

# 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](mailto:WCALstatman@prodigy.net)

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

May 10th, 2008

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

#### Team Scores

1st	Archbishop Mitty	102.0
2nd	Valley Christian	98.0
3rd	Saint Francis	91.0
4th	Saint Ignatius	86.0
5th	Presentation	44.0
6th	Notre Dame	38.0
7th	Sacred Heart Cathedral	28.0
8th	Sacred Heart Prep	8.0

#### 4x100 Meter Relay

	Archbishop Mitty	49.01	<b>1</b>
	Jessica Seymour	Frosh.	
	Jacqueline Rose	Sr.	
	Ally Lockwood	Soph.	
	Sophie Sequiera	Jr.	
	Valley Christian	49.10	<b>2</b>
	Jenna Davis	Soph.	
	Dahlys Marshall	Sr.	
	Kristen Houp	Sr.	
	Cherrelle McMillian	Jr.	
	Saint Francis	49.72	<b>3</b>
	Samantha Mravca	Soph.	
	Hailey Lott	Soph.	
	Monica Harnoto	Jr.	
	Shanie Landen	Jr.	

#### 1600 Meter Run

Saint Ignatius	5:01.88	<b>1</b>
Katy Daly	Jr.	
Valley Christian	5:09.99	<b>2</b>
Jennifer Bergman	Jr.	
Presentation	5:17.39	<b>3</b>
Tory Tsolis	Frosh.	
Presentation	5:17.46	<b>4</b>
Tracy Vargo	Sr.	

#### 100 Meter Hurdles

Valley Christian	14.06	<b>1</b>
Dahlys Marshall	Sr.	
Archbishop Mitty	15.42	<b>2</b>
Aisha Lott	Sr.	
Archbishop Mitty	15.55	<b>3</b>
Hannah Goranson	Soph.	

#### 400 Meter Dash

Valley Christian	56.20	<b>*</b>
Kristen Houp	Sr.	
Valley Christian	57.07	<b>2</b>
Cherrelle McMillian	Jr.	
Valley Christian	58.35	<b>3</b>
Jenna Davis	Soph..	
Saint Francis	58.80	<b>4</b>
Shanie Landen	Jr.	

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

#### 100 Meter Dash

Archbishop Mitty	12.88	<b>1</b>
Jacqueline Rose	Sr.	
Archbishop Mitty	13.01	<b>2</b>
Ally Lockwood	Soph.	
Saint Ignatius	13.02	<b>3</b>
Kelly Roberts	Sr.	

#### 800 Meter Run

Presentation	2:19.89	<b>1</b>
Tory Tsolis	Frosh.	
Sacred Heart Cathedral	2:20.93	<b>2</b>
Reilly Hall	Jr.	
Sacred Heart Cathedral	2:21.00	<b>3</b>
Alexis Garrett-Frank	Jr.	

#### 300 Meter Hurdles

Archbishop Mitty	46.76	<b>1</b>
Nicole Silva	Sr.	
Archbishop Mitty	46.89	<b>2</b>
Aisha Lott	Sr.	
Archbishop Mitty	47.86	<b>3</b>
Britney Karim	Jr.	

#### 200 Meter Dash

Valley Christian	24.90	<b>1</b>
Dahlys Marshall	Sr.	
Valley Christian	25.75	<b>2</b>
Kristen Houp	Sr.	
Saint Francis	26.09	<b>3</b>
Shanie Landen	Jr.	

#### 3200 Meter Run

Saint Ignatius	11:04.01	<b>1</b>
Katy Daly	Jr.	
Valley Christian	11:19.99	<b>2</b>
Jennifer Bergman	Jr.	
Presentation	11:26.66	<b>3</b>
Tracy Vargo	Sr.	
Sacred Heart Cathedral	11:26.78	<b>4</b>
Jocelyn Rodriguez	Sr.	

#### 4x400 Meter Relay

Valley Christian	3:57.33	<b>1</b>
Cherrelle McMillian	Jr.	
Jenna Davis	Soph.	
Kristen Houp	Sr.	
Dahlys Marshall	Sr.	
Saint Francis	4:02.12	<b>2</b>
Samantha Mravca	Soph.	
Lauren Madigan	Frosh.	
Monica Harnoto	Jr.	
Shanie Landen	Jr.	
Archbishop Mitty	4:03.05	<b>3</b>
Nicole Sliva	Sr.	
Jessica Seymour	Frosh.	
Lindsay Poulson	Soph.	
Jacqueline Rose	Sr.	

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May 10th, 2008

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

#### Shot Put

Notre Dame	39-04.00	<b>1</b>
Alyssa Osai	Sr.	
Archbishop Mitty	36-10.00	<b>2</b>
Elizabeth Gordon	Soph.	
Saint Francis	32-07.00	<b>3</b>
Mele Pentitani	Jr.	

#### Discus Throw

Notre Dame	123-09.50	<b>1</b>
Alyssa Osai	Sr.	
Sacred Heart Prep	104-07.50	<b>2</b>
Kat Tameilau	Jr.	
Saint Francis	95-04.00	<b>3</b>
Mele Pentitani	Jr.	

