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Crean Lutheran's Colten Young captures record fourth CIF-SS diving title (updated)



Colten Young, right, captured his fourth straight CIF-SS title on Monday, one day after returning from his sister's graduation at Georgia Tech. Madison, left, also dove at Georgia Tech. Photo by Dan Albano, Staff

By **DAN ALBANO** | dalbano@scng.com | Orange County Register

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RIVERSIDE >> Colten Young walked off the dive deck Monday for the final time in his high school career, leaving with more titles and accolades than any high school diver in Orange County history. Yet there was a void for the Crean Lutheran senior known for his stature and height off the board.

"It's kind of sad," Young said after ending his high school career by capturing the CIF-SS Division 2 title at Riverside City College.

"It's my last high school meet, but I've had a really good time representing Crean and representing myself at all these meets. It's bittersweet.

"Diving is a very individual sport, but it's nice that I'm part of the swim team and I get points to help the team excel. ... I'm part of something more than just myself."

Young distinguished himself, too. The high-flying, 6-foot-3 diver bound for Princeton scored 548.30 points Monday to outdistance runner-up Jenner Pennock of Great Oak (514.80) to become the first county diver to capture four consecutive CIF-SS titles.

He won Division 3 as a freshman and then took three consecutive Division 2 crowns.

"I watch his take-off. He reminds me a lot of (Greg) Louganis," veteran official Larry Brennan said. "The same technique, where he hangs (with his arms up) and he waits for the board and he just loads the board and he's boom. He puts it up there."

Young, the two-time defending state champion, would be a strong contender to reach next week's CIF State meet in Fresno, but he won't be attending. He has accepted an invitation to dive platform at the U.S. world championship trials in Indianapolis the same weekend as the California meet.

He competed Monday after arriving Sunday from his sister's graduation at Georgia Tech.

"Can you imagine a better posterboy for (Crean)?" Saints coach Todd Brinker said. "He's got model-good looks. He's got great grades. He's friendly, kindhearted, humble and an outstanding athlete."

In Division 2 girls, defending champion Liv Mitchell of Laguna Beach took the lead into the final round but placed a narrow third (471.70) behind Katelynn Shaheen of Crescenta Valley (478.45) and Jenna Sonnenberg of Long Beach Millikan (477.30).

"It was a pretty tight competition for sure," Mitchell said. "I felt pretty good. Of course, I can always improve."

Mitchell said she will defer from attempting to qualify for the state meet and instead focus on preparing for U.S. zones.

RESULTS

BOYS DIVING

CIF-SS Diving Finals

At Riverside City College

11 dives

DIVISION 2

1.Young (CL) 548.30, 2. Pennock (GreatOak) 514.80, 3. Ayazi (CresVly) 494.15, 4. Harness (VP) 483.65, 5. Kanan (Esp) 482.80, 6. Haim (MiraCosta) 444.15, 7. McKinley (Brea) 443.90, 8. Machida (LaCanada) 427.25

DIVISION 3

1.Amsbry (PasaPoly) 403.05, 2. Smith (PasaPoly) 275.10, 3. Cramer (Nipo) 231.95, 4. Clarke (SYnez) 223.65, 5. Hemming (SYnez) 218.60, 6. Durbiano (SYnez) 194.70

Projected Top 16 cut for Saturday's 8:30 a.m. state qualifier (thru Day 1, including known withdrawals): Pennock (GreatOak) 514.80, Ayazi (CresVly) 494.15, Harness (VP) 483.65, Kanan (Esp) 482.80, Haim (MiraCosta) 444.15, McKinley (Brea) 443.90, Machida (LaCanada) 427.25, Das (LB) 409.25, Amsbry (PasaPoly) 403.05, Huerta (Son) 325.90, Reichmuth (SLO) 311.30, Anderson (AG) 297.15, Pollard (AG) 266.90, Quezada (AG) 259.00, Birdsong (SLO) 258.45, Henkhaus (Troy) 253.50

GIRLS DIVING

CIF-SS Diving Finals

At Riverside City College

11 dives

DIVISION 2

1.Shaheen (CresVly) 478.45, 2. Sonnenberg (LBM) 477.30, 3. Mitchell (LB) 471.70, 4. Al. Tam (Whitney) 430.75, 5. Rice (Yuc) 424.10, 6. Bradley (LaCan) 423.70, 7. Ad. Tam (Whitney) 423.35, 8. Emme (Troy) 406.75

DIVISION 3

1.Lenz (PasadenaPoly) 527.70, 2. Thai (Alham) 479.80, 3. Irwin (PasadenaPoly) 465.60, 4. Rosendahl (Immac) 445.65, 5. M. Thai (Alham) 421.30, 6. La Haye (Schurr) 405.50, 7. Parshall (RivPoly) 343.60, 8.Reeves (Wes) 342.80

Projected Top 16 cut for Saturday's 8:30 a.m. state qualifier (thru Day 1, including known withdrawals): Lenz (PasadenaPoly) 527.70, Thai (Alham) 479.80, Shaheen (CresVly) 478.45, Sonnenberg (LBM) 477.30, Irwin (PasadenaPoly) 465.60, Rosendahl (Immac) 445.65, Al. Tam (Whitney) 430.75, Rice (Yuc) 424.10, Bradley (LaCan) 423.70, Ad. Tam (Whitney) 423.35, M. Thai (Alham) 421.30, Emme (Troy) 406.75, La Haye (Schurr) 405.50, Rodriguez (Roosevelt) 382.45, Okland (LaCanada) 367.90, Nathan (Redondo) 363.25

SCHEDULE

Tuesday

CIF-SS Diving Finals – At Riverside City College, Division 1 boys, 8:30 a.m., Division 1 girls, 1 p.m, Division 4 boys, girls combined finals, 5 p.m.

Dan Albano. Sports HS Reporter. // MORE INFORMATION: Staff Mug Shot taken August 26, 2010 : by KATE LUCAS, THE ORANGE COUNTY ^{5h}

Dan Albano

Dan Albano has been a high school sports writer at The Orange County Register since 1993. He covers football and all the aquatics: boys and girls water polo and boys and girls swimming. Dan's passion for water sports has earned him the nickname, "Aqua Dan" in the newsroom and taken him to multiple U.S. Olympic Swim Trials and