Diving

Clayton Diving Alligance
Diablo Divers

Masters Swim Teams

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

Swimming

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

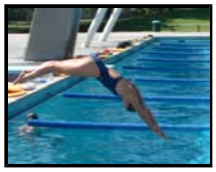
Synchronized Swimming

Walnut Creek Aquanuts

Water Polo

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

AT USA Archive Articles
(All Archive Articles in PDF Format)



2004 ARTICLES

- Lamorinda Water Polo-March 23, 2004
- PACIFIC SWIMMING SHORT COURSE JUNIOR OLYMPIC COMPLETE RESULTS -March 16, 2004
- Terrapins National Article-March 12, 2004
- Terrapins/San Ramon Zone II Championships/

USA Sports Page

USA Swimming Week in Review

ConocoPhillips Spring National Championships Results

AQUABEARS DIVISION II CHAMPIONS AT 2004 CALIFORNIA / NEVADA SPRING CHAMPIONSHIPS

Walnut Creek, California
March 29, 2004

The Walnut Creek Aquabears traveled to Mission Viejo to compete in the California / Nevada Sectional Championships from March 11 through the 14th. This meet is open to swimmers, who meet tight qualifying standards, from over 350 teams throughout California and Nevada. The Aquabears, led by Senior Head Coach Mike Heaney, sent a team of ten women and nine men to these championships. This is an Olympic year, with many swimmers striving to qualify for the Olympic Trials to be held in mid July. As a result, this competition had the very unusual format of preliminary swims in a 25-yard course, and finals in a 50-meter course – and thus eligible for Olympic qualifications.

Leading the way for the Aquabear men was Bayani Flores (25) who made top eight in four events. Flores came in third in the 200-meter Individual Medley (2:10.72), seventh in the 100-meter Backstroke (1:03.06) and eighth in both the 50-meter Freestyle (25.26) and 100-meter Breastroke (1:09.09). Also finishing in the top eight was Easton Chen (17) with an eighth place finish in the 200-meter Breastroke (2:30.93). The men's 400-meter Medley Relay, with a team of Dash Rothberg (17), Chen, Tyler Angelo(16) and Tim Farrell (17) finished fifth with a time of 4:07.63.

On the women's side, Kelsey Lewis (14) led the way with three top eight swims. Lewis finished fifth in the 200-meter Individual Medley (2:23.93) and seventh in both the 200-meter Breastroke (2:44.84) and 400-meter Individual Medley (5:07.46). Finishing as well in the top eight for their events was Kirsten Harper (16), with fifth place finish in the 200-meter Breastroke (2:43.13). The women's relay teams also swam well with the 400-meter Medley Relay team of Christina McGowan (16), Katy Freeman (16), Lewis and Amanda Holman (14) finishing fifth (4:33.25) and the 400-meter Freestyle Relay team of Lewis, Kelley Mooney (16), Rebecca Rogers (17) and Holman finishing sixth (4:03.74). Swimming can be more about beating yourself than about winning races. This competition saw 54 best times for these 19 athletes. In addition, two swimmers improved their times enough to meet qualifying standards for the US Open Swimming Championships - Kirsten Harper in the 200-yard Breastroke and Kelsey Lewis in both the 400-yard Individual Medley and the 200-meter Individual Medley.

Aquanuts Junior National Championships Results/ Suzanne Heim-Bowen Sets National Record-March 2, 2004

- Orinda Aquatics Junior+ Meet (Page 2)-February 24, 2004
- Orinda Aquatics Junior+ Meet (Page 1)-February 10, 2004
- Local swimmers Place at the National Championships and Orinda Aquatics Junior+ Meet (Page 2)-February 13, 2004

You can visit the website at www.aquabears.org

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