

2011 WCAL Championships - 5/7/2011 to 5/14/2011
St. Francis High School/Serra High School
5/7/2011 to 5/14/2011
Results

Girls 100 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times

Meet: ! 11.62 2005 Khrystal Carter, Valley Christian
 CCS: # 11.42 1999 Sani Roseby, Monterey
 State: * 11.14 1992 Marion Jones, Thousand Oaks
 National: \$ 11.14 1992 Marion Jones, Thousand Oaks
 CCS Qual: @ 12.58

| Name | Year | School | Prelims | Wind | H# |
|----------------------|------|------------------|----------|------|----|
| Preliminaries | | | | | |
| 1 Smallwood, Shelby | 09 | Valley Chris | @ 12.53Q | +0.0 | 1 |
| 2 Seymour, Jessica | 12 | Archbishop Mitty | @ 12.56Q | 0.1 | 2 |
| 3 Davis, Kamilah | 12 | Archbishop Mitty | 12.85Q | 0.1 | 3 |
| 4 Auzenne, Micha | 10 | St. Francis | 12.89q | +0.0 | 1 |
| 5 San Juan, Tatiana | 09 | St. Francis | 12.94q | 0.1 | 2 |
| 6 Roey, Jessica | 10 | St. Francis | 13.07q | +0.0 | 1 |
| 7 Palacio, Kylie | 10 | Archbishop Mitty | 13.18q | 0.1 | 3 |
| 8 Pidgeon, Shannon | 12 | St. Ignatius | 13.19 | 0.1 | 2 |
| 9 McGovern, Aine | 10 | St. Ignatius | 13.21 | 0.1 | 3 |
| 10 Smith, Fiona | 09 | St. Ignatius | 13.28 | 0.1 | 3 |
| 11 Fenton, Skylar | 09 | St. Ignatius | 13.37 | +0.0 | 1 |
| 12 West, Kerry | 12 | St. Francis | 13.38 | +0.0 | 1 |
| 13 Love, Marquel | 09 | Archbishop Mitty | 13.43 | 0.1 | 2 |
| 14 Denzel, Molly | 12 | St. Francis | 13.53 | 0.1 | 3 |
| 15 Quesada, Sam | 12 | St. Ignatius | 13.60 | 0.1 | 3 |
| 16 Obilor, Tiffanie | 10 | Presentation | 13.75 | 0.1 | 2 |
| 17 Delzio, Heather | 10 | Notre Dame (| 13.81 | +0.0 | 1 |
| 18 Donaldson, Bria | 12 | Sacred Heart | 13.97 | 0.1 | 2 |
| 19 Connelly, Sophie | 10 | Notre Dame (| 14.12 | 0.1 | 2 |
| 20 Larkin, Viana | 12 | Sacred Heart | 14.15 | +0.0 | 1 |

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Meet: ! 11.62 2005 Khrystal Carter, Valley Christian
 CCS: # 11.42 1999 Sani Roseby, Monterey
 State: * 11.14 1992 Marion Jones, Thousand Oaks
 National: \$ 11.14 1992 Marion Jones, Thousand Oaks
 CCS Qual: @ 12.58

| Name | Year | School | Finals | Wind | Points |
|----------------------|------|------------------|--------|------|--------|
| Finals | | | | | |
| 1 Smallwood, Shelby | 09 | Valley Chris | 12.32@ | -0.4 | 10 |
| 2 Davis, Kamilah | 12 | Archbishop Mitty | 12.67 | -0.4 | 8 |
| 3 Seymour, Jessica | 12 | Archbishop Mitty | 12.72 | -0.4 | 6 |
| 4 Auzenne, Micha | 10 | St. Francis | 12.80 | -0.4 | 4 |
| 5 San Juan, Tatiana | 09 | St. Francis | 13.12 | -0.4 | 2 |
| 6 Roey, Jessica | 10 | St. Francis | 13.26 | -0.4 | 1 |
| 7 Pidgeon, Shannon | 12 | St. Ignatius | 13.32 | -0.4 | |
| Preliminaries | | | | | |
| 7 Palacio, Kylie | 10 | Archbishop Mitty | | | |
| 9 McGovern, Aine | 10 | St. Ignatius | | | |
| 10 Smith, Fiona | 09 | St. Ignatius | | | |
| 11 Fenton, Skylar | 09 | St. Ignatius | | | |
| 12 West, Kerry | 12 | St. Francis | | | |
| 13 Love, Marquel | 09 | Archbishop Mitty | | | |

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| | |
|---------------------|-----------------|
| 14 Denzel, Molly | 12 St. Francis |
| 15 Quesada, Sam | 12 St. Ignatius |
| 16 Obilor, Tiffanie | 10 Presentation |
| 17 Delzio, Heather | 10 Notre Dame (|
| 18 Donaldson, Bria | 12 Sacred Heart |
| 19 Connelly, Sophie | 10 Notre Dame (|
| 20 Larkin, Viana | 12 Sacred Heart |

Girls 200 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 3 Best Times

| | | |
|--------------------|------|---------------------------------------|
| Meet: ! 23.97 | 2005 | Khrystal Carter, Valley Christian |
| CCS: # 23.40 | 1984 | Leslie Maxie, Mills |
| State: * 22.52 | 2003 | Allyson Felix, LA Baptist, North Hill |
| National: \$ 22.52 | 2003 | Allyson Felix, LA Baptist, North Hill |
| CCS Qual: @ 25.91 | | |

| Name | Year | School | Prelims | Wind | H# |
|-------------------------|------|------------------|---------|------|----|
| 1 Seymour, Jessica | 12 | Archbishop Mitty | 25.93Q | -1.5 | 2 |
| 2 Smallwood, Shelby | 09 | Valley Chris | 26.05Q | -2.2 | 1 |
| 3 Davis, Kamilah | 12 | Archbishop Mitty | 26.39Q | -3.9 | 3 |
| 4 Agu, Cecily | 10 | Archbishop Mitty | 27.04Q | -1.3 | 4 |
| 5 McGovern, Aine | 10 | St. Ignatius | 26.88q | -1.5 | 2 |
| 6 Padilla, Marisa | 10 | St. Francis | 27.07q | -3.9 | 3 |
| 7 San Juan, Tatiana | 09 | St. Francis | 27.10q | -2.2 | 1 |
| 8 White, Megan | 12 | Presentation | 27.12 | -1.5 | 2 |
| 9 Janachocwski, Candy | 09 | St. Ignatius | 27.16 | -1.5 | 2 |
| 10 Smith, Fiona | 09 | St. Ignatius | 27.34 | -3.9 | 3 |
| 11 Love, Marquel | 09 | Archbishop Mitty | 27.36 | -1.3 | 4 |
| 12 West, Kerry | 12 | St. Francis | 27.39 | -1.3 | 4 |
| 13 Hipp, Erica | 10 | Sacred Heart | 27.85 | -1.5 | 2 |
| 14 Tarantino, Lauren | 12 | St. Francis | 27.98 | -3.9 | 3 |
| 15 Pidgeon, Shannon | 12 | St. Ignatius | 28.27 | -2.2 | 1 |
| 16 Garrity, Kathleen | 11 | St. Francis | 28.38 | -2.2 | 1 |
| 17 Larkin, Viana | 12 | Sacred Heart | 29.12 | -1.3 | 4 |
| 18 LamCenteio, Tara Kai | 12 | Notre Dame (| 29.56 | -1.3 | 4 |
| 19 Gargiulo, Nicole | 11 | Presentation | 30.65 | -3.9 | 3 |
| 20 Delzio, Heather | 10 | Notre Dame (| 30.97 | -1.5 | 2 |

Girls 200 Meter Dash Varsity

| | | |
|--------------------|------|--|
| Meet: ! 23.97 | 2005 | Khrystal Carter, Valley Christian |
| CCS: # 23.40 | 1984 | Leslie Maxie, Mills |
| State: * 22.52 | 2003 | Allyson Felix, LA Baptist, North Hills |
| National: \$ 22.52 | 2003 | Allyson Felix, LA Baptist, North Hills |
| CCS Qual: @ 25.91 | | |

| Name | Year | School | Finals | Wind | Points |
|---------------------|------|------------------|--------|------|--------|
| Finals | | | | | |
| 1 Smallwood, Shelby | 09 | Valley Chris | 25.23@ | -0.1 | 10 |
| 2 Seymour, Jessica | 12 | Archbishop Mitty | 26.01 | -0.1 | 8 |
| 3 Davis, Kamilah | 12 | Archbishop Mitty | 26.29 | -0.1 | 6 |
| 4 Agu, Cecily | 10 | Archbishop Mitty | 26.51 | -0.1 | 4 |
| 5 White, Megan | 12 | Presentation | 26.76 | -0.1 | 2 |

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....Girls 200 Meter Dash Varsity

| | | | | |
|-------------------------|---------------------|-------|------|---|
| 6 McGovern, Aine | 10 St. Ignatius | 26.79 | -0.1 | 1 |
| Preliminaries | | | | |
| 6 Padilla, Marisa | 10 St. Francis | | | |
| 7 San Juan, Tatiana | 09 St. Francis | | | |
| 9 Janachocwski, Candy | 09 St. Ignatius | | | |
| 10 Smith, Fiona | 09 St. Ignatius | | | |
| 11 Love, Marquel | 09 Archbishop Mitty | | | |
| 12 West, Kerry | 12 St. Francis | | | |
| 13 Hipp, Erica | 10 Sacred Heart | | | |
| 14 Tarantino, Lauren | 12 St. Francis | | | |
| 15 Pidgeon, Shannon | 12 St. Ignatius | | | |
| 16 Garrity, Kathleen | 11 St. Francis | | | |
| 17 Larkin, Viana | 12 Sacred Heart | | | |
| 18 LamCenteio, Tara Kai | 12 Notre Dame (| | | |
| 19 Gargiulo, Nicole | 11 Presentation | | | |
| 20 Delzio, Heather | 10 Notre Dame (| | | |

Girls 400 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times

| | | |
|--------------------|------|----------------------------------|
| Meet: ! 56.20 | 2008 | Kristen Houp, Valley Christian |
| CCS: # 52.83 | 1984 | Leslie Maxie, Mills |
| State: * 50.74 | 2000 | Monique Henderson, Morse, San Di |
| National: \$ 50.74 | 2000 | Monique Henderson, Morse, San Di |
| CCS Qual: @ 59.02 | | |

| Name | Year | School | Prelims | H# |
|-------------------------|------|------------------|----------|----|
| 1 McKeever, Ebony | 10 | Sacred Heart | @ 58.41Q | 1 |
| 2 Madigan, Lauren | 12 | St. Francis | 59.41Q | 2 |
| 3 Agu, Cecily | 10 | Archbishop Mitty | 1:00.68Q | 3 |
| 4 Padilla, Marisa | 10 | St. Francis | 59.72q | 1 |
| 5 Janachocwski, Candy | 09 | St. Ignatius | 59.91q | 1 |
| 6 Garrity, Kathleen | 11 | St. Francis | 1:01.98q | 1 |
| 7 Woods, Deirdre | 12 | St. Ignatius | 1:02.07q | 3 |
| 8 White, Megan | 12 | Presentation | 1:02.92 | 2 |
| 9 Giovannetti, Geena | 12 | Sacred Heart | 1:03.41 | 2 |
| 10 Simon, Kaye | 10 | Archbishop Mitty | 1:03.45 | 2 |
| 11 Tarantino, Lauren | 12 | St. Francis | 1:03.61 | 3 |
| 12 Pavella, Kimmie | 11 | Notre Dame (| 1:04.04 | 2 |
| 13 Asplund, Romie | 10 | Valley Chris | 1:04.58 | 3 |
| 14 Fairley, Nicole | 12 | Archbishop Mitty | 1:05.40 | 2 |
| 15 Miller, Tomisha | 12 | Sacred Heart | 1:05.42 | 1 |
| 16 LamCenteio, Tara Kai | 12 | Notre Dame (| 1:06.59 | 3 |
| 17 Gargiulo, Nicole | 11 | Presentation | 1:06.96 | 3 |
| 18 Hom, Corrine | 11 | St. Ignatius | 1:06.99 | 2 |
| 19 Mairena, Samantha | 12 | Sacred Heart | 1:08.51 | 1 |

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Girls 400 Meter Dash Varsity

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=====
Meet: ! 56.20 2008          Kristen Houp, Valley Christian
CCS: # 52.83 1984          Leslie Maxie, Mills
State: * 50.74 2000        Monique Henderson, Morse, San Diego
National: $ 50.74 2000    Monique Henderson, Morse, San Diego
CCS Qual: @ 59.02

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Name                      Year School                      Finals  Points
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Finals

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1 McKeever, Ebony          10 Sacred Heart          57.23@ 10
2 Padilla, Marisa          10 St. Francis            59.45   8
3 Janachocwski, Candy      09 St. Ignatius           59.54   6
4 Agu, Cecily              10 Archbishop Mitty       1:00.69  4
5 Woods, Deirdre           12 St. Ignatius           1:01.48  2
6 Garrity, Kathleen        11 St. Francis            1:01.69  1
7 Simon, Kaye              10 Archbishop Mitty       1:02.65

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Preliminaries

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2 Madigan, Lauren          12 St. Francis
8 White, Megan             12 Presentation
9 Giovannetti, Geena      12 Sacred Heart
11 Tarantino, Lauren       12 St. Francis
12 Pavella, Kimmie         11 Notre Dame (
13 Asplund, Romie          10 Valley Chris
14 Fairley, Nicole         12 Archbishop Mitty
15 Miller, Tomisha         12 Sacred Heart
16 LamCenteio, Tara Kai    12 Notre Dame (
17 Gargiulo, Nicole        11 Presentation
18 Hom, Corrine            11 St. Ignatius
19 Mairena, Samantha       12 Sacred Heart

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Girls 800 Meter Run Varsity

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Meet: ! 2:08.97 2005          Christine Whalen, Archbishop Mitty
CCS: # 2:04.37 1977          Ann Reagan, Camden
State: * 2:04.91 1984        Trena Hull, Compton
National: $ 2:02.90 2008    Chanelle Price, Easton Area (PA)
CCS Qual: @ 2:20.23

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Name                      Year School                      Finals  Points
=====

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Finals

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1 Tsolis, Tori             12 Presentation           2:17.40@ 10
2 Rintala, Olivia          10 Archbishop Mitty       2:19.53@  8
3 Healy, Morgan            11 St. Francis            2:22.26   6
4 Hernandez, Kristina      11 Sacred Heart           2:25.34   4
5 Garcia, Isabel           11 Valley Chris           2:29.72   2
6 Vasquez, Lianne         10 Archbishop Mitty       2:32.75   1
7 Smith, Siobhan           12 St. Ignatius           2:33.79
8 Baiza, Tatiana           11 Sacred Heart           2:34.41
9 Wood, Hannah             09 Presentation           2:34.84
10 Tuite, Maria            10 Sacred Heart           2:35.13
11 Chew, Raylene           10 Presentation           2:36.10
12 Haar, Molly             10 Archbishop Mitty       2:43.96

