

Diving

Clayton Diving Alligance
Diablo Divers

Masters Swim Teams

Lamorinda Masters (LM)
Hercules Masters Swim Club (HMSC)
San Ramon Valley Livermore Aquatics
Oakwood Athletic Club Masters (OAK)
Walnut Creek Masters (WCM)
Tri Valley Masters (TMV)

Swimming

Dewing Park Swim Team (DPST)
New Wave Aquatics (NWA)
Orinda Aquatics (OAPB)
Pleasant Hill Swim Club (PHSC)
Terrapins Swim Team (TERA)
San Ramon Valley Livermore Aquatics (SRVL)
Walnut Creek Aquabears (WCAB)

Synchronized Swimming

Walnut Creek Aquanuts

Water Polo

Golden Bears Water Polo
Lamorinda Water Polo
East Bay Water Polo
Diablo Water Polo

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San Ramon Zone II Championships



Nate Ericson, Shane Tutass, Adam Schaffer, and Matthew Martinez won both the 13-14 Free and Medley Relays at the Zone II Championships. (The front page photo and the photo above are courtesy of Orinda Aquatics)

Four swimmers from Orinda Aquatics made the Developmental All-Star Team:
Emily Vance, Matt Martinez, Shane Tutass, and Adam Schaffer.

Aquabears' Jaclyn Amog won the 9-10 girls high point award at the Zone II Meet.
[Click here for more Aquabear results.](#)

[Terrapins pick up additional Olympic Trial Times at Nationals](#)

Junior National Championships Results



*Aquanut practicing her routine
(AT File Photo)*

The Walnut Creek Aquanuts hosted fifteen Western-States synchronized swim teams at the qualifying meet for Junior National Championships in Orlando, Florida in April. The Aquanuts finished at the top in solo, duet and trio. Aquanut soloists Diana LaScala-Gruenewald claimed gold with a score of 83.8 and Seyeon Min took silver with a score of 83.0. Katherine Norris of Sacramento took bronze with a score of 82.8. Aquanuts Maria Koroleva and Olivia Morgan took gold in duets with a score of 82.833 followed by team members Renae DiBartolomeo and Iris Hemmerich with a score of 82.000. San Diego's Mandi Meditz/Katie Soloway took bronze with a score of 81.5. Koroleva, Min and Morgan finished first in trio followed by the Riverside Aquettes in second and third. Aquanut Molly Knight took bronze in technical figures, following Sacramento's Norris and Chelsey St. Pierre-Bennett. The Aquanuts will also send three pre-qualified teams and several additional individual routines to Nationals in April.

Submitted by Lynn Ellis - Aquanuts' Publicist

Editor's note-- Let's show our support for this dedicated team of swimmers and coaches. Their typical day consists of 6-8 hrs. of practice. And, of course there's school and homework. And, somehow these athletes manage to keep good grade point averages. If you get the chance, stop by Heather Farms pool to watch a practice.

Suzanne Heim-Bowen Sets National Record



Suzanne attended the Cal-Stanford Meet last weekend.

In January, Masters swimmer, Suzanne Heim-Bowen, swam the 1650 in a new smashing National Record time of 18:06.78! The old record of 19:09.33 was held by by Laura Val.

Suzanne and her husband Phil, who plays water polo, won a educational trip to the Antarctic in December. They will be traveling on a Russian sub chaser turned research vessel. The question is... will Suzanne take a dip in the freezing Antarctic water? Suzanne and Phil told us they heard there are actually areas that are hot spots. HMMMMM.....

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