

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
 Phone: 415 337-9172
 · FAX: 415 337-4529
 E-Mail: WCALstatman@prodigy.net

W. C. A. L. CROSS COUNTRY STANDINGS

November 4th, 2006

VARSIITY STANDINGS

	<u>Points</u>
Saint Francis	32.0
Sacred Heart Cathedral	24.0
Saint Ignatius	24.0
Presentation	20.0
Archbishop Mitty	18.0
Valley Christian	14.0
Notre Dame	8.0
Sacred Heart Prep	4.0

THIS WEEKS RESULTS

Host: Junipero Serra **Date:** November 1st
Distance: 2.95 miles **At:** Crystal Springs **Level:** Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Francis	59	16.0
Sacred Heart Cathedral	74	14.0
Saint Ignatius	81	12.0
Presentation	100	10.0
Valley Christian	113	8.0
Archbishop Mitty	124	6.0
Notre Dame	178	4.0
Sacred Heart Prep	207	2.0

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Katy Daly	St Ignt	17:47
2 Renisha Robinson	Mitty	18:06
3 Jennifer Bergman	VllyChr	18:35
4 Tracy Vargo	Presntn	19:08
5 Adriana Romero	St Fran	19:14
6 Jsclyn Flynn	S. H. C.	19:30
7 Samantha Smiley	Ntr Dame	19:36
8 Morgan Celaya	VllyChr	19:39
9 Courtney Albin	St Fran	19:44
10 Rebekah Phillips	Presntn	19:52
11 Stephanie Kaufmann	St Fran	19:56

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JUNIOR VARSITY STANDINGS

	<u>Points</u>
Saint Francis	28.0
Saint Ignatius	24.0
Presentation	20.0
Sacred Heart Cathedral	15.0
Archbishop Mitty	13.0
Notre Dame	8.0
Sacred Heart Prep	-
Valley Christian	-

THIS WEEKS RESULTS

Host: Junipero Serra **Date:** November 1st
Distance: 2.95 miles **At:** Crystal Springs **Level:** Junior Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Francis	24	14.0
Saint Ignatius	36	12.0
Presentation	93	10.0
Sacred Heart Cathedral	94	8.0
Archbishop Mitty	123	6.0
Notre Dame	178	4.0
Sacred Heart Prep	INC	-

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Dakota Taylor	St Fran	20:07
2 Annalyse Sheppard	St Ignt	20:18
3 Monica Harnoto	St Fran	20:49
4 Alyssa Arvin	St Fran	21:06
5 Chelsea Nobriga	St Fran	21:22
6 Jennifer Chau	Presntn	21:28
7 Libby Paulsen	St Ignt	21:40
8 Zoe Seher	St Ignt	21:47
9 Katie Gandolfo	St Ignt	21:51
10 Morgan Campbell	St Ignt	21:51
11 Andi Bo	St Fran	21:52
12 Natalie Buchwald	S. H. C.	21:53

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FRESHMAN STANDINGS

	<u>Points</u>
Saint Ignatius	12
Saint Francis	8
Archbishop Mitty	4

THIS WEEKS RESULTS

Host: Junipero Serra **Date:** November 1st
Distance: 2.95 miles **At:** Crystal Springs **Level:** Freshman

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Ignatius	19	6
Saint Francis	45	4
Archbishop Mitty	59	2

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Maggie Gorwky	St Ignt	20:59
2 Abby Otto	St Ignt	21:16
3 Emily Tatum	St Ignt	21:35
4 Caroline Mack	St Fran	21:36
5 Catherine Ro Smith	St Fran	21:51
6 Erin Murphy	St Ignt	22:03
7 Breniel Lemley	St Ignt	22:06
8 Shannon Richards	St Fran	22:06
9 Lauren Ducote	Mitty	22:20
10 Alexis Savini	Mitty	22:41

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TOP VARSITY RUNNERS FOR EACH SCHOOL

1.	59	ST. FRANCIS	(19:53 99:24)
=====			
1	5	548 ADRIANA ROMERO	9 19:14
2	9	511 COURTNEY ALBINI	10 19:44
3	11	533 STEPHANIE KAUFMANN	10 19:56
4	14	547 MICHELLE ROEMER	12 20:06
5	20	542 ALEXIS PEREZ	11 20:24
6	(23)	541 ASHMI PATHELA	11 20:27
7	(24)	530 RACHEL GUNSALUS	10 20:31
2.	74	SACRED HEART CATH.	(20:07 100:35)
=====			
1	6	447 JACLYN FLYNN	11 19:30
2	12	462 JOCELYN RODRIGUEZ	11 20:00
3	13	449 REILLY HALL	10 20:01
4	16	457 RACHEL MILLS	10 20:08
5	27	459 YESENIA PALACIOS	11 20:56
6	(30)	456 NERISSA MARTINEZ	11 21:03
7	(35)	451 MEGHAN HOLLAND	11 21:25
3.	81	ST. IGNATIUS	(19:54 99:27)
=====			
1	1	650 KATY DALY	10 17:47
2	15	704 BAMBI SELTENRICH	10 20:08
3	19	711 JACQUELINE SUN	10 20:22
4	21	647 MONICA COEN	11 20:25
5	25	679 SASHA MARTINEZ	11 20:45
6	(29)	681 MADDY MCDONNELL	11 21:02
7	(33)	648 MICHAELA COSTELLO	11 21:19

