lee	Carlmont	Junior
Kaia Anderson	Woodside	Senior
Cherilyn Yu	Burlingame	Soph
Karen Li	Carlmont	Senior
Ava Peyton	Menlo-Atherton	Soph
Haley Arrington	Menlo-Atherton	Senior
Jade Margolis	Carlmont	Senior
Emma Elliott	Carlmont	Frosh
Alice Peterson	Mills	Junior
Sofia de la Vega	Menlo-Atherton	Junior

Second Team

Brianna Huang	Aragon	Junior
Kayla Hogan	Carlmont	Frosh
Kalyn Chang	San Mateo	Junior
Makenna Vickery	Carlmont	Senior
Kaitlyn Leung	Carlmont	Soph
Ava Molloy	Woodside	Frosh
Samantha Lee	Aragon	Junior
Hana Lip	Carlmont	Junior
Cecilia Quan	San Mateo	Soph
Grace Gao	Aragon	Junior
Courtney McLean	Woodside	Soph

**Peninsula Athletic League
Boys & Girls Swimming 2019
All League**

**Boys Varsity
Division: Ocean**

<u>Swimmer of the Meet</u>	<u>School</u>	<u>Year</u>
Nathaniel Macapagal	El Camino	Junior

First Team

Nathaniel Macapagal	El Camino	Junior
Jacob Lumbang	Oceana	Senior
Luka Goncharov	Terra Nova	Frosh
Jeremy Tan	El Camino	Frosh
Berg Guibadouline	Terra Nova	Junior
Sean Isomatsu	Hillsdale	Junior
Louis Seftel	Oceana	Soph
Jon Lam	El Camino	Soph
Alex Amundsen	Terra Nova	Junior
Brendan Verna	Capuchino	Junior
Mihir Carey Sood	Hillsdale	Senior
Ethan Quan	Terra Nova	Junior
Chris Cheng	Oceana	Junior

Second Team

Waylon Tang	El Camino	Soph
Zach Zavodnik	Terra Nova	Junior
Santi Goncharov	Oceana	Frosh
Dylan Lee	Oceana	Senior
Aung Myat	Westmoor	Soph
Patrick Harmon	Terra Nova	Soph
Marcco Tinoco	El Camino	Senior
Isaac Anderson	Oceana	Soph
Aiden Cheung	Westmoor	Soph
Emille Guiobadouline	Terra Nova	Frosh
Tobias Krackow	El Camino	Soph

**Girls Varsity
Division: Ocean**

<u>Swimmer of the Meet</u>	<u>School</u>	<u>Year</u>
Grace Anderson	Half Moon Bay	Junior

First Team

Grace Anderson	Half Moon Bay	Junior
Allison Irabon	Westmoor	Junior
Eve Kearns	Half Moon Bay	Junior
Allison Wong	Terra Nova	Senior
Sara Olsen	Terra Nova	Senior
Remy Dizon	Terra Nova	Junior
Maya Orsi	Terra Nova	Frosh
Kaycie Lindland	Terra Nova	Senior
Kaylee Cheng	Oceana	Frosh
Alyzza Pascual	Westmoor	Frosh
Abigail Lee	Westmoor	Frosh
Maya Rippberger	Half Moon Bay	Soph
Casey So	South San Francisco	Frosh
Lisa Luhrs	Terra Nova	Senior
Megan Lee	Hillsdale	Senior

Second Team

Meiling Chia	South San Francisco	Soph
Rachel Jenar	Half Moon Bay	Soph
Iris Cruz	Capuchino	Frosh
Anna Steinberg	Terra Nova	Soph
Julia Ratti	Hillsdale	Senior
Mia Griffiths	Half Moon Bay	Junior
Brooke Garrett	Terra Nova	Junior
Gabby Nickelson	Terra Nova	Frosh
Leila Dela Pena	Oceana	Frosh
Alyssa Weittstein	Capuchino	Frosh

PENINSULA ATHLETIC LEAGUE
BOYS SWIMMING CHAMPIONSHIP MEET
Meet Champions 2019 Carlmont

Division: Bay	Varsity		Boys
<u>Event</u>	<u>Swimmer</u>	<u>School</u>	<u>Time</u>
200 Medley Relay	Justin Chang/Sr Nicholas Kwong/So Thomas Ko/Sr Jonathan Huang/Jr	Mills	1:42.33
200 Freestyle	Pavel Sinclair/Fr	Burlingame	1:43.30
200 Individual Medley	Austin Sparrow/So	Menlo-Atherton	1:58.24
50 Freestyle	Justin Mills/Jr	Woodside	22.00
100 Butterfly	Niky Marakovic/Jr	Menlo-Atherton	52.62
100 Freestyle	Pavel Sinclair/Fr	Burlingame	47.16
500 Freestyle	Luca Garlati/Jr	Carlmont	4:49.69
200 Freestyle Relay	Brandon Pham/Sr Alec Sasano/Jr Adin Taheri/So Pavel Sinclair/Fr	Burlingame	1:31.51
100 Backstroke	Nicholas Finke/Jr	Aragon	55.14
100 Breaststroke	Thomas Ko/Sr	Mills	1:02.39
400 Freestyle Relay	Oliver Crawford-Shelmadine/So Christian Buck/Jr Tyler Rachal/Sr Luca Garlati/Jr	Carlmont	3:20.78

