



Pac Coast Meet Review

12 & Under Recap

By Coach Paul

11 age groupers attended PAC coast and found the water at KCAC cold, but to their liking. 12 and unders posted 90% personal records.

Some of the many highlights:

Alex Ahyat had his first LC meet, and only his second meet overall, with four nice swims.

Danielle Booth dropped about 30 seconds, with 100% PR's Danielle placed in the 11th in the 50 free and 16th in the 50 fly

John Cramer had PR's in 5 of 6 events.

Angeline Dovich had 100% PR's and made PNS cuts in the 200 Breast, 400 IM, 50 back and 200 back. She placed 12th in the 50 Breast, 10th in the 200 Breast, 15th in the 50 back, and 10th in the 100 Breast.

Nikki Judd had 5/6 PR's. She got a gold cut in the 50 back

Shelby Lee had 100% PR's, making sectionals in the 200 IM and 200 BR, and PNS in the 800 Free. Shelby placed in every event, His highest place was 2nd in the 200 back. He scored over 100 points. he was the 11th highest scorer among all males in the meet.

Sean Nguyenle dropped 80 Seconds in 4 events. Sean placed 12th in the 200 Breast

Victoria Nguyenle had 100% PR's and dropped 30 seconds overall

Travis Spitzock has 100% PR's and a silver cut in the 50 BR

William Summers dropped about 45 seconds, and got gold cuts in the 100 free and 100 back. Will scored 15th in the 200 IM and 13th in the 50 fly.

Jeremiah Tien had 100% PR"s and made a gold cut in the 100 back.

The 12 and under Girls Medley relay (Dovich Nguyenle Booth Judd) placed 8th

The 12 and under Boys Medley relay (Tien Lee Summers Spitzock) placed 5th.

The 12 and under Girls Free relay (Dovich Nguyenle Booth Judd) placed 10th

That is just a fine job, kids!

-Coach Paul



13 & Over Recap

By Coach Ben

Unfortunately I missed Sat. & Sun. of this meet, but it appears that there were plenty of good swims and our 13+ squad is showing good improvement from the LC Kickoff. I'm excited about Summer Spectacular and WEST next month....let's work hard!!!

Let's Look at Some of The Highlights:

- **Champions:**
 - Alana Pazevic- 100 BA, 100 Fly
 - Garren Riechel- 50 FR, 100 FR, 100 BR
 - Liam Sosinsky- 100 BR, 200 BR
- **SSC All-Time Top 10 List:**
 - Liam Sosinsky- 9th 200 IM, 6th 400 IM, 4th 100 BR
 - Jede Tanggol- 4th 1500 FR, 7th 200 FR
 - Garren Riechel- 6th 50 FR, 2nd 100 FR, 10th 100 Fly
 - Alex Santiago- 6th 1500 FR
 - Alana Pazevic- 10th 100 BR
- **New Cuts:**
 - Garren Riechel- 100 FR Jr. Nat. Bonus
- **SSC Club Record:**
 - No new records for 13 & Overs

Best Times:

Cathryn Armstrong- 400 FR, 200 IM, 100 BR, 50 FR, 100 BA, 100 FR

Darcie Booth- 200 BA

Ella Brooks- 200 IM, 200 Fly, 100 BR, 200 BR,

Jalyn Buckley- 200 IM, 100 BR, 50 FR, 100 BA, 200 BR, 100 FR

Shelby Garrison- 100 BR, 50 FR, 100 BA, 100 FR, 200 BA

Zach Gossett- 1500 FR, 50 FR, 200 BA, 200 FR

Matt Hamlin- 200 Fly, 100 FR

Alyssa Jacobson- 50 FR, 200 FR, 100 Fly, 200 Fly

Breannah Kanaly- 50 FR, 100 BA, 100 BR

Chris Flynn- 50 FR, 100 BA

Jameson Lambourn- 200 IM, 100 BR, 50 FR, 100 BA, 200 BR, 100 FR, 100 Fly

Olivier Lefebvre- 200 FR, 100 BR, 50 FR, 100 Fly

Easton Lemos- 200 IM, 100 BR, 50 FR, 100 FR, 200 BA, 100 Fly

Curran McMillan- 200 IM, 100 BR, 50 FR, 200 BR, 100 FR

Riley Morgan- 100 Fly

Alex Nguyenle- 100 BR, 50 FR, 400 IM, 200 BR, 100 Fly, 200 FR

Hannah Pieper- 400 FR, 200 IM, 100 BR, 50 FR, 100 BA, 100 FR, 200 BA, 200 FR

Kristin Ringstad- 100 BR, 100 BA, 100 FR
Ingrid Straume- 100 BR, 400 IM, 200 BR, 100 FR, 200 BA
John Stupey- 400 FR, 200 IM, 800 FR, 50 FR, 100 FR, 200 FR, 100 BA, 100 Fly, 400 IM
Morgan Taverner- 50 BA, 100 BR, 50 FR, 100 BA, 200 BR, 100 FR,
Jake Ulmer- 50 FR, 200 FR, 100 BA, 200 BA, 100 BR, 200 BR
Sydney Vanderhorst- 100 BA
Ali Abadi- 50 FR, 100 FR
Maddie Baker- 100 BR
Sarah Bettag- 100 BR, 50 FR
Kris Bratvold- 100 Fly
Brian Bringham- 100 BR, 400 IM, 100 FR
Tyler Cheung- 100 FR, 200 FR, 100 Fly
Matt Cramer- 50 FR, 100 FR, 200 FR
Kyle Kusuda- 100 BR, 50 FR, 100 FR, 100 Fly
Alana Pazevic- 100 BR
Cara Prange- 50 FR, 100 BA, 100 FR, 200 FR
Garren Riechel- 50 FR, 100 FR, 100 Fly
Alex Santiago- 200 IM, 1500 FR, 50 BA
Liam Sosinsky- 200 IM, 100 BR, 100 BA, 400 IM, 200 BR, 100 FR
Madeline Summers- 200 IM, 800 FR, 50 BA, 50 FR, 400 IM, 100 Fly
Jede Tanggol- 800 FR, 100 BR, 50 FR, 200 FR
Leje Tanggol- 50 FR, 200 FR
Jeff Walters- 200 FR