

## Men's Individual Top Times 2006 by Name

### Las Lomas Knights [LALO]

#### Show Yards Only

Time	P/F/S	Event			
<b>Albaugh, Ian M (Yr: FR)</b>					
26.85 Y	F	50 Free	3/10/2006	Dublin	
1:01.05 Y	F	100 Free	3/3/2006	Concord HS	
2:24.74 Y	F	200 Free	2/24/2006	Time Trials	
1:14.85 Y	F	100 Breast	4/28/2006	Acalanes	
33.07 Y	F	50 Fly	2/24/2006	Time Trials	
<b>Almeida, Josh M (Yr: SR)</b>					
24.62 Y	F	50 Free	3/31/2006	Alhambra	
54.36 Y	F	100 Free	4/21/2006	Campolindo	
2:10.04 Y	F	200 Free	3/3/2006	Concord HS	
6:09.02 Y	F	500 Free	3/10/2006	Dublin	
1:14.17 Y	F	100 Breast	2/24/2006	Time Trials	
<b>Angelo, Tyler M (Yr: SR)</b>					
21.78 Y	NCA P	50 Free	5/11/2006	2006 DFAL Championship Meet	
1:48.58 Y	NCC F	200 Free	3/17/2006	Northgate	
58.71 Y	NCA F	100 Breast	5/11/2006	2006 DFAL Championship Meet	
51.18 Y	REC F	100 Fly	5/19/2006	North Coast	
2:02.51 Y	NCC F	200 IM	4/21/2006	Campolindo	
<b>Argabright, Adam M (Yr: FR)</b>					
29.02 Y	F	50 Free	2/24/2006	Time Trials	
2:36.00 Y	F	200 Free	2/24/2006	Time Trials	
1:19.41 Y	F	100 Back	3/3/2006	Concord HS	
<b>Berla, Corey M (Yr: JR)</b>					
30.33 Y	F	50 Free	3/17/2006	Northgate	
1:02.69 Y	F	100 Free	4/14/2006	Miramonte	
2:21.38 Y	F	200 Free	4/21/2006	Campolindo	
1:21.91 Y	F	100 Breast	4/14/2006	Miramonte	
1:13.11 Y	F	100 IM	3/17/2006	Northgate	
<b>Britz, Michael M (Yr: JR)</b>					
26.45 Y	F	50 Free	4/28/2006	Acalanes	
59.21 Y	F	100 Free	4/28/2006	Acalanes	
2:20.80 Y	F	200 Free	4/28/2006	Acalanes	
31.73 Y	F	50 Fly	3/10/2006	Dublin	
<b>Buck, Andy M (Yr: SR)</b>					
25.93 Y	F	50 Free	2/24/2006	Time Trials	
56.88 Y	F	100 Free	3/17/2006	Northgate	
2:04.11 Y	F	200 Free	4/14/2006	Miramonte	
26.62 Y L	P	50 Back	5/11/2006	2006 DFAL Championship Meet	
57.91 Y	NCC F	100 Back	5/11/2006	2006 DFAL Championship Meet	
1:13.56 Y	F	100 Breast	2/24/2006	Time Trials	
1:06.03 Y	F	100 Fly	3/3/2006	Concord HS	
2:03.58 Y	NCC F	200 IM	5/11/2006	2006 DFAL Championship Meet	
<b>Buck, Jeremy M (Yr: FR)</b>					
28.75 Y	F	50 Free	2/24/2006	Time Trials	
1:04.07 Y	F	100 Free	3/3/2006	Concord HS	
2:20.04 Y	F	200 Free	2/24/2006	Time Trials	
1:11.10 Y	F	100 Breast	4/29/2006	DFAL JV Invitational	
1:08.14 Y	F	100 IM	4/29/2006	DFAL JV Invitational	
<b>Caron, Joseph M (Yr: FR)</b>					
25.88 Y	F	50 Free	4/29/2006	DFAL JV Invitational	
59.23 Y	F	100 Free	3/17/2006	Northgate	
2:28.70 Y	F	200 Free	2/24/2006	Time Trials	
6:24.51 Y	F	500 Free	4/28/2006	Acalanes	
1:23.84 Y	F	100 Breast	3/17/2006	Northgate	
28.54 Y	F	50 Fly	4/29/2006	DFAL JV Invitational	
1:11.25 Y	F	100 IM	3/24/2006	College Park	
<b>Cedermaz, Jonathan M (Yr: SO)</b>					
27.14 Y	F	50 Free	2/24/2006	Time Trials	
1:01.24 Y	F	100 Free	2/24/2006	Time Trials	
2:02.40 Y	P	200 Free	5/11/2006	2006 DFAL Championship Meet	
5:32.38 Y	P	500 Free	5/11/2006	2006 DFAL Championship Meet	
1:11.53 Y	F	100 Back	4/21/2006	Campolindo	
1:09.93 Y	F	100 Fly	2/24/2006	Time Trials	
<b>Day, Ryan M (Yr: SO)</b>					
23.20 Y	P	50 Free	5/11/2006	2006 DFAL Championship Meet	
53.37 Y L	P	100 Free	5/11/2006	2006 DFAL Championship Meet	

