



11/10/2009

## ORCA RECORDS GO DOWN AT SOCAL

This weekend ORCA swimmers competed at the SOCAL Blue, Red, and White meet at Tustin High School. With over 92 swimmers that participated in this weekend meet, OCRA added 5 new records to the records books. Four of the five records were relays and one was an individual record. With 236 new personal best times ORCA continues with its successful short course season.

Leading the way in breaking ORCA team records were the young and talented swimmers of the Silver Alpha and Gold Omega groups. Jillian Golden, Alexa Herbal, Brooke Walker, Madeline Harkey, Ben Nguyen Douglas Dinh-Tran, Bryce Herbel, and Gavin Smith to name a few. The girls broke two team relay records, the 8 & Under 100 Free Relay in a time of 1:06.70 and the 8 & Under 100 Medley Relay in a time of 1:14.11. The boys broke the 8 & Under 100 Free Relay record in a time of 1:15.07. The other relay record was broken was an old record from 2003 by the 10 & Under Boys 200 Free Relay of Drake Dusterhoft, Jason Dinh, Jonathan Ngu, and Alex Pham in a time of 2:32.15. The only individual record breaking performance was by Connor Regan in his 15-18 Male 200 Backstroke with a time of 2:08.78.

With meets like Winter Age-group Championships and Sectionals coming up in December, ORCA swimmers are trying to qualify for both meets. Leading the way to qualify for the WAG meet, Jason Dinh qualified for two more events: the 200 free and the 100 breast. Just missing her first Sectional cut was Chandler Regan in the 100 Breast with a time of 1:09.29, just one tenth of a second off the cut. Also qualifying for her 2<sup>nd</sup> event for JO's was Jesse Hill with a time of 30.97 in the 50 Free. JO's will be held at the end of January.

With all the success ORCA is having, it is important that everyone continue to come to practice as much as they can. The only way you can become the best swimmer you can is by coming to practice and working as hard as you can every single day. Remember to bring warm clothes as the weather gets colder. ORCA's next team meet will be the ORCA Blue, Red and White Meet December 5-6, 2009. A reminder to all ORCA families that it is everyone's responsibility to volunteer and help to make our team successful. Please sign up **TODAY!!!**

### MOST BEST TIMES ACHIEVED AT THE MEET

8 – Alejandra Duran

6 – Jennifer Davis, Jillian Golden

5 – Jason Dinh, Drake Dusterhoft, Bryce Herbel, Daniel Herrera, Amanda Hicks, Jesse Hill, Montee Wright

### NEW ORCA ALL-TIME TOP 5 TIMES ESTABLISHED

(ORCA record in the event shown first with new Top-5 ranking below noted at far left)

**Female 7-8 50 Free**

R - SHORT COURSE RECORDS 31.90 12/8/2006 BRITTANY M. KAMPFER at 2006 SCS Winter Age Group Cham  
 5 36.36 Y F Jillian Golden 8 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 7-8 25 Back**

R - SHORT COURSE RECORDS 19.00 10/23/2005 BRITTANY M. KAMPFER at Golden West Swim Club Pumpkin  
 2 19.79 Y F Jillian Golden 8 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 7-8 50 Back**

R - SHORT COURSE RECORDS 38.47 9/23/2006 BRITTANY M. KAMPFER at Nova Back to School ORCA CA  
 2 41.97 Y F Jillian Golden 8 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8  
 5 44.07 Y F Alexa Herbel 8 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 9-10 25 Breast**

R - SHORT COURSE RECORDS 15.16 1/1/1995 Angela Samuels ORCA CA  
 3 17.57 Y F Madeline Harkey 7 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8  
 5 17.80 Y F Jillian Golden 8 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 9-10 50 Breast**

R - SHORT COURSE RECORDS 33.86 1/1/1997 Angela Samuels ORCA CA  
 2 \* 40.80 Y F Alejandra Duran 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 9-10 100 Breast**

