

**2007 Commission on Athletics
California Community College Athletic Association
Swim and Dive Championships**

May 3-5, Ohlone College - Fremont, CA

Day 1- Thursday, May 3, 2007

Men Results: Event Winners

3 Meter Diving: 1. Jordan Pollock, Sequoias- 440.05
200 Free Relay: 1. Ventura- 1:22.75
500 Freestyle: 1. Akbar Nasution, Chaffey- 5:30.54
200 Individual Med. 1. Damieln Bernard, Orange Coast- 1:52.22
50 Freestyle 1. Nick Lao, Pasadena- :20.79
400 Medley Relay 1. Orange Coast- 3:27.07

Scores (Top 105)- Day 1 of 3

1. Ventura, 179.5; 2. Orange Coast, 157; 3. Diablo Valley, 117.5; 4. Long Beach, 73;
5. West Valley, 71; 6. Chaffey, 69; 7. Palomar & Santa Rosa, 51; 9. Golden West,
41; 10. Sierra, 39; 11. Mt San Antonio & Pasadena, 32; 13. Grossmont, 29; 14.
Delta, 28; 15. Cuesta, 26.

NOTES: Ventura College jumped to the front of the pack in what is expected to be a fiercely contested men's championship. The Pirates only won the 200 free relay, but posted enough high marks in other events to be considered favorites for their second State Title of the last three years. Defending State Champion Orange Coast is lurking just behind in the rankings thanks to a win in the 200 individual medley by Damien Bernard and a team win in the 400 medley relay. Akbar Nasution's win in the 500 freestyle has Chaffey in the sixth spot and Nick Lao took this year's title as the State fastest man. Lao's win in the 50 freestyle put Pasadena within sniffing distance of the top ten and gave the Lancer's their first State Title since 1991; when coincidentally Ernie Lee won the 50 freestyle with the exact same time of :20.79.

Women Results: Event Winners

1 Meter Diving: 1. Tiffanie Wright LA Valley- 370.86
200 Free Relay: 1. Diablo Valley- 1:39.17
500 Freestyle 1. Lauren Caines, Sierra- 5:02.54
100 Individual Med. 1. Mary Struempf, Diablo Valley- :58.96
50 Freestyle 1. Anne Scott, American River- :23.59
400 Medley Relay 1. Diablo Valley: 4:00.37

Scores (Top 15)- Day 1 of 3

1. 1. Diablo Valley, 137; 2. Sierra, 93; 3. Ventura, 83; 4. Saddleback & Orange
Coast, 74; 6. Fullerton, 65; 7. Santa Rosa, 61; 8. American River, 58; 9. Golden
West, 53.5; 10. Chabot, 49.5; 11. Chaffey, 45; 12. Grossmont, 39; 13. SD Mesa, 37;
14. Riverside, 36; 15. Modesto, 32.

NOTES: Diablo Valley began 2007 CCCAA Swimming and Diving Championships by winning three of the first five swimming events to open up a big lead on the

competition, 137-93. The Vikings finished third in 2006, but appear primed to win this year's three-day championships. Diablo Valley won both the 200 freestyle relay and the 400 medley relay to bookend some great individual swims. Defending State Champion Christina McGowan lost to Lauren Caines of Sierra in the 500 free, but her second place swim came directly after anchoring the 200 free relay. McGowan's teammate Mary Struempf won the 100 individual medley in the next race as the Vikings plundered the competition. However nobody in the complex could catch the State's fastest woman in the 50 freestyle. American River's Anne Scott blew away the field a time of :23.59 to complete the day's individual races. During the intermission between the preliminary heats and the finals, LA Valley's Tiffanie Wright won the 1-meter diving competition.

Next: Prelims heats for Friday's events will begin at 9:30 AM and the finals will start at 5 PM. The women's three-meter diving and men's one-meter diving will begin at 1 PM between the prelim and finals swimming events.