#### Long Jump

Saint Francis	17-02.75	<b>1</b>
Tiffany Yee	Sr.	
Saint Francis	16-06.50	<b>2</b>
Samantha Mravca	Soph.	
Saint Ignatius	16-05.50	<b>3</b>
Brittany Salinas	Sr.	

#### Triple Jump

Archbishop Mitty	37-01.00	<b>1</b>
Aisha Lott	Sr.	
Notre Dame	35-03.00	<b>2</b>
Julie Uccelli	Sr.	
Saint Ignatius	33-10.00	<b>3</b>
Maggie Mattson	Jr.	

#### High Jump

Presentation	\$ 5-04.00	<b>1</b>
Gianna Fernandez	Jr.	
Saint Francis	5-02.00	<b>2</b>
Kirsten Kozlovsky	Soph.	
Saint Ignatius	5-00.50	<b>3</b>
Melanie Navarro	Soph.	

#### Pole Vault

Saint Francis	10-06.00	<b>1</b>
Christina Roche	Soph.	
Saint Ignatius	9-06.00	<b>2</b>
Jade Batstone	Jr.	
Saint Francis	9-04.00	<b>3</b>
Erin Brown	Frosh.	

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

May 10th, 2008

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

#### Team Scores

1st	Saint Francis	131.0
2nd	Archbishop Mitty	118.0
3rd	Saint Ignatius	99.5
4th	Sacred Heart Cathedral	66.0
5th	Presentation	42.5
6th	Notre Dame	24.0
7th	Valley Christian	14.0

#### 4x100 Meter Relay

Sacred Heart Cathedral	51.61	<b>1</b>								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Jocelyn Manalo</td> <td style="width: 35%;">Soph.</td> </tr> <tr> <td>Bria Donaldson</td> <td>Frosh.</td> </tr> <tr> <td>Natasha Cooper</td> <td>Frosh.</td> </tr> <tr> <td>Viana Larkin</td> <td>Frosh.</td> </tr> </table>			Jocelyn Manalo	Soph.	Bria Donaldson	Frosh.	Natasha Cooper	Frosh.	Viana Larkin	Frosh.
Jocelyn Manalo	Soph.									
Bria Donaldson	Frosh.									
Natasha Cooper	Frosh.									
Viana Larkin	Frosh.									
Saint Francis	51.78	<b>2</b>								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Kerry West</td> <td style="width: 35%;">Frosh.</td> </tr> <tr> <td>Kelly Chronis</td> <td>Soph..</td> </tr> <tr> <td>Letica Samaniego</td> <td>Soph.</td> </tr> <tr> <td>Ashley Murray</td> <td>Soph.</td> </tr> </table>			Kerry West	Frosh.	Kelly Chronis	Soph..	Letica Samaniego	Soph.	Ashley Murray	Soph.
Kerry West	Frosh.									
Kelly Chronis	Soph..									
Letica Samaniego	Soph.									
Ashley Murray	Soph.									
Archbishop Mitty	51.96	<b>3</b>								
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Ashley Eggleston</td> <td style="width: 35%;">Frosh.</td> </tr> <tr> <td>Jaslyn Johnson</td> <td>Soph.</td> </tr> <tr> <td>Maddie Matusich</td> <td>Soph.</td> </tr> <tr> <td>Angela Artadi</td> <td>Soph.</td> </tr> </table>			Ashley Eggleston	Frosh.	Jaslyn Johnson	Soph.	Maddie Matusich	Soph.	Angela Artadi	Soph.
Ashley Eggleston	Frosh.									
Jaslyn Johnson	Soph.									
Maddie Matusich	Soph.									
Angela Artadi	Soph.									

#### 1600 Meter Run

Sacred Heart Cathedral	5:34.66	<b>*</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Nathalie Hechinger</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Nathalie Hechinger	Frosh.
Nathalie Hechinger	Frosh.			
Saint Francis	# 5:35.18	<b>2</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Emily Sitler</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Emily Sitler	Frosh.
Emily Sitler	Frosh.			
Saint Ignatius	# 5:37.77	<b>3</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Jacquelyn Urbina</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Jacquelyn Urbina	Frosh.
Jacquelyn Urbina	Frosh.			
Presentation	5:43.88	<b>3</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Angie Korpusik</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Angie Korpusik	Frosh.
Angie Korpusik	Frosh.			

#### 100 Meter Hurdles

Saint Francis	18.37	<b>1</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Shannon Richards</td> <td style="width: 35%;">Soph.</td> </tr> </table>			Shannon Richards	Soph.
Shannon Richards	Soph.			
Saint Ignatius	J18.37	<b>2</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Kelly O'Rourke</td> <td style="width: 35%;">Soph.</td> </tr> </table>			Kelly O'Rourke	Soph.
Kelly O'Rourke	Soph.			
Archbishop Mitty	18.42	<b>3</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Rebecca Organ</td> <td style="width: 35%;">Soph.</td> </tr> </table>			Rebecca Organ	Soph.
Rebecca Organ	Soph.			

