

2014-15 TRITON MEN'S BEST MARKS

50 Freestyle

Cole Heale	20.28	&	A3 Performance Invitational	11/20
Kevin Wylder	20.57	&+	A3 Performance Invitational	11/20
Jack Galvan	20.84	&+	PCSC Championships	2/19
Julian Jacobs	20.86	&+	PCSC Championships	2/19
Sean Malley	21.04		PCSC Championships	2/19
Shep Bryan IV	21.20		PCSC Championships	2/19
Michael Leung	21.20		PCSC Championships	2/19
Samuel Lee	21.31		PCSC Championships	2/19
Justin Lee	21.46	@	PCSC Championships	2/21
Howie Chang	21.57	@	PCSC Championships	2/21
Austin Takeda	21.78		PCSC Championships	2/19
D. Tanizaki-Hudson	21.94	+	A3 Performance Invitational	11/20
Ryan Lee	22.31	+	A3 Performance Invitational	11/20
CJ Pais	22.34	+	A3 Performance Invitational	11/20
Josh Lo	22.68	+	A3 Performance Invitational	11/20

100 Freestyle

Jack Galvan	44.70	&	PCSC Championships	2/21
Cole Heale	45.46	&+	PCSC Championships	2/21
Kevin Wylder	45.69	&+*	NCAA Championships	3/14
Julian Jacobs	46.05	&*	A3 Performance Invitational	11/22
Sean Malley	46.07	&+	A3 Performance Invitational	11/22
Michael Leung	46.15	&+	PCSC Championships	2/21
Samuel Lee	46.18	*	PCSC Championships	2/21
Howie Chang	46.51	+	PCSC Championships	2/21
Paul Li	46.74	+	PCSC Championships	2/21
Justin Lee	46.96	*	A3 Performance Invitational	11/22
Max Halson	47.04	@	PCSC Championships	2/21
Austin Takeda	47.18	+	A3 Performance Invitational	11/22
Shep Bryan IV	47.44		PCSC Championships	2/21
C. Pourvahidi	47.67	*	Colorado Mesa/Missouri S&T	1/4
CJ Pais	49.17	+	A3 Performance Invitational	11/22
Michael Cohn	49.20	+	A3 Performance Invitational	11/22
Josh Lo	49.81	+	A3 Performance Invitational	11/22

200 Freestyle

C. Pourvahidi	1:38.86	&+	PCSC Championships	2/20
Paul Li	1:39.54	&*	A3 Performance Invitational	11/21
Michael Cohn	1:39.70	&	PCSC Championships	2/20
Howie Chang	1:40.09	&+	A3 Performance Invitational	11/21
Austin Takeda	1:40.77	&*	PCSC Championships	2/18
Michael Leung	1:40.82	&	PCSC Championships	2/20
Alex Moshensky	1:41.39	&+	PCSC Championships	2/20
Max Halson	1:41.88	+	PCSC Championships	2/20
Samuel Lee	1:42.07	+	PCSC Championships	2/20
Justin Lee	1:42.69	+	PCSC Championships	2/20
Sasha Mitrushina	1:43.94	+	PCSC Championships	2/20
Kyle Nadler	1:48.22		Colorado Mesa/Missouri S&T	1/4

500 Freestyle

C. Pourvahidi	4:24.04	!#	PCSC Championships	2/19
Paul Li	4:27.29	&	A3 Performance Invitational	11/20
Michael Cohn	4:31.04	&	PCSC Championships	2/19
Howie Chang	4:31.87	&+	NCAA Championships	3/13
Kyle Nadler	4:34.27	&	A3 Performance Invitational	11/20
Sasha Mitrushina	4:35.67	&	PCSC Championships	2/19
Max Halson	4:40.57	+	A3 Performance Invitational	11/20
Alex Moshensky	4:56.30		CSU Bakersfield	1/10

1000 Freestyle

C. Pourvahidi	9:11.40	&	PCSC Championships	2/18
Howie Chang	9:19.13	&	PCSC Championships	2/18
Sasha Mitrushina	9:20.61	&	PCSC Championships	2/18
Kyle Nadler	9:22.89	&*	A3 Performance Invitational	11/22
Max Halson	9:35.86		PCSC Championships	2/18
Paul Li	9:46.08		Colorado Mesa/Missouri S&T	1/4

1650 Freestyle

C. Pourvahidi	15:36.62	&	PCSC Championships	2/21
Sasha Mitrushina	15:43.69	&	A3 Performance Invitational	11/22
Kyle Nadler	15:47.58	&	PCSC Championships	2/21
Max Halson	16:18.14		A3 Performance Invitational	11/22
Howie Chang	16:26.81		A3 Performance Invitational	11/22

