

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

W. C. A. L. CROSS COUNTRY STANDINGS

October 7th, 2006

VARSIITY STANDINGS

	<u>Points</u>
Saint Francis	8
Saint Ignatius	7
Sacred Heart Cathedral	6
Archbishop Mitty	5
Presentation	4
Valley Christian	3
Notre Dame	2
Sacred Heart Prep	1

THIS WEEKS RESULTS

Host: Saint Ignatius **Date:** October 4th
Distance: 3.1 miles **At:** Polo Fields, GGP **Level:** Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Francis	69	8
Saint Ignatius	77	7
Sacred Heart Cathedral	88	6
Archbishop Mitty	93	5
Presentation	96	4
Valley Christian	122	3
Notre Dame	184	2
Sacred Heart Prep	207	1

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Katy Daly	St Ignt	18:57
2 Renisha Robinson	Mitty	19:44
3 Jen Bergmann	VllyChr	20:08
4 Adriana Romero	St Fran	20:13
5 Samantha Smiley	Ntr Dame	20:16
6 Tracy Vargo	Presntn	20:18
7 Courtney Albini	St Fran	20:21
8 Jaclyn Flynn	S. H. C.	20:31
9 Rebekah Phillips	Presntn	20:37
10 Bambi Seltenrich	St Ignt	20:38

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Sacred Heart Prep	Sacred Heart Cathedral	Saint Francis	Saint Ignatius	Valley Christian	

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JUNIOR VARSITY STANDINGS

	<u>Points</u>
Saint Francis	7.0
Saint Ignatius	6.0
Presentation	5.0
Archbishop Mitty	4.0
Sacred Heart Cathedral	3.0
Notre Dame	2.0
Sacred Heart Prep	-
Valley Christian	-

THIS WEEKS RESULTS

Host: Saint Ignatius **Date:** October 4th
Distance: 3.1 miles **At:** Polo Fields, GGP **Level:** Junior Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Francis	27	7.0
Saint Ignatius	36	6.0
Presentation	97	5.0
Archbishop Mitty	100	4.0
Sacred Heart Cathedral	100	3.0
Notre Dame	165	2.0
Sacred Heart Prep	INC	-
Valley Christian	INC	-

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Dakota Taylor	St Fran	21:36
2 Alyssa Arvin	St Fran	21:40
3 Monica Harnoto	St Fran	21:48
4 Sasha Martinez	St Ignt	21:49
5 Morgan Campbell	St Ignt	22:07
6 Zoe Seher	St Ignt	22:12
7 Chelsea Nobriga	St Fran	22:23
8 Rachel Meissner	Presntn	22:27
9 Natalie Buchwald	S. H. C.	22:30
10 Zoe Molke	St Ignt	22:32

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FRESHMAN STANDINGS

	<u>Points</u>
Saint Ignatius	3
Saint Francis	2
Archbishop Mitty	1

THIS WEEKS RESULTS

Host: Saint Ignatius **Date:** October 4th
Distance: 3.1 miles **At:** Polo Fields, GGP **Level:** Freshman

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Ignatius	20	3
Saint Francis	51	2
Archbishop Mitty	59	1

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Kim Betttinger	St Ignt	22:16
2 Abby Otto	St Ignt	22:23
3 Maggie Gorwky	St Ignt	22:26
4 Emily Tatum	St Ignt	22:55
5 Alexis Savini	Mitty	23:04
6 Shannon Richards	St Fran	23:07
7 Caroline Mack	St Fran	23:20
8 Lauren Ducote	Mitty	23:24
9 Catherine Ro Smith	St Fran	23:30
10 Erin Murphy	St Ignt	23:35

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W. C. A. L. CROSS COUNTRY STANDINGS

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TOP VARSITY RUNNERS FOR EACH SCHOOL

1. 59 **ST. FRANCIS** (20:44 103:36)

=====

1	4	ADRIANA ROMERO	9	20:13
2	7	COURTNEY ALBINI	10	20:21
3	12	STEPHANIE KAUFMANN	10	20:49
4	17	ASHMI PATHELA	11	21:02
5	19	MICHELLE ROEMER	12	21:11
6	(24)	RACHEL GUNSALUS	10	21:29
7	(26)	ALEXIS PEREZ	11	21:32

2. 77 **ST. IGNATIUS** (20:44 103:37)

=====

1	1	KATY DALY	10	18:57
2	10	BAMBI SELTENRICH	10	20:38
3	13	JACQUELINE SUN	10	20:51
4	25	MONICA COEN	11	21:29
5	28	MICHAELA COSTELLO	11	21:42
6	(34)	MADDY MCDONNELL	11	21:58
7	(37)	ANNALYSE SHEPPARD	10	22:14

3. 88 **SACRED HEART CATHEDRAL** (21:04 105:20)

=====

1	8	JACLYN FLYNN	11	20:31
2	11	JOCELYN RODRIGUEZ	11	20:42
3	18	RACHEL MILLS	10	21:04
4	20	REILLY HALL	10	21:15
5	31	YESENIA PALACIOS	11	21:48
6	(35)	NERISSA MARTINEZ	11	21:58
7	(40)	MEGHAN HOLLAND	11	22:27

