

VARSDTY LEAGUE CHAMPIONSHPS

2002-2006

<u>SCHOOL</u>	<u>VB</u>	<u>CC</u>	<u>BAS</u>	<u>SOC</u>	<u>TEN</u>	<u>GOLF</u>	<u>SWIM</u>	<u>TRACK</u>	<u>SOF</u>	<u>WP</u>	<u>TOTAL</u>
Mitty	3	1	4	2	1	0	3	2	4	0	20
Saint Ignatius	0	2	1	0	1	4	1	0	0	0	9
Saint Francis	1	0	0	3	1	0	0	2	0	1	8
Sacred Hrt. Prep	0	0	0	0	2	0	0	0	0	3	5
Sacred Hrt. Cath.	0	0	3	0	0	0	0	0	0	0	3
Notre Dame	0	0	0	1	0	1	0	0	0	0	2
Presentation	0	1	0	0	0	0	0	0	1	0	2
Valley Christian	0	0	0	0	0	0	1	1	0	0	2

VOLLEYBALL

TEAM CHAMPIONSHIPS

<u>YEAR</u>	<u>VARSIITY</u>	<u>JUNIOR VARSITY</u>	<u>FRESHMEN</u>
2002	Saint Francis	St. Francis & Sacred Hrt Cath.	Presentation & Notre Dame
2003	Archbishop Mitty	Arch. Mitty & Sacred Hrt Cath.	Scrd Hrt Cath. & Mitty
2004	Archbishop Mitty	Three Champions	Three Champions
	<i>Junior Varsity 2004</i>	Archbishop Mitty & Sacred Heart Cathedral & Notre Dame	
	<i>Freshman 2004</i>	Archbishop Mitty & Saint Francis & Saint Ignatius	
2005	Archbishop Mitty	Three Champions	Three Champions
	<i>Junior Varsity 2005</i>	St. Francis & Sacred Heart Cathedral & St. Ignatius	
	<i>Freshman 2005</i>	St. Ignatius & St. Francis & Sacred Heart Cath.	

PLAYER OF THE YEAR

<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>
2002	Jessica Gysin	Saint Francis
2003	Diane Copenhagen	Saint Francis
2004	K. C. Walsh	Archbishop Mitty
2005	Amanda Gil	Archbishop Mitty

CROSS COUNTRY

TEAM CHAMPIONSHIPS

<u>YEAR</u>	<u>VARSIITY</u>	<u>JUNIOR VARSITY</u>	<u>FRESHMEN</u>
2002	Saint Ignatius	Saint Ignatius	No Award
2003	Presentation	Saint Ignatius	Saint Francis
2004	Saint Ignatius	Saint Ignatius	Saint Ignatius
2005	Archbishop Mitty	Saint Francis	St. Ignatius & St. Francis

WATER POLO

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>JUNIOR VARSITY</u>
2002	Sacred Heart Prep	Sacred Heart Prep
2003	Saint Francis	Sacred Heart Prep
2004	Sacred Heart Prep & Saint Francis	Saint Francis
2005	Sacred Heart Prep	Sacred Heart Prep

TENNIS

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>JUNIOR VARSITY</u>
2002	Archbishop Mitty	Saint Francis & Saint Ignatius
2003	Saint Ignatius	Saint Francis & Saint Ignatius
2004	St. Francis & S. H. Prep	Saint Francis & Saint Ignatius
2005	Sacred Heart Prep	Archbishop Mitty & Saint Ignatius

LEAGUE TOURNAMENT CHAMPIONS

<u>YEAR</u>	<u>SINGLES CHAMPION</u>	<u>SCHOOL</u>	<u>DOUBLES CHAMPIONS</u>	<u>SCHOOL</u>
2002	Elizabeth Plotkin	Saint Ignatius	Jillian Bauer Erica Boutacoff	Saint Francis
2003	Denise Dy	Saint Francis	Stephanie Schnitter Monica Martin de Bustamante	Saint Francis
2004	Tanvi Dudhela	Archbishop Mitty	Sam Rosekrans Haley Hemm	Sacred Heart Prep
2005	Taylor Davis	Archbishop Mitty	Anita Athavale Sami Kawahara	Archbishop Mitty

