

# 2012-13 TRITON MEN'S BEST MARKS

## 50 Freestyle

Reid McCallum	20.40	&+	Arena Invitational	11/15
Cole Heale	20.51	&*	PCSC Championships	2/14
Nicholas Korth	20.60	&	PCSC Championships	2/14
Dane Stassi	20.67	&+	Arena Invitational	11/15
Ethan Pham	21.08	&	PCSC Championships	2/14
Jack Galvan	21.12	&*	PCSC Championships	2/14
Alex Merrill	21.13	&	PCSC Championships	2/14
Julius Espiritu	21.38	+	PCSC Championships	2/14
Adam Yen	21.47	+	Arena Invitational	11/15
Michael Leung	21.62	+	Arena Invitational	11/15
AJ Zavala	21.75	*	Arena Invitational	11/15
James Sonu	22.37	+	Arena Invitational	11/15
John Chang	22.40	+	Arena Invitational	11/15
Howie Chang	22.99	+	Cal Poly	1/26
Jacob Lammott	23.47	+	Arena Invitational	11/15
Ahram Rodriguez	23.50	+	Arena Invitational	11/15

## 100 Freestyle

Dane Stassi	45.57	&+	Arena Invitational	11/17
Reid McCallum	45.65	&*	Arena Invitational	11/17
Alex Merrill	45.74	&+	Arena Invitational	11/17
Ethan Pham	46.00	&+	PCSC Championships	2/16
Cole Heale	46.01	&+	PCSC Championships	2/16
Julius Espiritu	46.35	&+	Arena Invitational	11/17
Adam Rice	46.37	&*	PCSC Championships	2/16
Jack Galvan	46.60	+	PCSC Championships	2/16
Paul Li	46.80	+	PCSC Championships	2/16
Adam Yen	46.95	+	PCSC Championships	2/16
Michael Leung	47.13	+	PCSC Championships	2/16
AJ Zavala	47.22	+	Arena Invitational	11/17
Howie Chang	47.31	+	PCSC Championships	2/16
John Chang	47.58	+	PCSC Championships	2/16
James Sonu	50.87	*	Claremont-Mudd-Scripps	10/27
Alex Moshensky	52.07	*	Claremont-Mudd-Scripps	10/27

## 200 Freestyle

Paul Li	1:38.47	&*	Arena Invitational	11/16
Howie Chang	1:40.48	&+	Arena Invitational	11/16
Adam Rice	1:40.58	&*	PCSC Championships	2/13
Michael Leung	1:40.71	&+	Arena Invitational	11/16
Alex Merrill	1:40.76	&+	PCSC Championships	2/15
Julius Espiritu	1:41.80	&+	Arena Invitational	11/16
AJ Zavala	1:42.27	&*	PCSC Championships	2/13
Ethan Pham	1:42.39	&+	Arena Invitational	11/16
Alex Moshensky	1:44.54	+	Arena Invitational	11/16
Kyle Nadler	1:45.32	+	Arena Invitational	11/16
John Chang	1:45.54		Cal Poly	1/26
Jack Galvan	1:45.63	+	Arena Invitational	11/16
Ahram Rodriguez	1:45.80	+	Arena Invitational	11/16
Tyler Henry	1:46.81	+	Arena Invitational	11/16
Adam Yen	1:46.91		Claremont-Mudd-Scripps	10/27

## 500 Freestyle

Jeremy Smith	4:28.30	&	PCSC Championships	2/14
Paul Li	4:28.39	&+	Arena Invitational	11/15
Howie Chang	4:30.76	&+	Arena Invitational	11/15

Kyle Nadler	4:34.87	&	Arena Invitational	11/15
Zach Graves	4:36.21	&+	Arena Invitational	11/15
Alex Moshensky	4:38.23	&+	Arena Invitational	11/15
Tyler Henry	4:41.52	+	Arena Invitational	11/15
Alex Merrill	4:42.01		Incarnate Word/Missouri S&T	1/11
AJ Zavala	4:46.49		Cal Baptist/Simon Fraser	1/19
Julius Espiritu	4:54.42		Incarnate Word/Missouri S&T	1/11

