

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**

FAX: **(408) 782-9202**

Pat Segurson Statistician

Phone: **415 337-9172**

FAX: **415 337-4529**

E-Mail: WCALstatman@prodigy.net

W. C. A. L. TRACK & FIELD CHAMPIONSHIPS

May 12th, 2007

W. C. A. L. VARSITY MEET RESULTS

Team Scores

1st	Archbishop Mitty	124.0
2nd	Saint Ignatius	98.0
3rd	Saint Francis	74.0
4th	Valley Christian	64.0
5th	Presentation	58.0
6th	Sacred Heart Cathedral	41.0
7th	Notre Dame	36.0
8th	Sacred Heart Prep	1.0

4x100 Meter Relay

Archbishop Mitty	49.22	1
Taylor Bush	Sr.	
Keyanna Adger	Sr.	
Ekeeti Amanam	Sr.	
Jacqueline Rose	Jr.	
Presentation	49.50	2
Ilyssa Padua	Sr.	
Irina Padua	Sr.	
Brittney Wright	Frosh.	
Shelby Linerud	Sr.	
Saint Ignatius	51.29	3
Megan Knudson	Soph.	
Laura Wardell	Sr.	
Kylie Lin	Soph.	
Kelly Roberts	Jr.	

1600 Meter Run

Archbishop Mitty	4:55.62	1
Renisha Robinson	Soph.	
Saint Ignatius	4:58.58	2
Katy Daly	Soph.	
Presentation	5:31.25	3
Tracy Vargo	Jr.	

100 Meter Hurdles

Valley Christian	13.85	*
Dahlys Marshall	Jr.	
Archbishop Mitty	15.74	2
Aisha Lott	Jr.	
Archbishop Mitty	16.29	3
Nicole Sliva	Jr.	

400 Meter Dash

Valley Christian	57.12	1
Kristen Houpp	Jr.	
Sacred Heart Cathedral	1:00.34	2
Desirae Payton	Soph.	
Valley Christian	1:01.58	3
Jenna Davis	Frosh.	

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100 Meter Dash

Valley Christian 12.05 1
Dahlys Marshall Jr.

Presentation 12.30 2
Brittney Wright Frosh.

Presentation 12.60 3
Irina Padua Sr.

800 Meter Run

Archbishop Mitty 2:13.21 1
Renisha Robinson Sr.

Sacred Heart Cathedral 2:21.88 2
Alexis Garrett-Frank Soph.

Sacred Heart Cathedral 2:25.86 3
Reilly Hall Soph.

300 Meter Hurdles

Archbishop Mitty 47.32 1
Nicole Silva Jr.

Saint Francis 49.69 2
Rachel Gate Jr.

Saint Ignatius 51.14 3
Laura Wardell Sr.

200 Meter Dash

Valley Christian 24.62 1
Dahlys Marshall Jr.

Valley Christian 25.19 2
Kristen Houpp Jr.

Archbishop Mitty 25.93 3
Jacqueline Rose Jr.

3200 Meter Run

Saint Ignatius 10:52.34 1
Katy Daly Soph.

Sacred Heart Cathedral 11:53.60 2
Jocelyn Rodriguez Jr.

Notre Dame 12:02.35 3
Samantha Smiley Jr.

4x400 Meter Relay

Valley Christian 4:01.09 1
Jenna Davis Frosh.
Cherrelle McMillian Soph.
Dahlys Marshall Jr.
Kristen Houpp Jr.

Archbishop Mitty 4:02.54 2
Nicole Sliva Jr.
Kaylene Wood Sr.
Lindsay Poulson Frosh.
Renisha Robinson Sr.

Saint Francis 4:07.42 3
Monika Sullivan Soph.
Monica Harnoto Soph.
Samantha Mravca Frosh.
Tiffany Yee Jr.

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Shot Put

Notre Dame	36-02.00	1
Alyssa Osai	Jr.	
Archbishop Mitty	35-11.00	2
Elizabeth Gordon	Frosh.	
Saint Ignatius	33-06.00	3
Sara DeMartini	Sr.	

Discus Throw

Notre Dame	105-01.50	1
Alyssa Osai	Jr.	
Saint Ignatius	103-06.00	2
Nina Anguiano	Sr.	
Saint Francis	95-11.50	3
Tatjana Nereu	Soph.	

Long Jump

Presentation	16-08.25	1
Irina Padua	Sr.	
Saint Ignatius	16-06.50	2
Guilia Gualco-Nelson	Jr.	
Archbishop Mitty	16-05.50	3
Jacqueline Rose	Jr.	