PLAYER OF THE YEAR

SINGLE PLAYER			DOUBLES TEAM		
<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>
2004	Tanvi Dudhela	Archbishop Mitty	2004	Michelle Watson	St. Francis
	Sam Rosekrans	Sacred Heart Prep		Jacqueline Schlemmer	
	Bobbie Englert	Saint Francis			
2005	Sam Rosekrans	Sacred Heart Prep	2005	Maddie Payne	Saint Francis
				Erin Troedson	

GOLF

TEAM CHAMPIONS

<u>YEAR</u>	<u>TEAM CHAMPION</u>	<u>INDIVIDUAL CHAMPION</u>	<u>SCHOOL</u>	<u>SCORE</u>
2002	St. Ignatius & Notre Dame			
2003	Saint Ignatius	Elaine Harris	St. Ignatius	80
2004	Saint Ignatius	Erica Moston	Notre Dame	75
2005	Saint Ignatius	Rosalie Tolentino	St. Ignatius	82

GOLF RECORDS

LEAGUE TOURNAMENT RECORDS

Individual Low Gross	Erica Moston	Notre Dame (par 72)	75	2004
	Elaine Harris	St. Ignatius (par 71)	80	2003
Team Low Gross	Saint Ignatius		332	2003

SOCCER

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>JUNIOR VARSITY</u>	<u>FRESHMEN</u>
2003	Saint Francis	Notre Dame	Archbishop Mitty
2004	Notre Dame	Archbishop Mitty	Archbishop Mitty
2005	St. Francis & Mitty	Archbishop Mitty	Saint Ignatius
2006	St. Francis & Mitty	Archbishop Mitty	Presentation

<u>YEAR</u>	<u>Most Valuable AWARD</u>	<u>NAME</u>	<u>SCHOOL</u>
2003	Offensive Player	Lauren Tippets	Saint Francis
	Defensive Player	Andrea Lee	Presentation
2004	Offensive Player	Alexander Riccomini	Archbishop Mitty
	Defensive Player	Melissa Crespo	Valley Christian
	Player of the Year	Chioma Igwe	Notre Dame
2005	Player of the Year	Liz Behlen	Saint Francis
2006	Player of the Year	Sara Doyle	Saint Francis

SOCCER

LEAGUE RECORDS

<u>TEAM RECORDS</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
Most goals--season	Archbishop Mitty	45	2004
Least goals allowed	Saint Francis (one season)	4	2003
	Archbishop Mitty (one season)	4	2004
Longest game		:	—

<u>INDIVIDUAL RECORDS</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
Most goals--game			—	—
Most goals--season	Katie Berrini	Notre Dame	15	2006
Most shutouts--season	Naomi Sell	Saint Francis	7	2005
Most goals--career	Michele Ancjeli	Notre Dame	32 (41g)	2004-06 +

BASKETBALL

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSIITY</u>	<u>JUNIOR VARSITY</u>	<u>FRESHMAN</u>
2003	Archbishop Mitty <i>Freshman 2003</i>	Archbishop Mitty	Three Champions
2004	Mitty & S. H. C.	Mitty & S. H. C.	Mitty & St. Ignatius
2005	Mitty & S. H. C.	Saint Ignatius	Archbishop Mitty
2006	Three Champions	Saint Ignatius	Valley Christian
<i>Varsity 2006</i>	Archbishop Mitty & Sacred Heart Cathedral & Saint Ignatius		

PLAYER OF THE YEAR

<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>
2003	Khaliah Daniels	Archbishop Mitty
2004	Ashley Guerra	Archbishop Mitty
2005	Georgia Onyemem	Sacred Heart Cathedral
2006	Danielle Robinson	Archbishop Mitty

LEAGUE RECORDS

<u>TEAM RECORDS</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>	<u>GAMES</u>
Most points--game	Mitty (vs. S. H. C.)	75	2003	--
Most points--season	Archbishop Mitty	912	2003	14
Least points allowed--game	Notre Dame (vs. S. H. P.)	31	2003	--
Least points allowed--season	Sacred Heart Cathedral	484	2004	14
Least points scored--season	Notre Dame	500	2003	14
Most total points (1 game)	Mitty (73) & S. I. (64)	137	2003	--
Least total points (1 game)	Notre Dame (44) & S.H.P.(31)	75	2003	--