## 1000 Freestyle

Jeremy Smith	9:32.88	&*	Arena Invitational	11/17
Paul Li	9:36.94	&*	Arena Invitational	11/17
Howie Chang	9:37.54	&*	Arena Invitational	11/17
Kyle Nadler	9:37.71	&*	Arena Invitational	11/17
Tyler Henry	9:42.03	*	Arena Invitational	11/17
Zach Graves	9:58.54		CSU Bakersfield/Missouri S&T	1/12

## 1650 Freestyle

Jeremy Smith	15:39.26	&	PCSC Championships	2/16
Paul Li	15:52.96	&	Arena Invitational	11/17
Kyle Nadler	15:54.32	&	Arena Invitational	11/17
Howie Chang	16:05.80	&	Arena Invitational	11/17
Tyler Henry	16:56.79		Arena Invitational	11/17

## 50 Backstroke

Julius Espiritu	23.09	*	PCSC Championships	2/13
Paul Guzman	24.32	*	PCSC Championships	2/13
Michael Leung	24.33	*	Cal Poly	1/26
Alex Moshensky	24.39	*	PCSC Championships	2/13

## 100 Backstroke

Julius Espiritu	50.51	&*	PCSC Championships	2/15
Michael Leung	50.54	&	PCSC Championships	2/15
Dane Stassi	51.02	&+	Arena Invitational	11/16
Alex Moshensky	51.50		PCSC Championships	2/15
Paul Guzman	51.90		PCSC Championships	2/15
Luke Mitchell	52.62		PCSC Championships	2/15
Ahram Rodriguez	54.45	+	PCSC Championships	2/15
Reid McCallum	54.63	+	Arena Invitational	11/16

## 200 Backstroke

Alex Moshensky	1:48.97	&+	Arena Invitational	11/17
Michael Leung	1:50.67	&	Arena Invitational	11/17
Paul Guzman	1:50.76	&	PCSC Championships	2/16
Luke Mitchell	1:50.93	&+	PCSC Championships	2/16
Zach Graves	1:52.27	&	Arena Invitational	11/17

## 100 Breaststroke

Nicholas Korth	54.21	&	Arena Invitational	11/16
Jacob Lammott	55.97	&	PCSC Championships	2/15
James Sonu	57.30	+	Arena Invitational	11/16
AJ Zavala	57.85	+	PCSC Championships	2/15
Mark Guyler	59.05		PCSC Championships	2/15
Adam Rice	1:00.45		Cal Baptist/Simon Fraser	1/19
John Chang	1:03.46		Cal Baptist/Simon Fraser	1/19
Howie Chang	1:04.37	+	Arena Invitational	11/16

**200 Breaststroke**

Nicholas Korth	1:57.49 #	PCSC Championships	2/16
Jacob Lammott	2:01.02 &	Arena Invitational	11/17
Adam Rice	2:01.13 &+	PCSC Championships	2/16
James Sonu	2:04.03 &	PCSC Championships	2/16
Mark Guyler	2:05.62	PCSC Championships	2/16
AJ Zavala	2:06.73	Arena Invitational	11/17
Kyle Nadler	2:07.57 +	PCSC Championships	2/16
John Chang	2:15.09	Claremont-Mudd-Scripps	10/27

**100 Butterfly**

Dane Stassi	48.13 !#+	Arena Invitational	11/16
Nicholas Korth	49.04 &+	Arena Invitational	11/16
Adam Yen	49.09 &	PCSC Championships	2/15
Luke Mitchell	50.74	PCSC Championships	2/15
Ahiram Rodriguez	50.95 +	Arena Invitational	11/16
Zach Graves	52.20	PCSC Championships	2/15
Julius Espiritu	52.83	Cal Baptist/Simon Fraser	1/19
Michael Leung	53.37	UC Santa Barbara	11/2

