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**ADMINISTRATION**

**WEST CATHOLIC ATHLETIC OFFICE**

**COMMISSIONER**

ED RAVENSCROFT  
1535 Kelly Park Circle  
Morgan Hill, Ca.95037  
(408) 782-9212  
(408) 782-9202- FAX

**STATISTICIAN**

PAT SEGURSON  
(415) 337-9172  
(415) 337-4529 - FAX  
WCALstatman@prodigy.net

**ATHLETIC DIRECTORS COUNCIL**

<b><u>CHAIRMAN</u></b> -	KEVIN DONAHUE	JUNIPERO SERRA HIGH SCHOOL
	MIKE PILAWSKI	SAINT FRANCIS HIGH SCHOOL
	RON ISOLA	ARCHBISHOP RIORDAN H. S.
	BOB VERGARA	SAINT IGNATIUS COLLEGE PREP.
	JO ANN MOMONO	SACRED HEART CATHEDRAL PREP.
	BILL HUTTON	ARCHBISHOP MITTY H. S.
	TERRY WARD	BELLARMINE COLLEGE PREP.
	JIM REILLY	PRESENTATION HIGH SCHOOL
	MIKE CIARDELLA	NOTRE DAME HIGH SCHOOL
	ERIC SCHARRENBURG	VALLEY CHRISTIAN HIGH SCHOOL
	ANTHONY THOMAS	SACRED HEART PREP.

## MEMBER SCHOOLS

### ARCHBISHOP MITTY HIGH SCHOOL

5000 Mitty Way, San Jose 95129  
School 408-252-6610  
FAX 408-252-0518  
Athletic Dept. 408-252-6610  
Colors--Black, Gold and White  
Nickname--Monarchs

### ARCHBISHOP RIORDAN HIGH SCHOOL

175 Phelan Ave. San Francisco 94112  
School 415-586-8200  
FAX 415-587-1310  
Athletic Dept. 415-586-8495  
Colors--Purple and Gold  
Nickname--Crusaders

### BELLARMINE COLLEGE PREPARATORY

960 West Heading St., San Jose 95126  
School 408-294-9224  
FAX 408-294-1894  
Athletic Dept. 408-294-9224  
Colors--Blue and White  
Nickname--Bells

### JUNIPERO SERRA HIGH SCHOOL

451 W. 20th Avenue, San Mateo 94403  
School 650-345-8207  
FAX 650-573-6638  
Athletic Dept. 650-345-0991  
Colors--Blue and Gold  
Nickname--Padres

### SACRED HEART CATHEDRAL PREPARATORY

1075 Ellis St. San Francisco 94109  
School 415-775-6626  
FAX 415-931-6941  
Athletic Dept. 415-775-6632  
Colors--Green and White  
Nickname--Irish

### SACRED HEART PREPARATORY

150 Valparaiso Avenue, Atherton, 94027  
School 650-322-1866  
FAX 650-322-7151  
Athletic Dept. 650-473-4031  
Colors--Maroon and White  
Nickname--Gators

### NOTRE DAME HIGH SCHOOL

1540 Ralston Avenue, Belmont, 94002  
School 650-595-1913  
FAX 650-595-2116  
Athletic Dept. 650-595-1913 x255  
Colors: Golf, White and Navy  
Nickname: Tigers

### PRESENTATION HIGH SCHOOL

2281 Plummer Avenue, San Jose, 95125  
School 408-264-1664  
FAX 408-266-7333  
Athletic Dept. 408-264-1664 x21  
Colors--Blue and Gold  
Nickname--Panthers

### SAINT FRANCIS HIGH SCHOOL

1885 Miramonte Avenue, Mt. View 94040  
School 650-968-1213  
FAX 650-968-3241  
Athletic Dept. 650-968-1213 x455  
Colors--Brown, Gold and White  
Nickname--Lancers

### SAINT IGNATIUS COLLEGE PREPARATORY

2001 37th Avenue San Francisco 94116  
School 415-731-7500  
FAX 415-731-9408  
Athletic Dept. 415-731-7500 x276  
Colors--Red and Blue  
Nickname--Wildcats

### VALLEY CHRISTIAN HIGH SCHOOL

100 Skyway, San Jose, 95111  
School 408-513-2400  
FAX 408-513-2424  
Athletic Dept. 408-513-2455  
Colors--Navy, White, and Columbia  
Nickname--Warriors