<u>INDIVIDUAL RECORDS</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>	<u>GAMES</u>
Most points--season	Nicole Yarwasky	Presentation	283	2003	14
Most field goals--season	Nicole Yarwasky	Presentation	108	2003	14
Highest Scoring Average	Nicole Yarwasky	Presentation	20.2	2003	14
Most 3-Pt. FGs--season	Sarah Laird	Scrd Hrt Prep	27	2003	13
Most free throws--season	Jessica Pecota	Scrd Hrt Prep	71	2005	14
Best field goal percentage	Nicole Yarwasky	Presentation	64.0%	2003	14
3-Pt. Field goal percentage	Ashley Guerra	Mitty	51.5%	2004	14
Best free throw percentage	Hillary Hansen	Notre Dame	81.3%	2003	14
Most rebounds--season	Rebecca Tratter	Saint Francis	174	2005	14
Highest rebounding average	Rebecca Tratter	Saint Francis	12.43	2005	14
Most field goals attempted	Tracy Walker	Valley Chr.	177	2004	11
	Nicole Yarwasky	Presentation	170	2003	14
3-Pt field goals attempted	Erwina Kwan	Presentation	72	2006	13
	Kassandra McCalister	Mitty	69	2006	14
Most free throws attempted	Jessica Pecota	Scrd Hrt Prep	100	2005	14

BASKETBALL PLAYOFF RECORDS

TEAM RECORDS

<u>CATEGORY</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>	<u>GAMES</u>
Most points--one game	Mitty (vs. St. Francis)	73	2006	--
Most field goals--one game	S. H. C. (vs. Notre Dame)	28	2006	--
Most 3pt field goals--game	Mitty (vs. St. Francis)	9	2006	--
Free throws attempted--game	Valley Chr. (vs. Presentation)	35	2006	--
Free throws made--one game	Mitty (vs. S. H. C.)	25	2003	--
Most total 3pt FGs (1 game)	Mitty (9) & St. Francis (6)	15	2006	--
Most total points--tourney	Archbishop Mitty	173	2003	3
Most field goals--playoffs	Archbishop Mitty	63	2003	3
Free throws att.--playoffs	Sacred Heart Cathedral	56	2005	3
Free throws made--playoffs	Archbishop Mitty	39	2003	3

BASKETBALL PLAYOFF RECORDS

INDIVIDUAL RECORDS

<u>CATEGORY</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>	<u>GAMES</u>
Most points--one game	Kassandra McCalister	Mitty	26	2006	--
Most field goals--one game	Danielle Robinson	Mitty	11	2006	--
Most 3pt field goals--game	Kassandra McCalister	Mitty	6	2006	--
Most rebounds--one game	Georgia Onyemem	S. H. C.	11	2004	--
	Nicole Canepa	St. Ignatius	11	2005	--
	Tierra Rogers	S. H. C.	11	2006	--
Free throws attempted--game	Christina Kidd	Valley Chr.	13	2006	--
Free throws made--game	Rebecca Tratter	St. Francis	9	2006	--
	Christina Kidd	Valley Chr.	9	2006	--
Most total points--playoffs	Georgia Onyemem	S. H. C.	43	2003	3
Most field goals--playoffs	Nicole Yarwasky	Presentation	19	2003	2
Most 3pt field goals--playoffs	Kassandra McCalister	Mitty	6	2006	3
Free throws att.--playoffs	Lauren Bell	S. H. C.	13	2005	3
Free throws made--playoffs	Georgia Onyemem	S. H. C.	16	2003	3

SOFTBALL

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>JUNIOR VARSITY</u>
2006	Mitty & Presentation	Archbishop Mitty

PLAYER OF THE YEAR

<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>
2003	Alex Sutton	Archbishop Mitty
2004	Justine Kunkel	Archbishop Mitty
	Emily Radonich	Valley Christian
2005	Samantha Ricketts	Archbishop Mitty
2006	Jamie Lettire	Presentation

PITCHER OF THE YEAR

<u>YEAR</u>	<u>NAME</u>	<u>SCHOOL</u>
2003	Christy Murray	Archbishop Mitty
2004	Jamie Lettire	Presentation
2005	Jamie Lettire	Presentation
2006	Kaitlyn Rauschnot	Valley Christian