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Girls 1600 Meter Run Varsity

Meet: ! 4:53.65 2003 Amanda Thornberry, Valley Christia
 CCS: # 4:43.24 2001 Ale Barrientos, SLV
 State: * 4:33.82 2008 Christine Babcock, Woodbridge, Irv
 National: \$ 4:33.82 2008 Christine Babcock, Woodbridge, Irv
 CCS Qual: @ 5:20.95

| Name | Year | School | Finals | Points |
|----------------------|------|------------------|----------|--------|
| 1 Tsolis, Tori | 12 | Presentation | 5:12.69@ | 10 |
| 2 Kriege, Mary | 12 | Archbishop Mitty | 5:19.27@ | 8 |
| 3 Roemer, Madeline | 11 | St. Francis | 5:20.21@ | 6 |
| 4 Redmond, Kellie | 10 | Sacred Heart | 5:26.47 | 4 |
| 5 Guzikowski, Amanda | 12 | Archbishop Mitty | 5:26.67 | 2 |
| 6 Haar, Molly | 10 | Archbishop Mitty | 5:27.53 | 1 |
| 7 Baiza, Tatiana | 11 | Sacred Heart | 5:32.61 | |
| 8 Urbina, Jacquelyn | 12 | St. Ignatius | 5:35.38 | |
| 9 Wood, Hannah | 09 | Presentation | 5:35.48 | |
| 10 Blaha, Emily | 12 | Valley Chris | 5:37.14 | |
| 11 Smiley, Serena | 12 | Notre Dame (| 6:05.65 | |
| 12 Zhang, Christine | 12 | St. Ignatius | 6:08.97 | |
| 13 Saxton, Amy | 12 | St. Francis | 6:12.41 | |

Girls 3200 Meter Run Varsity

Meet: ! 10:49.11 2003 Michelle Gallagher, Sacred Heart
 CCS: # 10:04.2h 1983 Cory Shubert, Del Mar
 State: * 9:48.59 1996 Kim Mortensen, Thousand Oaks
 National: \$ 9:48.59 1996 Kimberly Mortensen, Thousand Oaks
 CCS Qual: @ 11:35.08

| Name | Year | School | Finals | Points |
|----------------------|------|------------------|-----------|--------|
| 1 Kriege, Mary | 12 | Archbishop Mitty | 11:23.47@ | 10 |
| 2 Lira, Morgan | 11 | Valley Chris | 11:51.58 | 8 |
| 3 Cooper, Madeline | 10 | Presentation | 11:59.87 | 6 |
| 4 Redmond, Kellie | 10 | Sacred Heart | 12:05.12 | 4 |
| 5 Guzikowski, Amanda | 12 | Archbishop Mitty | 12:12.22 | 2 |
| 6 Schallert, Amanda | 12 | St. Ignatius | 12:53.61 | 1 |

Girls 100 Meter Hurdles Varsity**7 Advance: Top 1 Each Heat plus Next 5 Best Times**

Meet: ! 13.72 2010 Hannah Goranson, Valley Christian
 CCS: # 13.03 2007 Vashti Thomas, Mt. Pleasant
 State: * 13.03 2007 Vashti Thomas, Mt. Pleasant, San Jose
 National: \$ 13.03 2007 Vashti Thomas, Mt. Pleasant, San Jose
 CCS Qual: @ 15.55

| Name | Year | School | Prelims | Wind | H# |
|----------------------|------|------------------|---------|------|----|
| Preliminaries | | | | | |
| 1 Haar, Paige | 10 | Archbishop Mitty | 16.00Q | -2.7 | 2 |
| 2 Auzenne, Micha | 10 | St. Francis | 16.16Q | -3.3 | 1 |
| 3 Yasevich, Yana | 10 | St. Ignatius | 17.58q | -2.7 | 2 |
| 4 Wood, Cortney | 12 | Archbishop Mitty | 17.90q | -2.7 | 2 |
| 5 Pidgeon, Shannon | 12 | St. Ignatius | 17.95q | -2.7 | 2 |
| 6 Benham, Megan | 11 | St. Francis | 18.19q | -3.3 | 1 |

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| | | | | | | |
|----|--------------------|----|--------------|--------|------|---|
| 7 | Mendoza, Kelly | 11 | St. Ignatius | 18.33q | -3.3 | 1 |
| 8 | Wigant, Alyssa | 11 | Presentation | 18.98 | -2.7 | 2 |
| 9 | Alliaume, Juliette | 10 | Sacred Heart | 19.14 | -3.3 | 1 |
| 10 | Westbrook, Laura | 11 | Notre Dame (| 19.44 | -2.7 | 2 |
| 11 | Donohoe, Katie | 12 | Presentation | 21.03 | -3.3 | 1 |
| -- | Givens, Gina | 11 | St. Francis | DNF | -3.3 | 1 |

Girls 100 Meter Hurdles Varsity

| | | | |
|--------------|-------|------|---------------------------------------|
| Meet: ! | 13.72 | 2010 | Hannah Goranson, Valley Christian |
| CCS: # | 13.03 | 2007 | Vashti Thomas, Mt. Pleasant |
| State: * | 13.03 | 2007 | Vashti Thomas, Mt. Pleasant, San Jose |
| National: \$ | 13.03 | 2007 | Vashti Thomas, Mt. Pleasant, San Jose |
| CCS Qual: @ | 15.55 | | |

| | | | | | |
|------|------|--------|--------|------|--------|
| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|

Finals

| | | | | | | |
|---|------------------|----|------------------|--------|-----|----|
| 1 | Haar, Paige | 10 | Archbishop Mitty | 15.33@ | 1.2 | 10 |
| 2 | Wood, Cortney | 12 | Archbishop Mitty | 15.71 | 1.2 | 8 |
| 3 | Auzenne, Micha | 10 | St. Francis | 16.14 | 1.2 | 6 |
| 4 | Pidgeon, Shannon | 12 | St. Ignatius | 17.52 | 1.2 | 4 |
| 5 | Yasevich, Yana | 10 | St. Ignatius | 17.73 | 1.2 | 2 |
| 6 | Mendoza, Kelly | 11 | St. Ignatius | 18.04 | 1.2 | 1 |

Preliminaries

| | | | |
|----|--------------------|----|--------------|
| 6 | Benham, Megan | 11 | St. Francis |
| 8 | Wigant, Alyssa | 11 | Presentation |
| 9 | Alliaume, Juliette | 10 | Sacred Heart |
| 10 | Westbrook, Laura | 11 | Notre Dame (|
| 11 | Donohoe, Katie | 12 | Presentation |
| -- | Givens, Gina | 11 | St. Francis |

Girls 300 Meter Hurdles Varsity

7 Advance: Top 1 Each Heat plus Next 5 Best Times

| | | | |
|--------------|-------|------|----------------------------------|
| Meet: ! | 45.40 | 2010 | Brittney Wright, Presentation |
| CCS: # | 40.18 | 1984 | Leslie Maxie, Mills |
| State: * | 39.98 | 2001 | Lashinda Demus, Wilson, Long Bea |
| National: \$ | 39.98 | 2001 | Lashinda Demus, Wilson, Long Bea |
| CCS Qual: @ | 46.75 | | |

| | | | | |
|------|------|--------|---------|----|
| Name | Year | School | Prelims | H# |
|------|------|--------|---------|----|

| | | | | | |
|----|--------------------|----|------------------|--------|---|
| 1 | Wood, Cortney | 12 | Archbishop Mitty | 47.36Q | 2 |
| 2 | Madigan, Lauren | 12 | St. Francis | 48.50Q | 1 |
| 3 | Haar, Paige | 10 | Archbishop Mitty | 49.61q | 1 |
| 4 | Givens, Gina | 11 | St. Francis | 49.84q | 2 |
| 5 | Lara, Maria | 11 | Sacred Heart | 50.90q | 1 |
| 6 | Benham, Megan | 11 | St. Francis | 51.44q | 2 |
| 7 | Alliaume, Juliette | 10 | Sacred Heart | 51.82q | 1 |
| 8 | Yasevich, Yana | 10 | St. Ignatius | 52.96 | 2 |
| 9 | Mendoza, Kelly | 11 | St. Ignatius | 54.19 | 1 |
| 10 | Westbrook, Laura | 11 | Notre Dame (| 56.41 | 1 |
| 11 | Donohoe, Katie | 12 | Presentation | 58.13 | 1 |
| 12 | Wigant, Alyssa | 11 | Presentation | 58.93 | 2 |

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Girls 300 Meter Hurdles Varsity

Meet: ! 45.40 2010 Brittney Wright, Presentation
 CCS: # 40.18 1984 Leslie Maxie, Mills
 State: * 39.98 2001 Lashinda Demus, Wilson, Long Beach
 National: \$ 39.98 2001 Lashinda Demus, Wilson, Long Beach
 CCS Qual: @ 46.75

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

Finals

| | | | | | |
|---|--------------------|----|------------------|--------|----|
| 1 | Wood, Cortney | 12 | Archbishop Mitty | 45.45@ | 10 |
| 2 | Madigan, Lauren | 12 | St. Francis | 45.93@ | 8 |
| 3 | Givens, Gina | 11 | St. Francis | 47.24 | 6 |
| 4 | Haar, Paige | 10 | Archbishop Mitty | 47.99 | 4 |
| 5 | Lara, Maria | 11 | Sacred Heart | 48.89 | 2 |
| 6 | Alliaume, Juliette | 10 | Sacred Heart | 50.73 | 1 |
| 7 | Mendoza, Kelly | 11 | St. Ignatius | 53.82 | |

Preliminaries

| | | | |
|----|------------------|----|--------------|
| 6 | Benham, Megan | 11 | St. Francis |
| 8 | Yasevich, Yana | 10 | St. Ignatius |
| 10 | Westbrook, Laura | 11 | Notre Dame (|
| 11 | Donohoe, Katie | 12 | Presentation |
| 12 | Wigant, Alyssa | 11 | Presentation |

Girls 4x100 Meter Relay Varsity

Meet: ! 48.05 2005 Valley Christian
 Carter, Marshall, Apgar, Houp
 CCS: # 46.84 1999 Mitty
 State: * 44.50 2004 Poly, Long Beach
 National: \$ 44.50 2004 Poly, Long Beach
 CCS Qual: @ 50.39

| School | Finals | Points |
|--------|--------|--------|
|--------|--------|--------|

Finals

| | | | |
|---|-----------------------------|--------|----|
| 1 | Archbishop Mitty | 48.65@ | 10 |
| 2 | St. Francis (Mountain View) | 49.79@ | 8 |
| 3 | St. Ignatius College Prep | 50.31@ | 6 |
| 4 | Sacred Heart Cathedral Prep | 50.52 | 4 |
| 5 | Notre Dame (Belmont) | 52.51 | 2 |

Girls 4x400 Meter Relay Varsity

Meet: ! 3:53.28 2005 Archbishop Mitty
 English, Owena, Robinson, Whalen
 CCS: # 3:48.62 1988 St. Francis
 State: * 3:35.49 2004 Poly, Long Beach
 National: \$ 3:35.49 2004 Poly, Long Beach
 CCS Qual: @ 4:05.58

| School | Finals | Points |
|--------|--------|--------|
|--------|--------|--------|

| | | | |
|---|-----------------------------|----------|----|
| 1 | Sacred Heart Cathedral Prep | 4:00.68@ | 10 |
| 2 | St. Francis (Mountain View) | 4:01.33@ | 8 |
| 3 | St. Ignatius College Prep | 4:09.26 | 6 |
| 4 | Presentation | 4:18.84 | 4 |
| 5 | Notre Dame (Belmont) | 4:28.68 | 2 |

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Girls High Jump Varsity

Meet: ! 5-04 2008 Gianna Fernandez, Presentation
 CCS: # 6-02.25 1984 Wendy Brown, Woodside
 State: * 6-02.75 1985 Latrese Johnson, Clovis
 National: \$ 6-04 2009 Toni Young, Del City
 CCS Qual: @ 5-01

| Name | Year | School | Finals | Points |
|-----------------------------|------|------------------|----------|--------|
| 1 McDonald-O'Brien, Michel | 11 | St. Ignatius | 5-06.00! | 10 |
| 2 San Juan, Tatiana | 09 | St. Francis | 5-01.00@ | 8 |
| 3 Bassi, Kristina | 10 | St. Francis | 4-10.00 | 4 |
| 3 McInerny, Tessie | 12 | St. Ignatius | 4-10.00 | 4 |
| 3 Jung, Kendall | 11 | Archbishop Mitty | 4-10.00 | 4 |
| 6 Alliaume, Juliette | 10 | Sacred Heart | J4-10.00 | 1 |
| 7 Borst, Johanna | 11 | Archbishop Mitty | 4-08.00 | |
| 7 Fox, Alex | 12 | St. Ignatius | 4-08.00 | |
| 7 De Jong, Danielle | 11 | Archbishop Mitty | 4-08.00 | |
| 10 Garrow, Audrey | 11 | St. Francis | 4-06.00 | |
| 11 Christofferson, Michelle | 11 | St. Ignatius | 4-02.00 | |
| -- McGuinness, Molly | 11 | St. Ignatius | NH | |

Girls Pole Vault Varsity

Meet: ! 12-10 2006 Natasha Barthel, Saint Francis
 CCS: # 14-01 2007 Tori Anthony, Castilleja
 State: * 14-01 2007 Tori Anthony, Castilleja
 National: \$ 14-01 2007 Tori Anthony, Castilleja
 CCS Qual: @ 9-06

| Name | Year | School | Finals | Points |
|----------------------------|------|--------------|-----------|--------|
| 1 Jaques, Taylore | 09 | Presentation | 11-09.00@ | 10 |
| 2 McCarthy, Emma | 10 | Presentation | 10-00.00@ | 8 |
| 3 Benham, Megan | 11 | St. Francis | 9-06.00@ | 6 |
| 4 Bristow, Courtney | 11 | St. Ignatius | 8-00.00 | 2.33 |
| 4 Christofferson, Michelle | 11 | St. Ignatius | 8-00.00 | 2.33 |
| 4 O'Neil, Kathy | 12 | Presentation | 8-00.00 | 2.33 |
| 7 Smyth, Natalie | 11 | St. Ignatius | J8-00.00 | |
| 8 McCaffery, Michele | 11 | St. Ignatius | J8-00.00 | |
| 9 Cleary, Megan | 11 | St. Ignatius | J8-00.00 | |
| 10 Lowe, Miranda | 11 | St. Francis | 7-00.00 | |
| 11 Garrow, Audrey | 11 | St. Francis | J7-00.00 | |

