

### Meet Results

**2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards  
San Diego Aquatic Club [SDAC-SI]**

<b>Event # 4 Male 200 Fly</b>						
1:59.06Y		P	Ohrstrom, Henrik	33	---	-1.70
	26.25		56.11 1:27.32 1:59.06			
	(26.25)		(29.86) (31.21) (31.74)			
<b>Event # 5 Female 200 Breast</b>						
2:22.22Y		P	Ortizharo, Danielle	19	---	-3.00
	33.14		1:08.24 1:44.88 2:22.22			
	(33.14)		(35.10) (36.64) (37.34)			
2:24.36Y		F	Ortizharo, Danielle	22	3	-0.86
	32.56		1:08.81 1:46.41 2:24.36			
	(32.56)		(36.25) (37.60) (37.95)			
<b>Event # 6 Male 200 Breast</b>						
2:08.50Y		P	Bahmani Pour, Jobin	16	---	-3.66
	29.01		1:01.10 1:34.28 2:08.50			
	(29.01)		(32.09) (33.18) (34.22)			
2:09.21Y		F	Bahmani Pour, Jobin	16	11	-2.95
	28.84		1:01.54 1:34.99 2:09.21			
	(28.84)		(32.70) (33.45) (34.22)			
2:14.76Y		P	Brecht, Peter	31	---	1.81
	28.85		1:02.27 1:38.23 2:14.76			
	(28.85)		(33.42) (35.96) (36.53)			
<b>Event # 7 Female 200 Back</b>						
2:06.23Y		P	Anderson, Katie	25	---	-0.90
	30.28		1:02.21 1:34.54 2:06.23			
	(30.28)		(31.93) (32.33) (31.69)			
2:07.96Y		F	Anderson, Katie	24	1	0.83
	30.87		1:03.28 1:35.80 2:07.96			
	(30.87)		(32.41) (32.52) (32.16)			
<b>Event # 8 Male 200 Back</b>						
1:55.50Y		P	Williams, Trent	15	---	-3.05
	27.43		56.26 1:25.72 1:55.50			
	(27.43)		(28.83) (29.46) (29.78)			
1:56.75Y		F	Williams, Trent	15	12	-1.80
	27.48		56.89 1:26.78 1:56.75			
	(27.48)		(29.41) (29.89) (29.97)			
<b>Event # 9 Female 100 Free</b>						
55.31Y		P	Anderson, Katie	134	---	0.15
	26.72		55.31			
	(26.72)		(28.59)			
<b>Event # 10 Male 100 Free</b>						
48.29Y		P	Williams, Trent	48	---	-0.30
	23.57		48.29			
	(23.57)		(24.72)			
<b>Event # 11 Female 200 Free</b>						
		P	Ortizharo, Danielle	---	---	---
	00.00		00.00 00.00 00.00			
	(00.00)		(00.00) (00.00) (00.00)			
1:57.70Y		P	Anderson, Katie	88	---	0.15
	27.68		57.65 1:27.91 1:57.70			
	(27.68)		(29.97) (30.26) (29.79)			
2:00.46Y		P	Sheehan, Kelley	147	---	2.08
	28.52		58.77 1:29.77 2:00.46			
	(28.52)		(30.25) (31.00) (30.69)			

**Meet Results**

**2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards  
San Diego Aquatic Club [SDAC-SI]**

**Event # 12 Male 200 Free**

1:45.81Y	P Williams, Trent	55	---	2.55
15.48	50.92 1:18.41 1:45.81			
(15.48)	(35.44) (27.49) (27.40)			

**Event # 13 Female 400 IM**

	P Ortizharo, Danielle	---	---	---
	00.00 00.00 00.00 00.00			
	(00.00) (00.00) (00.00) (00.00)			
	00.00 00.00 00.00 00.00			
	(00.00) (00.00) (00.00) (00.00)			
4:35.50Y	P Anderson, Katie	37	---	0.49
29.85	1:04.14 1:38.61 2:12.34			
(29.85)	(34.29) (34.47) (33.73)			
2:52.99	3:33.50 4:05.34 4:35.50			
(40.65)	(40.51) (31.84) (30.16)			