50 Backstroke

Sean Malley	22.32	!*	UCSD Last Chance Meet	2/22
Michael Cohn	23.68	*	NCAA Championships	3/11
CJ Pais	23.99	*	PCSC Championships	2/18
Mike Nguyen	24.72	*	PCSC Championships	2/18
Kevin Wylder	25.01	*	Colorado Mesa/Missouri S&T	1/4
Michael Leung	25.34	*	CSU Bakersfield	1/10
Austin Takeda	25.34	*	Claremont-Mudd-Scripps	10/25
Alex Moshensky	25.66	*	Claremont-Mudd-Scripps	10/25

100 Backstroke

Michael Cohn	49.42	&*	NCAA Championships	3/12
Sean Malley	49.99	&*	A3 Performance Invitational	11/20
C. Pourvahidi	50.24	&	PCSC Championships	2/20
Julian Jacobs	50.26	&	A3 Performance Invitational	11/21
CJ Pais	50.28	&+	PCSC Championships	2/20
Michael Leung	50.97	*	A3 Performance Invitational	11/20
Alex Moshensky	51.19		PCSC Championships	2/20
Kevin Wylder	51.19	+	A3 Performance Invitational	11/21
Cole Heale	52.25	+	A3 Performance Invitational	11/21
Luke Mitchell	52.36		A3 Performance Invitational	11/21
Mike Nguyen	52.73	+	A3 Performance Invitational	11/21
Austin Takeda	52.79	+	A3 Performance Invitational	11/21

200 Backstroke

Michael Cohn	1:45.85	!#+	NCAA Championships	3/14
Alex Moshensky	1:47.96	&+	A3 Performance Invitational	11/22
CJ Pais	1:48.76	&+	PCSC Championships	2/21
C. Pourvahidi	1:50.76	&+	A3 Performance Invitational	11/22
Luke Mitchell	1:52.04		A3 Performance Invitational	11/22
Michael Leung	1:52.95	+	A3 Performance Invitational	11/22
Mike Nguyen	2:01.07	+	PCSC Championships	2/21

100 Breaststroke

AJ Zavala	56.38		PCSC Championships	2/20
Zachary Yong	56.90	+	PCSC Championships	2/20
D. Tanizaki-Hudson	57.90		A3 Performance Invitational	11/21
Ryan Lee	58.25	+	PCSC Championships	2/20
Josh Lo	58.67	+	PCSC Championships	2/20
Kyle Nadler	59.04	@	PCSC Championships	2/21
Howie Chang	1:00.20	@	PCSC Championships	2/21
Shep Bryan IV	1:00.36		PCSC Championships	2/20

200 Breaststroke

Zachary Yong	2:00.53	&	PCSC Championships	2/21
AJ Zavala	2:03.66		PCSC Championships	2/21
Josh Lo	2:04.50		A3 Performance Invitational	11/22
Ryan Lee	2:06.37		A3 Performance Invitational	11/22
D. Tanizaki-Hudson	2:06.84	+	PCSC Championships	2/21

100 Butterfly

Kevin Wylder	48.34	&+	PCSC Championships	2/20
Sean Malley	48.95	&+	A3 Performance Invitational	11/21
Julian Jacobs	49.50	&+	PCSC Championships	2/20
Ryan Lee	50.57	+	PCSC Championships	2/20
Samuel Lee	50.73		A3 Performance Invitational	11/21
Luke Mitchell	51.10		A3 Performance Invitational	11/21
Mike Nguyen	51.33		PCSC Championships	2/20
Jack Galvan	51.37	+	PCSC Championships	2/20
D. Tanizaki-Hudson	53.31		UC Santa Barbara	11/7
Kevin Fink	53.90		Claremont-Mudd-Scripps	10/25
Shep Bryan IV	54.79	@	PCSC Championships	2/21

200 Butterfly

Paul Li	1:50.23	&	PCSC Championships	2/21
Kevin Fink	1:50.36	&+	PCSC Championships	2/21
Mike Nguyen	1:55.84	+	PCSC Championships	2/21
Luke Mitchell	1:56.07	+	A3 Performance Invitational	11/22
Max Halson	1:56.62	+	PCSC Championships	2/21
C. Pourvahidi	1:57.16		Air Force/Incarname Word	12/29