**Girls Long Jump Varsity
Top 8 Advance by Time**

Meet: ! 18-01.25 2005 Danielle Robinson, Archbishop M
 CCS: # 20-09.75 1984 Wendy Brown, Woodside
 State: * 22-00.50 1993 Marion Jones, Thousand Oaks
 National: \$ 22-01.75 1976 Kathy McMillan, Raeford Hoke Co
 CCS Qual: @ 16-07

| Name | Year | School | Prelims | Wind |
|------------------|------|--------------|-------------|------|
| Preliminaries | | | | |
| 1 Sato, Kristen | 11 | Valley Chris | @ 17-07.25q | NWI |
| 2 Auzenne, Micha | 10 | St. Francis | @ 17-04.75q | NWI |

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....Girls Long Jump Varsity

| | | | | |
|----------------------|---------------------|-------------|-----|-----------------------|
| 3 Santos, Therese | 11 Archbishop Mitty | @ 17-03.00q | NWI | |
| 4 Chan, Cheri | 12 St. Ignatius | @ 16-09.00q | NWI | |
| 5 Love, Marquel | 09 Archbishop Mitty | 16-00.50q | NWI | |
| 6 Quesada, Sam | 12 St. Ignatius | 15-09.50q | NWI | |
| 7 Johnson, Lauren | 09 St. Francis | 15-06.50q | NWI | 2nd best...14' 11.25" |
| 8 Jaques, Taylore | 09 Presentation | J15-06.50q | NWI | 2nd best...14' 11" |
| 9 Bailey, Jocelyn | 12 Presentation | 15-05.00 | NWI | |
| 10 Simon, Kaye | 10 Archbishop Mitty | 15-03.75 | NWI | |
| 11 Eggleston, Ashley | 12 Archbishop Mitty | 14-11.50 | NWI | |
| 12 Rubio, Juliet | 12 St. Francis | 14-10.50 | NWI | |
| 13 Roey, Jessica | 10 St. Francis | 14-08.50 | NWI | |
| 14 Bassi, Kristina | 10 St. Francis | 14-07.75 | NWI | |
| 15 Gargiulo, Nicole | 11 Presentation | 14-03.50 | NWI | |
| 16 Brown, Haley | 11 Archbishop Mitty | 14-02.75 | NWI | |
| 17 Miller, Tomisha | 12 Sacred Heart | 14-02.25 | NWI | |
| 18 Sellers, Aurelia | 12 Presentation | 14-01.75 | NWI | |
| 19 Omaleki, Morgana | 10 Presentation | 12-05.50 | NWI | |
| 20 Flaherty, Colleen | 12 Notre Dame (| 12-03.25 | NWI | |
| 21 Sico, Isabelle | 12 Notre Dame (| 11-07.25 | NWI | |

Girls Long Jump Varsity

| | | |
|-----------------------|------|---|
| Meet: ! 18-01.25 | 2005 | Danielle Robinson, Archbishop Mitty |
| CCS: # 20-09.75 | 1984 | Wendy Brown, Woodside |
| State: * 22-00.50 | 1993 | Marion Jones, Thousand Oaks |
| National: \$ 22-01.75 | 1976 | Kathy McMillan, Raeford Hoke County(NC) |
| CCS Qual: @ 16-07 | | |

| | | | | |
|------|-------------|--------|------|--------|
| Name | Year School | Finals | Wind | Points |
|------|-------------|--------|------|--------|

Finals

| | | | | |
|-------------------|---------------------|----------------|---------------|-------------------------------|
| 1 Sato, Kristen | 11 Valley Chris | 17-10.75@ +0.0 | 10 | |
| 15-03(-0.4) | 17-01.75(+0.0) | 17-07.25(+0.0) | 17-04.50(1.7) | 17-10.50(+0.0) 17-10.75(+0.0) |
| 2 Auzenne, Micha | 10 St. Francis | 17-06.25@ 1.0 | 8 | |
| 16-10.75(1.9) | 16-05(0.1) | 17-06(-0.7) | 17-06.25(1.0) | 17-02.50(0.8) 17-04.75(1.9) |
| 3 Chan, Cheri | 12 St. Ignatius | 17-02.75@ 1.1 | 6 | |
| 16-11(+0.0) | 16-08.75(0.9) | 17-02.75(1.1) | 16-05(-1.1) | 16-10(+0.0) 16-11.25(1.8) |
| 4 Santos, Therese | 11 Archbishop Mitty | 16-10.00@ +0.0 | 4 | |
| ND(+0.0) | 16-08.75(1.5) | 16-04.25(-0.7) | 16-10(+0.0) | 16-09(2.1) ND(0.7) |
| 5 Johnson, Lauren | 09 St. Francis | 16-05.00 1.4 | 1.50 | |
| 16-05(1.4) | 15-05.25(0.7) | 15-11.50(1.3) | 15-07(+0.0) | 16-05(1.3) 16-01.75(0.7) |
| 5 Love, Marquel | 09 Archbishop Mitty | 16-05.00 0.5 | 1.50 | |
| 16-00.25(0.9) | 16-05(0.5) | 16-04.25(1.7) | 15-07.50(0.9) | 15-11(0.8) ND(+0.0) |
| 7 Bailey, Jocelyn | 12 Presentation | 15-11.00 0.3 | | |
| 15-06.75(0.6) | 15-08.50(0.5) | 15-11(0.3) | 15-04(1.0) | 15-03.50(0.1) ND(1.3) |
| 8 Quesada, Sam | 12 St. Ignatius | 15-03.00 +0.0 | | |
| 14-09.25(1.8) | 14-07(0.9) | 14-06(-0.6) | 15-03(+0.0) | ND(+0.0) 14-07.75(1.7) |

Preliminaries

| | | | | |
|----------------------|---------------------|---|-----|--|
| 8 Jaques, Taylore | 09 Presentation | J | NWI | |
| 10 Simon, Kaye | 10 Archbishop Mitty | | NWI | |
| 11 Eggleston, Ashley | 12 Archbishop Mitty | | NWI | |
| 12 Rubio, Juliet | 12 St. Francis | | NWI | |
| 13 Roey, Jessica | 10 St. Francis | | NWI | |
| 14 Bassi, Kristina | 10 St. Francis | | NWI | |
| 15 Gargiulo, Nicole | 11 Presentation | | NWI | |

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....Girls Long Jump Varsity

| | | |
|----------------------|---------------------|-----|
| 16 Brown, Haley | 11 Archbishop Mitty | NWI |
| 17 Miller, Tomisha | 12 Sacred Heart | NWI |
| 18 Sellers, Aurelia | 12 Presentation | NWI |
| 19 Omaleki, Morgana | 10 Presentation | NWI |
| 20 Flaherty, Colleen | 12 Notre Dame (| NWI |
| 21 Sico, Isabelle | 12 Notre Dame (| NWI |

Girls Triple Jump Varsity
Top 8 Advance by Time

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=====
Meet: ! 38-09.25 2005 Caitlin Schields, Notre Dame (B
CCS: # 42-10.50 1984 Wendy Brown, Woodside
State: * 44-00.50 1991 Juliana Yendork, Walnut
National: $ 44-02.25 2001 Ychlindria Spears, Luling (TX)
CCS Qual: @ 35-00
    
```

| Name | Year | School | Prelims | Wind |
|----------------------|------|------------------|-------------|------|
| 1 Johnson, Lauren | 09 | St. Francis | @ 35-03.50q | NWI |
| 2 Simon, Kaye | 10 | Archbishop Mitty | 34-04.75q | NWI |
| 3 Sato, Kristen | 11 | Valley Chris | 34-00.75q | NWI |
| 4 Eggleston, Ashley | 12 | Archbishop Mitty | 33-09.00q | NWI |
| 5 Wood, Cortney | 12 | Archbishop Mitty | 33-03.75q | NWI |
| 6 Bassi, Kristina | 10 | St. Francis | 32-04.00q | NWI |
| 7 Sellers, Aurelia | 12 | Presentation | 32-03.25q | NWI |
| 8 Rubio, Juliet | 12 | St. Francis | 31-01.50q | NWI |
| 9 Graham, Julia | 11 | Archbishop Mitty | 29-11.50 | NWI |
| 10 Brown, Haley | 11 | Archbishop Mitty | 29-06.50 | NWI |
| 11 Flaherty, Colleen | 12 | Notre Dame (| 27-02.25 | NWI |
| 12 Mairena, Samantha | 12 | Sacred Heart | 26-08.50 | NWI |
| 13 Sico, Isabelle | 12 | Notre Dame (| 26-02.00 | NWI |

Girls Triple Jump Varsity

```

=====
Meet: ! 38-09.25 2005 Caitlin Schields, Notre Dame (Belmont)
CCS: # 42-10.50 1984 Wendy Brown, Woodside
State: * 44-00.50 1991 Juliana Yendork, Walnut
National: $ 44-02.25 2001 Ychlindria Spears, Luling (TX)
CCS Qual: @ 35-00
    