TRACK AND FIELD TEAM CHAMPIONS

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>FROSH/SOPH</u>
2003	Saint Francis	Saint Francis
2004	Archbishop Mitty	Saint Ignatius
2005	Archbishop Mitty	Saint Ignatius
2006	St. Francis & Valley Chr.	Saint Francis

TRACK AND FIELD LEAGUE MEET RECORDS

VARSIITY

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100M	Khrystal Carter	Valley Christian	11.62	2005
200M	Khrystal Carter	Valley Christian	23.97	2005
400M	Kristen Houp	Valley Christian	56.51	2006
800M	Christine Whalen	Archbishop Mitty	2:08.97	2005
1600M	Amanda Thornberry	Valley Christian	4:53.65	2003
3200M	Michelle Gallagher	Sacred Heart Cath.	10:49.11	2003
100M HH	Dahlys Marshall	Valley Christian	14.73	2006
300M IH	Stella Hall	Saint Ignatius	45.88	2003
400 M R		Valley Christian	48.05	2005
	Khrystal Carter, Dahlys Marshall, Jordan Apgar, Kristen Houp			
1600 M R		Archbishop Mitty	3:53.28	2005
	Jeanell English, Lanesha Owens, Renisha Robinson, Christine Whalen			
HJ	Devon Tracy	Saint Francis	5' 4"	2003
	Celsa Tonelli	Saint Ignatius	5' 4"	2006
PV	Natasha Barthel	Saint Francis	12' 10"	2006
LJ	Danielle Robinson	Archbishop Mitty	18' 1.25"	2005
TJ	Caitlin Schields	Notre Dame	38' 9.25"	2005
SHOT	Talia DeMartini	Saint Ignatius	42' 0"	2006
DISCUS	Sela Paini	Saint Francis	132' 9.0"	2006

FROSH/SOPH

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100M	Krystal Yee	Sacred Heart Cath.	12.89	2003
200M	Kelly Roberts	Saint Ignatius	27.09	2005
400M	Chelsea Hindow	Saint Francis	1:01.83	2005
400M	Monica Sullivan	Saint Francis	1:01.83	2006
800M	Tracy Vargo	Presentation	2:27.70	2006
1600M	Tracy Vargo	Presentation	5:38.43	2006
3200M	Tracy Vargo	Presentation	12:21.36	2006
100M HH	Brittany Anderson	Valley Christian	17.77	2005
300M IH	Brittany Anderson	Valley Christian	49.60	2005
400 M R		Archbishop Mitty	51.42	2005
	Taylor Bush, Keyanna Adger, Ekeeti Amanam, Marissa Minderler			
1600 M R		Saint Ignatius	4:14.61	2004
	Raphael Cobb, Caroline Lopuck, Cayley Johnson, Brianna Loughridge			
HJ	Christine Szelong	Saint Francis	5' 0"	2003
PV	Anna Lund	Saint Ignatius	8' 0"	2003
	Kathleen Bennett	Archbishop Mitty	8' 0"	2004
	Jackie Hu	Saint Francis	8' 0"	2004
	Jessica Springer	Presentation	8' 0"	2004
	Erin Cooper	Presentation	8' 0"	2006
	Jade Batstone	Saint Ignatius	8' 0"	2006
LJ	Brittany Salinas	Saint Ignatius	15' 9.50"	2005
TJ	Kaitlyn Sulenski	Saint Francis	33' 0.25"	2006
SHOT	Christina Kidd	Valley Christian	32' 2.00"	2004
DISCUS	Christina Kidd	Saint Francis	117' 5"	2003

SWIMMING

TEAM CHAMPIONS

<u>YEAR</u>	<u>VARSITY</u>	<u>JUNIOR VARSITY</u>
2003	Archbishop Mitty	Archbishop Mitty
2004	Archbishop Mitty	Archbishop Mitty
2005	Valley Christian & Saint Ignatius	Saint Ignatius
2006	Archbishop Mitty	St. Ignatius & Mitty