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Time	P/F/S	Event		
2:09.06 Y	F	200 Free	2/24/2006	Time Trials
58.87 Y	P	100 Fly	5/11/2006	2006 DFAL Championship Meet
<b>DeRouen, Derek M (Yr: SO)</b>				
26.76 Y	F	50 Free	2/24/2006	Time Trials
1:58.26 Y	P	200 Free	5/11/2006	2006 DFAL Championship Meet
5:19.72 Y	P	500 Free	5/11/2006	2006 DFAL Championship Meet
1:14.47 Y	F	100 Back	3/3/2006	Concord HS
1:07.12 Y	F	100 Fly	3/3/2006	Concord HS
<b>Druzhinin, Nick M (Yr: FR)</b>				
27.71 Y	F	50 Free	3/24/2006	College Park
1:03.93 Y	F	100 Free	3/24/2006	College Park
2:22.28 Y	F	200 Free	4/28/2006	Acalanes
1:15.32 Y	F	100 Back	4/28/2006	Acalanes
<b>Fong, Seanan M (Yr: SO)</b>				
28.60 Y	F	50 Free	4/21/2006	Campolindo
1:11.50 Y	F	100 Free	4/21/2006	Campolindo
1:23.47 Y	F	100 Breast	4/21/2006	Campolindo
<b>Galipeau, Ian M (Yr: SO)</b>				
30.38 Y	F	50 Free	4/29/2006	DFAL JV Invitational
1:09.55 Y	F	100 Free	3/31/2006	Alhambra
2:54.03 Y	F	200 Free	2/24/2006	Time Trials
<b>Goltra, Colin M (Yr: SO)</b>				
23.88 Y	F	50 Free	2/24/2006	Time Trials
54.21 Y	F	100 Free	2/24/2006	Time Trials
1:53.17 Y	P	200 Free	5/11/2006	2006 DFAL Championship Meet
x5:01.57 Y	NCC P	500 Free	5/11/2006	2006 DFAL Championship Meet
1:08.66 Y	F	100 Breast	2/24/2006	Time Trials
2:17.84 Y	F	200 IM	3/3/2006	Concord HS
<b>Herndon, David M (Yr: JR)</b>				
24.33 Y	P	50 Free	5/11/2006	2006 DFAL Championship Meet
57.06 Y	F	100 Free	4/14/2006	Miramonte
2:13.22 Y	F	200 Free	3/3/2006	Concord HS
1:09.03 Y	P	100 Breast	5/11/2006	2006 DFAL Championship Meet
<b>Hobbs, Stephen M (Yr: JR)</b>				
25.75 Y	F	50 Free	3/3/2006	Concord HS
57.82 Y	F	100 Free	3/3/2006	Concord HS
2:03.53 Y	F	200 Free	3/17/2006	Northgate
5:22.19 Y	P	500 Free	5/11/2006	2006 DFAL Championship Meet
1:09.17 Y	F	100 Back	4/21/2006	Campolindo
1:10.16 Y	P	100 Breast	5/11/2006	2006 DFAL Championship Meet
1:04.13 Y	F	100 Fly	4/14/2006	Miramonte
<b>Hodges, Troy M (Yr: FR)</b>				
27.40 Y	F	50 Free	4/28/2006	Acalanes
1:05.84 Y	F	100 Free	4/21/2006	Campolindo
<b>Hoff, Kevin M (Yr: JR)</b>				
26.10 Y	F	50 Free	2/24/2006	Time Trials
59.63 Y	F	100 Free	4/29/2006	DFAL JV Invitational
2:17.13 Y	F	200 Free	2/24/2006	Time Trials
1:03.75 Y	F	100 Back	2/24/2006	Time Trials
<b>Hoff, Matthew M (Yr: FR)</b>				
26.03 Y	F	50 Free	2/24/2006	Time Trials
2:14.17 Y	F	200 Free	3/24/2006	College Park
6:18.00 Y	F	500 Free	3/3/2006	Concord HS
1:08.34 Y	F	100 Back	4/29/2006	DFAL JV Invitational
1:25.12 Y	F	100 Breast	3/10/2006	Dublin
31.86 Y	F	50 Fly	2/24/2006	Time Trials
<b>Jory, Scott M (Yr: JR)</b>				
25.38 Y	F	50 Free	2/24/2006	Time Trials
1:56.20 Y	P	200 Free	5/11/2006	2006 DFAL Championship Meet
1:07.20 Y	F	100 Back	2/24/2006	Time Trials
55.69 Y	NCC P	100 Fly	5/19/2006	North Coast
<b>Kwan, Nathan M (Yr: SR)</b>				
24.80 Y	F	50 Free	2/24/2006	Time Trials
52.94 Y	F	100 Free	4/28/2006	Acalanes
2:07.44 Y	F	200 Free	2/24/2006	Time Trials
5:54.50 Y	F	500 Free	3/3/2006	Concord HS