```

| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|
|------|------|--------|--------|------|--------|

Finals

| | | | | | |
|--|----|------------------|-----------|------|----|
| 1 Sato, Kristen | 11 | Valley Chris | 35-08.00@ | +0.0 | 10 |
| 34-00(-0.2) ND(+0.0) 35-08(+0.0) 33-09(0.5) ND(0.3) ND(1.0) | | | | | |
| 2 Johnson, Lauren | 09 | St. Francis | 35-04.00@ | 0.4 | 8 |
| 34-10(+0.0) 34-09(1.1) 35-04(0.4) 34-01.50(-0.3) 34-03(0.2) 34-08.50(1.9) | | | | | |
| 3 Simon, Kaye | 10 | Archbishop Mitty | 34-08.00 | 0.1 | 6 |
| 33-01.50(-0.7) 33-09.50(-0.1) 34-03.50(+0.0) 34-01(+0.0) 34-08(0.1) 34-03(1.1) | | | | | |
| 4 Wood, Cortney | 12 | Archbishop Mitty | 34-03.00 | -0.3 | 4 |
| 33-10.50(-1.2) 34-03(-0.3) 34-00(0.1) ND(0.2) ND(+0.0) ND(1.3) | | | | | |
| 5 Eggleston, Ashley | 12 | Archbishop Mitty | 33-11.50 | -0.5 | 2 |
| 33-11(+0.0) 33-11.50(-0.5) 33-09(-0.5) ND(0.3) 33-06(+0.0) 33-08.50(0.8) | | | | | |
| 6 Rubio, Juliet | 12 | St. Francis | 31-11.00 | 1.1 | 1 |
| 28-07.50(0.3) 30-04(-0.8) 30-00.75(+0.0) 30-06(0.3) 30-10(0.9) 31-11(1.1) | | | | | |

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....Girls Triple Jump Varsity

| | | | |
|--|---------------------|----------|------|
| 7 Sellers, Aurelia | 12 Presentation | 31-06.50 | +0.0 |
| 29-08(-0.1) ND(0.8) 31-03(-1.0) 31-06.50(+0.0) 31-02(0.5) 31-01(1.5) | | | |
| 8 Graham, Julia | 11 Archbishop Mitty | 30-06.00 | +0.0 |
| 27-07(0.5) 30-04(+0.0) 30-06(+0.0) 29-09(+0.0) 30-05(1.7) 29-00(1.6) | | | |

Preliminaries

| | | |
|----------------------|---------------------|-----|
| 6 Bassi, Kristina | 10 St. Francis | NWI |
| 10 Brown, Haley | 11 Archbishop Mitty | NWI |
| 11 Flaherty, Colleen | 12 Notre Dame (| NWI |
| 12 Mairena, Samantha | 12 Sacred Heart | NWI |
| 13 Sico, Isabelle | 12 Notre Dame (| NWI |

Girls Shot Put Varsity
Top 8 Advance by Time

| | | | |
|--------------|----------|------|----------------------------|
| Meet: ! | 42-00 | 2006 | Talia DeMartini, Saint Ign |
| CCS: # | 50-07.25 | 2005 | Julie Dufresne, Harbor |
| State: * | 53-07.75 | 1983 | Natale Kaaiawahia, Fullert |
| National: \$ | 54-10.75 | 2003 | Michelle Carter, Red Oak (|
| CCS Qual: @ | 36-01 | | |

| Name | Year | School | Prelims |
|-------------------------|------|------------------|-------------|
| 1 Cooper, Tyhana | 10 | Sacred Heart | @ 37-11.25q |
| 2 Lisowski, Courtney | 11 | Archbishop Mitty | 34-06.25q |
| 3 Ossai, Leslie | 12 | Archbishop Mitty | 34-06.00q |
| 4 Data, Mary | 11 | St. Francis | 33-07.00q |
| 5 Puccinelli, Francesca | 10 | St. Ignatius | 30-10.25q |
| 6 Murillo, Mariella | 11 | St. Francis | 30-06.50q |
| 7 Whitney, Kelly | 12 | St. Francis | 29-07.00q |
| 8 Morgan, Jennie | 11 | St. Francis | 27-11.75q |
| 9 Obilor, Tiffanie | 10 | Presentation | 27-05.25 |
| 10 Oeser, Melissa | 10 | Notre Dame (| 26-02.75 |
| 11 Java, Jennifer | 11 | Sacred Heart | 25-11.00 |
| 12 Aquilar, Sophia | 12 | St. Ignatius | 24-09.50 |
| 13 McCarthy, Kelly | 11 | St. Ignatius | 24-04.00 |
| 14 Silvestri, Ciara | 12 | Sacred Heart | 23-06.75 |
| 15 Romo, Kendall | 11 | Presentation | 22-04.50 |
| 16 Omaleki, Morgana | 10 | Presentation | 21-11.00 |
| 17 Blake, Stephanie | 12 | Notre Dame (| 20-11.25 |

Girls Shot Put Varsity

| | | | |
|--------------|----------|------|---------------------------------|
| Meet: ! | 42-00 | 2006 | Talia DeMartini, Saint Ignatius |
| CCS: # | 50-07.25 | 2005 | Julie Dufresne, Harbor |
| State: * | 53-07.75 | 1983 | Natale Kaaiawahia, Fullerton |
| National: \$ | 54-10.75 | 2003 | Michelle Carter, Red Oak (TX) |
| CCS Qual: @ | 36-01 | | |

| Name | Year | School | Finals | Points |
|---|------|------------------|-----------|--------|
| Finals | | | | |
| 1 Cooper, Tyhana | 10 | Sacred Heart | 37-10.00@ | 10 |
| 36-07.50 37-10 37-02.50 ND 33-11 35-10.50 | | | | |
| 2 Lisowski, Courtney | 11 | Archbishop Mitty | 35-05.50 | 8 |
| 34-05 35-02 34-09 35-05.50 ND ND | | | | |

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....Girls Shot Put Varsity

| | | | | | |
|---|-----------------------|----------|------------------|----------|----------|
| 3 | Ossai, Leslie | 12 | Archbishop Mitty | 34-04.75 | 6 |
| | 34-04.75 | 34-00 | 32-11 | 32-05 | 31-04 |
| 4 | Data, Mary | 11 | St. Francis | 33-10.00 | 4 |
| | 33-04 | 30-05 | ND | 33-10 | 32-08.25 |
| 5 | Puccinelli, Francesca | 10 | St. Ignatius | 33-00.00 | 2 |
| | 30-07 | 28-06.50 | 30-08.50 | 33-00 | 27-06 |
| 6 | Whitney, Kelly | 12 | St. Francis | 31-01.50 | 1 |
| | 29-01.50 | 30-05.50 | 30-09.50 | 29-02.50 | 30-00.50 |
| 7 | Murillo, Mariella | 11 | St. Francis | 29-10.75 | |
| | 29-06 | 27-09 | 29-10.75 | 28-03.50 | 29-10 |
| 8 | Morgan, Jennie | 11 | St. Francis | 25-07.50 | |
| | 25-07.25 | 25-01.50 | 24-11.50 | 25-07.50 | 25-03.50 |

Preliminaries

| | | | |
|----|------------------|----|--------------|
| 9 | Obilor, Tiffanie | 10 | Presentation |
| 10 | Oeser, Melissa | 10 | Notre Dame (|
| 11 | Java, Jennifer | 11 | Sacred Heart |
| 12 | Aquilar, Sophia | 12 | St. Ignatius |
| 13 | McCarthy, Kelly | 11 | St. Ignatius |
| 14 | Silvestri, Ciara | 12 | Sacred Heart |
| 15 | Romo, Kendall | 11 | Presentation |
| 16 | Omaleki, Morgana | 10 | Presentation |
| 17 | Blake, Stephanie | 12 | Notre Dame (|

Girls Discus Throw Varsity
Top 8 Advance by Time

| | | | |
|--------------|--------|------|------------------------------|
| Meet: ! | 132-09 | 2006 | Sela Paini, Saint Francis |
| CCS: # | 165-10 | 1996 | Darlene Tulua, Carmel |
| State: * | 188-04 | 1994 | Suzy Powell, Downey, Modesto |
| National: \$ | 190-03 | 2009 | Ana Jelmini, Shafter |
| CCS Qual: @ | 112-08 | | |

| Name | Year | School | Prelims |
|-------------------------|------|------------------|---------|
| 1 Puccinelli, Francesca | 10 | St. Ignatius | 109-00q |
| 2 Data, Mary | 11 | St. Francis | 98-10q |
| 3 Lisowski, Courtney | 11 | Archbishop Mitty | 97-02q |
| 4 Murillo, Mariella | 11 | St. Francis | 89-09q |
| 5 Oeser, Melissa | 10 | Notre Dame (| 89-07q |
| 6 Morgan, Jennie | 11 | St. Francis | 88-00q |
| 7 McCarthy, Kelly | 11 | St. Ignatius | 85-04q |
| 8 Aquilar, Sophia | 12 | St. Ignatius | 82-00q |
| 9 Java, Jennifer | 11 | Sacred Heart | 81-04 |
| 10 Diaz, Laura | 12 | Sacred Heart | 81-00 |
| 10 Ossai, Leslie | 12 | Archbishop Mitty | 81-00 |
| 12 Silvestri, Ciara | 12 | Sacred Heart | 76-01 |
| 13 Whitney, Kelly | 12 | St. Francis | 75-10 |
| 14 Blake, Stephanie | 12 | Notre Dame (| 71-00 |
| 15 Omaleki, Morgana | 10 | Presentation | 68-10 |
| 16 Romo, Kendall | 11 | Presentation | 65-08 |
| 17 Cooper, Tyhana | 10 | Sacred Heart | 61-00 |

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Girls Discus Throw Varsity

Meet: ! 132-09 2006 Sela Painsi, Saint Francis
 CCS: # 165-10 1996 Darlene Tulua, Carmel
 State: * 188-04 1994 Suzy Powell, Downey, Modesto
 National: \$ 190-03 2009 Ana Jelmini, Shafter
 CCS Qual: @ 112-08

| Name | Year | School | Finals | Points |
|--------------------------------------|------|------------------|--------|--------|
| Finals | | | | |
| 1 Lisowski, Courtney | 11 | Archbishop Mitty | 107-07 | 10 |
| 107-07 99-02 86-08 98-06 89-06 95-02 | | | | |
| 2 Puccinelli, Francesca | 10 | St. Ignatius | 104-10 | 8 |
| 97-01 94-10 FOUL 104-10 97-10 FOUL | | | | |
| 3 Data, Mary | 11 | St. Francis | 98-08 | 6 |
| FOUL 94-00 90-03 98-07 94-02 98-08 | | | | |
| 4 Oeser, Melissa | 10 | Notre Dame (| 94-11 | 4 |
| 91-08 FOUL 90-07 94-11 90-11 80-00 | | | | |
| 5 Murillo, Mariella | 11 | St. Francis | 90-00 | 2 |
| FOUL 80-00 78-07 76-01 84-07 90-00 | | | | |
| 6 Aquilar, Sophia | 12 | St. Ignatius | 85-01 | 1 |
| 62-10 78-11 FOUL 76-01 85-01 84-06 | | | | |
| 7 Morgan, Jennie | 11 | St. Francis | 84-08 | |
| 81-03 81-10 84-08 FOUL FOUL 80-05 | | | | |
| 8 McCarthy, Kelly | 11 | St. Ignatius | 79-11 | |
| 79-11 79-01 72-03 79-07 FOUL 64-10 | | | | |
| Preliminaries | | | | |
| 9 Java, Jennifer | 11 | Sacred Heart | | |
| 10 Diaz, Laura | 12 | Sacred Heart | | |
| 10 Ossai, Leslie | 12 | Archbishop Mitty | | |
| 12 Silvestri, Ciara | 12 | Sacred Heart | | |
| 13 Whitney, Kelly | 12 | St. Francis | | |
| 14 Blake, Stephanie | 12 | Notre Dame (| | |
| 15 Omaleki, Morgana | 10 | Presentation | | |
| 16 Romo, Kendall | 11 | Presentation | | |
| 17 Cooper, Tyhana | 10 | Sacred Heart | | |

Boys 100 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 3 Best Times

Meet: ! 10.70 1961 Steve Firenze, Junipero Serra
 CCS: # 10.41 1987 Tony Miller, Riordan
 State: * 10.25 1985 Henry Thomas, Hawthorne
 National: \$ 10.15 1990 Henry Neal, Greenville (TX)
 CCS Qual: @ 11.13

| Name | Year | School | Prelims | Wind | H# |
|--------------------|------|------------------|---------|------|----------|
| 1 Moore, Gary | 12 | Sacred Heart | 11.27Q | -0.1 | 1 |
| 2 Schuller, Zac | 12 | St. Ignatius | 11.37Q | -0.8 | 4 |
| 3 Sanfilippo, Joey | 10 | Bellarmine C | 11.43Q | -1.0 | 3 |
| 4 Johnson, Khalid | 10 | St. Francis | 11.75Q | -1.0 | 2 |
| 5 Rose, Keith | 12 | Archbishop Mitty | 11.39q | -0.8 | 4 |
| 6 Munchua, Michael | 11 | Sacred Heart | 11.42q | -0.8 | 4 |
| 7 Severson, Ryan | 10 | Valley Chris | 11.49q | -0.1 | 1 |
| 8 Baur, Chad | 11 | Junipero Serra | 11.56 | -1.0 | 3 11.557 |
| 9 Meszaros, Rocky | 12 | Archbishop Mitty | J11.56 | -0.1 | 1 11.558 |

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....Boys 100 Meter Dash Varsity

| | | | | |
|----------------------|-----------------------|-------|------|---|
| 10 Armistead, George | 12 Bellarmine C | 11.64 | -1.0 | 3 |
| 11 Wilson, Erich | 11 Junipero Serra | 11.65 | -1.0 | 3 |
| 12 Ramirez, Rhett | 12 St. Francis | 11.72 | -0.8 | 4 |
| 13 Pia, Mike | 11 St. Ignatius | 11.76 | -1.0 | 2 |
| 14 Lawson, Jarrod | 11 Valley Chris | 11.86 | -0.1 | 1 |
| 15 Johnson, Khalil | 10 St. Francis | 11.87 | -1.0 | 2 |
| 16 King, Cody | 12 Archbishop Mitty | 11.93 | -0.1 | 1 |
| 17 Gregory, Garrett | 10 Valley Chris | 12.08 | -0.8 | 4 |
| 18 Decceco, Joe | 11 Archbishop Mitty | 12.11 | -0.8 | 4 |
| 18 Grose, Brandon | 10 Valley Chris | 12.11 | -1.0 | 3 |
| 20 Trainor, Anthony | 12 Archbishop Riordan | 12.34 | -1.0 | 2 |
| 21 White, Brandon | 12 Archbishop Mitty | 12.36 | -1.0 | 2 |
| 22 Snead, Matt | 11 Bellarmine C | 12.73 | -1.0 | 3 |
| 23 Thomas, Bret | 11 Junipero Serra | 12.89 | -0.1 | 1 |
| 24 Salvi, Noah | 12 Bellarmine C | 12.99 | -1.0 | 2 |

Boys 100 Meter Dash Varsity

| | | |
|--------------------|------|-------------------------------|
| Meet: ! 10.70 | 1961 | Steve Firenze, Junipero Serra |
| CCS: # 10.41 | 1987 | Tony Miller, Riordan |
| State: * 10.25 | 1985 | Henry Thomas, Hawthorne |
| National: \$ 10.15 | 1990 | Henry Neal, Greenville (TX) |
| CCS Qual: @ 11.13 | | |

| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|
|------|------|--------|--------|------|--------|

Finals

| | | | | |
|--------------------|---------------------|--------|------|----|
| 1 Moore, Gary | 12 Sacred Heart | 11.00@ | -1.2 | 10 |
| 2 Schuller, Zac | 12 St. Ignatius | 11.04@ | -1.2 | 8 |
| 3 Johnson, Khalid | 10 St. Francis | 11.09@ | -1.2 | 6 |
| 4 Sanfilippo, Joey | 10 Bellarmine C | 11.17 | -1.2 | 4 |
| 5 Munchua, Michael | 11 Sacred Heart | 11.22 | -1.2 | 2 |
| 6 Rose, Keith | 12 Archbishop Mitty | 11.28 | -1.2 | 1 |
| 7 Severson, Ryan | 10 Valley Chris | 11.30 | -1.2 | |

Preliminaries

| | | | | |
|----------------------|-----------------------|---|--|--|
| 8 Baur, Chad | 11 Junipero Serra | | | |
| 9 Meszaros, Rocky | 12 Archbishop Mitty | J | | |
| 10 Armistead, George | 12 Bellarmine C | | | |
| 11 Wilson, Erich | 11 Junipero Serra | | | |
| 12 Ramirez, Rhett | 12 St. Francis | | | |
| 13 Pia, Mike | 11 St. Ignatius | | | |
| 14 Lawson, Jarrod | 11 Valley Chris | | | |
| 15 Johnson, Khalil | 10 St. Francis | | | |
| 16 King, Cody | 12 Archbishop Mitty | | | |
| 17 Gregory, Garrett | 10 Valley Chris | | | |
| 18 Decceco, Joe | 11 Archbishop Mitty | | | |
| 18 Grose, Brandon | 10 Valley Chris | | | |
| 20 Trainor, Anthony | 12 Archbishop Riordan | | | |
| 21 White, Brandon | 12 Archbishop Mitty | | | |
| 22 Snead, Matt | 11 Bellarmine C | | | |
| 23 Thomas, Bret | 11 Junipero Serra | | | |
| 24 Salvi, Noah | 12 Bellarmine C | | | |

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Boys 200 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 2 Best Times

Meet: ! 21.60 1987 Tony Miller, Archbishop Riordan
 CCS: # 20.57 1993 Calvin Harrison, North Salinas
 State: * 20.73 1984 Henry Thomas, Hawthorne
 National: \$ 20.13 1985 Rory Martin, Roosevelt, Dallas (TX)
 CCS Qual: @ 22.61

| Name | Year | School | Prelims | Wind | H# |
|----------------------|------|--------------------|---------|------|----|
| 1 Chapman, Andre | 12 | Bellarmino C | 22.86Q | -2.0 | 1 |
| 2 Moore, Gary | 12 | Sacred Heart | 22.95Q | -0.8 | 2 |
| 3 Armistead, George | 12 | Bellarmino C | 23.01Q | -1.1 | 5 |
| 4 Ramirez, Rhett | 12 | St. Francis | 23.40Q | -3.4 | 3 |
| 5 Sanfilippo, Joey | 10 | Bellarmino C | 23.70Q | -3.9 | 4 |
| 6 Severson, Ryan | 10 | Valley Chris | 23.12q | -1.1 | 5 |
| 7 Wilson, Erich | 11 | Junipero Serra | 23.43q | -2.0 | 1 |
| 8 Meszaros, Rocky | 12 | Archbishop Mitty | 23.52 | -0.8 | 2 |
| 9 Baur, Chad | 11 | Junipero Serra | 23.73 | -3.9 | 4 |
| 10 Johnson, Khalid | 10 | St. Francis | 23.88 | -2.0 | 1 |
| 11 Gregory, Garrett | 10 | Valley Chris | 24.03 | -2.0 | 1 |
| 12 Marani, Bobby | 11 | Archbishop Mitty | 24.10 | -1.1 | 5 |
| 13 Lampkin, Edward | 10 | Sacred Heart | 24.30 | -3.4 | 3 |
| 14 Lowder, Travis | 12 | Valley Chris | 24.39 | -3.4 | 3 |
| 15 Grose, Brandon | 10 | Valley Chris | 24.67 | -0.8 | 2 |
| 16 Decceco, Joe | 11 | Archbishop Mitty | 25.12 | -1.1 | 5 |
| 17 La France, Brian | 11 | Archbishop Mitty | 25.22 | -2.0 | 1 |
| 18 Cook, Andrew | 11 | Bellarmino C | 25.45 | -1.1 | 5 |
| 19 Valdiviezo, Jacob | 12 | Archbishop Riordan | 25.56 | -0.8 | 2 |
| 20 Eggleston, Justin | 11 | St. Ignatius | 25.60 | -3.9 | 4 |
| 21 Marshall, Lamar | 11 | St. Ignatius | 26.00 | -1.1 | 5 |
| 22 Thomas, Bret | 11 | Junipero Serra | 26.26 | -2.0 | 1 |
| 23 Franco, Marco | 11 | Junipero Serra | 26.34 | -3.4 | 3 |
| 23 Wong, Aaron | 11 | St. Ignatius | 26.34 | -3.9 | 4 |
| -- King, Cody | 12 | Archbishop Mitty | DQ | -3.9 | 4 |

Boys 200 Meter Dash Varsity

Meet: ! 21.60 1987 Tony Miller, Archbishop Riordan
 CCS: # 20.57 1993 Calvin Harrison, North Salinas
 State: * 20.73 1984 Henry Thomas, Hawthorne
 National: \$ 20.13 1985 Rory Martin, Roosevelt, Dallas (TX)
 CCS Qual: @ 22.61

| Name | Year | School | Finals | Wind | Points |
|----------------------|------|------------------|--------|------|--------|
| Finals | | | | | |
| 1 Moore, Gary | 12 | Sacred Heart | 22.15@ | 0.7 | 10 |
| 2 Armistead, George | 12 | Bellarmino C | 22.58@ | 0.7 | 8 |
| 3 Chapman, Andre | 12 | Bellarmino C | 22.59@ | 0.7 | 6 |
| 4 Severson, Ryan | 10 | Valley Chris | 22.68 | 0.7 | 4 |
| 5 Ramirez, Rhett | 12 | St. Francis | 22.83 | 0.7 | 2 |
| 6 Sanfilippo, Joey | 10 | Bellarmino C | 22.86 | 0.7 | 1 |
| 7 Wilson, Erich | 11 | Junipero Serra | 23.31 | 0.7 | |
| Preliminaries | | | | | |
| 8 Meszaros, Rocky | 12 | Archbishop Mitty | | | |
| 9 Baur, Chad | 11 | Junipero Serra | | | |

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....Boys 200 Meter Dash Varsity

| | |
|----------------------|-----------------------|
| 10 Johnson, Khalid | 10 St. Francis |
| 11 Gregory, Garrett | 10 Valley Chris |
| 12 Marani, Bobby | 11 Archbishop Mitty |
| 13 Lampkin, Edward | 10 Sacred Heart |
| 14 Lowder, Travis | 12 Valley Chris |
| 15 Grose, Brandon | 10 Valley Chris |
| 16 Decceco, Joe | 11 Archbishop Mitty |
| 17 La France, Brian | 11 Archbishop Mitty |
| 18 Cook, Andrew | 11 Bellarmine C |
| 19 Valdiviezo, Jacob | 12 Archbishop Riordan |
| 20 Eggleston, Justin | 11 St. Ignatius |
| 21 Marshall, Lamar | 11 St. Ignatius |
| 22 Thomas, Bret | 11 Junipero Serra |
| 23 Franco, Marco | 11 Junipero Serra |
| 23 Wong, Aaron | 11 St. Ignatius |
| -- King, Cody | 12 Archbishop Mitty |

Boys 400 Meter Dash Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times

| | | |
|--------------------|------|----------------------------------|
| Meet: ! 48.35 | 2003 | Angelo Fobbs-Valentino, Junipero |
| CCS: # 45.25 | 1993 | Calvin Harrison, North Salinas |
| State: * 45.25 | 1993 | Calvin Harrison, North Salinas |
| National: \$ 45.25 | 1993 | Calvin Harrison, North Salinas |
| CCS Qual: @ 50.33 | | |

| Name | Year | School | Prelims | H# |
|-------------------------|------|--------------------|---------|----|
| 1 Marani, Bobby | 11 | Archbishop Mitty | 51.44Q | 3 |
| 2 McNabb, Cal | 12 | Valley Chris | 51.99Q | 2 |
| 3 Chapman, Andre | 12 | Bellarmino C | 53.35Q | 1 |
| 4 Davidson, Jalen | 12 | St. Francis | 51.55q | 3 |
| 5 Lowder, Travis | 12 | Valley Chris | 53.23q | 2 |
| 6 ahlgren, steven | 12 | Archbishop Mitty | 53.41q | 1 |
| 7 McIntyre, Joe | 11 | St. Ignatius | 53.83q | 1 |
| 8 Cook, Andrew | 11 | Bellarmino C | 54.32 | 3 |
| 9 Brockmeir, Tyler | 11 | Archbishop Mitty | 54.78 | 2 |
| 10 La France, Brian | 11 | Archbishop Mitty | 55.51 | 1 |
| 11 Eggleston, Justin | 11 | St. Ignatius | 55.52 | 1 |
| 12 Valdiviezo, Jacob | 12 | Archbishop Riordan | 56.17 | 3 |
| 13 Marshall, Lamar | 11 | St. Ignatius | 57.36 | 3 |
| 14 Franco, Marco | 11 | Junipero Serra | 57.75 | 2 |
| 15 Thompson, Connor | 12 | St. Francis | 58.05 | 2 |
| 16 Dycaico, Christopher | 12 | Bellarmino C | 59.65 | 1 |
| 17 Elliston, Nick | 12 | Bellarmino C | 1:04.57 | 1 |

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Boys 400 Meter Dash Varsity

