

# 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

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E-Mail: [WCALstatman@prodigy.net](mailto:WCALstatman@prodigy.net)

## W. C. A. L. CROSS COUNTRY STANDINGS

November 4th, 2004

### VARSIITY STANDINGS

	<u>Points</u>
Saint Francis	23.0
Junipero Serra	22.0
Saint Ignatius	18.0
Bellarmino	15.0
Archbishop Mitty	11.0
Sacred Heart Cathedral	10.0
Archbishop Riordan	6.0
Valley Christian	3.0

### 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>
Saint Francis	44	8.0
Junipero Serra	44	7.0
Saint Ignatius	58	6.0
Bellarmino	96	5.0
Archbishop Mitty	125	4.0
Sacred Heart Cathedral	158	3.0
Archbishop Riordan	175	2.0
Valley Christian	228	1.0

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Ben Sitler	St Fran	15:10
2 Kareem Barghouti	Serra	15:30
3 Paul Nedeau	St Ignt	15:38
4 Brian Fisher	St Fran	15:55
5 Nicholas Alvarado	St Ignt	16:00
6 Robert Alvarado	St Ignt	16:02
7 Robert Broderick	Serra	16:03
8 Carlos Ramirez	Serra	16:04
9 Danny Smith	Bell	16:08

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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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November 4th, 2004

### SOPHOMORE STANDINGS

	<u>Points</u>
Saint Ignatius	21
Junipero Serra	17
Saint Francis	16
Bellarmino	12
Sacred Heart Cathedral	8
Archbishop Mitty	7
Archbishop Riordan	3

### 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>
Saint Ignatius	30	7
Junipero Serra	61	6
Saint Francis	81	5
Bellarmino	86	4
Archbishop Mitty	142	3
Sacred Heart Cathedral	148	2
Archbishop Riordan	173	1

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Matt Snyder	St Ignt	16:49
2 Eric Baum	Bell	17:08
3 Kevin Murphy	St Fran	17:10
4 David Polhemus	St Ignt	17:13
5 Jiean Li	St Ignt	17:31
6 Bobby McCarthy	Serra	17:36
7 Anthony Hu	Serra	17:48
8 Casey Roche	St Fran	17:51
9 Ryan Aguirre	St Ignt	17:53
10 Andrew Tilton	Serra	17:59

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## W. C. A. L. CROSS COUNTRY STANDINGS

November 4th, 2004

### FRESHMAN STANDINGS

	<u>Points</u>
Junipero Serra	22
Saint Ignatius	18
Bellarmino	17
Saint Francis	13
Sacred Heart Cathedral	9
Archbishop Mitty	8
Archbishop Riordan	3
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	19	7
Saint Ignatius	58	6
Bellarmino	67	5
Saint Francis	98	4
Sacred Heart Cathedral	139	3
Archbishop Mitty	159	2
Archbishop Riordan	205	1

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Cole Jones	Serra	17:12
2 Philip Pompei	St Fran	17:25
3 Myles Swanton	Serra	17:32
4 Patrick Sullivan	Serra	17:36
5 Dominic Chelini	Serra	17:41
6 Christopher Yarranton	Serra	17:46
7 John Hietter	St Ignt	17:47
8 Andrew Shahamiri	St Ignt	17:47
9 Kyle Hillebrecht	Bell	17:50
10 Jonathan Juntado	S. H. C.	18:01

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## W. C. A. L. CROSS COUNTRY STANDINGS

November 5th, 2004

### TOP VARSITY RUNNERS FOR EACH SCHOOL

1.	44	<b>ST. FRANCIS</b>	(16:05 80:25)
=====			
1	1	BEN SITLER	JR 15:10
2	4	BRIAN FISHER	SR 15:55
3	10	ALEX BLEASE	SO 16:21
4	14	KYLE STEWART	SO 16:28
5	15	ERIC JOHNSON	JR 16:31
6	( 18)	SAM POMPEI	JR 16:35
7	( 30)	MIKE ROHRS	SR 17:15
2.	44	<b>JUNIPERO SERRA</b>	(16:07 80:33)
=====			
1	2	KAREEM BARGHOUTI	SR 15:30
2	7	ROBERT BRODERICK	SO 16:03
3	8	CARLOS RAMIREZ	SR 16:04
4	11	MICHAEL BORG	JR 16:23
5	16	STEVEN BORG	JR 16:33
6	( 22)	JASON CHORPENING	JR 16:50
3.	58	<b>ST. IGNATIUS</b>	(16:16 81:17)
=====			
1	3	PAUL NEDEAU	SR 15:38
2	5	NICHOLAS ALVARADO	JR 16:00
3	6	ROBERT ALVARADO	JR 16:02
4	19	MATT PECK	SR 16:41
5	25	DANIEL HARRINGTON	JR 16:56
6	( 27)	DANIEL MORTHOLE	JR 16:57

