

# 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

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

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

October 18th, 2007

### VARSIITY STANDINGS

	<u>Points</u>
Saint Ignatius	16.0
Saint Francis	14.0
Presentation	12.0
Sacred Heart Cathedral	10.0
Valley Christian	7.0
Archbishop Mitty	7.0
Notre Dame	4.0
Sacred Heart Prep	2.0

### THIS WEEKS RESULTS

**Host:** Saint Francis      **Date:** October 17th  
**Distance:** 3.0 miles      **At:** Shoreline Park      **Level:** Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Ignatius	34	8.0
Saint Francis	64	7.0
Presentation	67	6.0
Sacred Heart Cathedral	92	5.0
Archbishop Mitty	135	4.0
Valley Christian	147	3.0
Notre Dame	188	2.0
Sacred Heart Prep	218	1.0

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Rachel Hinds	St Ignt	17:31
2 Katy Daly	St Ignt	17:35
3 Jennifer Bergman	VllyChr	17:49
4 Shelby Golan	St Fran	18:24
5 Jocelyn Rodriguez	S. H. C.	18:44
6 Jackie Flynn	S. H. C.	19:01
7 Tracy Vargo	Presntn	19:15
8 Hannah Farr	St Ignt	19:18
9 Michelle Callaway	Presntn	19:28
10 Jacqueline Sun	St Ignt	19:29
11 Ashmi Pathela	St Fran	19:31

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

October 18th, 2007

### JUNIOR VARSITY STANDINGS

	<u>Points</u>
Saint Ignatius	16.0
Saint Francis	14.0
Archbishop Mitty	11.0
Presentation	9.0
Sacred Heart Cathedral	9.0
Notre Dame	7.0
Sacred Heart Prep	3.5
Valley Christian	1.5

### THIS WEEKS RESULTS

**Host:** Saint Francis      **Date:** October 17th  
**Distance:** 3.0 miles      **At:** Shoreline Park      **Level:** Junior Varsity

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Ignatius	19	8.0
Saint Francis	53	7.0
Sacred Heart Cathedral	87	6.0
Archbishop Mitty	113	5.0
Presentation	120	4.0
Notre Dame	165	3.0
Sacred Heart Prep	223	1.5
Valley Christian	223	1.5

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Abby Otto	St Ignt	19:43
2 Sasha Martinez	St Ignt	19:58
3 Annalyse Sheppard	St Ignt	20:16
4 Alexis Garrett-Frank	S. H. C.	20:25
5 Stephanie Kaufman	St Fran	20:28
6 Madeline McDonell	St Ignt	20:33
7 Libby Paulsen	St Ignt	21:03
8 Alexis Perez	St Fran	21:03
9 Yesenia Palacios	S. H. C.	21:10
10 Katie Gandolfo	St Ignt	21:22

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

October 18th, 2007

### FROSH-SOPH STANDINGS

	<u>Points</u>
Saint Ignatius	16.0
Presentation	14.0
Saint Francis	12.0
Archbishop Mitty	9.0
Sacred Heart Cathedral	9.0
Sacred Heart Prep	6.0

### THIS WEEKS RESULTS

**Host:** Saint Francis      **Date:** October 17th  
**Distance:** 3.0 miles      **At:** Shoreline Park      **Level:** Frosh-Soph

<u>School</u>	<u>Score</u>	<u>Points</u>
Saint Ignatius	16	8.0
Presentation	65	7.0
Saint Francis	75	6.0
Sacred Heart Cathedral	106	5.0
Archbishop Mitty	124	4.0
Sacred Heart Prep	190	3.0

<u>Name of Runner</u>	<u>School</u>	<u>Time</u>
1 Amanda Schallert	St Ignt	20:27
2 Emily Tatum	St Ignt	20:37
3 Bridget Sullivan	St Ignt	20:44
4 Raquel Avila	St Ignt	20:51
5 Carlie Mack	St Fran	20:59
6 Erin Murphy	St Ignt	21:00
7 Allison Siu	St Ignt	21:08
8 Maggie Gorwky	St Ignt	21:12
9 Caileen Viehweg	St Ignt	21:15
10 Teresa Martin	St Ignt	21:31
11 Elisa Santos	St Ignt	21:46

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

October 18th, 2007

### TOP VARSITY RUNNERS FOR EACH SCHOOL

1. 34 **ST. IGNATIUS** (18:42 93:27)

=====

1	1	621	RACHEL HINDS	9	17:31
2	2	607	KATY DALY	11	17:35
3	8	611	HANNAH FARR	9	19:18
4	10	653	JACQUELINE SUN	11	19:29
5	13	643	BAMBI SELTENRICH	11	19:34
6	( 15)	605	MONICA COEN	12	19:37
7	( 16)	657	JACQUELYN URBINA	9	19:48

2. 64 **ST. FRANCIS** (19:33 97:44)

=====

1	4	515	SHELBY GOLAN	12	18:24
2	11	532	ASHMI PATHELA	12	19:31
3	14	505	ANNELISE BROCHIER	10	19:34
4	17	500	COURTNEY ALBINI	11	20:07
5	18	516	TAYLOR GROSECLOSE	9	20:08
6	( 29)	517	RACHEL GUNSALUS	11	20:35
7	( 35)	539	ADRIANA ROMERO	10	21:00

3. 67 **PRESENTATION** (19:45 98:44)