**Event # 14 Male 400 IM**

4:16.95Y	P Ohrstrom, Henrik	31	---	1.92
26.36	56.19 1:29.23 2:01.28			
(26.36)	(29.83) (33.04) (32.05)			
2:40.21	3:18.85 3:48.23 4:16.95			
(38.93)	(38.64) (29.38) (28.72)			
4:18.91Y	P Brecht, Peter	40	---	2.39
27.00	57.64 1:31.09 2:04.28			
(27.00)	(30.64) (33.45) (33.19)			
2:40.89	3:17.47 3:48.86 4:18.91			
(36.61)	(36.58) (31.39) (30.05)			

**Event # 15 Female 800 Free Relay**

7:56.01 Y F	A Relay	San Diego Aquatic Club	28	---
Katie ANDERSON (15)	Kelley SHEEHAN (15)	Danielle ORTIZHARO (17)	Kathryn BOWERSOX (15)	
27.59	57.43 1:28.28 1:58.49			
(27.59)	(29.84) (30.85) (30.21)			
2:26.57	2:57.14 3:28.45 3:59.58			
(28.08)	(30.57) (31.31) (31.13)			
4:26.71	4:56.31 5:26.56 5:57.25			
(27.13)	(29.60) (30.25) (30.69)			
6:24.20	6:54.73 7:25.05 7:56.01			
(26.95)	(30.53) (30.32) (30.96)			

**Event # 15 Female 800 Free Relay - Lead-Off Legs ( 200 Free )**

1:58.49Y	F Anderson, Katie	---	---	0.94
27.59	57.43 1:28.28			
(27.59)	(29.84) (30.85)			

**Event # 16 Male 800 Free Relay**

7:18.18 Y F	A Relay	San Diego Aquatic Club	26	---
Trent Williams (14)	Peter Brecht (17)	Henrik Ohrstrom (15)	Jobin Bahmani Pour (18)	
24.41	51.01 1:17.93 1:44.57			
(24.41)	(26.60) (26.92) (26.64)			
2:09.40	2:37.84 3:06.66 3:34.99			
(24.83)	(28.44) (28.82) (28.33)			
3:59.67	4:27.25 4:55.73 5:24.25			
(24.68)	(27.58) (28.48) (28.52)			
5:50.08	6:17.87 6:47.69 7:18.18			
(25.83)	(27.79) (29.82) (30.49)			

**Event # 16 Male 800 Free Relay - Lead-Off Legs ( 200 Free )**

1:44.57Y	F Williams, Trent	---	---	1.31
24.41	51.01 1:17.93			

### Meet Results

**2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards**  
**San Diego Aquatic Club [SDAC-SI]**

(24.41) (26.60) (26.92)

**Event # 17 Female 200 IM**

2:11.88Y		P Anderson, Katie	69	---	0.79
	29.69	1:01.22 1:42.23 2:11.88			
	(29.69)	(31.53) (41.01) (29.65)			
2:12.97Y		P Ortizharo, Danielle	79	---	1.41
	29.46	1:03.98 1:41.47 2:12.97			
	(29.46)	(34.52) (37.49) (31.50)			

**Event # 18 Male 200 IM**

1:56.47Y		F Williams, Trent	19	6	0.10
	25.84	56.35 1:30.08 1:56.47			
	(25.84)	(30.51) (33.73) (26.39)			
1:57.65Y		P Williams, Trent	24	---	1.28
	26.20	55.59 1:30.46 1:57.65			
	(26.20)	(29.39) (34.87) (27.19)			
1:59.19Y		P Brecht, Peter	45	---	-0.81
	26.82	56.58 1:30.36 1:59.19			
	(26.82)	(29.76) (33.78) (28.83)			

**Event # 19 Female 50 Free**

25.75Y		P Bowersox, Kathryn	125	---	0.20
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**Event # 20 Male 50 Free**

