

**2006 California Community Colleges
Commission on Athletics
US Bank Swim and Dive Championships**

May 4-6, Pasadena City College - Pasadena, CA

Day 1- Thursday, May 4, 2006

Men Results: Event Winners

3 Meter Diving: 1. Brad Miller, SD Mesa- 450.00
200 Free Relay: 1. Orange Coast- 1:22.43 (New State Record)
500 Freestyle: 1. Neal Hamilton, Chabot- 4:33.55
200 Individual Medley: 1. Tom Zaferes, Cabrillo- 1:49.68
50 Freestyle: 1. Matt Sullivan, Golden West- :20.32 (Ties State Record)
400 Medley Relay: 1. Golden West- 3:28:50

Scores (Top 10)- Day 1 of 3

1. Orange Coast 156; 2. Golden West 155; 3. Ventura 154; 4. Sierra 88; 5. West Valley 81; 6. San Joaquin Delta 71.5; 7. Diablo Valley 69; 8. Santa Rosa 63; 9. Chabot 52; 10. Saddleback 51.5

NOTES: Matt Sullivan tied the state meet record in winning the 50-freestyle (20.32), then anchored Golden West College's 400 medley relay squad to a second win to highlight the men's competition on the first day of the 2006 US Bank/COA State Swim and Dive Championships Thursday. The Rustlers victories in the last two events closed the gap opened up by inter-district rival Orange Coast College, who's 200 free relay set a new State record in the day's opening event (1:22.43). Orange Coast and Golden West are both ahead of defending State Champion Ventura, but only two points separate the three teams. From Northern California, Coast Conference stars Neal Hamilton of Chabot and Tom Zaferes of Cabrillo won the first two individual events in the 500-freestyle and 200-individual medley, respectively.

Women Results: Event Winners

1 Meter Diving: 1. Michelle Loara, Riverside- 318.10
200 Free Relay: 1. Orange Coast- 1:39.79 (New State Record)
500 Freestyle: 1. Christina McGowan, Diablo Valley- 5:03.59
100 Individual Medley: 1. Erin Morgan, Ohlone- :59.70
50 Freestyle: 1. Whitney Campbell, DeAnza- :23.67
400 Medley Relay: 1. Sierra- 4:03.23

Scores (Top 10)- Day 1 of 3

1. Sierra, 121; 2. Orange Coast, 116; 3. Diablo Valley, 106; 4. Ventura, 81; 5. Golden West, 79; 6. Santa Rosa, 76; 7. Long Beach, 73; 8. Grossmont, 64; 9. Saddleback, 58; 10. Palomar 54.5

NOTES: Defending State Champion Erin Morgan of Ohlone defended her title in the 100 Individual Medley (:59.70) and Orange Coast College set a new record (1:39.79) in the 200 Free Relay to highlight the first day of the 2006 US Bank/COA State Swim and Dive Championships. Christina McGowan of Diablo Valley and Whitney

Campbell of DeAnza claimed the day's long and short freestyle events, respectively. McGowan won the 500 free (5:03.59) and won the 50 free (:23.67). The first scoring event of the day was Diver Michelle Loara of Riverside's win on the one-meter board (318.10) and Sierra ended the day by edging Diablo Valley in the 400 free relay (4:03.23).

Next: Prelims heats for Thursday's events will begin at 10 AM and the finals will start at 7 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.