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Time	P/F/S	Event			
59.61 Y	NCC P	100 Back	5/11/2006	2006 DFAL Championship Meet	
2:09.18 Y	NCC F	200 IM	5/11/2006	2006 DFAL Championship Meet	
<b>Lanham, Ryan M (Yr: FR)</b>					
28.20 Y	F	50 Free	4/28/2006	Acalanes	
1:04.21 Y	F	100 Free	3/24/2006	College Park	
1:15.51 Y	F	100 IM	3/10/2006	Dublin	
<b>Lawrence, Trevor M (Yr: JR)</b>					
2:04.99 Y	F	200 Free	3/3/2006	Concord HS	
5:51.87 Y	F	500 Free	3/3/2006	Concord HS	
2:27.74 Y	F	200 IM	3/10/2006	Dublin	
<b>Lin, Curtis M (Yr: FR)</b>					
25.15 Y	F	50 Free	2/24/2006	Time Trials	
1:55.58 Y	F	200 Free	3/3/2006	Concord HS	
4:58.68 Y	NCC F	500 Free	4/28/2006	Acalanes	
1:05.39 Y	NCC F	100 Breast	3/17/2006	Northgate	
55.77 Y	NCC P	100 Fly	5/19/2006	North Coast	
2:01.38 Y	NCA P	200 IM	5/11/2006	2006 DFAL Championship Meet	
<b>Lindsay, Ian M (Yr: FR)</b>					
26.10 Y	F	50 Free	3/10/2006	Dublin	
2:18.42 Y	F	200 Free	3/31/2006	Alhambra	
1:16.37 Y	F	100 Breast	4/21/2006	Campolindo	
<b>Long, Cameron M (Yr: SR)</b>					
24.44 Y	F	50 Free	3/17/2006	Northgate	
55.05 Y	F	100 Free	3/17/2006	Northgate	
2:09.44 Y	F	200 Free	2/24/2006	Time Trials	
<b>Lybrand, Chad M (Yr: FR)</b>					
27.18 Y	F	50 Free	4/21/2006	Campolindo	
1:02.70 Y	F	100 Free	4/21/2006	Campolindo	
2:25.96 Y	F	200 Free	3/24/2006	College Park	
1:15.70 Y	F	100 Back	3/31/2006	Alhambra	
1:23.17 Y	F	100 Breast	2/24/2006	Time Trials	
<b>Martinez, Carlos M (Yr: SR)</b>					
22.46 Y	NCA P	50 Free	5/11/2006	2006 DFAL Championship Meet	
49.17 Y	NCC P	100 Free	5/11/2006	2006 DFAL Championship Meet	
1:55.88 Y	F	200 Free	3/3/2006	Concord HS	
5:55.97 Y	F	500 Free	3/10/2006	Dublin	
1:02.87 Y	F	100 Back	2/24/2006	Time Trials	
<b>McMillan, Ryan M (Yr: FR)</b>					
2:27.47 Y	F	200 Free	3/10/2006	Dublin	
<b>Michels, Nick M (Yr: FR)</b>					
25.96 Y	F	50 Free	2/24/2006	Time Trials	
58.45 Y	F	100 Free	4/28/2006	Acalanes	
2:13.13 Y	F	200 Free	4/21/2006	Campolindo	
30.59 Y	F	50 Fly	3/3/2006	Concord HS	
<b>Ng, Vincent M (Yr: SO)</b>					
32.03 Y	F	50 Free	4/29/2006	DFAL JV Invitational	
1:15.49 Y	F	100 Free	4/21/2006	Campolindo	
1:24.88 Y	F	100 Breast	2/24/2006	Time Trials	
<b>Orton, Rob M (Yr: JR)</b>					
24.24 Y	P	50 Free	5/11/2006	2006 DFAL Championship Meet	
53.89 Y	P	100 Free	5/11/2006	2006 DFAL Championship Meet	
2:15.07 Y	F	200 Free	2/24/2006	Time Trials	
1:09.03 Y	F	100 Back	3/24/2006	College Park	
<b>Parker, Landrith M (Yr: FR)</b>					
25.54 Y	F	50 Free	2/24/2006	Time Trials	
2:29.44 Y	F	200 Free	2/24/2006	Time Trials	
28.88 Y	F	50 Fly	3/24/2006	College Park	
1:07.09 Y	F	100 IM	4/28/2006	Acalanes	
<b>Reid, Greg M (Yr: SR)</b>					
27.44 Y	P	50 Free	5/11/2006	2006 DFAL Championship Meet	
2:22.03 Y	F	200 Free	3/24/2006	College Park	
1:16.10 Y	F	100 Back	4/21/2006	Campolindo	
1:18.47 Y	P	100 Breast	5/11/2006	2006 DFAL Championship Meet	
<b>Richards, Carter M (Yr: SR)</b>					
22.43 Y	NCA F	50 Free	5/19/2006	North Coast	