22.65Y		P Williams, Trent	65	---	0.56
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**Event # 22 Male 500 Free**

4:51.55Y		P Ohrstrom, Henrik	45	---	2.65
	27.01	56.22 1:25.40 1:55.08			
	(27.01)	(29.21) (29.18) (29.68)			
	2:24.67	2:54.29 3:23.79 3:53.24			
	(29.59)	(29.62) (29.50) (29.45)			
	4:22.83	4:51.55			
	(29.59)	(28.72)			

**Event # 23 Female 400 Free Relay**

3:38.50 Y	F	A Relay	San Diego Aquatic Club	32	---
Kelley SHEEHAN (15)		Katie ANDERSON (15)	Danielle ORTIZHARO (17)	Kathryn BOWERSOX (15)	
	27.18	56.13 1:21.76 1:50.07			
	(27.18)	(28.95) (25.63) (28.31)			
	2:15.93	2:44.02 3:09.90 3:38.50			
	(25.86)	(28.09) (25.88) (28.60)			

**Event # 23 Female 400 Free Relay - Lead-Off Legs ( 100 Free )**

56.13Y		F Sheehan, Kelley	---	---	-0.40
	27.18				
	(27.18)				

**Event # 24 Male 400 Free Relay**

3:20.40 Y	F	A Relay	San Diego Aquatic Club	27	---
Peter Brecht (17)		Henrik Ohrstrom (15)	Jobin Bahmani Pour (18)	Trent Williams (14)	
	24.47	51.62 1:16.17 1:42.73			
	(24.47)	(27.15) (24.55) (26.56)			
	2:06.59	2:32.92 2:55.70 3:20.40			
	(23.86)	(26.33) (22.78) (24.70)			

**Event # 24 Male 400 Free Relay - Lead-Off Legs ( 100 Free )**

51.62Y		F Brecht, Peter	---	---	1.10
	24.47				

### Meet Results

**2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards**  
**San Diego Aquatic Club [SDAC-SI]**

(24.47)

**Event # 26 Female 100 Back**

59.39Y		P Anderson, Katie	38	---	-0.40
	29.05	59.39			
	(29.05)	(30.34)			
1:01.46Y		P Sheehan, Kelley	79	---	-0.08
	30.17	1:01.46			
	(30.17)	(31.29)			

**Event # 27 Male 100 Back**

54.62Y		P Williams, Trent	34	---	0.54
	26.75	54.62			
	(26.75)	(27.87)			
56.10Y		P Brecht, Peter	53	---	0.45
	26.51	56.10			
	(26.51)	(29.59)			

**Event # 29 Female 100 Breast**

1:07.78Y		P Ortizharo, Danielle	33	---	0.48
	31.92	1:07.78			
	(31.92)	(35.86)			

**Event # 30 Male 100 Breast**

1:00.49Y		P Bahmani Pour, Jobin	26	---	-0.56
	28.47	1:00.49			
	(28.47)	(32.02)			
1:01.05Y		P Brecht, Peter	32	---	-0.18
	28.89	1:01.05			
	(28.89)	(32.16)			

**Event # 31 Female 100 Fly**

59.93Y		P Bowersox, Kathryn	75	---	-1.08
	27.78	59.93			
	(27.78)	(32.15)			

**Event # 32 Male 100 Fly**

54.66Y		P Ohrstrom, Henrik	75	---	0.97
	26.06	54.66			
	(26.06)	(28.60)			

**Event # 33 Female 400 Medley Relay**

4:00.26	Y	F	A Relay	San Diego Aquatic Club	23	4
Katie ANDERSON (15)			Danielle ORTIZHARO (17)	Kathryn BOWERSOX (15)	Kelley SHEEHAN (15)	
	29.54	59.79	1:30.67	2:06.15		
	(29.54)	(30.25)	(30.88)	(35.48)		
	2:33.52	3:05.47	3:31.73	4:00.26		
	(27.37)	(31.95)	(26.26)	(28.53)		