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TOP VARSITY RUNNERS FOR EACH SCHOOL

(continued)

4.	100	PRESENTATION	(20:26 102:07)
=====			
1	4	302 TRACY VARGO	11 19:08
2	10	295 REBEKAH PHILLIPS	10 19:52
3	26	294 RACHEL PHILLIPS	9 20:52
4	28	306 NICOLE ZANARDI	11 20:57
5	32	286 ANISSA LIU	10 21:18
6	(36)	289 RACHEL MEISSNER	11 21:31
7	(41)	277 JORDAN FILLMORE	11 21:42
5.	113	VALLEY CHRISTIAN	(20:30 102:29)
=====			
1	3	734 JENNIFER BERGMAN	10 18:35
2	8	735 MORGAN CELAYA	11 19:39
3	17	738 KELSEY LUOMA	12 20:09
4	40	741 JULIA WALLACE	9 21:38
5	45	742 LIZ WALLACE	9 22:28
6	(51)	740 NICOLE MAUSERAT	10 23:11
7	(52)	733 KRISTEN AU-YEUNG	12 25:46
6.	124	ARCHBISHOP MITTY	(20:31 102:35)
=====			
1	2	217 RENISHA ROBINSON	12 18:06
2	18	204 AISHA LOTT	11 20:18
3	31	206 LEIGH MASON	11 21:11
4	34	201 KARI LAUX	12 21:24
5	39	224 ALISA STRAYER	10 21:36
6	(42)	199 SANDRA KILLEBREW	11 22:00

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(continued)

7.	178	NOTRE DAME	(21:42 108:27)
=====			
1	7	264 SAM SMILEY	11 19:36
2	38	239 COLLEEN DALEY	11 21:34
3	43	259 MICHAELA POWELL	11 22:24
4	44	260 SAM PRASAD	12 22:24
5	46	238 SARAH CASTILLO	11 22:29
6	(49)	242 GINA ERLE	10 22:54
7	(50)	243 YESENIA FERNANDEZ	11 23:03
8.	207	SACRED HEART PREP	(22:56 114:37)
=====			
1	22	393 BROOKE MARSAL	10 20:26
2	37	390 CLAIRE CHUTER	9 21:32
3	47	394 LINDSAY MCHUGH	9 22:42
4	48	388 JULIA BROWNELL	11 22:43
5	53	391 GIACOMA CUISAMO	11 27:14
6	(54)	392 KATE LONERGAN	9 27:31

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TOP 30 VARSITY FINISHERS

Place	Name	Yr	High School	Time	Pace
=====	=====	==	=====	=====	=====
1	KATY DALY	10	ST. IGNATIUS	17:47	6:02
2	RENISHA ROBINSON	12	MITTY	18:06	6:08
3	JENNIFER BERGMAN	10	VALLEY CHRISTIAN	18:35	6:18
4	TRACY VARGO	11	Presentation	19:08	6:29
5	ADRIANA ROMERO	9	ST. FRANCIS	19:14	6:32
6	JACLYN FLYNN	11	Sacred Heart Cath.	19:30	6:37
7	SAM SMILEY	11	Notre Dame	19:36	6:39
8	MORGAN CELAYA	11	VALLEY CHRISTIAN	19:39	6:40
9	COURTNEY ALBINI	10	ST. FRANCIS	19:44	6:42
10	REBEKAH PHILLIPS	10	Presentation	19:52	6:44
11	STEPHANIE KAUFMANN	10	ST. FRANCIS	19:56	6:46
12	JOCELYN RODRIGUEZ	11	Sacred Heart Cath.	20:00	6:47
13	REILLY HALL	10	Sacred Heart Cath.	20:01	6:48
14	MICHELLE ROEMER	12	ST. FRANCIS	20:06	6:49
15	BAMBI SELTENRICH	10	ST. IGNATIUS	20:08	6:50
16	RACHEL MILLS	10	Sacred Heart Cath.	20:08	6:50
17	KELSEY LUOMA	12	VALLEY CHRISTIAN	20:09	6:50
18	AISHA LOTT	11	MITTY	20:18	6:53
19	JACQUELINE SUN	10	ST. IGNATIUS	20:22	6:55
20	ALEXIS PEREZ	11	ST. FRANCIS	20:24	6:55
21	MONICA COEN	11	ST. IGNATIUS	20:25	6:55
22	BROOKE MARSAL	10	Sacred Heart Prep	20:26	6:56
23	ASHMI PATHELA	11	ST. FRANCIS	20:27	6:56
24	RACHEL GUNSALUS	10	ST. FRANCIS	20:31	6:58
25	SASHA MARTINEZ	11	ST. IGNATIUS	20:45	7:02
26	RACHEL PHILLIPS	9	Presentation	20:52	7:05
27	YESENIA PALACIOS	11	Sacred Heart Cath.	20:56	7:06
28	NICOLE ZANARDI	11	Presentation	20:57	7:06
29	MADDY MCDONNELL	11	ST. IGNATIUS	21:02	7:08
30	NERISSA MARTINEZ	11	Sacred Heart Cath.	21:03	7:09
31	LEIGH MASON	11	MITTY	21:11	7:11