

# West Catholic Athletic League

Archbishop Mitty Archbishop Riordan Bellarmine Junipero Serra Notre Dame Presentation  
Sacred Heart Prep Sacred Heart Cathedral Saint Francis Saint Ignatius Valley Christian

Ed Ravenscroft Commissioner  
Phone: (408) 782-9212  
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## W. C. A. L. SWIMMING RESULTS

May 7th, 2006

### W.C.A.L. VARSITY MEET RESULTS

#### 200 Yard Medley Relay

Archbishop Mitty		<b>1:50.70</b>	*
Stephanie Wei	Frosh.	27.96	
Erin Garcia	Sr.	31.73	
Jamie Cisar	Jr.	24.66	
Dory Isaacs	Jr.	26.35	

Saint Ignatius		<b># 1:51.14</b>	<b>2</b>
Ruthie Dimagmaliw	Soph.	27.99	
Lauren Padilla	Soph.	31.94	
J C Sheppard	Sr.	24.83	
MacKenzie Campbell	Jr.	26.38	

Valley Christian		<b>1:53.15</b>	<b>3</b>
Kaylee Yoshida	Jr.	28.33	
Kayci Okuda	Soph.	33.14	
Ciki Cietsee	Soph.	24.24	
Christina Shilling	Sr.	27.44	

#### 200 Yard Freestyle

Archbishop Mitty		<b>1:53.66</b>	*
Stephanie Wei	Frosh.		

Valley Christian		<b>1:57.49</b>	<b>2</b>
Ciki Coetsee	Soph.		

Saint Francis		<b>1:58.13</b>	<b>3</b>
Victoria Pichay	Frosh.		

#### 200 Yard Individual Medley

Archbishop Mitty		<b>2:07.29</b>	<b>1</b>
Laurence Delisle	Frosh.		

Presentation		<b>2:08.66</b>	<b>2</b>
Jennifer Gong	Sr.		

Saint Ignatius		<b>2:12.09</b>	<b>3</b>
Ruthie Dimagmaliw	Soph.		

#### 50 Yard Freestyle

Valley Christian		<b>24:64</b>	<b>1</b>
Christina Shilling	Sr.		

Archbishop Mitty		<b>25.02</b>	<b>2</b>
Dory Isaacs	Jr.		

Saint Francis		<b>25.27</b>	<b>3</b>
Melanie Tansuwan	Sr.		

#### 100 Yard Butterfly

Archbishop Mitty		<b>57.34</b>	<b>1</b>
Michelle Liu	Sr.		

Archbishop Mitty		<b>58.18</b>	<b>2</b>
Jamie Cisar	Jr.		

Saint Ignatius		<b>59:30</b>	<b>3</b>
J C Sheppard	Sr.		

#### 100 Yard Freestyle

Valley Christian		<b>53.16</b>	<b>1</b>
Christina Shilling	Sr.		

Archbishop Mitty		<b>53.57</b>	<b>2</b>
Jamie Cisar	Jr.		

Archbishop Mitty		<b>54.42</b>	<b>3</b>
Dory Isaacs	Jr.		

#### 500 Yard Freestyle

Presentation		<b>4:58.37</b>	*
Danielle Gong	Soph.		

Saint Ignatius		<b>5:14.21</b>	<b>2</b>
Mallory Ryan	Soph.		

Valley Christian		<b>5:17.16</b>	<b>3</b>
Alex Wells	Soph.		

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## W. C. A. L. SWIMMING RESULTS

May 7th, 2006

### W.C.A.L. VARSITY MEET RESULTS

#### 200 Yard Freestyle Relay

Archbishop Mitty		<b>1:38.35</b>	<b>*</b>
Michelle Liu	Sr.	24.30	
Laurence Delisle	Frosh.	24.24	
Jamie Cisar	Jr.	24.87	
Dory Isaacs	Jr.	24.94	
Saint Ignatius		1:41.00	<b>2</b>
Darcie Campbell	Jr.	25.64	
J C Sheppard	Sr.	25.09	
Sasza Lohrey	Soph.	25.08	
MacKenzie Campbell	Jr.	25.19	
Valley Christian		1:41.72	<b>3</b>
Christina Shilling	Sr.	24.97	
Lauren Cutler	Soph.	26.01	
Kaylee Yoshida	Jr.	25.48	
Kyla Power	Sr.	25.26	

#### 100 Yard Backstroke

Archbishop Mitty		<b>57.22</b>	<b>*</b>
Michelle Liu	Sr.		
Archbishop Mitty		58.30	<b>2</b>
Stephanie Wei	Frosh.		
Valley Christian		1:00.92	<b>3</b>
Kaylee Yoshida	Jr.		

#### 100 Yard Breaststroke

Presentation		1:05.41	<b>1</b>
Danielle Gong	Soph.		
Archbishop Mitty		1:08.39	<b>2</b>
Laurence Delisle	Frosh.		
Saint Francis		1:10.40	<b>3</b>
Maura McGraw	Sr.		

#### 400 Yard Freestyle Relay

Archbishop Mitty		3:36.56	<b>1</b>
Michelle Liu	Sr.	25.54	52.39
Stephanie Wei	Frosh.	26.00	54.05
Erin Garcia	Sr.	26.93	56.76
Laurence Delisle	Frosh.	25.56	53.36
Presentation		3:39.63	<b>2</b>
Jennifer Gong	Sr.	27.74	56.77
Kelley Oreglia	Jr.	27.22	56.49
Julia Still	Soph.	25.05	51.98
Danielle Gong	Soph.	26.19	54.39
Valley Christian		3:44.66	<b>3</b>
Ciki Coetsee	Soph.	26.46	54.47
Lauren Cutler	Soph.	27.20	57.00
Kelsi Okuda	Sr.	27.23	56.94
Kyla Power	Sr.	27.29	56.25

#### 1 Meter Diving

Saint Francis		400.20	<b>1</b>
Michelle Morikawa	Sr.		
Saint Francis		354.65	<b>2</b>
Danielle Brennan	Jr.		
Saint Francis		348.30	<b>3</b>
Lea Koukis	Frosh.		