INDIVIDUAL AND TEAM RECORDS

VARSITY

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
200 MEDLEY RELAY		Archbishop Mitty	1:50.70	2006
	Stephanie Wei, Erin Garcia, Jamie Cisar, Dory Isaacs			
200 FREESTYLE	Stephanie Wei	Archbishop Mitty	1:53.66	2006
200 IND. MEDLEY	Erica Liu	Archbishop Mitty	2:05.02	2004
50 FREESTYLE	Francesca Lollini	Saint Ignatius	24.38	2005
100 BUTTERFLY	Michelle Liu	Archbishop Mitty	56.16	2005
100 FREESTYLE	Michelle Liu	Archbishop Mitty	52.45	2004
500 FREESTYLE	Danielle Gong	Presentation	4:58.37	2006
200 FREE RELAY		Archbishop Mitty	1:38.35	2006
	Michelle Liu, Laurence Delisle, Jamie Cisar, Dory Isaacs			
100 BACKSTROKE	Michelle Liu	Archbishop Mitty	57.22	2006
100 BREASTSTROKE	Erica Liu	Archbishop Mitty	1:03.21	2004
400 FREE RELAY		Archbishop Mitty	3:32.29	2004
	Erica Liu, Michelle Liu, Dory Isaacs, Julie Hyrne			
DIVING	Michelle Morikawa	Saint Francis	479.35	2004

SWIMMING

INDIVIDUAL AND TEAM RECORDS

JUNIOR VARSITY

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
200 MEDLEY RELAY		Saint Ignatius	1:59.34	2006
	Gina Castagnola, Nicole O'Dea, Jinna Pang, Mia Neagle			
200 FREESTYLE	K K Clark	Sacred Heart Prep	2:02.19	2006
100 IND. MEDLEY	Darcie Campbell	Saint Ignatius	1:04.98	2003
50 FREESTYLE	M J Mordell	Sacred Heart Prep	25.81	2006
50 BUTTERFLY	Jinna Pang	Saint Ignatius	29.35	2006
100 FREESTYLE	K K Clark	Sacred Heart Prep	56.28	2006
500 FREESTYLE	Courtney Elward	Saint Francis	5:41.44	2006
200 FREE RELAY		Saint Ignatius	1:46.25	2005
	Sasza Lohrey, Michelle Herrerias, Kelly Conley, Raquel Dayao			
100 BACKSTROKE	Jessica Garcia	Archbishop Mitty	1:03.92	2004
100 BREASTSTROKE	Mandy Korpusik	Presentation	1:10.77	2006
400 FREE RELAY		Saint Ignatius	3:56.41	2005
	Loretta Roddy, Michelle Herrerias, Sasza Lohrey, Raquel Dayao			
DIVING	Amanda McDonnell	Archbishop Mitty	180.10	2003

CENTRAL COAST SECTION TEAM PLAYOFF COMPETITION

<u>YEAR</u>	<u>SPORT</u>	<u>WCAL TEAM</u>	<u>SECTION FINALS</u>
2002-03	Cross Country	Saint Francis	Champions Div. I
	Water Polo	Saint Francis	Champions
	Volleyball	Saint Francis	Champions Div. I
	Volleyball	Presentation	Champions Div. III
	Basketball	Archbishop Mitty	Champions Div. I
	Basketball	Sacred Heart Cathedral	Champions Div. III
	Soccer	Notre Dame	Co-Champions Div. III
	Soccer	Presentation	Co-Champions Div. III
	Swimming	Archbishop Mitty	Champions
	2003-04	Cross Country	Saint Ignatius
Water Polo		Saint Francis	Champions
Volleyball		Archbishop Mitty	Champions Div. II
Volleyball		Saint Francis	Champions Div. III
Basketball		Archbishop Mitty	Champions Div. II
Basketball		Sacred Heart Cathedral	Champions Div. III
Soccer		Notre Dame	Champions Div. II
Soccer		Valley Christian	Champions Div. III
Swimming		Archbishop Mitty	Champions
Golf		Saint Ignatius	Champions
2004-05	Track & Field	Archbishop Mitty	Champions
	Cross Country	Archbishop Mitty	Champions Div. II
	Volleyball	Archbishop Mitty	Champions Div. II
	Volleyball	Sacred Heart Cathedral	Champions Div. III
	Basketball	Archbishop Mitty	Champions Div. II
	Basketball	Saint Ignatius	Champions Div. III
	Basketball	Sacred Heart Cathedral	Champions Div. IV
	Soccer	Notre Dame	Champions Div. II
	Softball	Archbishop Mitty	Champions Div. II
	2005-06	Volleyball	Archbishop Mitty
Volleyball		Presentation	Champions Div. III
Volleyball		Sacred Heart Cathedral	Champions Div. IV
Basketball		Archbishop Mitty	Champions Div. II
Basketball		Saint Ignatius	Champions Div. III
Basketball		Sacred Heart Cathedral	Champions Div. IV
Soccer		Archbishop Mitty	Champions Div. II
Soccer		Valley Christian	Champions Div. III
Softball		Archbishop Mitty	Champions Div. II
Swimming		Archbishop Mitty	Champions