Triple Jump

Saint Francis	36-11.00	1
Katherine Ring	Jr.	
Archbishop Mitty	35-07.00	2
Aisha Lott	Jr.	
Saint Francis	35-06.75	3
Priya Mathew	Soph.	

High Jump

Archbishop Mitty	5-03.00	1
Nicole Sliva	Soph.	
Saint Francis	4-09.00	2
Katherine Ring	Jr.	
Presentation	4-09.00	2
Gianna Fernandez	Soph.	
Saint Ignatius	4-09.00	2
Ginny Hodges	Soph.	
Saint Ignatius	4-09.00	2
Melanie Navarro	Frosh.	

Pole Vault

Saint Francis	12-00.00	1
Natahsa Barthel	Sr.	
Saint Ignatius	11-06.00	2
Cyrena Giordana	Sr.	
Archbishop Mitty	9-00.00	3
Katie Atwell	Jr.	

- * means a New Track Meet Record
- # means broke the old Track Meet Record
- \$ means tied the Track Meet Record

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W.C.A.L. JUNIOR VARSITY RESULTS

Team Scores

1st	Saint Ignatius	137.0
2nd	Archbishop Mitty	110.0
3rd	Saint Francis	74.0
4th	Presentation	65.0
5th	Valley Christian	40.0
6th	Notre Dame	36.0
7th	Sacred Heart Cathedral	20.0
8th	Sacred Heart Prep	14.0

4x100 Meter Relay

Archbishop Mitty	51.13	*
Gaby Pancipanci	Soph.	
Ashley Peters	Soph.	
Christie Cullen	Soph.	
Ally Lockwood	Frosh.	
Saint Ignatius	52.82	2
Natasha Lekach	Soph.	
Sheila Connelly	Soph.	
Zaheeda Gagan	Frosh.	
Annalyse Sheppard	Soph.	
Valley Christian	52.86	3
Natalie Sumnicht	Soph.	
Anna-Kay Richards	Soph.	
Kacie Campbell	Frosh.	
Hannah Goranson	Frosh.	

1600 Meter Run

Presentation	5:57.76	1
Shannon McCarthy	Soph.	
Saint Ignatius	5:59.68	2
Sasha Martinez	Jr.	
Sacred Heart Prep	6:00.31	3
Karla Gaitan	Soph.	

100 Meter Hurdles

Valley Christian	16.54	*
Hannah Goranson	Frosh.	
Presentation	18.39	2
Amy Lautenbach	Jr.	
Saint Francis	18.68	3
Michelle Hess	Soph.	

400 Meter Dash

Archbishop Mitty	1:02.29	1
Christie Cullen	Frosh.	
Saint Ignatius	1:02.42	2
Maggie Gorwky	Frosh.	
Archbishop Mitty	1:05.92	3
Stephanie John	Soph.	

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100 Meter Dash

Archbishop Mitty	13.31	1
Ally Lockwood	Frosh.	
Archbishop Mitty	13.32	2
Ashley Peters	Soph.	
Valley Christian	13.33	3
Natalie Sumnicht	Soph.	

800 Meter Run

Notre Dame	2:31.06	1
Camille Maron	Frosh.	
Presentation	2:31.60	2
Anissa Liu	Soph.	
Saint Ignatius	2:35.64	3
Marise Thadani	Soph.	

300 Meter Hurdles

Archbishop Mitty	50.42	1
Britney Karim	Soph.	
Saint Francis	51.25	2
Dakota Taylor	Soph.	
Saint Ignatius	52.01	3
Natalie Dillon	Soph.	

200 Meter Dash

Sacred Heart Cathedral	27.59	1
Tammia Hubbard	Soph.	
Archbishop Mitty	27.70	2
Ashley Peters	Soph.	
Archbishop Mitty	27.76	3
Gaby Pancipanci	Soph.	

3200 Meter Run

Presentation	12:40.00	1
Nicole Zanardi	Jr.	
Sacred Heart Cathedral	13:00.46	2
Cassandra Devlin	Soph.	
Saint Francis	13:17.85	3
Chelsea Nobriga	Soph.	

4x400 Meter Relay

Saint Ignatius	4:27.52	1
Shannon Hahn	Soph.	
Ellie Buckingham	Soph.	
Kristen Bertiglia	Soph.	
Maggie Gorwky	Frosh.	
Archbishop Mitty	4:31.61	2
Christie Cullen	Frosh.	
Stephanie John	Soph.	
Melanie Wood	Soph.	
Taylor Tate	Soph.	
Presentation	4:32.15	3
Rachel Phillips	Frosh.	
Aubrey LaLumandiere	Frosh.	
Annalise Delano	Frosh.	
Ariel Walker	Soph.	