PENINSULA ATHLETIC LEAGUE
BOYS SWIMMING CHAMPIONSHIP MEET
Meet Champions 2019 Terra Nova

Division: Ocean	Varsity	Boys	
<u>Event</u>	<u>Swimmer</u>	<u>School</u>	<u>Time</u>
200 Medley Relay	Jon Lam/So Jeremy Tan/Fr Waylon Tang/So Nathaniel Macapagal/Jr	El Camino	1:41.71
200 Freestyle	Berg Guibadouline/Jr	Terra Nova	1:52.41
200 Individual Medley	Jacob Lumbang/Sr	Oceana	1:59.92
50 Freestyle	Nathaniel Macapagal/Jr	El Camino	21.27
100 Butterfly	Luka Goncharov/So	Terra Nova	53.05
100 Freestyle	Nathaniel Macapagal/Jr	El Camino	47.81
500 Freestyle	Sean Isomatsu/Jr	Hillsdale	5:07.55
200 Freestyle Relay	Jeremy Tan/Fr Jon Lam/So Tobias Krackow/So Nathaniel Macapagal/Jr	El Camino	1:29.72
100 Backstroke	Jeremy Tan/Fr	El Camino	53.41
100 Breaststroke	Jacob Lumbang/Sr	Oceana	59.33
400 Freestyle Relay	Luka Goncharov/So Patrick Harmon/So Zach Zavodnik/Jr Berg Guibadouline/Jr	Terra Nova	3:37.24

PENINSULA ATHLETIC LEAGUE
 GIRLS SWIMMING CHAMPIONSHIP MEET
 Meet Champions 2019 Carlmont

Division: Bay	Varsity		Girls
<u>Event</u>	<u>Swimmer</u>	<u>School</u>	<u>Time</u>
200 Medley Relay	Courtney McLean/So Kaia Anderson/Sr Lucy Worden/Fr Ava Molloy/Fr	Woodside	1:52.34
200 Freestyle	Cherilyn Yu/So	Burlingame	1:56.85
200 Individual Medley	Morgan Hawes/So	Carlmont	2:05.69
50 Freestyle	Sammie Lee/Jr	Carlmont	24.93
100 Butterfly	Lucy Worden/Fr	Woodside	58.40
100 Freestyle	Morgan Hawes/So	Carlmont	51.57
500 Freestyle	Karen Li/Sr	Carlmont	5:24.00
200 Freestyle Relay	Morgan Hawes/So Kaitlin Leung/So Jade Margolis/Sr Sammie Lee/Jr	Carlmont	1:40.33
100 Backstroke	Emma Lepisova/Sr	San Mateo	56.30
100 Breaststroke	Kia Anderson/Sr	Woodside	1:07.23
400 Freestyle Relay	Jade Margolis/Sr Emma Elliott/Fr Sammie Lee/Jr Morgan Hawes/So	Carlmont	3:36.24

PENINSULA ATHLETIC LEAGUE
 GIRLS SWIMMING CHAMPIONSHIP MEET
 Meet Champions 2019 Terra Nova

Division: Ocean	Varsity		Girls
<u>Event</u>	<u>Swimmer</u>	<u>School</u>	<u>Time</u>
200 Medley Relay	Riley Rhodes/Jr Grace Anderson/Jr Eve Kearns/Jr Mia Griffiths/Jr	Half Moon Bay	1:53.79
200 Freestyle	Mia Griffiths/Jr	Half Moon Bay	2:00.83
200 Individual Medley	Eve Kearns/Jr	Half Moon Bay	2:14.21
50 Freestyle	Grace Anderson/Jr	Half Moon Bay	24.00
100 Butterfly	Grace Anderson/Jr	Half Moon Bay	56.73
100 Freestyle	Allison Irabon/Jr	Westmoor	54.85
500 Freestyle	Allison Wong/Sr	Terra Nova	5:47.79
200 Freestyle Relay	Kaycie Lindland/Sr Maya Orsi/Fr Sara Olsen/Sr Allison Wong/Sr	Terra Nova	1:48.31
100 Backstroke	Remy Dizon/Jr	Terra Nova	1:06.43
100 Breaststroke	Sara Olsen/Sr	Terra Nova	1:17.45
400 Freestyle Relay	Maya Orsi/Fr Allison Wong/Sr Sara Olsen/Sr Kaycie Lindland/Sr	Terra Nova	4:02.88