```

Meet: ! 48.35 2003 Angelo Fobbs-Valentino, Junipero Ser
CCS: # 45.25 1993 Calvin Harrison, North Salinas
State: * 45.25 1993 Calvin Harrison, North Salinas
National: $ 45.25 1993 Calvin Harrison, North Salinas
CCS Qual: @ 50.33

```

```

Name Year School Finals Points

```

Finals

```

1 Chapman, Andre 12 Bellarmine C 50.18@ 10
2 McNabb, Cal 12 Valley Chris 50.62 8
3 Davidson, Jalen 12 St. Francis 50.90 6
4 Lowder, Travis 12 Valley Chris 51.07 4
5 Marani, Bobby 11 Archbishop Mitty 51.65 2
6 McIntyre, Joe 11 St. Ignatius 52.81 1
7 ahlgren, steven 12 Archbishop Mitty 53.26

```

Preliminaries

```

8 Cook, Andrew 11 Bellarmine C
9 Brockmeir, Tyler 11 Archbishop Mitty
10 La France, Brian 11 Archbishop Mitty
11 Eggleston, Justin 11 St. Ignatius
12 Valdiviezo, Jacob 12 Archbishop Riordan
13 Marshall, Lamar 11 St. Ignatius
14 Franco, Marco 11 Junipero Serra
15 Thompson, Connor 12 St. Francis
16 Dycaico, Christopher 12 Bellarmine C
17 Elliston, Nick 12 Bellarmine C

```

Boys 800 Meter Run Varsity**12 Advance: Top 2 Each Heat plus Next 6 Best Times**

```

Meet: ! 1:53.20 1977 Stan Ross, Junipero Serra
CCS: # 1:50.10 1970 Rick Brown, Los Altos
State: * 1:46.45 1996 Michael Granville, Bell Gar
National: $ 1:46.45 1996 Michael Granville, Bell Gar
CCS Qual: @ 1:58.24

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Name Year School Prelims

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```

1 Murphy, Ciaran 10 St. Ignatius 2:00.34Q
2 Davis, Sean 11 Valley Chris 2:02.78Q
3 Mantovani, Nicholas 11 Bellarmine C 2:04.96Q
4 Moore, Jarrett 12 Sacred Heart 2:03.03Q
5 Colom, Daniel 12 Junipero Serra 2:04.28Q
6 Jain, Sanmay 12 Bellarmine C 2:05.63Q
7 Mack, Colin 11 St. Francis 2:05.20q
8 Afroilan, Bradley 11 Bellarmine C 2:06.06q
9 Yamagiwa, Sean 11 Bellarmine C 2:07.00q
10 Moran, John 12 St. Ignatius 2:07.38q
11 On, Jonathan 11 Archbishop Riordan 2:07.53q
12 Dan, Sumit 11 Archbishop Mitty 2:07.72q
13 Turzanski, Avery 11 Junipero Serra 2:08.95
14 Quach, Austin 11 Sacred Heart 2:09.43
15 Prongos, Greg 12 Sacred Heart 2:09.52
16 Prout, Matthew 12 St. Francis 2:10.03
17 Yep, Geoffrey 12 Sacred Heart 2:10.23

```

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....Boys 800 Meter Run Varsity

| | | |
|-----------------------|-----------------------|---------|
| 18 Council, Brandon | 12 Junipero Serra | 2:12.27 |
| 19 Angiano, Johnathan | 12 Archbishop Riordan | 2:14.49 |
| 20 Smerdel, Jack | 11 Junipero Serra | 2:16.34 |
| 21 Thomas, Ryan | 11 Junipero Serra | 2:16.61 |
| 22 Cannice, James | 09 St. Ignatius | 2:16.86 |
| 23 Hwang, Paul | 11 St. Ignatius | 2:17.50 |
| 24 Killoran, AJ | 12 Bellarmine C | 2:17.51 |
| 25 Fuerte, Michael | 12 Sacred Heart | 2:22.87 |

Boys 800 Meter Run Varsity

| | | |
|----------------------|------|---------------------------------|
| Meet: ! 1:53.20 | 1977 | Stan Ross, Junipero Serra |
| CCS: # 1:50.10 | 1970 | Rick Brown, Los Altos |
| State: * 1:46.45 | 1996 | Michael Granville, Bell Gardens |
| National: \$ 1:46.45 | 1996 | Michael Granville, Bell Gardens |
| CCS Qual: @ 1:58.24 | | |

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

Finals

| | | | | |
|-----------------------|----|--------------------|----------|----|
| 1 Davis, Sean | 11 | Valley Chris | 1:55.49@ | 10 |
| 2 Moore, Jarrett | 12 | Sacred Heart | 1:56.22@ | 8 |
| 3 Mantovani, Nicholas | 11 | Bellarmino C | 1:58.02@ | 6 |
| 4 Mack, Colin | 11 | St. Francis | 2:00.64 | 4 |
| 5 Murphy, Ciaran | 10 | St. Ignatius | 2:00.68 | 2 |
| 6 Colom, Daniel | 12 | Junipero Serra | 2:01.36 | 1 |
| 7 Afroilan, Bradley | 11 | Bellarmino C | 2:03.57 | |
| 8 Dan, Sumit | 11 | Archbishop Mitty | 2:03.66 | |
| 9 Jain, Sanmay | 12 | Bellarmino C | 2:03.98 | |
| 10 Moran, John | 12 | St. Ignatius | 2:05.27 | |
| 11 Yamagiwa, Sean | 11 | Bellarmino C | 2:06.68 | |
| 12 On, Jonathan | 11 | Archbishop Riordan | 2:08.14 | |

Preliminaries

| | | |
|-----------------------|----|--------------------|
| 13 Turzanski, Avery | 11 | Junipero Serra |
| 14 Quach, Austin | 11 | Sacred Heart |
| 15 Prongos, Greg | 12 | Sacred Heart |
| 16 Prout, Matthew | 12 | St. Francis |
| 17 Yep, Geoffrey | 12 | Sacred Heart |
| 18 Council, Brandon | 12 | Junipero Serra |
| 19 Angiano, Johnathan | 12 | Archbishop Riordan |
| 20 Smerdel, Jack | 11 | Junipero Serra |
| 21 Thomas, Ryan | 11 | Junipero Serra |
| 22 Cannice, James | 09 | St. Ignatius |
| 23 Hwang, Paul | 11 | St. Ignatius |
| 24 Killoran, AJ | 12 | Bellarmino C |
| 25 Fuerte, Michael | 12 | Sacred Heart |

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Boys 1600 Meter Run Varsity

```

=====
Meet: ! 4:15.38 1987      Scott Robinson, Bellarmine
CCS: # 4:05.47 1977      Mark Stillman, Willow Glen
State: * 4:00.29 2008     German Fernandez, Riverbank
National: $ 3:59.51 2001   Alan Webb, Reston South Lakes (VA)
CCS Qual: @ 4:27.06

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=====
Name                    Year School                    Finals  Points
=====

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Finals

| Name | Year | School | Finals | Points |
|-----------------------|------|--------------------|----------|--------|
| 1 Rae, Kyle | 12 | Bellarmino C | 4:22.51@ | 10 |
| 2 Murphy, Ciaran | 10 | St. Ignatius | 4:26.87@ | 8 |
| 3 Bordoni, Jack | 11 | Bellarmino C | 4:28.33 | 6 |
| 4 Menzel, Andrew | 12 | Junipero Serra | 4:29.84 | 4 |
| 5 Guzikowski, Richard | 10 | Archbishop Mitty | 4:32.68 | 2 |
| 6 Beeler, Ben | 12 | Archbishop Riordan | 4:36.36 | 1 |
| 7 Sandoval, Jose | 11 | Bellarmino C | 4:39.93 | |
| 8 Jayme, Justin | 12 | St. Ignatius | 4:43.70 | |
| 9 Quach, Austin | 11 | Sacred Heart | 4:44.80 | |
| 10 Cannon, Conor | 11 | St. Ignatius | 4:46.22 | |
| 11 Prout, Matthew | 12 | St. Francis | 4:47.76 | |
| 12 Milligan, Ford | 12 | Junipero Serra | 4:49.00 | |
| 13 Thornburg, Reed | 12 | Bellarmino C | 4:49.73 | |
| 14 Powers, Liam | 11 | St. Ignatius | 4:54.20 | |
| 15 Toy, Daniel | 11 | Bellarmino C | 4:57.28 | |
| 16 Prongos, Greg | 12 | Sacred Heart | 4:58.26 | |
| 17 Council, Brandon | 12 | Junipero Serra | 4:59.28 | |
| 18 Donath, Keenan | 11 | St. Francis | 5:01.72 | |
| 19 Caracciolo, Matt | 11 | St. Ignatius | 5:02.34 | |
| 20 D'Costa, Benjamin | 11 | St. Francis | 5:04.83 | |
| 21 Revilla, Dominic | 11 | Sacred Heart | 5:04.98 | |
| 22 Yep, Geoffrey | 12 | Sacred Heart | 5:08.60 | |
| 23 Patino, Danny | 12 | Archbishop Riordan | 5:09.73 | |
| 24 Angiano, Johnathan | 12 | Archbishop Riordan | 5:09.81 | |
| 25 Laucella, Dustin | 10 | Valley Chris | 5:13.78 | |
| 26 Fuerte, Michael | 12 | Sacred Heart | 5:18.98 | |
| 27 Lurati, Louie | 12 | Archbishop Riordan | 5:20.77 | |
| 28 Chu, Tristan | 11 | St. Francis | 5:26.08 | |

Boys 3200 Meter Run Varsity

```

=====
Meet: ! 9:14.60 1981      Chris Paredes, Bellarmine
CCS: # 8:52.11 1981      Jessie Torres, Independence
State: * 8:34.23 2008     German Fernandez, Riverbank
National: $ 8:34.23 2008   German Fernandez, Riverbank
CCS Qual: @ 9:38.67

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=====
Name                    Year School                    Finals  Points
=====