**200 Butterfly**

Dane Stassi	1:45.65 !#	Arena Invitational	11/17
Adam Rice	1:50.63 &	PCSC Championships	2/16
Adam Yen	1:51.36 &	PCSC Championships	2/16
Paul Li	1:51.45 &+	Arena Invitational	11/17
Ahiram Rodriguez	1:52.04 &+	Arena Invitational	11/17
Zach Graves	1:52.66 +	PCSC Championships	2/16
Luke Mitchell	1:53.10 +	PCSC Championships	2/16
John Chang	1:56.45	Arena Invitational	11/17
Kyle Nadler	1:59.42	Incarnate Word/Missouri S&T	1/11
Jeremy Smith	2:02.22	Cal Baptist/Simon Fraser	1/19

**200 Individual Medley**

Nicholas Korth	1:48.62 &+	Arena Invitational	11/15
Adam Rice	1:50.24 &	PCSC Championships	2/14
John Chang	1:51.98 &+	Arena Invitational	11/15
AJ Zavala	1:52.71 &	Arena Invitational	11/15
Jacob Lammott	1:53.63 &	Arena Invitational	11/15
Adam Yen	1:54.28 +	Arena Invitational	11/15
Paul Guzman	1:54.79 +	Arena Invitational	11/15
Kyle Nadler	1:55.75 +	Arena Invitational	11/15
Luke Mitchell	1:56.03 +	PCSC Championships	2/14
Mark Guyler	1:56.17 +	PCSC Championships	2/14
Zach Graves	1:57.13 +	Arena Invitational	11/15
James Sonu	1:58.53 +	Arena Invitational	11/15

**400 Individual Medley**

Adam Rice	3:57.67 &	PCSC Championships	2/15
Paul Li	3:59.69 &+	Arena Invitational	11/16
Kyle Nadler	4:01.08 &	PCSC Championships	2/15
Jeremy Smith	4:01.30 &	PCSC Championships	2/15
Zach Graves	4:02.07 &	Arena Invitational	11/16
Paul Guzman	4:02.71 &	PCSC Championships	2/15
John Chang	4:03.06 &	Arena Invitational	11/16
AJ Zavala	4:05.84 &+	PCSC Championships	2/15
Mark Guyler	4:06.14 &+	PCSC Championships	2/15
Luke Mitchell	4:12.07 +	Arena Invitational	11/16
Jacob Lammott	4:15.67	Cal Baptist/Simon Fraser	1/19

**1 Meter Diving (6 Dives)**

Tyler Runsten	313.30 #	PCSC Championships	2/13
Luke Calkins	293.30 #+	PCSC Championships	2/13
Adam Springer	262.20	Claremont-Mudd-Scripps	10/27
Garet Webster	247.40 +	PCSC Championships	2/13

**3 Meter Diving (6 Dives)**

Tyler Runsten	339.30 #	PCSC Championships	2/15
Luke Calkins	312.16 #	Claremont-Mudd-Scripps	10/27
Adam Springer	261.80	UC Santa Barbara	11/2
Garet Webster	238.85 +	PCSC Championships	2/15

**200 Freestyle Relay**

Heale, McCallum, Stassi, Korth	1:22.00 &	PCSC Championships	2/14
McCallum, Korth, Pham, Stassi	1:22.09 &	Arena Invitational	11/15
Galvan, Pham, Espiritu, Merrill	1:22.70 &	PCSC Championships	2/14
Heale, Espiritu, Galvan, Merrill	1:23.79 &	Arena Invitational	11/15
UC San Diego 'A'	1:24.70	UC Santa Barbara	11/2

**400 Freestyle Relay**

Heale, Merrill, Pham, Korth	3:02.00 &	PCSC Championships	2/16
McCallum, Merrill, Pham, Stassi	3:02.41 &	Arena Invitational	11/17
Rice, McCallum, Galvan, Stassi	3:02.75 &	PCSC Championships	2/16
Li, Leung, Zavala, Korth	3:05.84 &	Arena Invitational	11/17
Heale, Galvan, Yen, Espiritu	3:06.70 &	Arena Invitational	11/17

**800 Freestyle Relay**

Rice, Leung, Li, Merrill	6:37.67 !&	PCSC Championships	2/13
Li, Leung, H. Chang, Merrill	6:38.84 &	Arena Invitational	11/16
Pham, Zavala, J. Chang, Smith	6:50.94 &	Arena Invitational	11/16
Zavala, Pham, Rodriguez, Moshensky	6:52.75 &	PCSC Championships	2/13
Merrill, Leung, Espiritu, Li	7:01.40	Incarnate Word/Missouri S&T	1/11