**Event # 33 Female 400 Medley Relay - Lead-Off Legs ( 100 Back )**

59.79Y		F Anderson, Katie	---	---	---
	29.54				
	(29.54)				

**Event # 34 Male 400 Medley Relay**

3:38.04	Y	F	A Relay	San Diego Aquatic Club	19	12
Peter Brecht (17)			Jobin Bahmani Pour (18)	Henrik Ohrstrom (15)	Trent Williams (14)	
	27.39	56.03	1:24.07	1:55.97		
	(27.39)	(28.64)	(28.04)	(31.90)		
	2:21.55	2:50.84	3:13.42	3:38.04		

### Meet Results

**2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards  
San Diego Aquatic Club [SDAC-SI]**

(25.58) (29.29) (22.58) (24.62)

**Event # 34 Male 400 Medley Relay - Lead-Off Legs ( 100 Back )**

56.03Y		F	Brecht, Peter	---	---	0.38
	27.39					
	(27.39)					

**Event #103 Female 200 Fly**

2:16.50Y		T	Bowersox, Kathryn	6	---	-0.53
	28.87		1:02.79 1:38.94 2:16.50			
	(28.87)		(33.92) (36.15) (37.56)			

**Event #107 Female 200 Back**

2:10.93Y		T	Sheehan, Kelley	1	---	-2.76
	30.90		1:03.89 1:37.41 2:10.93			
	(30.90)		(32.99) (33.52) (33.52)			

**Event #226 Female 100 Back**

1:00.45Y		T	Bowersox, Kathryn	1	---	-2.03
	29.29		1:00.45			
	(29.29)		(31.16)			

**Event #232 Male 100 Fly**

57.29Y		T	Bahmani Pour, Jobin	5	---	-1.38
	26.64		57.29			
	(26.64)		(30.65)			

**Event #317 Female 200 IM**

2:14.12Y		T	Sheehan, Kelley	3	---	-1.40
	1:02.92		00.00 1:43.43 2:14.12			
	(1:02.92)		(62.92) (1:43.43) (30.69)			

**Event #318 Male 200 IM**

2:01.70Y		T	Bahmani Pour, Jobin	4	---	-4.64
	26.50		58.58 1:31.96 2:01.70			
	(26.50)		(32.08) (33.38) (29.74)			

### Individual Meet Results

2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards

Sanction: 09-023 Location: Desert Breeze Aquatic Center, Las Vegas, NV

San Diego Aquatic Club [SDAC-SI]