=====

1	7	310	TRACY VARGO	12	19:15
2	9	277	MICHELLE CALLAWAY	12	19:28
3	12	301	REBEKAH PHILLIPS	11	19:32
4	19	300	RACHEL PHILLIPS	10	20:13
5	20	294	SHANNON MCCARTHY	11	20:16
6	( 25)	274	GINA D'ARPINO	9	20:27
7	( 44)	312	NICOLE ZANARDI	12	21:45

4. 92 **SACRED HEART CATH.** (19:54 99:29)

=====

1	5	449	JOCELYN RODRIGUEZ	12	18:44
2	6	432	JACKIE FLYNN	12	19:01
3	23	438	NATHALIE HECHINGER	9	20:22
4	27	443	NERISSA MARTINEZ	12	20:34
5	31	430	CASSANDRA DEVLIN	11	20:48
6	( 34)	436	REILLY HALL	11	21:00
7	( 37)	444	RACHEL MILLS	11	21:06

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October 18th, 2007

### TOP VARSITY RUNNERS FOR EACH SCHOOL

( continued )

5. 135 **ARCHBISHOP MITTY** (20:35 102:54)

=====

1	21	174	AISHA LOTT	12	20:17
2	22	161	AMANDA GUZIKOWSKI	9	20:21
3	26	154	NICOLE ELLIS	9	20:32
4	28	202	KRISTINA THOMAS	9	20:34
5	38	170	MARY KRIEGE	9	21:10
6	( 48 )	166	STEPHANIE JOHN	11	22:20
7	( 50 )	169	SANDRA KILLEBREW	12	22:22

6. 147 **VALLEY CHRISTIAN** (20:26 102:07)

=====

1	3	725	JENNIFER BERGMAN	11	17:49
2	30	726	EMILY BLAHA	9	20:36
3	32	738	JULIE WALLACE	10	20:54
4	39	739	LIZ WALLACE	10	21:11
5	43	731	KRISTIN HOUP	12	21:37

7. 188 **NOTRE DAME** (21:15 106:14)

=====

1	24	257	EMILY DETERT	11	20:24
2	36	268	KARLA NAVARRO	10	21:04
3	40	265	CAMILLE MARON	10	21:14
4	41	267	LAUREN MIKE	10	21:15
5	47	272	SERENA SMILEY	9	22:17
6	( 49 )	259	GINA ERLE	11	22:22
7	( 51 )	273	STACY SPARKS	11	22:33

8. 218 **SACRED HEART PREP** (21:55 109:31)

=====

1	33	361	ANN HESLIN	9	20:54
2	42	356	JULIA BROWNELL	12	21:26
3	45	354	NADIA AHMED	10	22:08
4	46	360	KARLA GAITAN	10	22:13
5	52	357	OLIVIA CARROLL	9	22:50
6	( 53 )	358	CAROLINE CASEY	12	23:44
7	( 54 )	362	ELLY JONES	9	25:22

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

October 18th, 2007

### TOP 30 VARSITY FINISHERS

Place	Name	Yr	High School	Time	Pace
1	621 RACHEL HINDS	9	ST. IGNATIUS	17:31	5:51
2	607 KATY DALY	11	ST. IGNATIUS	17:35	5:52
3	725 JENNIFER BERGMAN	11	VALLEY CHRISTIAN (SA	17:49	5:57
4	515 SHELBY GOLAN	12	ST. FRANCIS	18:24	6:08
5	449 JOCELYN RODRIGUEZ	12	SHC	18:44	6:15
6	432 JACKIE FLYNN	12	SHC	19:01	6:21
7	310 TRACY VARGO	12	PRESENTATION	19:15	6:25
8	611 HANNAH FARR	9	ST. IGNATIUS	19:18	6:26
9	277 MICHELLE CALLAWAY	12	PRESENTATION	19:28	6:30
10	653 JACQUELINE SUN	11	ST. IGNATIUS	19:29	6:30
11	532 ASHMI PATHELA	12	ST. FRANCIS	19:31	6:31
12	301 REBEKAH PHILLIPS	11	PRESENTATION	19:32	6:31
13	643 BAMBI SELTENRICH	11	ST. IGNATIUS	19:34	6:32
14	505 ANNE LISE BROCHIER	10	ST. FRANCIS	19:34	6:32
15	605 MONICA COEN	12	ST. IGNATIUS	19:37	6:33
16	657 JACQUELYN URBINA	9	ST. IGNATIUS	19:48	6:36
17	500 COURTNEY ALBINI	11	ST. FRANCIS	20:07	6:43
18	516 TAYLOR GROSECLOSE	9	ST. FRANCIS	20:08	6:43
19	300 RACHEL PHILLIPS	10	PRESENTATION	20:13	6:45
20	294 SHANNON MCCARTHY	11	PRESENTATION	20:16	6:46
21	174 AISHA LOTT	12	MITTY	20:17	6:46
22	161 AMANDA GUZIKOWSKI	9	MITTY	20:21	6:47
23	438 NATHALIE HECHINGER	9	SHC	20:22	6:48
24	257 EMILY DETERT	11	NOTRE DAME (BELMONT)	20:24	6:48
25	274 GINA D'ARPINO	9	PRESENTATION	20:27	6:49
26	154 NICOLE ELLIS	9	MITTY	20:32	6:51
27	443 NERISSA MARTINEZ	12	SHC	20:34	6:52
28	202 KRISTINA THOMAS	9	MITTY	20:34	6:52
29	517 RACHEL GUNSALUS	11	ST. FRANCIS	20:35	6:52
30	726 EMILY BLAHA	9	VALLEY CHRISTIAN	20:36	6:52