**200 Medley Relay**

Espiritu, Korth, Stassi, McCallum	1:29.48 &	PCSC Championships	2/13
Espiritu, Korth, Yen, McCallum	1:31.02 &	Arena Invitational	11/16
Espiritu, Korth, Stassi, McCallum	1:32.99 &	Claremont-Mudd-Scripps	10/27
Guzman, Lammott, Yen, Heale	1:33.12 &	PCSC Championships	2/13
Espiritu, Korth, Stassi, McCallum	1:33.22 &	Cal Poly	1/26

### 400 Medley Relay

Espiritu, Korth, Yen, Merrill	3:17.20 &	PCSC Championships	2/15
Leung, Korth, Stassi, Merrill	3:19.00 &	Arena Invitational	11/15
Espiritu, Lammott, Yen, Pham	3:22.23 &	Arena Invitational	11/15
Espiritu, Korth, Yen, Merrill	3:24.69 &	Cal Baptist/Simon Fraser	1/19
Stassi, Korth, Yen, Merrill	3:26.92	Incarnate Word/Missouri S&T	1/11

! - School Record

# - NCAA A Cut (Automatic Qualifier)

& - NCAA B Cut (Consideration Qualifier)

\* - Relay/Split

+ - Prelim

### Dual Meet Individual Wins

Howie Chang	1000 Free (9:42.75)	CMS (10/27)
Alex Merrill	200 Free (1:42.15)	CMS (10/27)
Julius Espiritu	100 Back (52.19)	CMS (10/27)
Nicholas Korth	100 Breast (56.59)	CMS (10/27)
Dane Stassi	200 Fly (1:51.93)	CMS (10/27)
Reid McCallum	50 Free (21.39)	CMS (10/27)
Adam Springer	1 Meter (262.20)	CMS (10/27)
Michael Leung	200 Back (1:55.46)	CMS (10/27)
Jacob Lammott	200 Breast (2:09.98)	CMS (10/27)
Paul Li	500 Free (4:39.96)	CMS (10/27)
Dane Stassi	100 Fly (50.43)	CMS (10/27)
Luke Calkins	3 Meter (312.16)	CMS (10/27)
John Chang	200 IM (1:56.28)	CMS (10/27)
Paul Li	200 Free (1:41.49)	UCSB (11/2)
Dane Stassi	200 Fly (1:48.75)	UCSB (11/2)
Luke Calkins	1 Meter (263.40)	UCSB (11/2)
Nicholas Korth	200 Breast (2:03.08)	UCSB (11/2)
Dane Stassi	100 Fly (49.96)	UCSB (11/2)
Luke Calkins	3 Meter (279.35)	UCSB (11/2)
Paul Li	1000 Free (9:48.25)	GCU (1/5)
Dane Stassi	200 Fly (1:49.95)	GCU (1/5)
Paul Li	1650 Free (16:06.23)	UIW (1/11)
Paul Li	1650 Free (16:06.23)	MST (1/11)
Alex Merrill	200 Free (1:44.47)	UIW (1/11)
Alex Merrill	200 Free (1:44.47)	MST (1/11)
Julius Espiritu	100 Back (53.59)	UIW (1/11)
Julius Espiritu	100 Back (53.59)	MST (1/11)
Nicholas Korth	100 Breast (56.71)	UIW (1/11)
Nicholas Korth	100 Breast (56.71)	MST (1/11)
Dane Stassi	200 Fly (1:53.40)	UIW (1/11)
Dane Stassi	200 Fly (1:53.40)	MST (1/11)
Reid McCallum	50 Free (21.55)	UIW (1/11)
Ethan Pham	100 Free (47.38)	UIW (1/11)
Alex Moshensky	200 Back (1:56.70)	UIW (1/11)
Alex Moshensky	200 Back (1:56.70)	MST (1/11)
Nicholas Korth	200 Breast (2:03.22)	UIW (1/11)
Nicholas Korth	200 Breast (2:03.22)	MST (1/11)
Alex Merrill	500 Free (4:42.01)	UIW (1/11)
Alex Merrill	500 Free (4:42.01)	MST (1/11)
Nicholas Korth	100 Fly (51.38)	UIW (1/11)
Paul Li	400 IM (4:13.57)%	UIW (1/11)

