

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

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Pat Segurson Statistician

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W. C. A. L. CROSS COUNTRY STANDINGS

November 4th, 2004

JUNIOR VARSITY STANDINGS

	<u>Points</u>
Junipero Serra	23.0
Saint Ignatius	22.0
Bellarmino	18.0
Saint Francis	15.0
Sacred Heart Cathedral	12.0
Archbishop Mitty	8.5
Archbishop Riordan	6.5
Valley Christian	-

THIS WEEKS RESULTS

Host: Junipero Serra **Date:** November 3rd
Distance: 2.95 miles **At:** Crystal Springs **Level:** Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Junipero Serra	28	8.0
Saint Ignatius	29	7.0
Bellarmino	93	6.0
Saint Francis	109	5.0
Sacred Heart Cathedral	122	4.0
Archbishop Riordan	192	2.5
Archbishop Mitty	192	2.5
Valley Christian	INC	-.-

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Russell Megowan	Serra	16:54
2 Kevin Aguirre	St Ignt	16:56
3 Luke Pulaski	St Ignt	17:04
4 J. D. Smiley	Serra	17:12
5 Paul Zmuda	St Ignt	17:17
6 David Parker	Serra	17:17
7 Will Fennie	St Ignt	17:17
8 Steven Powell	Serra	17:25
9 Alex London	Serra	17:28
10 Andrew Willis	Bell	17:38

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W. C. A. L. CROSS COUNTRY STANDINGS

November 7th, 2004

TOP RUNNERS FOR EACH SCHOOL

1. 28 **JUNIPERO SERRA** (17:16 86:16)

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1	1	RUSSELL MEGOWAN	JR 16:54
2	4	JD SMILEY	JR 17:12
3	6	DAVID PARKER	JR 17:17
4	8	STEVEN POWELL	JR 17:25
5	9	ALEX LONDON	JR 17:28
6	(11)	GINO LEONIO	SO 17:41
7	(13)	JAMES THOMAS	SR 17:43

2. 29 **ST. IGNATIUS** (17:16 86:16)

=====

1	2	KEVIN AGUIRRE	JR 16:56
2	3	LUKE PULASKI	JR 17:04
3	5	PAUL ZMUDA	JR 17:17
4	7	WILL FENNIE	SR 17:17
5	12	IAN RANDOLPH	JR 17:42
6	(18)	TOM SHANAHAN	JR 18:11
7	(22)	JASON WEN	SO 18:35

3. 93 **BELLARMINE** (18:18 91:29)

=====

1	10	ANDREW WILLIS	JR 17:38
2	16	BRET DONNELLY	SR 18:01
3	20	CHRIS DAVIS	JR 18:31
4	23	BOBBY CARROLL	JR 18:38
5	24	ALEXANDER SPORCK	JR 18:41
6	(25)	MARCELO MACARANAS	JR 18:42
7	(27)	JOE DICKERSON	JR 18:53

4. 109 **ST. FRANCIS** (18:33 92:41)

=====

1	14	JEFF HYNES	SR 17:46
2	15	TOMMY MCCANDLESS	SR 17:56
3	19	KEN MCCANDLESS	SR 18:19
4	29	BRIAN SHERILL	SR 19:03
5	32	MATT DELSMAN	JR 19:37
6	(35)	LUKE FULLER	SR 19:57
7	(43)	DAVID LUKRICH	SR 21:46

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November 7th, 2004

TOP RUNNERS FOR EACH SCHOOL

(continued)

5. 122 SACRED HEART CATH. (18:44 93:36)

=====

1	17	JACK SHEPHERD	JR	18:10
2	21	EDDIE HYNSON	JR	18:33
3	26	HIDEKI SUSAKI	JR	18:53
4	28	NATHAN VILLANUEVA	JR	18:57
5	30	KEVIN DECEOURSTY	SR	19:03
6	(36)	JACOB WERTZ	SR	20:03
7	(40)	NICK SLEPNIKOFF	JR	20:58

6. 192 ARCHBISHOP RIORDAN (20:51 104:11)

=====

1	33	PHILLIP PHAM	SR	19:37
2	37	STEPHEN HERRMANN	JR	20:33
3	39	FRANKIE WONG	JR	20:53
4	41	BUSH LAI	SR	21:24
5	42	BRIAN ALCANTARA	SR	21:44
6	(46)	PATRICK VU	JR	25:05

7. 192 ARCHBISHOP MITTY (20:58 104:50)

=====

1	31	ANDREW WERLING	JR	19:09
2	34	ROBERT THOMPSON	JR	19:55
3	38	GREG NIEDERMAIER	SO	20:41
4	44	EVAN WU	JR	22:16
5	45	SCOTT SHERWOOD	JR	22:49

8. INC VALLEY CHRISTIAN (INC)

=====

1	64	RICARDO SARABIA	SR	20:51
2	70	AARON WALLS	SR	21:13
3	72	EDISON PARK	SR	21:24

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W. C. A. L. CROSS COUNTRY STANDINGS

November 7th, 2004

TOP 30 FINSHERS

Place	Name	Yr	High School	Bjv	Pace
1	Russell Megowan	JR	SERRA	16:54	5:44
2	Kevin Aguirre	JR	ST. IGNATIUS	16:56	5:45
3	Luke Pulaski	JR	ST. IGNATIUS	17:04	5:47
4	Jd Smiley	JR	SERRA	17:12	5:50
5	Paul Zmuda	JR	ST. IGNATIUS	17:17	5:52
6	David Parker	JR	SERRA	17:17	5:52
7	Will Fennie	SR	ST. IGNATIUS	17:17	5:52
8	Steven Powell	JR	SERRA	17:25	5:54
9	Alex London	JR	SERRA	17:28	5:56
10	Andrew Willis	JR	BELLARMINE	17:38	5:59
11	Gino Leonio	SO	SERRA	17:41	6:00
12	Ian Randolph	JR	ST. IGNATIUS	17:42	6:00
13	James Thomas	SR	SERRA	17:43	6:01
14	Jeff Hynes	SR	ST. FRANCIS	17:46	6:02
15	JP Rastrullo	JR	SERRA	17:49	6:03
16	Tommy Mccandless	SR	ST. FRANCIS	17:56	6:05
17	Daniel Harkin	JR	SERRA	17:58	6:06
18	Tim Watterson	JR	SERRA	17:59	6:06
19	Bret Donnelly	SR	BELLARMINE	18:01	6:07
20	Vinod Kamath	SR	SERRA	18:04	6:08
21	Jack Shepherd	JR	SHC	18:10	6:10
22	Tom Shanahan	JR	ST. IGNATIUS	18:11	6:10
23	Hisham Dahud	JR	SERRA	18:15	6:11
24	Ken Mccandless	SR	ST. FRANCIS	18:19	6:13
25	Erik Vaness	JR	SERRA	18:20	6:13
26	Chris Davis	JR	BELLARMINE	18:31	6:17
27	Eddie Hynson	JR	SHC	18:33	6:18
28	Jason Wen	SO	ST. IGNATIUS	18:35	6:18
29	Oscar Roque	JR	ST. IGNATIUS	18:37	6:19
30	Bobby Carroll	JR	BELLARMINE	18:38	6:19
31	Adam Lee	JR	SERRA	18:38	6:19
32	Alexander Sporck	JR	BELLARMINE	18:41	6:20
33	Marcelo Macaranas	JR	BELLARMINE	18:42	6:21