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, Michelle Janitski, Shannon Simonds, Michell Liu (Mitty)	200 Free Relay Champions	
	Swimming	Erica Liu, A. Sweeney, Shannon Simonds, A. Rule (Mitty)	400 Free Relay Champions	
	2004	Cross Country	Melissa Grelli (Presentation)	Champion Div. III
Tennis		Stephanie Schnitter (St. Francis) Monica Martin de Bustamante	Doubles Champion	
Track		Seante Baker (Archbishop Mitty)	400 Meter Champion	
Track		Christine Whalen (Mitty)	800 Meter Champion	
Track		Khrystal Carter (Valley Christian)	200 Meter Champion	
Track		Renisha Robinson, Seante Baker, Jeanell English, Christina Whalen	4x400 Meter Relay Champions	
Swimming		Erica Liu (Archbishop Mitty)	200 IM Champion	
Swimming		Erica Liu (Archbishop Mitty)	100 Breast Champion	
Swimming		Lindsay Knott, Erica Liu, Marie Ballenger, Dory Isaacs (Mitty)	200 Medley Relay Champions	
Swimming		Lindsay Knott, Michelle Liu, Michelle Janitski, Shannon Simonds	200 Free Relay Champions	
Swimming		Erica Liu, Michelle Liu, Dory Isaacs, Shannon Simonds	400 Free Relay Champions	
2005		Tennis	Tanvi Dudhela (Archbishop Mitty)	Singles Champion
		Track	Khrystal Carter (Valley Christian)	100 Meter Champion
	Track	Khrystal Carter (Valley Christian)	200 Meter Champion	
	Track	Natasha Barthel (Saint Francis)	Pole Volt Champion	
	Track	Kristen Houpp, Khrystal Carter, Dahllys Marshall, Jordan Apgar (Valley Chr.)	4x100 Meter Relay Champions	
	Swimming	Michelle Liu, Jamie Cisar, Julie Hyrne, Shannon Simonds (Mitty)	200 Free Relay Champions	
	Swimming	Michelle Liu (Archbishop Mitty)	100 Back Champion	
	Swimming	Michelle Liu, Shannon Simonds, Erin Garcia, Dory Isaacs (Mitty)	400 Free Relay Champions	

CENTRAL COAST SECTION INDIVIDUAL PLAYOFF COMPETITION

<u>YEAR</u>	<u>SPORT</u>	<u>C.C.S. CHAMPION</u>	<u>SECTION FINALS</u>
2006	Cross Country	Katy Daly (Saint Ignatius)	Champion Div. III
	Cross Country	Jennifer Bergman (Valley Chr.)	Champion Div. IV
	Tennis	Sam Rosekrans (Sacred Heart Prep)	Singles Champion
	Track	Kristen Houp (Valley Christian)	400 Meter Champion
	Track	(Valley Christian)	4x400 Meter Relay Champions
	Swimming	Danielle Gong (Presentation)	200 IM Champion
	Swimming	Michelle Liu (Archbishop Mitty)	100 Back Champion
	Swimming	Stephanie Wei, Erin Garcia, Jamie Cisar, Dory Isaacs (Mitty)	200 Medley Relay Champions
	Swimming	Michelle Liu, Laurence Delisle, Jamie Cisar, Dory Isaacs (Mitty)	200 Free Relay Champions
	Swimming	Michelle Liu, Stephanie Wei, Erin Garcia, Laurence Delisle (Mitty)	400 Free Relay Champions