200 Individual Medley

Zachary Yong	1:51.96	&+	PCSC Championships	2/19
AJ Zavala	1:51.96	&	A3 Performance Invitational	11/20
CJ Pais	1:52.44	+	PCSC Championships	2/19
Kevin Fink	1:52.72	+	PCSC Championships	2/19
D. Tanizaki-Hudson	1:54.33		A3 Performance Invitational	11/20
Ryan Lee	1:55.77	+	PCSC Championships	2/19
Mike Nguyen	1:56.15		A3 Performance Invitational	11/20
Josh Lo	1:57.06	+	A3 Performance Invitational	11/20
Paul Li	1:57.46		Claremont-Mudd-Scripps	10/25
Kyle Nadler	1:58.62		California Baptist	1/17

400 Individual Medley

Zachary Yong	3:52.78	!#+	PCSC Championships	2/20
Paul Li	3:55.89	&	PCSC Championships	2/20
Kevin Fink	3:57.70	&@	PCSC Championships	2/21
Kyle Nadler	3:59.66	&	A3 Performance Invitational	11/21
CJ Pais	4:03.83	&+	PCSC Championships	2/20
AJ Zavala	4:15.18		Colorado Mesa/Missouri S&T	1/4

1 Meter Diving (6 Dives)

Adam Springer	308.95	#	PCSC Championships	2/18
Garet Webster	252.15		Grand Canyon	1/3
Grant Crawford	228.30		Claremont-Mudd-Scripps	10/25

3 Meter Diving (6 Dives)

Adam Springer	309.10	#+	PCSC Championships	2/20
Garet Webster	264.83		California Baptist	1/17
Grant Crawford	222.30		Claremont-Mudd-Scripps	10/25

200 Freestyle Relay

Heale, Wylder, Galvan, Bryan					
	1:21.40	&	A3 Performance Invitational	11/20	
Heale, Wylder, Jacobs, Galvan					
	1:21.57	&	PCSC Championships	2/19	
Wylder, Heale, Galvan, Jacobs					
	1:23.89		Grand Canyon	1/3	
Heale, Jacobs, Bryan, Galvan					
	1:24.04		California Baptist	1/17	
Bryan, J. Lee, Takeda, S. Lee					
	1:25.16		PCSC Championships	2/19	

400 Freestyle Relay

Leung, Wylder, Heale, Galvan					
	3:00.46	&	PCSC Championships	2/21	
Jacobs, Malley, Heale, Galvan					
	3:01.70	&	A3 Performance Invitational	11/22	
Galvan, Wylder, Jacobs, Heale					
	3:05.80		Colorado Mesa/Missouri S&T	1/4	
Wylder, Chang, Leung, Takeda					
	3:05.92		A3 Performance Invitational	11/22	
Galvan, Wylder, Takeda, Jacobs					
	3:05.96		CSU Bakersfield	1/10	

800 Freestyle Relay

Li, Cohn, Chang, Leung					
	6:38.34	&	PCSC Championships	2/18	
Pourvahidi, Cohn, Chang, Li					
	6:40.69	&	NCAA Championships	3/13	
Li, Chang, Cohn, Takeda					
	6:43.38	&	A3 Performance Invitational	11/21	
Takeda, S. Lee, Moshensky, Yong					
	6:48.86	&	PCSC Championships	2/18	

200 Medley Relay

Malley, Zavala, Jacobs, Heale					
	1:29.61	&	PCSC Championships	2/18	
Malley, Zavala, Jacobs, Heale					
	1:30.01	&+	PCSC Championships	2/21	
Malley, Zavala, Jacobs, Heale					
	1:30.02	&	UCSD Last Chance Meet	2/22	
Malley, Zavala, Wylder, Heale					
	1:30.09	&	A3 Performance Invitational	11/21	
Pais, Yong, Wylder, J. Lee					
	1:32.43		PCSC Championships	2/18	

400 Medley Relay

Malley, Zavala, Wylder, Galvan					
	3:20.15	&	A3 Performance Invitational	11/20	
Pais, Zavala, Malley, Pourvahidi					
	3:20.53	&	PCSC Championships	2/20	
Cohn, Yong, Wylder, Pourvahidi					
	3:20.68	&	NCAA Championships	3/12	
Jacobs, Zavala, Wylder, Galvan					
	3:24.09		California Baptist	1/17	
Leung, Tanizaki-Hudson, S. Lee, Chang					
	3:25.60		PCSC Championships	2/20	

! - School Record

- NCAA A Cut (Automatic Qualifier)