```

| Name | Year | School | Finals | Points |
|-----------------------|------|------------------|----------|--------|
| 1 Rae, Kyle | 12 | Bellarmino C | 9:37.02@ | 10 |
| 2 Ferrari, Tony | 12 | Bellarmino C | 9:37.36@ | 8 |
| 3 Valencia, Esteban | 11 | Bellarmino C | 9:40.83 | 6 |
| 4 DeAnda, Charles | 10 | Bellarmino C | 9:44.61 | 4 |
| 5 Guzikowski, Richard | 10 | Archbishop Mitty | 10:03.51 | 2 |
| 6 Stann, Carsten | 11 | Junipero Serra | 10:07.19 | 1 |
| 7 Menzel, Andrew | 12 | Junipero Serra | 10:18.25 | |
| 8 Cannon, Conor | 11 | St. Ignatius | 10:24.44 | |

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Results

....Boys 3200 Meter Run Varsity

| | | |
|----------------------|-----------------------|----------|
| 9 Quach, Austin | 11 Sacred Heart | 10:25.22 |
| 10 Powers, Liam | 11 St. Ignatius | 10:30.64 |
| 11 Loeffler, Phillip | 12 St. Ignatius | 10:35.79 |
| 12 Jayme, Justin | 12 St. Ignatius | 10:38.19 |
| 13 Hinojosa, Adrian | 11 Bellarmine C | 10:49.71 |
| 14 Doherty, Daniel | 12 St. Ignatius | 11:03.64 |
| 15 Laucella, Dustin | 10 Valley Chris | 11:25.69 |
| 16 Patino, Danny | 12 Archbishop Riordan | 11:55.52 |
| 17 Davis, Alex | 10 St. Francis | 12:34.80 |

Boys 110 Meter Hurdles Varsity

7 Advance: Top 1 Each Heat plus Next 4 Best Times

| | | |
|--------------------|------|---------------------------------------|
| Meet: ! 14.50 | 1974 | Tom Shellworth, Bellarmine |
| CCS: # 13.67 | 1991 | Isaac Carson, Jefferson |
| State: * 13.39 | 2004 | Kevin Craddock, James Logan, Union Ci |
| National: \$ 13.30 | 1990 | Chris Nelloms, Dunbar, Dayton (OH) |
| CCS Qual: @ 15.31 | | |

| | | | | | |
|------|------|--------|---------|------|----|
| Name | Year | School | Prelims | Wind | H# |
|------|------|--------|---------|------|----|

Preliminaries

| | | | | |
|------------------------|---------------------|--------|------|---|
| 1 Vaca, Cameron | 11 Archbishop Mitty | 16.22Q | -4.4 | 1 |
| 2 Wright, Jalen | 10 Bellarmine C | 16.26Q | -1.1 | 3 |
| 3 Nguyen, Kevin | 11 Bellarmine C | 17.48Q | -1.7 | 2 |
| 4 Mitchell, Zachary | 10 Junipero Serra | 16.49q | -4.4 | 1 |
| 5 Nunes, Andrew | 12 Junipero Serra | 16.56q | -1.1 | 3 |
| 6 Andrighetto, Domenic | 10 St. Francis | 17.26q | -1.1 | 3 |
| 7 Garzee, John | 11 St. Ignatius | 17.46q | -4.4 | 1 |
| 8 Fredrickson, Matthew | 12 Archbishop Mitty | 17.62 | -1.7 | 2 |
| 9 Allen, Chris | 11 St. Francis | 17.77 | -1.7 | 2 |
| 10 Fishler, Nick | 12 Bellarmine C | 18.45 | -1.1 | 3 |
| 11 Hapin, Lucas | 12 St. Ignatius | 19.33 | -4.4 | 1 |
| 12 Allen, Tony | 11 Junipero Serra | 19.60 | -4.4 | 1 |
| 13 Romeo, Chris | 11 Junipero Serra | 19.67 | -1.1 | 3 |
| 14 Tran, Floatie | 11 Archbishop Mitty | 19.68 | -1.1 | 3 |
| 15 Niland, Tom | 12 St. Ignatius | 19.70 | -4.4 | 1 |
| 16 Duong, Kevin | 11 Bellarmine C | 21.51 | -4.4 | 1 |
| 17 Tsai, Pio | 11 Bellarmine C | 25.78 | -1.7 | 2 |

Boys 110 Meter Hurdles Varsity

| | | |
|--------------------|------|---|
| Meet: ! 14.50 | 1974 | Tom Shellworth, Bellarmine |
| CCS: # 13.67 | 1991 | Isaac Carson, Jefferson |
| State: * 13.39 | 2004 | Kevin Craddock, James Logan, Union City |
| National: \$ 13.30 | 1990 | Chris Nelloms, Dunbar, Dayton (OH) |
| CCS Qual: @ 15.31 | | |

| | | | | | |
|------|------|--------|--------|------|--------|
| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|

Finals

| | | | | |
|---------------------|---------------------|-------|-----|----|
| 1 Vaca, Cameron | 11 Archbishop Mitty | 15.54 | 0.5 | 10 |
| 2 Wright, Jalen | 10 Bellarmine C | 15.55 | 0.5 | 8 |
| 3 Mitchell, Zachary | 10 Junipero Serra | 16.86 | 0.5 | 6 |
| 4 Nguyen, Kevin | 11 Bellarmine C | 16.93 | 0.5 | 4 |
| 5 Nunes, Andrew | 12 Junipero Serra | 17.16 | 0.5 | 2 |

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....Boys 110 Meter Hurdles Varsity

| | | | | | | |
|---|----------------------|----|--------------|-------|-----|---|
| 6 | Andrighetto, Domenic | 10 | St. Francis | 17.33 | 0.5 | 1 |
| 7 | Garzee, John | 11 | St. Ignatius | 17.42 | 0.5 | |

Preliminaries

| | | | |
|----|----------------------|----|------------------|
| 8 | Fredrickson, Matthew | 12 | Archbishop Mitty |
| 9 | Allen, Chris | 11 | St. Francis |
| 10 | Fishler, Nick | 12 | Bellarmino C |
| 11 | Hapin, Lucas | 12 | St. Ignatius |
| 12 | Allen, Tony | 11 | Junipero Serra |
| 13 | Romeo, Chris | 11 | Junipero Serra |
| 14 | Tran, Floatie | 11 | Archbishop Mitty |
| 15 | Niland, Tom | 12 | St. Ignatius |
| 16 | Duong, Kevin | 11 | Bellarmino C |
| 17 | Tsai, Pio | 11 | Bellarmino C |

Boys 300 Meter Hurdles Varsity**7 Advance: Top 1 Each Heat plus Next 4 Best Times**

| | | | |
|--------------|-------|------|---------------------------------|
| Meet: ! | 38.31 | 2006 | Napoleon Greene, Bellarmino |
| CCS: # | 36.26 | 1996 | Joe Naivalu, Fremont |
| State: * | 35.28 | 2007 | Jeshua Anderson, Taft, Woodland |
| National: \$ | 35.02 | 2009 | Reggie Wyatt, La Sierra (CA) |
| CCS Qual: @ | 40.55 | | |

| Name | Year | School | Prelims | H# |
|------|-----------------------|--------|------------------|----------|
| 1 | Vaca, Cameron | 11 | Archbishop Mitty | 41.98Q 1 |
| 2 | Mitchell, Zachary | 10 | Junipero Serra | 42.39Q 3 |
| 3 | Gore-Schreck, Thomas | 12 | St. Francis | 42.88Q 2 |
| 4 | Lewis, Clint | 12 | Sacred Heart | 42.98q 1 |
| 5 | Fishler, Nick | 12 | Bellarmino C | 43.79q 2 |
| 6 | Fredrickson, Matthew | 12 | Archbishop Mitty | 44.05q 2 |
| 7 | Andrighetto, Domenic | 10 | St. Francis | 44.22q 1 |
| 8 | Shao, Chris | 12 | Bellarmino C | 44.48 3 |
| 9 | Hapin, Lucas | 12 | St. Ignatius | 44.97 1 |
| 10 | Gallagher, Matt | 11 | Archbishop Mitty | 45.03 2 |
| 11 | Al-Reyess, Khalid | 11 | St. Ignatius | 45.08 3 |
| 12 | Allen, Tony | 11 | Junipero Serra | 45.26 1 |
| 13 | Quezada, Branden | 11 | Junipero Serra | 46.55 3 |
| 14 | Allen, Chris | 11 | St. Francis | 46.61 3 |
| 15 | Valenzuela, Christian | 12 | Bellarmino C | 46.65 1 |
| 16 | Garzee, John | 11 | St. Ignatius | 46.84 2 |
| 17 | Mason, Riley | 11 | Bellarmino C | 46.95 1 |
| 18 | Chiechi, Cameron | 12 | Bellarmino C | 47.49 2 |
| 19 | Niland, Tom | 12 | St. Ignatius | 48.22 2 |
| 20 | Romeo, Chris | 11 | Junipero Serra | 48.28 3 |
| 21 | Munoz, Erik | 12 | St. Francis | 49.84 3 |

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Boys 300 Meter Hurdles Varsity

```

=====
Meet: ! 38.31 2006      Napoleon Greene, Bellarmin
CCS: # 36.26 1996      Joe Naivalu, Fremont
State: * 35.28 2007     Jeshua Anderson, Taft, Woodland Hill
National: $ 35.02 2009  Reggie Wyatt, La Sierra (CA)
CCS Qual: @ 40.55
    
```

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

Finals

| | | | | |
|------------------------|----|------------------|-------|----|
| 1 Mitchell, Zachary | 10 | Junipero Serra | 41.42 | 10 |
| 2 Vaca, Cameron | 11 | Archbishop Mitty | 41.45 | 8 |
| 3 Gore-Schreck, Thomas | 12 | St. Francis | 41.47 | 6 |
| 4 Fishler, Nick | 12 | Bellarmino C | 42.78 | 4 |
| 5 Fredrickson, Matthew | 12 | Archbishop Mitty | 42.98 | 2 |
| 6 Andrighetto, Domenic | 10 | St. Francis | 43.18 | 1 |
| 7 Lewis, Clint | 12 | Sacred Heart | 45.47 | |

Preliminaries

| | | | | |
|--------------------------|----|------------------|--|--|
| 8 Shao, Chris | 12 | Bellarmino C | | |
| 9 Hapin, Lucas | 12 | St. Ignatius | | |
| 10 Gallagher, Matt | 11 | Archbishop Mitty | | |
| 11 Al-Reyess, Khalid | 11 | St. Ignatius | | |
| 12 Allen, Tony | 11 | Junipero Serra | | |
| 13 Quezada, Branden | 11 | Junipero Serra | | |
| 14 Allen, Chris | 11 | St. Francis | | |
| 15 Valenzuela, Christian | 12 | Bellarmino C | | |
| 16 Garzee, John | 11 | St. Ignatius | | |
| 17 Mason, Riley | 11 | Bellarmino C | | |
| 18 Chiechi, Cameron | 12 | Bellarmino C | | |
| 19 Niland, Tom | 12 | St. Ignatius | | |
| 20 Romeo, Chris | 11 | Junipero Serra | | |
| 21 Munoz, Erik | 12 | St. Francis | | |

Boys 4x100 Meter Relay Varsity

```

=====
Meet: ! 42.29 2009      Saint Francis
                                Andrighetto, Manoukian, DePond, Borel
CCS: # 41.15 1992      Mt. Pleasant
                                Pennywell, Turner, Rice, DuPree
State: * 40.14 1999     Poly, Long Beach
National: $ 39.76 1998  Wyatt, Fort Worth (TX)
CCS Qual: @ 43.72
    
```

| School | Finals | Points |
|--------|--------|--------|
|--------|--------|--------|

Finals

| | | |
|-------------------------------|--------|----|
| 1 Bellarmine College Prep | 42.75@ | 10 |
| 2 St. Francis (Mountain View) | 43.24@ | 8 |
| 3 Junipero Serra | 43.46@ | 6 |
| 4 Sacred Heart Cathedral Prep | 43.55@ | 4 |
| 5 Archbishop Mitty | 43.57@ | 2 |
| 6 Valley Christian (San Jose) | 43.75 | 1 |
| 7 St. Ignatius College Prep | 44.44 | |

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Results

Boys 4x400 Meter Relay Varsity

| | | | | | |
|--------------|---------|------|---|--------|--------|
| Meet: ! | 3:21.88 | 2003 | Bellarmino | | |
| | | | Savor, Johnson, Guney, Bordoni | | |
| CCS: # | 3:14.00 | 1988 | Independence | | |
| | | | McKelvey, Siqueros, Burroughs, Montgomery | | |
| State: * | 3:07.40 | 1985 | Hawthorne | | |
| National: \$ | 3:07.40 | 1985 | Hawthorne | | |
| CCS Qual: @ | 3:28.27 | | | | |
| School | | | | Finals | Points |

| | | | |
|---|-----------------------------|----------|----|
| 1 | St. Francis (Mountain View) | 3:25.04@ | 10 |
| 2 | Sacred Heart Cathedral Prep | 3:25.18@ | 8 |
| 3 | Archbishop Mitty | 3:25.32@ | 6 |
| 4 | Bellarmino College Prep | 3:25.46@ | 4 |
| 5 | Junipero Serra | 3:30.73 | 2 |
| 6 | St. Ignatius College Prep | 3:40.07 | 1 |
| 7 | Archbishop Riordan | 3:50.66 | |

Boys High Jump Varsity

| | | | | | |
|--------------|---------|------|------------------------------------|--------|--------|
| Meet: ! | 6-10 | 1990 | Matt Rice, Bellarmino | | |
| CCS: # | 7-03 | 1985 | Jeff Rogers, Overfelt | | |
| State: * | 7-03.25 | 1979 | Lee Balkin, Glendale | | |
| National: \$ | 7-05.75 | 2009 | James White, Grandview High School | | |
| CCS Qual: @ | 6-02 | | | | |
| Name | | Year | School | Finals | Points |

| | | | | | |
|----|-----------------|----|------------------|-----------|----|
| 1 | Descalso, Joey | 12 | St. Francis | 6-02.00@ | 10 |
| 2 | Bajtos, Kyle | 12 | Bellarmino C | J6-02.00@ | 8 |
| 3 | Pacheco, Dalyn | 12 | Junipero Serra | J6-02.00@ | 5 |
| 3 | Carlson, Dan | 11 | St. Francis | J6-02.00@ | 5 |
| 5 | Reilly, Sean | 11 | Bellarmino C | 6-00.00 | 2 |
| 6 | Young, Michael | 11 | Bellarmino C | 5-10.00 | 1 |
| 7 | Mujica, Daniel | 11 | St. Francis | 5-08.00 | |
| 7 | Thomson, Jeff | 12 | St. Ignatius | 5-08.00 | |
| 7 | Duong, Kevin | 11 | Bellarmino C | 5-08.00 | |
| 7 | Muzzolini, Gabe | 10 | St. Francis | 5-08.00 | |
| 11 | Hwang, Paul | 11 | St. Ignatius | 5-04.00 | |
| 11 | Nikovitis, Matt | 10 | St. Ignatius | 5-04.00 | |
| 13 | Disse, Gregory | 12 | St. Ignatius | 5-00.00 | |
| -- | Mount, Michael | 11 | Archbishop Mitty | NH | |
| -- | McCoy, Lamond | 12 | St. Francis | NH | |

