

CENTRAL COAST SECTION INDIVIDUAL PLAYOFF COMPETITION

<u>YEAR</u>	<u>SPORT</u>	<u>WCAL CHAMPION</u>	<u>SECTION FINALS</u>
2003	Cross Country	Michelle Gallagher (Sac.Hrt.Cath.)	Champion Div. III
	Tennis	Stephanie Schnitter (St. Francis)	Singles Champion
	Track	Ashley Monfort (Valley Christian)	400 Meter Champion
	Swimming	Erica Liu (Archbishop Mitty)	200 IM Champion
	Swimming	Erica Liu (Archbishop Mitty)	100 Breast Champion
	Swimming	Lindsay Knott, M. Janitski, Shannon Simonds, Michell Liu (Mitty)	200 Free Relay Champions
	Swimming	Erica Liu, A. Sweeney, Shannon Simonds, A. Rule (Mitty)	400 Free Relay Champions