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Time	P/F/S	Event			
1:56.63 Y	F	200 Free	2/24/2006	Time Trials	
58.82 Y	NCA F	100 Breast	5/19/2006	North Coast	
2:03.44 Y	NCC F	200 IM	5/11/2006	2006 DFAL Championship Meet	
<b>Richards, Spencer M (Yr: FR)</b>					
6:18.95 Y	F	500 Free	3/3/2006	Concord HS	
1:22.66 Y	F	100 Breast	4/14/2006	Miramonte	
28.77 Y	F	50 Fly	4/29/2006	DFAL JV Invitational	
1:05.23 Y	F	100 IM	4/29/2006	DFAL JV Invitational	
<b>Rulifson, Matt M (Yr: JR)</b>					
380.90	F	1 Mete 6 Dives	5/11/2006	2006 DFAL Championship Meet	
<b>Scott, Casey M (Yr: JR)</b>					
27.61 Y	F	50 Free	2/24/2006	Time Trials	
1:07.25 Y	F	100 Free	3/3/2006	Concord HS	
2:32.30 Y	F	200 Free	3/10/2006	Dublin	
<b>Senger, Nick M (Yr: SO)</b>					
27.35 Y	F	50 Free	2/24/2006	Time Trials	
1:06.01 Y	F	100 Free	2/24/2006	Time Trials	
2:38.58 Y	F	200 Free	2/24/2006	Time Trials	
31.89 Y	F	50 Fly	2/24/2006	Time Trials	
<b>Sevilla, Matt M (Yr: SO)</b>					
23.61 Y	F	50 Free	4/14/2006	Miramonte	
54.00 Y	F	100 Free	4/21/2006	Campolindo	
2:09.00 Y	F	200 Free	2/24/2006	Time Trials	
1:01.95 Y	F	100 Back	4/14/2006	Miramonte	
2:21.27 Y	F	200 IM	3/17/2006	Northgate	
<b>Soza, Steven M (Yr: SO)</b>					
25.03 Y	F	50 Free	3/17/2006	Northgate	
54.31 Y	F	100 Free	4/14/2006	Miramonte	
2:05.59 Y	F	200 Free	2/24/2006	Time Trials	
1:05.44 Y	F	100 Back	3/3/2006	Concord HS	
1:04.42 Y	F	100 Fly	4/21/2006	Campolindo	
2:15.66 Y	F	200 IM	4/21/2006	Campolindo	
<b>Stringer, Shaun M (Yr: FR)</b>					
25.60 Y	F	50 Free	2/24/2006	Time Trials	
53.76 Y L	F	100 Free	5/11/2006	2006 DFAL Championship Meet	
1:53.39 Y	F	200 Free	4/28/2006	Acalanes	
4:58.61 Y	NCC P	500 Free	5/11/2006	2006 DFAL Championship Meet	
28.56 Y L	P	50 Back	5/11/2006	2006 DFAL Championship Meet	
1:00.77 Y	F	100 Back	4/14/2006	Miramonte	
57.36 Y	NCC F	100 Fly	4/28/2006	Acalanes	
2:10.96 Y	NCC F	200 IM	4/14/2006	Miramonte	
<b>Sunkel, Cody M (Yr: SO)</b>					
369.50	F	1 Mete 6 Dives	5/11/2006	2006 DFAL Championship Meet	
<b>Travenick, Graham M (Yr: FR)</b>					
27.26 Y	F	50 Free	2/24/2006	Time Trials	
2:31.45 Y	F	200 Free	2/24/2006	Time Trials	
6:53.98 Y	F	500 Free	3/24/2006	College Park	
1:13.54 Y	F	100 Back	3/10/2006	Dublin	
31.53 Y	F	50 Fly	4/14/2006	Miramonte	
<b>Williams, Nick M (Yr: SO)</b>					
26.71 Y	F	50 Free	2/24/2006	Time Trials	
55.59 Y	F	100 Free	4/29/2006	DFAL JV Invitational	
2:01.88 Y	F	200 Free	4/29/2006	DFAL JV Invitational	
5:43.25 Y	F	500 Free	4/14/2006	Miramonte	
1:14.95 Y	F	100 Back	3/3/2006	Concord HS	