Boys Pole Vault Varsity

| | | | | | |
|--------------|----------|------|------------------------------------|--------|--------|
| Meet: ! | 16-00 | 2006 | Kyle Mills-Bunje, Saint Francis | | |
| CCS: # | 17-06.25 | 2007 | Nico Weiler, Los Gatos | | |
| State: * | 18-02 | 1985 | Brandon Richards, San Marcos, Sant | | |
| National: \$ | 18-02.25 | 1999 | Eric Eshbach, Orangefield (TX) | | |
| CCS Qual: @ | 13-06 | | | | |
| Name | | Year | School | Finals | Points |

| | | | | | |
|---|--------------|----|--------------|-----------|----|
| 1 | Toney, Marc | 10 | St. Francis | 14-00.00@ | 10 |
| 2 | Olson, Will | 12 | Bellarmino C | 13-00.00 | 8 |
| 3 | Capuli, Kyle | 11 | St. Ignatius | 12-06.00 | 6 |

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....Boys Pole Vault Varsity

| | | | | | |
|----|----------------------|----|--------------------|----------|------|
| 4 | Sprinkles, Andrew | 12 | Archbishop Riordan | 12-00.00 | 4 |
| 5 | Crowley, Matt | 11 | Bellarmino C | 11-06.00 | 0.75 |
| 5 | Brunetto, Joe | 12 | Archbishop Mitty | 11-06.00 | 0.75 |
| 5 | Sadeghi, Alex | 12 | St. Ignatius | 11-06.00 | 0.75 |
| 5 | Olivas, Willy | 12 | Archbishop Mitty | 11-06.00 | 0.75 |
| 9 | Rosario, Joe | 11 | Junipero Serra | 11-00.00 | |
| 9 | Dimas, Mark | 12 | St. Ignatius | 11-00.00 | |
| 9 | Guerra, Joey | 11 | St. Ignatius | 11-00.00 | |
| 9 | Campos, David | 11 | St. Ignatius | 11-00.00 | |
| 13 | Tran, Floatie | 11 | Archbishop Mitty | 10-00.00 | |
| 13 | McGill, Mike | 12 | Bellarmino C | 10-00.00 | |
| 13 | Horn, Chase | 11 | Archbishop Mitty | 10-00.00 | |
| 13 | Romeo, Chris | 11 | Junipero Serra | 10-00.00 | |
| 13 | Atondo, Michael | 11 | Archbishop Mitty | 10-00.00 | |
| 18 | Marconcini, Giovanni | 10 | Archbishop Riordan | 9-00.00 | |
| 18 | Gillieran, Joe | 11 | Archbishop Riordan | 9-00.00 | |
| -- | Herrera, Adam | 11 | Archbishop Riordan | | NH |

Boys Long Jump Varsity
Top 8 Advance by Time

| | | | |
|--------------|----------|------|-----------------------------|
| Meet: ! | 23-08 | 1959 | Jim Fregosi, Junipero Serra |
| CCS: # | 26-00 | 1984 | Johnny Cleveland, Soquel |
| State: * | 26-04.75 | 1989 | James Stallworth, Tulare |
| National: \$ | 26-04.75 | 1989 | James Stallworth, Tulare |
| CCS Qual: @ | 21-02.75 | | |

| | | | | |
|------|------|--------|---------|------|
| Name | Year | School | Prelims | Wind |
|------|------|--------|---------|------|

Preliminaries

| | | | | | |
|----|--------------------|----|--------------------|-------------|-----|
| 1 | Johnson, Khalil | 10 | St. Francis | @ 22-06.50q | NWI |
| 2 | Barrett, Sean | 11 | St. Francis | 20-11.50q | NWI |
| 3 | Ruiz, Greg | 12 | Archbishop Mitty | 20-06.50q | NWI |
| 4 | Johnson, Khalid | 10 | St. Francis | 20-03.50q | NWI |
| 5 | Murphy, Devin | 12 | Junipero Serra | 19-11.75q | NWI |
| 6 | Wahler, Garret | 11 | Bellarmino C | 19-11.00q | NWI |
| 7 | McCoy, Lamond | 12 | St. Francis | 19-10.75q | NWI |
| 8 | Munchua, Michael | 11 | Sacred Heart | 19-10.50q | NWI |
| 9 | Wong, Matthew | 10 | Archbishop Mitty | 19-08.75 | NWI |
| 10 | Trainor, Anthony | 12 | Archbishop Riordan | 19-08.50 | NWI |
| 11 | Wong, Aaron | 11 | St. Ignatius | 19-03.25 | NWI |
| 12 | Donaldson, Brandon | 12 | Sacred Heart | 19-03.00 | NWI |
| 13 | Tran, Floatie | 11 | Archbishop Mitty | 18-09.00 | NWI |
| 14 | Greene, Alex | 11 | Bellarmino C | 18-06.75 | NWI |
| 15 | Karr, Steven | 12 | Bellarmino C | 18-05.00 | NWI |
| 16 | Lilles, Matt | 12 | Junipero Serra | 18-03.25 | NWI |
| 17 | Balle, Joel | 12 | St. Francis | 17-11.75 | NWI |
| 18 | Mount, Michael | 11 | Archbishop Mitty | 17-06.25 | NWI |
| 19 | Japitana, Justin | 11 | Junipero Serra | 16-06.50 | NWI |
| -- | Sona, Epie | 11 | Bellarmino C | FOUL | NWI |
| -- | Nunes, Andrew | 12 | Junipero Serra | FOUL | NWI |

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Boys Long Jump Varsity

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Meet: !    23-08  1959      Jim Fregosi, Junipero Serra
CCS: #    26-00  1984      Johnny Cleveland, Soquel
State: *  26-04.75 1989      James Stallworth, Tulare
National: $ 26-04.75 1989      James Stallworth, Tulare
CCS Qual: @ 21-02.75

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Name                Year School                Finals  Wind Points

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Finals

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1 Johnson, Khalil      10 St. Francis                21-08.00@ +0.0  10
  21-06(-1.8) 21-08(+0.0) 21-08(+0.0) FOUL(-0.4) 21-07(NWI) PASS
2 Ruiz, Greg           12 Archbishop Mitty          21-00.00   0.7   8
  19-09(+0.0) 21-00(0.7) 20-05(0.7) 19-10(1.4) 20-10.50(1.0) 19-06.50(+0.0)
3 Munchua, Michael    11 Sacred Heart             20-09.00   0.6   6
  FOUL(-0.3) 20-09(0.6) 19-11.50(0.6) 20-03(1.5) FOUL(-0.3) FOUL(0.6)
4 Murphy, Devin       12 Junipero Serra            20-08.25   0.7   4
  19-10.50(-1.2) 20-08.25(0.7) FOUL(0.6) FOUL(-0.5) 19-11(0.5) 19-07(1.5)
5 Barrett, Sean      11 St. Francis               20-07.50  -1.3   2
  19-06.25(-0.0) 19-07(+0.0) 20-07.50(-1.3) 20-01.50(0.9) 19-02(0.2) 18-10.50(0.4)
6 Johnson, Khalid     10 St. Francis               20-05.00   0.3   1
  18-00.50(+0.0) 19-07(+0.0) 19-02(+0.0) FOUL(0.3) 20-05(0.3) 18-07(+0.0)
7 McCoy, Lamond       12 St. Francis               19-10.00  -0.1
  19-00(-1.0) 19-10(-0.1) FOUL(+0.0) 19-08.50(+0.0) FOUL(0.4) 19-03.50(1.2)
8 Wahler, Garret      11 Bellarmine C              19-08.50   2.1
  19-06(+0.0) FOUL(-0.1) 17-09(+0.0) FOUL(0.5) 19-08.50(2.1) FOUL(0.8)

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Preliminaries

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9 Wong, Matthew       10 Archbishop Mitty          NWI
10 Trainor, Anthony   12 Archbishop Riordan       NWI
11 Wong, Aaron        11 St. Ignatius              NWI
12 Donaldson, Brandon 12 Sacred Heart             NWI
13 Tran, Floatie     11 Archbishop Mitty         NWI
14 Greene, Alex       11 Bellarmine C              NWI
15 Karr, Steven       12 Bellarmine C              NWI
16 Lilles, Matt       12 Junipero Serra           NWI
17 Balle, Joel        12 St. Francis               NWI
18 Mount, Michael     11 Archbishop Mitty         NWI
19 Japitana, Justin   11 Junipero Serra           NWI
-- Sona, Epie         11 Bellarmine C              NWI
-- Nunes, Andrew      12 Junipero Serra           NWI

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Boys Triple Jump Varsity
Top 8 Advance by Time

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Meet: !    47-11.50  1975      Mike Haynes, Archbishop Riordan
CCS: #    50-11.50  1986      Harold Rucker, Silver Creek
State: *  52-10.50  1980      Charles Mayfield, Pasadena
National: $ 52-10.50 1980      Charles Mayfield, Muir, Pasaden
CCS Qual: @ 42-08.25

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Name                Year School                Prelims  Wind

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1 Pacheco, Dalyn      12 Junipero Serra            @ 43-11.25q  NWI
2 Wong, Matthew       10 Archbishop Mitty          42-03.00q  NWI
3 Thompson, Jeremy    12 Valley Chris              42-00.50q  NWI
4 McCoy, Lamond       12 St. Francis               41-11.25q  NWI
5 Ruiz, Greg          12 Archbishop Mitty          41-06.25q  NWI

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....Boys Triple Jump Varsity

| | | | | | |
|----|--------------------|----|--------------------|-----------|-----|
| 6 | Offorjebe, Oby | 11 | Bellarmino C | 40-11.00q | NWI |
| 7 | Trainor, Anthony | 12 | Archbishop Riordan | 40-10.00q | NWI |
| 8 | Tran, Floatie | 11 | Archbishop Mitty | 40-08.25q | NWI |
| 9 | Plett, Brodin | 11 | Junipero Serra | 40-05.00 | NWI |
| 10 | Sona, Epie | 11 | Bellarmino C | 40-02.00 | NWI |
| 11 | Mount, Michael | 11 | Archbishop Mitty | 40-01.25 | NWI |
| 11 | Herr, Griffin | 11 | Junipero Serra | 40-01.25 | NWI |
| 13 | Manigo, Alex | 11 | Bellarmino C | 39-08.25 | NWI |
| 14 | Greene, Alex | 11 | Bellarmino C | 39-01.50 | NWI |
| 15 | Wong, Aaron | 11 | St. Ignatius | 38-11.00 | NWI |
| 16 | Donaldson, Brandon | 12 | Sacred Heart | 38-09.25 | NWI |
| 17 | Barrett, Sean | 11 | St. Francis | 37-02.25 | NWI |
| 18 | Karr, Steven | 12 | Bellarmino C | 36-08.00 | NWI |
| 19 | Balle, Joel | 12 | St. Francis | 36-07.50 | NWI |
| 20 | DelosSantos, Kevin | 12 | Junipero Serra | 32-04.25 | NWI |

Boys Triple Jump Varsity

| | | | |
|--------------|----------|------|----------------------------------|
| Meet: ! | 47-11.50 | 1975 | Mike Haynes, Archbishop Riordan |
| CCS: # | 50-11.50 | 1986 | Harold Rucker, Silver Creek |
| State: * | 52-10.50 | 1980 | Charles Mayfield, Pasadena |
| National: \$ | 52-10.50 | 1980 | Charles Mayfield, Muir, Pasadena |
| CCS Qual: @ | 42-08.25 | | |

| | | | | | |
|------|------|--------|--------|------|--------|
| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|

Finals

| | | | | | | |
|---|--|----|--------------------|------------|------|----|
| 1 | Pacheco, Dalyn | 12 | Junipero Serra | 44-05.50@ | 0.1 | 10 |
| | 44-03(0.5) 44-05(1.0) ND(NWI) ND(NWI) ND(0.6) 44-05.50(0.1) | | | | | |
| 2 | Wong, Matthew | 10 | Archbishop Mitty | 44-02.00@ | 0.9 | 8 |
| | 40-07(+0.0) 41-05.50(0.3) 41-06(-0.2) 42-00.50(0.2) 42-07.50(1.5) 44-02(0.9) | | | | | |
| 3 | Thompson, Jeremy | 12 | Valley Chris | 43-03.00@ | 0.9 | 6 |
| | 43-03(0.9) 43-01.50(0.3) 42-07.50(0.8) 43-01.50(0.7) ND(NWI) ND(NWI) | | | | | |
| 4 | Ruiz, Greg | 12 | Archbishop Mitty | J43-03.00@ | -0.2 | 4 |
| | ND(0.5) 41-01(+0.0) 42-11(1.2) 41-01.50(1.0) 42-00(0.8) 43-03(-0.2) | | | | | |
| 5 | Offorjebe, Oby | 11 | Bellarmino C | 41-11.00 | 0.4 | 2 |
| | 40-03.50(1.0) 41-06.50(+0.0) 40-03(0.2) 41-03.50(1.2) 41-11(0.4) 40-08(-1.3) | | | | | |
| 6 | McCoy, Lamond | 12 | St. Francis | 41-10.00 | 2.4 | 1 |
| | 40-11.50(0.5) 41-10(2.4) 40-09(-1.9) 38-05(0.8) 40-06(-0.8) ND(1.3) | | | | | |
| 7 | Trainor, Anthony | 12 | Archbishop Riordan | 41-04.50 | 0.2 | |
| | ND(1.2) 41-04.50(0.2) 38-04(0.7) 40-11(+0.0) ND(1.2) 41-01(0.5) | | | | | |
| 8 | Tran, Floatie | 11 | Archbishop Mitty | 40-11.50 | 0.2 | |
| | 39-04.50(1.1) 40-08(1.3) ND(0.7) ND(0.2) 40-11.50(0.2) 40-01.50(0.3) | | | | | |

Preliminaries

| | | | | | |
|----|--------------------|----|------------------|--|-----|
| 9 | Plett, Brodin | 11 | Junipero Serra | | NWI |
| 10 | Sona, Epie | 11 | Bellarmino C | | NWI |
| 11 | Mount, Michael | 11 | Archbishop Mitty | | NWI |
| 11 | Herr, Griffin | 11 | Junipero Serra | | NWI |
| 13 | Manigo, Alex | 11 | Bellarmino C | | NWI |
| 14 | Greene, Alex | 11 | Bellarmino C | | NWI |
| 15 | Wong, Aaron | 11 | St. Ignatius | | NWI |
| 16 | Donaldson, Brandon | 12 | Sacred Heart | | NWI |
| 17 | Barrett, Sean | 11 | St. Francis | | NWI |
| 18 | Karr, Steven | 12 | Bellarmino C | | NWI |
| 19 | Balle, Joel | 12 | St. Francis | | NWI |