Kyle Nadler	1000 Free (9:41.29)	MST (1/12)
Alex Merrill	200 Free (1:43.30)	MST (1/12)
Julius Espiritu	100 Back (52.46)	MST (1/12)
Nicholas Korth	100 Breast (56.48)	CSUB (1/12)
Nicholas Korth	100 Breast (56.48)	MST (1/12)
Dane Stassi	200 Fly (1:52.74)	CSUB (1/12)
Dane Stassi	200 Fly (1:52.74)	MST (1/12)
Tyler Runsten	1 Meter (292.12)	CSUB (1/12)
Alex Moshensky	200 Back (1:55.69)	MST (1/12)
Nicholas Korth	200 Breast (2:02.62)	CSUB (1/12)
Nicholas Korth	200 Breast (2:02.62)	MST (1/12)
Paul Li	500 Free (4:42.85)	MST (1/12)
Dane Stassi	100 Fly (51.57)	CSUB (1/12)
Luke Calkins	3 Meter (300.67)	CSUB (1/12)
Nicholas Korth	200 IM (1:55.53)	CSUB (1/12)
Nicholas Korth	200 IM (1:55.53)	MST (1/12)
Kyle Nadler	1000 Free (9:43.95)	CBU (1/19)
Kyle Nadler	1000 Free (9:43.95)	SFU (1/19)
Alex Merrill	200 Free (1:43.96)	CBU (1/19)
Alex Merrill	200 Free (1:43.96)	SFU (1/19)
Michael Leung	100 Back (52.09)	CBU (1/19)
Michael Leung	100 Back (52.09)	SFU (1/19)
Nicholas Korth	100 Breast (55.57)	CBU (1/19)
Nicholas Korth	100 Breast (55.57)	SFU (1/19)
Dane Stassi	200 Fly (1:51.60)	CBU (1/19)
Dane Stassi	200 Fly (1:51.60)	SFU (1/19)
Tyler Runsten	1 Meter (284.77)	CBU (1/19)
Jack Galvan	100 Free (47.45)	CBU (1/19)
Kyle Nadler	500 Free (4:45.03)	CBU (1/19)
Kyle Nadler	500 Free (4:45.03)	SFU (1/19)
Dane Stassi	100 Fly (51.33)	CBU (1/19)
Dane Stassi	100 Fly (51.33)	SFU (1/19)
Tyler Runsten	3 Meter (316.87)	CBU (1/19)
Alex Merrill	200 Free (1:42.03)	CP (1/26)
Michael Leung	100 Back (51.76)	CP (1/26)
Nicholas Korth	100 Breast (55.47)	CP (1/26)
Dane Stassi	200 Fly (1:50.97)	CP (1/26)
Cole Heale	50 Free (21.57)	CP (1/26)
Tyler Runsten	3 Meter (283.95)	CP (1/26)
Jack Galvan	100 Free (47.13)	CP (1/26)
Dane Stassi	100 Fly (50.79)	CP (1/26)
Tyler Runsten	1 Meter (256.72)	CP (1/26)

### Dual Meet Relay Wins

200 Medley (Espiritu, Korth, Stassi, McCallum), 1:32.99	CMS (10/27)
400 Free (Li, Merrill, Pham, Espiritu), 3:08.34	CMS (10/27)
400 Medley (Stassi, Korth, Yen, Merrill), 3:26.92	UIW (1/11)
400 Medley (Stassi, Korth, Yen, Merrill), 3:26.92	MST (1/11)
800 Free (Merrill, Leung, Espiritu, Li), 7:01.40%	UIW (1/11)
800 Free (Merrill, Leung, Espiritu, Li), 7:01.40%	MST (1/11)
200 Medley (Espiritu, Korth, Stassi, McCallum), 1:34.40	CSUB (1/12)
400 Free (Li, Stassi, Pham, Merrill), 3:07.08	CSUB (1/12)
400 Free (Li, Stassi, Pham, Merrill), 3:07.08	MST (1/12)
400 Medley (Espiritu, Korth, Yen, Merrill), 3:24.69	CBU (1/19)
200 Free (Korth, Stassi, Espiritu, McCallum), 1:24.94%	CBU (1/19)
200 Free (Korth, Stassi, Espiritu, McCallum), 1:24.94%	SFU (1/19)
200 Medley (Espiritu, Korth, Stassi, McCallum), 1:33.22	CP (1/26)
200 Free (Stassi, Pham, Heale, McCallum), 1:24.74	CP (1/26)