Time	F/P/S	Event	Place	Points	Improv
<b>Anderson, Katie (15) F</b>					
2:06.23Y	P # 7	Female 200 Back	25	---	-0.90
	30.28 (30.28)	1:02.21 (31.93)	1:34.54 (32.33)	2:06.23 (31.69)	
2:07.96Y	F # 7	Female 200 Back	24	1	0.83
	30.87 (30.87)	1:03.28 (32.41)	1:35.80 (32.52)	2:07.96 (32.16)	
55.31Y	P # 9	Female 100 Free	134	---	0.15
	26.72 (26.72)	55.31 (28.59)			
1:57.70Y	P # 11	Female 200 Free	88	---	0.15
	27.68 (27.68)	57.65 (29.97)	1:27.91 (30.26)	1:57.70 (29.79)	
4:35.50Y	P # 13	Female 400 IM	37	---	0.49
	29.85 (29.85)	1:04.14 (34.29)	1:38.61 (34.47)	2:12.34 (33.73)	2:52.99 (40.65)
					3:33.50 (40.51)
					4:05.34 (31.84)
					4:35.50 (30.16)
1:58.49Y	F # 15	800 Free Relay Lead Off	---	---	0.94
	27.59 (27.59)	57.43 (29.84)	1:28.28 (30.85)		
2:11.88Y	P # 17	Female 200 IM	69	---	0.79
	29.69 (29.69)	1:01.22 (31.53)	1:42.23 (41.01)	2:11.88 (29.65)	
59.39Y	P # 26	Female 100 Back	38	---	-0.40
	29.05 (29.05)	59.39 (30.34)			
59.79Y	F # 33	400 Medley Relay Lead Off	---	---	---
	29.54 (29.54)				
<b>Bahmani Pour, Jobin (18) M</b>					
2:08.50Y	P # 6	Male 200 Breast	16	---	-3.66
	29.01 (29.01)	1:01.10 (32.09)	1:34.28 (33.18)	2:08.50 (34.22)	
2:09.21Y	F # 6	Male 200 Breast	16	11	-2.95
	28.84 (28.84)	1:01.54 (32.70)	1:34.99 (33.45)	2:09.21 (34.22)	
1:00.49Y	P # 30	Male 100 Breast	26	---	-0.56
	28.47 (28.47)	1:00.49 (32.02)			
57.29Y	T # 232	Male 100 Fly	5	---	-1.38
	26.64 (26.64)	57.29 (30.65)			
2:01.70Y	T # 318	Male 200 IM	4	---	-4.64
	26.50 (26.50)	58.58 (32.08)	1:31.96 (33.38)	2:01.70 (29.74)	
<b>Bowersox, Kathryn (15) F</b>					
25.75Y	P # 19	Female 50 Free	125	---	0.20
59.93Y	P # 31	Female 100 Fly	75	---	-1.08
	27.78 (27.78)	59.93 (32.15)			
2:16.50Y	T # 103	Female 200 Fly	6	---	-0.53
	28.87 (28.87)	1:02.79 (33.92)	1:38.94 (36.15)	2:16.50 (37.56)	
1:00.45Y	T # 226	Female 100 Back	1	---	-2.03
	29.29 (29.29)	1:00.45 (31.16)			
<b>Brecht, Peter (17) M</b>					
2:14.76Y	P # 6	Male 200 Breast	31	---	1.81
	28.85 (28.85)	1:02.27 (33.42)	1:38.23 (35.96)	2:14.76 (36.53)	
4:18.91Y	P # 14	Male 400 IM	40	---	2.39
	27.00	57.64	1:31.09	2:04.28	2:40.89
					3:17.47
					3:48.86
					4:18.91

### Individual Meet Results

2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards

Sanction: 09-023 Location: Desert Breeze Aquatic Center, Las Vegas, NV

San Diego Aquatic Club [SDAC-SI]