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....Boys Triple Jump Varsity

20 DeloSantos, Kevin 12 Junipero Serra NWI

Boys Shot Put Varsity
Top 8 Advance by Time

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=====
Meet: ! 59-11.50 1975      Gian Rossini, Saint Francis
CCS: # 65-10 1967      Steve Wilhelm, Fremont
State: * 76-02 1990      Brent Noon, Fallbrook
National: $ 77-00 1979      Michael Carter, Jefferson,
CCS Qual: @ 49-01
Name                      Year School                      Prelims
=====
    
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| Name | Year | School | Prelims |
|-----------------------|------|--------------------|-------------|
| 1 Parodi, Ben | 12 | Junipero Serra | @ 55-09.50q |
| 2 Bickham, Cody | 11 | St. Francis | @ 53-00.50q |
| 3 Longinotti, Luke | 11 | Junipero Serra | 49-00.00q |
| 4 Beering, Jonathan | 10 | Junipero Serra | 48-00.25q |
| 5 Craig, Kyle | 10 | Archbishop Riordan | 47-10.50q |
| 6 Monroe, Anthony | 12 | St. Francis | 47-01.25q |
| 7 Lovato, Rene | 12 | St. Francis | 46-10.25q |
| 8 Ciano, Cameron | 12 | Junipero Serra | 46-10.00q |
| 9 King, Theodore | 11 | Valley Chris | 46-01.00 |
| 10 Aimonetti, Justin | 11 | St. Francis | 44-07.50 |
| 11 Blohm, Kevin | 10 | St. Ignatius | 43-06.50 |
| 12 Boland, Eddie | 11 | Bellarmino C | 43-02.50 |
| 13 McTaggart, Sean | 12 | Junipero Serra | 42-04.50 |
| 14 Windum, Dion | 11 | Archbishop Mitty | 41-08.50 |
| 15 Chiesa, Scott | 11 | St. Francis | 40-03.00 |
| 16 Chavez, Jamie | 11 | Archbishop Riordan | 40-02.50 |
| 17 Lee, Kevin | 12 | Sacred Heart | 40-00.50 |
| 18 Gonzales, Adonis | 11 | Archbishop Riordan | 39-10.25 |
| 19 Palazzolo, Joe | 12 | St. Ignatius | 39-06.50 |
| 20 David, Ian | 10 | Archbishop Riordan | 39-03.75 |
| 21 Talesfore, Mitch | 11 | Bellarmino C | 37-11.00 |
| 22 Solomon, John | 11 | St. Ignatius | 37-06.50 |
| 23 Dizon, Troy | 11 | Sacred Heart | 37-04.00 |
| 24 Hamzehloo, Kamron | 11 | Sacred Heart | 36-01.25 |
| 25 Frisk, Joseph | 11 | Sacred Heart | 36-00.00 |
| 26 Furtado, Seth | 11 | Bellarmino C | 35-05.50 |
| 27 O'Flaherty, Connor | 11 | Bellarmino C | 35-04.75 |

Boys Shot Put Varsity

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=====
Meet: ! 59-11.50 1975      Gian Rossini, Saint Francis
CCS: # 65-10 1967      Steve Wilhelm, Fremont
State: * 76-02 1990      Brent Noon, Fallbrook
National: $ 77-00 1979      Michael Carter, Jefferson, Dallas
CCS Qual: @ 49-01
Name                      Year School                      Finals    Points
=====
    
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Finals

| | | | | | |
|-----------------|----------|----------------|-----------|-------|----------|
| 1 Parodi, Ben | 12 | Junipero Serra | 56-04.00@ | 10 | |
| 54-07.75 | 51-01.50 | 51-10.25 | 56-04 | 52-05 | 53-09.50 |
| 2 Bickham, Cody | 11 | St. Francis | 53-10.50@ | 8 | |
| 51-04 | 53-10.50 | 51-01 | 52-10.75 | FOUL | 52-10 |

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....Boys Shot Put Varsity

| | | | | | | |
|---|-------------------|----------|--------------------|-----------|----------|----------|
| 3 | Beering, Jonathan | 10 | Junipero Serra | 49-10.75@ | 6 | |
| | 47-06.50 | 49-10.75 | 48-11 | 47-02 | 48-08 | 47-05.50 |
| 4 | Longinotti, Luke | 11 | Junipero Serra | 48-10.50 | 4 | |
| | 45-00 | 46-10.25 | 47-11.25 | FOUL | 48-05.50 | 48-10.50 |
| 5 | Ciano, Cameron | 12 | Junipero Serra | 48-10.00 | 2 | |
| | 46-07.50 | 46-10 | 48-10 | 47-00.50 | 48-05.50 | 48-10 |
| 6 | Craig, Kyle | 10 | Archbishop Riordan | 48-00.00 | 1 | |
| | 44-09 | 46-10.25 | 45-07 | FOUL | 46-07 | 48-00 |
| 7 | Lovato, Rene | 12 | St. Francis | 46-01.25 | | |
| | 41-02.75 | 42-11.25 | 45-02 | 46-01.25 | 44-04.75 | FOUL |
| 8 | Monroe, Anthony | 12 | St. Francis | 45-00.50 | | |
| | 45-00.50 | 41-05 | 43-04 | 43-09 | FOUL | FOUL |

Preliminaries

| | | | |
|----|--------------------|----|--------------------|
| 9 | King, Theodore | 11 | Valley Chris |
| 10 | Aimonetti, Justin | 11 | St. Francis |
| 11 | Blohm, Kevin | 10 | St. Ignatius |
| 12 | Boland, Eddie | 11 | Bellarmino C |
| 13 | McTaggart, Sean | 12 | Junipero Serra |
| 14 | Windum, Dion | 11 | Archbishop Mitty |
| 15 | Chiesa, Scott | 11 | St. Francis |
| 16 | Chavez, Jamie | 11 | Archbishop Riordan |
| 17 | Lee, Kevin | 12 | Sacred Heart |
| 18 | Gonzales, Adonis | 11 | Archbishop Riordan |
| 19 | Palazzolo, Joe | 12 | St. Ignatius |
| 20 | David, Ian | 10 | Archbishop Riordan |
| 21 | Talesfore, Mitch | 11 | Bellarmino C |
| 22 | Solomon, John | 11 | St. Ignatius |
| 23 | Dizon, Troy | 11 | Sacred Heart |
| 24 | Hamzehloo, Kamron | 11 | Sacred Heart |
| 25 | Frisk, Joseph | 11 | Sacred Heart |
| 26 | Furtado, Seth | 11 | Bellarmino C |
| 27 | O'Flaherty, Connor | 11 | Bellarmino C |

Boys Discus Throw Varsity
Top 8 Advance by Time

| | | | |
|--------------|--------|------|------------------------------|
| Meet: ! | 179-02 | 2000 | Tony Miranda, Sacred Heart C |
| CCS: # | 204-10 | 2003 | Nik Kay, Los Gatos |
| State: * | 213-11 | 1997 | Scott Moser, Huntington Beac |
| National: \$ | 234-03 | 2001 | Niklas Arrhenius, Orem Mount |
| CCS Qual: @ | 142-03 | | |

| Name | Year | School | Prelims |
|---------------------|------|----------------|----------------------------|
| 1 Bickham, Cody | 11 | St. Francis | @ 167-08q |
| 2 Blohm, Kevin | 10 | St. Ignatius | @ 158-02q |
| 3 Parodi, Ben | 12 | Junipero Serra | 139-03q |
| 4 Esteban, Greg | 12 | Bellarmino C | 133-10q |
| 5 Lovato, Rene | 12 | St. Francis | 131-03q |
| 6 Godfrey, Daniel | 11 | Junipero Serra | 129-09q 2nd best...126' 8" |
| 7 Suto, Darren | 12 | Bellarmino C | J129-09q 2nd best...126'7" |
| 8 Loop, Daniel | 11 | Bellarmino C | 129-08q |
| 9 Beering, Jonathan | 10 | Junipero Serra | 126-08 |
| 10 Palazzolo, Joe | 12 | St. Ignatius | 126-01 |
| 11 Longinotti, Luke | 11 | Junipero Serra | 125-11 |

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Results

....Boys Discus Throw Varsity

| | | |
|-------------------------|-----------------------|--------|
| 12 Lane, Andrew | 11 Bellarmine C | 120-06 |
| 13 Christensen, Kevin | 11 St. Francis | 118-05 |
| 14 Hamzehloo, Kamron | 11 Sacred Heart | 117-06 |
| 15 Solomon, John | 11 St. Ignatius | 115-08 |
| 16 Frisk, Joseph | 11 Sacred Heart | 114-00 |
| 17 David, Ian | 10 Archbishop Riordan | 112-00 |
| 18 Marconcini, Giovanni | 10 Archbishop Riordan | 111-01 |
| 19 Windum, Dion | 11 Archbishop Mitty | 111-00 |
| 20 Lee, Kevin | 12 Sacred Heart | 107-08 |
| 21 Rosaia, Derek | 12 Junipero Serra | 107-01 |
| 22 Craig, Kyle | 10 Archbishop Riordan | 100-02 |
| 23 Gilleran, Joe | 11 Archbishop Riordan | 90-09 |
| 24 Gonzales, Adonis | 11 Archbishop Riordan | 87-04 |
| 25 Dizon, Troy | 11 Sacred Heart | 75-10 |

Boys Discus Throw Varsity

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Meet: ! 179-02 2000 Tony Miranda, Sacred Heart Cathedra
CCS: # 204-10 2003 Nik Kay, Los Gatos
State: * 213-11 1997 Scott Moser, Huntington Beach
National: $ 234-03 2001 Niklas Arrhenius, Orem Mountain Vie
CCS Qual: @ 142-03
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| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

Finals

| | | | |
|---|-------------------|---------|----|
| 1 Bickham, Cody | 11 St. Francis | 170-07@ | 10 |
| 138-04 155-04 170-07 168-03 162-07 160-09 | | | |
| 2 Blohm, Kevin | 10 St. Ignatius | 160-03@ | 8 |
| 123-07 129-10 154-03 145-03 FOUL 160-03 | | | |
| 3 Esteban, Greg | 12 Bellarmine C | 143-00@ | 6 |
| 124-08 FOUL 136-00 139-00 143-00 134-03 | | | |
| 4 Lovato, Rene | 12 St. Francis | 142-02 | 4 |
| 140-07 133-04 142-02 FOUL FOUL FOUL | | | |
| 5 Parodi, Ben | 12 Junipero Serra | 141-06 | 2 |
| 141-06 FOUL 121-08 139-11 129-09 135-04 | | | |
| 6 Loop, Daniel | 11 Bellarmine C | 139-10 | 1 |
| 139-10 FOUL 133-02 136-03 112-06 132-04 | | | |
| 7 Suto, Darren | 12 Bellarmine C | 134-09 | |
| 119-02 129-05 FOUL 134-09 FOUL 129-05 | | | |
| 8 Godfrey, Daniel | 11 Junipero Serra | 130-04 | |
| 126-03 117-00 130-04 121-02 120-08 129-00 | | | |

Preliminaries

| | |
|-------------------------|-----------------------|
| 9 Beering, Jonathan | 10 Junipero Serra |
| 10 Palazzolo, Joe | 12 St. Ignatius |
| 11 Longinotti, Luke | 11 Junipero Serra |
| 12 Lane, Andrew | 11 Bellarmine C |
| 13 Christensen, Kevin | 11 St. Francis |
| 14 Hamzehloo, Kamron | 11 Sacred Heart |
| 15 Solomon, John | 11 St. Ignatius |
| 16 Frisk, Joseph | 11 Sacred Heart |
| 17 David, Ian | 10 Archbishop Riordan |
| 18 Marconcini, Giovanni | 10 Archbishop Riordan |
| 19 Windum, Dion | 11 Archbishop Mitty |
| 20 Lee, Kevin | 12 Sacred Heart |

2011 WCAL Championships - 5/7/2011 to 5/14/2011
St. Francis High School/Serra High School
5/7/2011 to 5/14/2011
Results

....Boys Discus Throw Varsity

| | |
|---------------------|-----------------------|
| 21 Rosaia, Derek | 12 Junipero Serra |
| 22 Craig, Kyle | 10 Archbishop Riordan |
| 23 Gilleran, Joe | 11 Archbishop Riordan |
| 24 Gonzales, Adonis | 11 Archbishop Riordan |
| 25 Dizon, Troy | 11 Sacred Heart |

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Women - Varsity - Team Rankings - 16 Events Scored

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| | | | |
|-------------------------------|--------|------------------------------|--------|
| 1) Archbishop Mitty | 155.50 | 2) St. Francis (Mountain Vie | 113.50 |
| 3) St. Ignatius College Prep | 64.66 | 4) Presentation | 52.33 |
| 5) Valley Christian (San Jose | 50 | 5) Sacred Heart Cathedral Pr | 50 |
| 7) Notre Dame (Belmont) | 8 | | |

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Women - Junior Varsity - Team Rankings - 16 Events Scored

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| | | | |
|-------------------------------|--------|------------------------------|--------|
| 1) St. Ignatius College Prep | 147.50 | 2) St. Francis (Mountain Vie | 105.50 |
| 3) Archbishop Mitty | 104 | 4) Notre Dame (Belmont) | 57 |
| 5) Sacred Heart Cathedral Pre | 49 | 6) Valley Christian (San Jos | 20 |
| 7) Presentation | 10 | | |

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Men - Varsity - Team Rankings - 16 Events Scored

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| | | | |
|-------------------------------|--------|------------------------------|-------|
| 1) Bellarmine College Prep | 137.75 | 2) St. Francis (Mountain Vie | 105 |
| 3) Junipero Serra | 75 | 4) Archbishop Mitty | 56.50 |
| 5) Sacred Heart Cathedral Pre | 48 | 6) St. Ignatius College Prep | 34.75 |
| 7) Valley Christian (San Jose | 33 | 8) Archbishop Riordan | 6 |

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Men - Frosh Soph - Team Rankings - 16 Events Scored

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| | | | |
|------------------------------|-------|------------------------------|-------|
| 1) Bellarmine College Prep | 225 | 2) Junipero Serra | 80.50 |
| 3) Archbishop Riordan | 76 | 4) St. Francis (Mountain Vie | 35 |
| 5) St. Ignatius College Prep | 33 | 6) Sacred Heart Cathedral Pr | 27 |
| 7) Archbishop Mitty | 18.50 | | |