& - NCAA B Cut (Consideration Qualifier)

* - Relay/Split + - Prelim @ - Prelim Swim-Off

Dual Meet Individual Wins

Kyle Nadler	1000 Free (9:46.91)	CMS (10/25)
Paul Li	200 Free (1:42.71)	CMS (10/25)
AJ Zavala	100 Breast (58.27)	CMS (10/25)
Kevin Fink	200 Fly (1:56.23)	CMS (10/25)
Cole Heale	50 Free (20.83)	CMS (10/25)
Cole Heale	100 Free (46.51)	CMS (10/25)
Michael Cohn	200 Back (1:52.01)	CMS (10/25)
Zachary Yong	200 Breast (2:06.41)	CMS (10/25)
Paul Li	500 Free (4:43.17)	CMS (10/25)
Sean Malley	100 Fly (52.25)	CMS (10/25)
Paul Li	200 IM (1:57.46)	CMS (10/25)
Paul Li	500 Free (4:36.60)	UCSB (11/7)
Michael Cohn	200 Free (1:43.07)	UIW (12/29)
Julian Jacobs	100 Back (53.42)	UIW (12/29)
AJ Zavala	100 Breast (57.52)	UIW (12/29)
Cole Heale	50 Free (20.97)	AFA (12/29)
Cole Heale	50 Free (20.97)	UIW (12/29)
Adam Springer	1 Meter (254.65)	UIW (12/29)
Jack Galvan	100 Free (47.06)	UIW (12/29)
Michael Cohn	200 Back (1:52.24)	AFA (12/29)
Michael Cohn	200 Back (1:52.24)	UIW (12/29)
AJ Zavala	200 Breast (2:07.73)	UIW (12/29)
Paul Li	500 Free (4:42.33)	UIW (12/29)
Kevin Wylder	100 Fly (51.70)	UIW (12/29)
AJ Zavala	200 IM (1:56.90)	AFA (12/29)
AJ Zavala	200 IM (1:56.90)	UIW (12/29)
Sasha Mitrushina	1650 Free (16:18.43)	GCU (1/3)
Paul Li	1000 Free (9:46.08)	CMU (1/4)
Paul Li	1000 Free (9:46.08)	MST (1/4)
Chandler Pourvahidi	200 Free (1:41.72)	CMU (1/4)
Chandler Pourvahidi	200 Free (1:41.72)	MST (1/4)
Julian Jacobs	100 Back (52.61)	MST (1/4)
AJ Zavala	100 Breast (58.38)	CMU (1/4)
Jack Galvan	50 Free (21.11)	CMU (1/4)
Jack Galvan	50 Free (21.11)	MST (1/4)
Jack Galvan	100 Free (46.24)	CMU (1/4)
Jack Galvan	100 Free (46.24)	MST (1/4)
Michael Cohn	200 Back (1:52.61)	CMU (1/4)
Michael Cohn	200 Back (1:52.61)	MST (1/4)
Zachary Yong	200 Breast (2:05.62)	CMU (1/4)
Chandler Pourvahidi	500 Free (4:38.25)	CMU (1/4)
Chandler Pourvahidi	500 Free (4:38.25)	MST (1/4)
Paul Li	400 IM (4:10.51)	CMU (1/4)
Paul Li	400 IM (4:10.51)	MST (1/4)
AJ Zavala	100 Breast (58.48)	CSUB (1/10)
Kevin Wylder	50 Free (21.40)	CSUB (1/10)
Adam Springer	1 Meter (269.10)	CSUB (1/10)
Jack Galvan	100 Free (46.86)	CSUB (1/10)
Michael Cohn	200 Back (1:52.05)	CSUB (1/10)
Zachary Yong	200 Breast (2:08.34)	CSUB (1/10)
Kevin Wylder	100 Fly (50.71)	CSUB (1/10)
Zachary Yong	200 IM (1:56.05)	CSUB (1/10)
Kyle Nadler	1000 Free (9:41.08)	CBU (1/17)
Julian Jacobs	100 Back (51.39)	CBU (1/17)
Jack Galvan	50 Free (20.98)	CBU (1/17)
Jack Galvan	100 Free (45.81)	CBU (1/17)
Michael Cohn	200 Back (1:51.65)	CBU (1/17)
Paul Li	500 Free (4:41.27)	CBU (1/17)
Sean Malley	100 Fly (50.94)	CBU (1/17)