#### 400 Meter Dash

Saint Francis	1:01.86	<b>1</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Danielle Baker</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Danielle Baker	Frosh.
Danielle Baker	Frosh.			
Archbishop Mitty	1:02.10	<b>2</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Nicole Fairley</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Nicole Fairley	Frosh.
Nicole Fairley	Frosh.			
Archbishop Mitty	1:03.42	<b>3</b>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Cortney Wood</td> <td style="width: 35%;">Frosh.</td> </tr> </table>			Cortney Wood	Frosh.
Cortney Wood	Frosh.			

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May 10th, 2008

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

#### 100 Meter Dash

Saint Francis	13.50	1
Ashley Murray	Soph.	
Sacred Heart Cathedral	13.52	2
Natasha Cooper	Frosh.	
Archbishop Mitty	13.63	3
Jaslyn Johnson	Soph.	
Archbishop Mitty	13.65	4
Maddie Matusich	Soph.	

#### 800 Meter Run

Archbishop Mitty	2:28.29	1
Amanda Guzikowski	Frosh.	
Presentation	2:29.00	2
Annalise Delano	Soph.	
Saint Francis	2:30.76	3
Adriana Romero	Soph.	

#### 300 Meter Hurdles

Saint Ignatius	50.99	1
Kelly O'Rourke	Soph.	
Archbishop Mitty	51.90	2
Rebecca Organ	Soph.	
Saint Ignatius	52.17	3
Natalie Jacobs	Soph.	

#### 200 Meter Dash

Saint Francis	28.03	1
Kerry West	Frosh.	
Sacred Heart Cathedral	28.18	2
Viana Larkin	Frosh.	
Valley Christian	28.19	3
Rawan Khoury	Soph.	
Archbishop Mitty	28.23	4
Angela Artadi	Soph.	

#### 3200 Meter Run

Sacred Heart Cathedral	12:55.90	1
Nathalie Hechinger	Frosh.	
Saint Francis	12:55.91	2
Emily Sitler	Frosh.	
Saint Ignatius	13:07.22	3
Jacquelyn Urbina	Frosh.	

#### 4x400 Meter Relay

Archbishop Mitty	4:16.53	2
Christie Cullen	Soph.	
Amanda Guzikowski	Frosh.	
Cortney Wood	Frosh.	
Nicole Fairley	Frosh.	
Saint Francis	4:18.19	2
Kerry West	Frosh.	
Kelly Chronis	Soph.	
Leticia Samaniego	Soph.	
Ashley Murray	Soph.	
Presentation	4:26.05	3
Anissa Liu	Jr.	
Rachel Phillips	Soph.	
Annalise Delano	Soph.	
Jocelyn Bailey	Frosh.	

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May 10th, 2008

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

#### Shot Put

Saint Francis	30-04.50	<b>1</b>
Shelby Caliva	Jr.	
Saint Ignatius	28-03.00	<b>2</b>
Christina Balistreri Jr.		
Saint Ignatius	27-05.00	<b>3</b>
Katie Marconi	Soph.	

#### Discus Throw

Sacred Heart Cathedral	87-03.50	<b>1</b>
Emily Chug	Soph.	
Saint Ignatius	87-01.00	<b>2</b>
Christina Balistreri Jr.		
Saint Ignatius	84-00.50	<b>3</b>
Astrid Robles	Soph.	

#### Long Jump

Archbishop Mitty	15-07.50	<b>1</b>
Jaslyn Johnson	Soph.	
Saint Francis	15-02.00	<b>2</b>
Anna McMaster	Jr.	
Saint Francis	14-06.50	<b>3</b>
Mary Callahan	Jr.	

#### Triple Jump

Presentation	32-09.00	<b>1</b>
Nwakaego Uzoh	Frosh.	
Archbishop Mitty	32-03.50	<b>2</b>
Jaslyn Johnson	Soph.	
Saint Francis	32-00.00	<b>3</b>
Anna McMaster	Jr.	

#### High Jump

Saint Ignatius	4-08.00	<b>1</b>
Tessie McInerney	Frosh.	
Archbishop Mitty	4-06.00	<b>2</b>
Lauren Bittner	Soph.	
Notre Dame	4-06.00	<b>2</b>
Whitney Nicholas	Jr.	
Presentation	J4-06.00	<b>4</b>
Kathy O'Neil	Frosh.	

#### Pole Vault

Archbishop Mitty	7-03.00	<b>1</b>
Casey Maas	Soph.	
Notre Dame	7-00.00	<b>2</b>
Gina Erle	Jr.	
Saint Francis	6-06.00	<b>3</b>
Amanda Griffin	Frosh.	
Notre Dame	6-06.00	<b>3</b>
Sarah Delzio	Frosh.	
Saint Ignatius	J6-06.00	<b>5</b>
Eileen Welch	Soph.	