**TRACK AND FIELD TEAM CHAMPIONS**

**TEAM CHAMPIONS**

<b><u>YEAR</u></b>	<b><u>VARSITY</u></b>	<b><u>FROSH/SOPH</u></b>
1968	Riordan	Bellarmino (Class B)
1969	Saint Francis	Saint Ignatius (Class B)
1970	Riordan	Saint Ignatius
1971	Saint Ignatius	Saint Ignatius
1972	Saint Ignatius	Saint Ignatius
1973	Saint Ignatius	Saint Ignatius
1974	Saint Francis	Saint Francis
1975	Saint Ignatius	Saint Francis
1976	Saint Ignatius	Saint Francis
1977	Saint Ignatius	Saint Francis
1978	Saint Ignatius	Riordan
1979	Saint Francis	Saint Francis
1980	Saint Francis	Saint Francis
1981	Saint Francis	Bellarmino & Saint Francis
1982	Bellarmino	Bellarmino
1983	Saint Francis	Saint Ignatius
1984	Saint Ignatius	Bellarmino
1985	Bellarmino & St. Ignatius	Saint Ignatius
1986	Bellarmino	Saint Ignatius
1987	Bellarmino	Bellarmino
1988	Bellarmino	Bellarmino
1989	Bellarmino	Saint Ignatius & Junipero Serra
1990	Bellarmino	Saint Ignatius
1991	Saint Ignatius	Junipero Serra
1992	Saint Ignatius	Bellarmino
1993	Bellarmino	Saint Ignatius
1994	Bellarmino	Saint Ignatius & Saint Francis
1995	Bellarmino	Saint Ignatius
1996	Saint Ignatius	Saint Ignatius
1997	Saint Ignatius	Saint Ignatius
1998	Mitty	Saint Ignatius
1999	Saint Ignatius & Bellarmino	Bellarmino
2000	Bellarmino & Saint Francis	Bellarmino
2001	Bellarmino	Bellarmino & Saint Ignatius
2002	Bellarmino	Bellarmino & Junipero Serra
2003	Bellarmino	Saint Ignatius & Bellarmino
2004	Archbishop Riordan & St. Francis	Bellarmino

TRACK AND FIELD LEAGUE MEET RECORDS

VARSIITY

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>RECORD</u>	<u>METERS</u>
100M	Steve Firenze	Serra	1961	9.8	10.7
200M	Tony Miller	Riordan	1987	21.6	
400M	Angelo Fobbs-Valentino	Serra	2003	48.35	
800M	Stan Ross	Serra	1977	1:53.	1:53.2
MILE	Scott Robinson	Bellarmino	1987	4:15.38	
2 MILE	Chris Paredes	Bellarmino	1981	9:18.0	9:14.6
110M HH	Tom Shellworth	Bellarmino	1974	14.5	
300M IH	Mike Lodoen	Bellarmino	1987	38.6	
400 M R		Riordan	1987	42.3	
	Reggie Jackson, David Benton, Brian Flewellen,			Tony Miller	
MILE R		Bellarmino	2003	3:21.88	
	S. Sevor, N. Johnson, A. Guney, M. Bordoni				
HJ	Matt Rice	Bellarmino	1990	6' 10"	
PV	Tom Ryan	Bellarmino	1993	15' 6"	
LJ	Jim Fregosi	Serra	1959	23' 8"	
TJ	Mike Haynes	Riordan	1975	47' 11.5"	
SHOT	Gian Rossini	Saint Francis	1975	59' 11.5"	
DISCUS	Nick Sheuerman	Saint Francis	2004	174' 3.0"	

FROSH/SOPH

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>RECORD</u>	<u>METERS</u>
100M	Gilbert Pacaldo	Saint Ignatius	1977	10.1	11.2
200M	Gilbert Pacaldo	Saint Ignatius	1977	22.6	22.5
400M	Lester Branson	Serra	1981		51.80
800M	Rod Sellard	Bellarmino	1980	1:59.7	1:59.0
MILE	Stan Ross	Serra	1975	4:32.5	4:30.9
2 MILE	Shawn Ayers	Bellarmino	1981	9:49.2	9:45.8
65M HH	Joe Mirabeau	Bellarmino	2004		9.21
70HH	Clyde Lamont	Serra	1971	9.0	
300M LH	Carl Broussard	Saint Francis	1977	40.3	40.1
400 M R		Saint Francis	2004		44.93
	David Glassanos, Thomas Evans, Ryan Perry, L.J. Moody				
MILE R		Saint Francis	1981	3:33.1	3:32.0
	Mike Regimbal, Robert Durkin, Joe Awender, Mark Guntley				
HJ	Dave Kniffin	Serra	1975	6' 4"	
PV	David Glassanos	Saint Francis	2004	13' 2"	
LJ	Matt O'Conner	Serra	2003	21' 7"	
TJ	Jeff Rossman	Saint Francis	1980	44' 3.5"	
SHOT	Craig Watkins	Mitty	1973	60' 6.5"	
DISCUS	Craig Watkins	Mitty	1973	155' 5.0"	