R - SHORT COURSE RECORDS 1:16.47 1/1/1997 Angela Samuels ORCA CA  
 2 1:25.56 Y F Alejandra Duran 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 9-10 100 IM**

R - SHORT COURSE RECORDS 1:11.32 1/1/1997 Angela Samuels ORCA CA  
 5 1:19.55 Y F Jesse Hill 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 9-10 200 IM**

R - SHORT COURSE RECORDS 2:37.18 2/20/2009 Brooke N. Hayes at 2009 CA SCAL JO MAX UN CA  
 5 2:51.45 Y F Alejandra Duran 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 13-14 100 Breast**

R - SHORT COURSE RECORDS 1:08.86 1/1/2004 Cassie Churnside ORCA CA  
 2 1:09.29 Y F Chandler Regan 13 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 13-14 200 Breast**

R - SHORT COURSE RECORDS 2:29.41 1/1/2004 Cassie Churnside ORCA CA  
 2 2:35.17 Y F Chandler Regan 13 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8  
 5 2:41.14 Y F Hailey Golden 14 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Female 15-18 200 Free**

R - SHORT COURSE RECORDS 1:59.54 10/13/2007 ALYSSA N. SCHRADER at Seal Beach AGE GROUP MEET ORC  
 5 2:05.20 Y F Madison Tedesco 15 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 7-8 25 Back**

R - SHORT COURSE RECORDS 17.99 1/1/2002 Joey Colton ORCA CA  
 5 22.07 Y F Douglas Dinh-Tran 8 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 50 Free**

R - SHORT COURSE RECORDS 29.92 1/1/1993 Mike Casagrande ORCA CA  
 3 31.64 Y F Drake Dusterhoft 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 100 Free**

R - SHORT COURSE RECORDS 1:05.05 1/1/1993 Mike Casagrande ORCA CA  
 3 1:10.39 Y F Drake Dusterhoft 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 200 Free**

R - SHORT COURSE RECORDS 2:26.43 1/1/1993 Mike Casagrande ORCA CA  
 3 2:32.17 Y F Drake Dusterhoft 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8  
 4 2:34.41 Y F Jason Dinh 9 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 50 Back**

R - SHORT COURSE RECORDS 34.51 1/1/2004 Joey Colton ORCA CA  
 5 38.05 Y F Drake Dusterhoft 10 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 100 Back**

R - SHORT COURSE RECORDS 1:16.89 1/1/2003 Joey Colton ORCA CA  
 4 1:26.95 Y F Jason Dinh 9 ORCA .CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 100 Breast**

R - SHORT COURSE RECORDS 1:23.00 1/1/1994 Ross Pulver ORCA CA

4 1:32.33 Y F Jason Dinh 9 ORCA -CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 100 IM**

R - SHORT COURSE RECORDS 1:15.11 1/1/1999 Albert Samuels ORCA CA

4 1:23.49 Y F Drake Dusterhoft 10 ORCA -CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 9-10 200 IM**

R - SHORT COURSE RECORDS 2:47.83 1/1/2005 Richard Metzger ORCA CA

5 3:04.22 Y F Jason Dinh 9 ORCA -CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 13-14 400 IM**

R - SHORT COURSE RECORDS 4:47.70 3/16/2007 CHRISTOPHER K. PHAM at ORCA "Spring JO MAX" Champions

5 5:41.15 Y F Phillip Smith 13 ORCA -CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 15-18 100 Back**

R - SHORT COURSE RECORDS 56.43 2/5/2009 Lucas A. Spencer at 2009 Ca GWSC Older Spring JO's ORC

2 58.47 Y F Connor Regan 16 ORCA -CA 11/7/2009 2009 CA SCAL Nov 7-8

**Male 15-18 200 Back**

R - SHORT COURSE RECORDS 2:08.78 11/7/2009 Connor M. Regan at 2009 CA SCAL Nov 7-8 ORCA CA

1 2:08.78 Y R F Connor Regan 16 ORCA -CA 11/7/2009 2009 CA SCAL Nov 7-8