Time	F/P/S	Event	Place	Points	Improv
1:59.19Y	(27.00) P # 18	(30.64) (33.45) (33.19) (36.61) (36.58) (31.39) (30.05) Male 200 IM	45	---	-0.81
51.62Y	26.82 56.58 1:30.36 1:59.19 (26.82) (29.76) (33.78) (28.83) F # 24	400 Free Relay Lead Off	---	---	1.10
56.10Y	24.47 (24.47) P # 27	Male 100 Back	53	---	0.45
1:01.05Y	26.51 56.10 (26.51) (29.59) P # 30	Male 100 Breast	32	---	-0.18
56.03Y	28.89 1:01.05 (28.89) (32.16) F # 34	400 Medley Relay Lead Off	---	---	0.38
<b>Ohrstrom, Henrik (15) M</b>					
1:59.06Y	27.39 (27.39) P # 4	Male 200 Fly	33	---	-1.70
4:16.95Y	26.25 56.11 1:27.32 1:59.06 (26.25) (29.86) (31.21) (31.74) P # 14	Male 400 IM	31	---	1.92
4:51.55Y	26.36 56.19 1:29.23 2:01.28 2:40.21 3:18.85 3:48.23 4:16.95 (26.36) (29.83) (33.04) (32.05) (38.93) (38.64) (29.38) (28.72) P # 22	Male 500 Free	45	---	2.65
54.66Y	27.01 56.22 1:25.40 1:55.08 2:24.67 2:54.29 3:23.79 3:53.24 (27.01) (29.21) (29.18) (29.68) (29.59) (29.62) (29.50) (29.45) 4:22.83 4:51.55 (29.59) (28.72) P # 32	Male 100 Fly	75	---	0.97
<b>Ortizharo, Danielle (17) F</b>					
2:22.22Y	26.06 54.66 (26.06) (28.60) P # 5	Female 200 Breast	19	---	-3.00
2:24.36Y	33.14 1:08.24 1:44.88 2:22.22 (33.14) (35.10) (36.64) (37.34) F # 5	Female 200 Breast	22	3	-0.86
	32.56 1:08.81 1:46.41 2:24.36 (32.56) (36.25) (37.60) (37.95) P # 11	Female 200 Free	---	---	---
	00.00 00.00 00.00 00.00 (00.00) (00.00) (00.00) (00.00) P # 13	Female 400 IM	---	---	---
	00.00 00.00 00.00 00.00 00.00 00.00 00.00 00.00 (00.00) (00.00) (00.00) (00.00) (00.00) (00.00) (00.00) (00.00) P # 17	Female 200 IM	79	---	1.41
2:12.97Y	29.46 1:03.98 1:41.47 2:12.97 (29.46) (34.52) (37.49) (31.50) P # 29	Female 100 Breast	33	---	0.48
1:07.78Y	31.92 1:07.78 (31.92) (35.86)				
<b>Sheehan, Kelley (15) F</b>					
2:00.46Y	00.00 00.00 00.00 00.00 (00.00) (00.00) (00.00) (00.00) P # 11	Female 200 Free	147	---	2.08
56.13Y	28.52 58.77 1:29.77 2:00.46 (28.52) (30.25) (31.00) (30.69) F # 23	400 Free Relay Lead Off	---	---	-0.40
1:01.46Y	27.18 (27.18) P # 26	Female 100 Back	79	---	-0.08
2:10.93Y	30.17 1:01.46 (30.17) (31.29) T # 107	Female 200 Back	1	---	-2.76

### Individual Meet Results

2009 Speedo CA-NV Spring Sectionals 25-Feb-09 to 01-Mar-09 Yards  
 Sanction: 09-023 Location: Desert Breeze Aquatic Center, Las Vegas, NV  
 San Diego Aquatic Club [SDAC-SI]

Time	F/P/S	Event	Place	Points	Improv
	30.90 (30.90)	1:03.89 (32.99)	1:37.41 (33.52)	2:10.93 (33.52)	
2:14.12Y	T # 317	Female 200 IM	3	---	-1.40
	1:02.92 (1:02.92)	00.00 (62.92)	1:43.43 (1:43.43)	2:14.12 (30.69)	
<b>Williams, Trent (14) M</b>					
1:55.50Y	P # 8	Male 200 Back	15	---	-3.05
	27.43 (27.43)	56.26 (28.83)	1:25.72 (29.46)	1:55.50 (29.78)	
1:56.75Y	F # 8	Male 200 Back	15	12	-1.80
	27.48 (27.48)	56.89 (29.41)	1:26.78 (29.89)	1:56.75 (29.97)	
48.29Y	P # 10	Male 100 Free	48	---	-0.30
	23.57 (23.57)	48.29 (24.72)			
1:45.81Y	P # 12	Male 200 Free	55	---	2.55
	15.48 (15.48)	50.92 (35.44)	1:18.41 (27.49)	1:45.81 (27.40)	
1:44.57Y	F # 16	800 Free Relay Lead Off	---	---	1.31
	24.41 (24.41)	51.01 (26.60)	1:17.93 (26.92)		
1:56.47Y	F # 18	Male 200 IM	19	6	0.10
	25.84 (25.84)	56.35 (30.51)	1:30.08 (33.73)	1:56.47 (26.39)	
1:57.65Y	P # 18	Male 200 IM	24	---	1.28
	26.20 (26.20)	55.59 (29.39)	1:30.46 (34.87)	1:57.65 (27.19)	
22.65Y	P # 20	Male 50 Free	65	---	0.56
54.62Y	P # 27	Male 100 Back	34	---	0.54
	26.75 (26.75)	54.62 (27.87)			