Dual Meet Relay Wins

200 Medley (Malley, Zavala, Jacobs, Heale),	1:34.12	CMS (10/25)
400 Free (Takeda, Jacobs, Galvan, Heale),	3:08.20%	CMS (10/25)
200 Medley (Malley, Zavala, Jacobs, Heale),	1:32.89	UIW (12/29)
400 Free (Wylder, Heale, Jacobs, Galvan),	3:10.17	UIW (12/29)
200 Medley (Malley, Zavala, Jacobs, Heale),	1:34.22	CMU (1/4)
200 Medley (Malley, Zavala, Jacobs, Heale),	1:34.22	MST (1/4)
400 Free (Galvan, Wylder, Jacobs, Heale),	3:05.80	CMU (1/4)
400 Free (Galvan, Wylder, Jacobs, Heale),	3:05.80	MST (1/4)
400 Free (Galvan, Wylder, Takeda, Jacobs),	3:05.96	CSUB (1/10)
400 Medley (Jacobs, Zavala, Wylder, Galvan),	3:24.09	CBU (1/17)
200 Free (Heale, Jacobs, Bryan, Galvan),	1:24.04	CBU (1/17)
% - Exhibited		

Invitational Meet Individual Wins

Adam Springer	3 Meter (254.15)	Bulldog (11/14)
Adam Springer	1 Meter (263.35)	Bulldog (11/14)
Michael Cohn	200 Back (1:46.04)	A3 Performance (11/22)

Invitational Meet Relay Wins

200 Medley (Malley, Zavala, Wylder, Heale),	1:30.09	A3 (11/21)
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Championship Meet Individual Wins

Adam Springer	1 Meter (308.95)	PCSC (2/18)
Chandler Pourvahidi	1000 Free (9:11.40)	PCSC (2/18)
Chandler Pourvahidi	500 Free (4:24.04)	PCSC (2/19)
Paul Li	400 IM (3:55.89)	PCSC (2/20)
Kevin Wylder	100 Fly (48.90)	PCSC (2/20)
Michael Cohn	200 Free (1:39.70)	PCSC (2/20)
CJ Pais	100 Back (50.37)	PCSC (2/20)
Michael Cohn	200 Back (1:46.59)	PCSC (2/21)
Jack Galvan	100 Free (44.70)	PCSC (2/21)

Championship Meet Relay Wins

800 Medley (Li, Cohn, Chang, Leung),	6:38.34	PCSC (2/18)
400 Free (Leung, Wylder, Heale, Galvan),	3:00.46	PCSC (2/21)

School Records

Michael Cohn	200 Back (1:47.18) +	A3 Performance (11/22)
Michael Cohn	200 Back (1:46.04)	A3 Performance (11/22)
Chandler Pourvahidi	500 Free (4:24.04)	PCSC (2/19)
Zachary Yong	400 IM (3:52.78) +	PCSC (2/20)
Sean Malley	50 Back (22.32) *	Last Chance (2/22)
Michael Cohn	200 Back (1:45.85) +	NCAA (3/14)

Meet Records

Chandler Pourvahidi	1000 Free (9:11.40)	PCSC (2/18)
Zachary Yong	400 IM (3:52.78)+	PCSC (2/20)

Pool Records

Michael Cohn	200 Back (1:52.01) - Canyonview	CMS (10/25)
Cole Heale	50 Free (20.97) - Aztec Aquaplex	SDSU (12/29)

2014-15 Men's Results (Dual Meet: 6-3/Home: 4-1/Away: 0-1/Neutral: 2-1)

Date	Opponent	H/A/N	W/L	Score	Record
10/25	Claremont-Mudd-Scripps	H	W	178-117	1-0
11/7	UC Santa Barbara	A	L	103-151	1-1
11/14	Bulldog Diving Invite	A	NTS		
11/20-22	A3 Performance Invitational (Monterey Park)		2nd/8	1246.5 Pts.	
11/22	Inland Empire Diving Invitational	A	NTS		
12/29	Air Force	N	L	117-171	1-2
12/29	Incarnate Word	N	W	196-102	2-2
1/3	Grand Canyon	H	L	95.5-202.5	2-3
1/4	#23 Colorado Mesa	H	W	203.5-94.5	3-3
1/4	#21 Missouri S&T	H	W	194.5-93.5	4-3
1/10	CSU Bakersfield	N	W	160-139	5-3
1/17	#16 California Baptist	H	W	180-120	6-3
2/18-21	PCSC Championships (La Mirada)		1st/7	1490 Pts.	
3/11-14	NCAA Championships (Indianapolis, Ind.)		T18th/32	57 Pts.	