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November 5th, 2004

### TOP VARSITY RUNNERS FOR EACH SCHOOL

( continued )

4.	93	<b>BELLARMINE</b>	(16:39 83:15)
=====			
1	9	DANNY SMITH	SR 16:08
2	17	MATT BEJAR	JR 16:34
3	20	TYLER CLAYTON	SR 16:44
4	23	KYLE WULFF	JR 16:54
5	24	COLBY MOORE	JR 16:55
6	( 29 )	ANDREW HARADA	JR 17:10
7	( 41 )	BRIAN BENSCH	SR 18:05
5.	125	<b>ARCHBISHOP MITTY</b>	(17:00 84:56)
=====			
1	12	MICHAEL HERNANDEZ	JR 16:24
2	21	MENSO DEJONG	SO 16:46
3	26	KYLE CRONIN	SO 16:57
4	32	JOSEPH HORIUCHI	JR 17:18
5	34	KYLE UEUNTEN	JR 17:31
6	( 44 )	BRIAN DUNLAY	SO 18:34
6.	158	<b>SACRED HEART CATH.</b>	(17:26 87:08)
=====			
1	13	NICHOLAS CANNATA-BOWMAN	SO 16:27
2	33	ETHAN WICKLUND	SO 17:23
3	36	JOSHUA LING	JR 17:43
4	37	BRIAN CONWAY	SR 17:44
5	39	BRYAN TOLENTINO	JR 17:51
6	( 40 )	JUSTIN ABANTAO	SO 17:55

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November 5th, 2004

### TOP VARSITY RUNNERS FOR EACH SCHOOL

( continued )

7. 175 **ARCHBISHOP RIORDAN** (17:36 88:00)

=====

1	28	ALEJANDRO MURILLO	SO	17:01
2	31	CHRIS CORGAS	JR	17:17
3	35	JESUS RAMIREZ	SO	17:36
4	38	ABEL ESQUIVEL	SO	17:44
5	43	ADAM MUNGIA	SR	18:22

8. 228 **VALLEY CHRISTIAN** (18:55 94:31)

=====

1	42	JUSTIN CATES	SR	18:11
2	45	KENNY GUERTIN	SR	18:50
3	46	KOLE TANOUYE	JR	18:54
4	47	ANDREW JOY	FR	18:59
5	48	JUSTIN KLEIN	SR	19:37
6	( 49 )	MATT MEYER	FR	20:14

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## W. C. A. L. CROSS COUNTRY STANDINGS

November 5th, 2004

### TOP 30 VARSITY FINISHERS

Place	Name	Yr	High School	Bvar	Pace
1	Ben Sitler	JR	ST. FRANCIS	15:10	5:09
2	Kareem Barghouti	SR	SERRA	15:30	5:16
3	Paul Nedeau	SR	ST. IGNATIUS	15:38	5:18
4	Brian Fisher	SR	ST. FRANCIS	15:55	5:24
5	Nicholas Alvarado	JR	ST. IGNATIUS	16:00	5:26
6	Robert Alvarado	JR	ST. IGNATIUS	16:02	5:26
7	Robert Broderick	SO	SERRA	16:03	5:27
8	Carlos Ramirez	SR	SERRA	16:04	5:27
9	Danny Smith	SR	BELLARMINE	16:08	5:28
10	Alex Blease	SO	ST. FRANCIS	16:21	5:33
11	Michael Borg	JR	SERRA	16:23	5:34
12	Michael Hernandez	JR	MITTY	16:24	5:34
13	Nicholas Cannata-B	SO	SHC	16:27	5:35
14	Kyle Stewart	SO	ST. FRANCIS	16:28	5:35
15	Eric Johnson	JR	ST. FRANCIS	16:31	5:36
16	Steven Borg	JR	SERRA	16:33	5:37
17	Matt Bejar	JR	BELLARMINE	16:34	5:37
18	Sam Pompei	JR	ST. FRANCIS	16:35	5:38
19	Matt Peck	SR	ST. IGNATIUS	16:41	5:40
20	Tyler Clayton	SR	BELLARMINE	16:44	5:41
21	Menso Dejong	SO	MITTY	16:46	5:41
22	Jason Chorpening	JR	SERRA	16:50	5:43
23	Kyle Wulff	JR	BELLARMINE	16:54	5:44
24	Colby Moore	JR	BELLARMINE	16:55	5:44
25	Daniel Harrington	JR	ST. IGNATIUS	16:56	5:45
26	Kyle Cronin	SO	MITTY	16:57	5:45
27	Daniel Morthole	JR	ST. IGNATIUS	16:57	5:45
28	Alejandro Murillo	SO	RIORDAN	17:01	5:46
29	Andrew Harada	JR	BELLARMINE	17:10	5:49
30	Mike Rohrs	SR	ST. FRANCIS	17:15	5:51
31	Chris Corgas	JR	RIORDAN	17:17	5:52
32	Joseph Horiuchi	JR	MITTY	17:18	5:52