% - Exhibited

\$ - Opponent Exhibited

**Invitational Meet Individual Wins**

Nicholas Korth 100 Breast (54.21)  
 Nicholas Korth 200 Breast (1:58.18)  
 Dane Stassi 200 Fly (1:45.65)

**School Records**

Arena (11/16) Dane Stassi 100 Fly (48.13) Arena Invitational (11/16)  
 Arena (11/17) Dane Stassi 200 Fly (1:45.65) Arena Invitational (11/17)  
 Arena (11/17) 800 Free (Rice, Leung, Li, Merrill), 6:37.67 PCSC (2/13)

**Championship Meet Individual Wins**

Tyler Runsten 1 Meter (313.30) PCSC (2/13)  
 Jeremy Smith 500 Free (4:28.30) PCSC (2/14)  
 Adam Rice 200 IM (1:50.24) PCSC (2/14)  
 Adam Rice 400 IM (3:57.67) PCSC (2/15)  
 Adam Yen 100 Fly (49.09) PCSC (2/15)  
 Tyler Runsten 3 Meter (339.30) PCSC (2/15)  
 Jeremy Smith 1650 Free (15:39.26) PCSC (2/16)  
 Nicholas Korth 200 Breast (1:57.49) PCSC (2/16)  
 Dane Stassi 200 Fly (1:47.22) PCSC (2/16)

**Conference Records**

200 Medley (Espiritu, Korth, Stassi, McCallum), 1:29.48 PCSC (2/13)  
 800 Free (Rice, Leung, Li, Merrill), 6:37.67 PCSC (2/13)  
 Nicholas Korth 100 Breast (54.46)+ PCSC (2/15)  
 400 Medley (Espiritu, Korth, Yen, Merrill), 3:17.20 PCSC (2/15)  
 Dane Stassi 200 Fly (1:47.22) PCSC (2/16)

**Pool Records**

Paul Li 1650 Free (16:06.23) UIW/MST (1/11)  
 800 Free (Merrill, Leung, Espiritu, Li), 7:01.40 UIW/MST (1/11)

**Championship Meet Relay Wins**

200 Medley (Espiritu, Korth, Stassi, McCallum), 1:29.48 PCSC (2/13)  
 800 Free (Rice, Leung, Li, Merrill), 6:37.67 PCSC (2/13)  
 400 Medley (Espiritu, Korth, Yen, Merrill), 3:17.20 PCSC (2/15)

**2012-13 Men's Results (Dual Meet: 8-2/Home: 7-1/Away: 1-1)**

Date	Opponent	H/A/N	W/L	Score	Record
10/27	Claremont-Mudd-Scripps	H	W	226-74	1-0
11/2	UC Santa Barbara	A	L	128-170	1-1
11/15-17	Arena Invitational	(Long Beach)	3rd of 9	768 Pts.	
1/5	#3 Grand Canyon	H	L	77-128	1-2
1/11	#2 Incarnate Word	H	W	179-78	2-2
1/11	#8 Missouri S&T	H	W	153.5-102.5	3-2
1/12	CSU Bakersfield	H	W	163-137	4-2
1/12	#8 Missouri S&T	H	W	199-95	5-2
1/19	Cal Baptist	H	W	180-113	6-2
1/19	#23 Simon Fraser	H	W	169-119	7-2
1/26	Cal Poly	A	W	179-115	8-2
2/13-16	PCSC Championships	(La Mirada)	1st of 9	1543.5 Pts.	
3/6-9	NCAA Championships	(Birmingham, Ala.)		All Day	