\* means a New Swim Meet Record

# means broke the old Swim Meet Record

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## W. C. A. L. SWIMMING RESULTS

May 7th, 2006

### W.C.A.L. JUNIOR VARSITY RESULTS

#### 200 Yard Medley Relay

Saint Ignatius		<b>1:59.34</b>	*
Cassandra Gallagher	Soph.	29.98	
Nicole O'Dea	Frosh.	32.80	
Jinna Pang	Soph.	26.79	
Mia Neagle	Soph.	29.77	
Sacred Heart Prep		2:01.10	2
Kate Ceremsak	Soph.	31.62	
Vee Dunlevie	Frosh.	34.93	
Sarah Bohannon	Soph.	25.92	
M J Mordell	Frosh.	28.63	
Presentation		2:01.35	3
Ali LaVelle	Jr.	31.40	
Mandy Korpusik	Frosh.	33.75	
Danielle Medeiros	Frosh.	26.56	
Melissa Ramirez	Jr.	29.64	

#### 200 Yard Freestyle

Sacred Heart Prep		<b>2:02.19</b>	*
K K Clark	Soph.		
Archbishop Mitty		<b># 2:07.73</b>	2
Megan Pedersen	Soph.		
Archbishop Mitty		2:09.03	3
Kelsea Ericksen	Soph.		

#### 100 Yard Individual Medley

Presentation		1:06.81	1
Mandy Korpusik	Frosh.		
Presentation		1:07.11	2
Annemieke Kerstens	Frosh.		
Saint Ignatius		1:07.40	3
Jinna Pang	Soph.		

#### 50 Yard Freestyle

Sacred Heart Prep		<b># 26:11</b>	1
M J Mordell	Frosh.		
Saint Ignatius		26.58	2
Kelly Conley	Jr.		
Presentation		27:00	3
Melisa Ramirez	Jr.		

#### 50 Yard Butterfly

Saint Ignatius		<b>29.35</b>	*
Jinna Pang	Soph.		
Presentation		29:76	2
Ali LaVelle	Jr.		
Saint Ignatius		29.77	3
Emily Schwartz	Jr.		

#### 100 Yard Freestyle

Sacred Heart Prep		<b>56.28</b>	*
K K Clark	Soph.		
Saint Ignatius		57.90	2
Kelly Conley	Jr.		
Sacred Heart Prep		58.34	3
M J Mordell	Frosh.		

#### 500 Yard Freestyle

Saint Francis		<b>5:41.44</b>	*
Courtney Elward	Frosh.		
Sacred Heart Prep		<b># 5:42.65</b>	2
Vee Dunlevie	Frosh.		
Presentation		5:47.37	3
Danielle Medeiros	Frosh.		

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## W. C. A. L. SWIMMING RESULTS

May 7th, 2006

### 400 Yard Freestyle Relay

Saint Ignatius	3:57.37	<b>1</b>
Gina Castagnola Jr.	29.09	1:00.31
Michelle Herrerias Jr.	28.46	59.90
Cassandra Gallagher Soph.	28.44	59.79
Kelly Conley Jr.	27.50	57.37

## W.C.A.L. JUNIOR VARSITY RESULTS

### 200 Yard Freestyle Relay

Presentation	1:47.42	<b>1</b>
Alexandra Zellner Soph.	26.80	
Marisa Lorion Jr.	27.01	
Annemieke Kerstens Frosh.	26.92	
Melisa Ramirez Jr.	26.69	

Presentation	3:58.15	<b>2</b>
Danielle Medeiros Frosh.	29.41	1:00.96
Alexandra Zellner Soph.	28.00	1:00.17
Annemieke Kerstens Frosh.	28.70	58.24
Marisa Lorion Soph.	27.85	58.78

Sacred Heart Prep	1:47.43	<b>2</b>
M J Mordell Frosh.	27.36	
Laura Child Soph.	27.51	
Hannah Henderson Soph.	25.16	
K K Clark Soph.	27.40	

Archbishop Mitty	3:59.36	<b>3</b>
Megan Pedersen Soph.	29.01	59.87
Kelsea Ericksen Soph.	28.38	58.91
Kim McComas Frosh.	28.60	59.75
Christina Kearney Soph.	28.96	1:00.83

Saint Ignatius	1:47.76	<b>3</b>
Mia Neagle Soph.	27.30	
Gina Castagnola Jr.	27.53	
Michelle Herrerias Jr.	25.92	
Kelly Conley Jr.	27.01	

### 1 Meter Diving

Saint Francis	179.30	<b>1</b>
Caty Chung Frosh.		
Saint Francis	149.10	<b>2</b>
Kelly Joyce Soph.		
Saint Francis	146.15	<b>3</b>
Taylor Selby Frosh.		

### 100 Yard Backstroke

Saint Ignatius	1:04.37	<b>1</b>
Cassandra Gallagher Soph.		
Presentation	1:06.91	<b>2</b>
Ali LaVelle Jr.		
Saint Ignatius	1:07.25	<b>3</b>
Michelle Herrerias Jr.		

### 100 Yard Breaststroke

Presentation	1:10.77	<b>*</b>
Mandy Korpusik Frosh.		
Saint Ignatius	# 1:11.12	<b>2</b>
Nicole O'Dea Frosh.		
Saint Francis	1:12.56	<b>3</b>
Kristin Winkler Frosh.		

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