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(continued)

4. 93 **ARCHBISHOP MITTY** (21:04 105:18)

=====

1	2	RENISHA ROBINSON	12	19:44
2	15	AISHA LOTT	11	21:02
3	16	ALEXA LEE	9	21:02
4	27	KARI LAUX	12	21:34
5	33	ALISA STRAYER	10	21:56
6	(36)	SANDRA KILLEBREW	11	22:02

5. 96 **PRESENTATION** (21:11 105:55)

=====

1	6	TRACY VARGO	11	20:18
2	9	REBEKAH PHILLIPS	10	20:37
3	22	RACHEL PHILLIPS	9	21:24
4	29	ANISSA LIU	10	21:48
5	30	NICOLE ZANARDI	11	21:48
6	(32)	JORDAN FILLMORE	11	21:53
7	(39)	JENNIFER CHAU	11	22:27

6. 122 **VALLEY CHRISTIAN** (21:43 108:31)

=====

1	3	JENNIFER BERGMAN	10	20:08
2	14	MORGAN CELAYA	11	20:51
3	21	KELSEY LUOMA	12	21:16
4	38	JULIA WALLACE	9	22:25
5	46	NICOLE MAUSERAT	10	23:51

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TOP VARSITY RUNNERS FOR EACH SCHOOL

(continued)

7. 184 **NOTRE DAME** (22:46 113:47)

=====
1 5 SAM SMILEY 11 20:16
2 43 MEGAN MURNANE 11 22:55
3 44 COLLEEN DALEY 11 23:08
4 45 LIA ARMSTRONG 11 23:22
5 47 SAM PRASAD 12 24:06
6 (48) GINA ERLE 10 24:09
7 (49) YESENIA FERNANDEZ 11 24:14

8. 207 **SACRED HEART PREP** (24:36 122:58)

=====
1 23 BROOKE MARSAL 10 21:26
2 41 CLAIRE CHUTER 9 22:33
3 42 LINDSAY MCHUGH 9 22:52
4 50 KATE LONERGAN 9 28:03
5 51 GIACOMA CUISAMO 11 28:04
6 (52) KATIE SUZUKI 9 29:50

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TOP 30 VARSITY FINISHERS

Place	Name	Yr	High School	Gvar	Pace
=====	=====	==	=====	=====	=====
1	KATY DALY	10	ST. IGNATIUS	18:57	6:07
2	RENISHA ROBINSON	12	MITTY	19:44	6:22
3	JENNIFER BERGMAN	10	VALLEY CHRISTIAN	20:08	6:30
4	ADRIANA ROMERO	9	ST. FRANCIS	20:13	6:32
5	SAM SMILEY	11	Notre Dame	20:16	6:33
6	TRACY VARGO	11	PRESENTATION	20:18	6:33
7	COURTNEY ALBINI	10	ST. FRANCIS	20:21	6:34
8	JACLYN FLYNN	11	Sacred Heart Cath.	20:31	6:38
9	REBEKAH PHILLIPS	10	PRESENTATION	20:37	6:39
10	BAMBI SELTENRICH	10	ST. IGNATIUS	20:38	6:40
11	JOCELYN RODRIGUEZ	11	Sacred Heart Cath.	20:42	6:41
12	STEPHANIE KAUFMANN	10	ST. FRANCIS	20:49	6:43
13	JACQUELINE SUN	10	ST. IGNATIUS	20:51	6:44
14	MORGAN CELAYA	11	VALLEY CHRISTIAN	20:51	6:44
15	AISHA LOTT	11	MITTY	21:02	6:47
16	ALEXA LEE	9	MITTY	21:02	6:47
17	ASHMI PATHELA	11	ST. FRANCIS	21:02	6:47
18	RACHEL MILLS	10	Sacred Heart Cath.	21:04	6:48
19	MICHELLE ROEMER	12	ST. FRANCIS	21:11	6:50
20	REILLY HALL	10	Sacred Heart Cath.	21:15	6:52
21	KELSEY LUOMA	12	VALLEY CHRISTIAN	21:16	6:52
22	RACHEL PHILLIPS	9	PRESENTATION	21:24	6:55
23	BROOKE MARSAL	10	Sacred Heart Prep	21:26	6:55
24	RACHEL GUNSALUS	10	ST. FRANCIS	21:29	6:56
25	MONICA COEN	11	ST. IGNATIUS	21:29	6:56
26	ALEXIS PEREZ	11	ST. FRANCIS	21:32	6:57
27	KARI LAUX	12	MITTY	21:34	6:58
28	MICHAELA COSTELLO	11	ST. IGNATIUS	21:42	7:00
29	ANISSA LIU	10	PRESENTATION	21:48	7:02
30	NICOLE ZANARDI	11	PRESENTATION	21:48	7:02
31	YESENIA PALACIOS	11	Sacred Heart Cath.	21:48	7:02