

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 6 Girls 1600 Meter Run Junior Varsity

28 Shaw, Kristen

11 Notre Dame (7:32.33 _____)

Tuesday 5/7/2013 - 4:00 PM**Meet: 5:26.57 2009****Tatiana Baiza**

| Name | Yr | School | Seed Time | |
|-----------------------|-----------|---------------|------------------|-------|
| 1 Sweeney, Kelly | 11 | Archbishop M | 5:34.10 | _____ |
| 2 Palacio, Caitlin | 09 | Archbishop M | 5:42.42 | _____ |
| 3 Kim, Gia | 09 | St. Francis | 5:44.73 | _____ |
| 4 Weiner, Erin | 09 | Archbishop M | 5:46.63 | _____ |
| 5 Vlahos, Andrea | 11 | St. Ignatius | 5:47.10 | _____ |
| 6 McDonell, Megan | 10 | Notre Dame (| 5:48.95 | _____ |
| 7 Weiner, Haley | 11 | Archbishop M | 5:54.86 | _____ |
| 8 Ledesma, Francesca | 10 | St. Ignatius | 5:56.70 | _____ |
| 9 Jones, Leancia | 09 | Archbishop M | 5:56.94 | _____ |
| 10 Attaluri, Malavika | 10 | St. Francis | 5:59.26 | _____ |
| 11 Moura, Julianna | 11 | Presentation | 6:03.00 | _____ |
| 12 Buscher, Sophia | 11 | St. Ignatius | 6:03.01 | _____ |
| 13 Caracciolo, Laura | 10 | St. Ignatius | 6:03.55 | _____ |
| 14 Gillespie, Megan | 11 | Valley Chris | 6:04.71 | _____ |
| 15 Listana, Precious | 10 | Sacred Heart | 6:04.71 | _____ |
| 16 Redelfs, Rachel | 10 | St. Francis | 6:06.19 | _____ |
| 17 Kuehl, Sophie | 10 | Sacred Heart | 6:06.51 | _____ |
| 18 Morrison, Rachel | 10 | St. Francis | 6:07.35 | _____ |
| 19 Danison, Alana | 09 | St. Ignatius | 6:09.00 | _____ |
| 20 Yadegar, Dominique | 11 | St. Francis | 6:09.27 | _____ |
| 21 Ira, Kimberly | 09 | Sacred Heart | 6:17.46 | _____ |
| 22 McGlinchey, Riley | 09 | Notre Dame (| 6:25.00 | _____ |
| 23 Lee, Jenelle | 09 | Sacred Heart | 6:28.25 | _____ |
| 24 Lunde, Caela | 10 | Sacred Heart | 6:33.01 | _____ |
| 25 Barranti, Juliana | 09 | Notre Dame (| 6:48.00 | _____ |
| 26 Blouin, Miyuki | 09 | Presentation | 6:48.00 | _____ |
| 27 Li, Iris | 09 | Notre Dame (| 6:52.00 | _____ |

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Event 9 Girls 100 Meter Hurdles Varsity Prelims**Tuesday 5/7/2013 - 4:20 PM**

| | | | |
|------------------|--------------|-------------|------------------------|
| Meet: | 13.72 | 2010 | Hannah Goranson |
| CCS: | 13.03 | 2007 | Vashti Thomas |
| State: | 13.03 | 2007 | Vashti Thomas |
| National: | 13.03 | 2007 | Vashti Thomas |
| CCS Qual: | 15.67 | | |

| | Name | Yr | School | Seed Time | |
|----|--------------------|-----------|---------------|------------------|-------|
| 1 | Johnson, Lauren | 11 | St. Francis | 15.22 | _____ |
| 2 | Micallef, Carlisle | 11 | Archbishop M | 16.77 | _____ |
| 3 | Quijano, Samantha | 10 | St. Francis | 17.22 | _____ |
| 4 | Ngbemeneh, Marisa | 09 | St. Francis | 17.23 | _____ |
| 5 | Abdelkader, Daisha | 10 | St. Francis | 17.95 | _____ |
| 6 | Judas, Liesel | 10 | Archbishop M | 18.06 | _____ |
| 7 | Hwang, Anna | 11 | St. Ignatius | 18.11 | _____ |
| 8 | Griffin, Kaliya | 09 | Archbishop M | 18.19 | _____ |
| 9 | Chizanskos, Julia | 09 | Archbishop M | 18.21 | _____ |
| 10 | Opulencia, Caitlyn | 10 | Presentation | 18.34 | _____ |
| 11 | Omaleki, Morgana | 12 | Presentation | 18.81 | _____ |
| 12 | Wigant, Kirsten | 09 | Presentation | 19.78 | _____ |
| 13 | Marr, Kortney | 12 | Presentation | 19.98 | _____ |
| 14 | Muscha, Maddie | 12 | Presentation | 20.32 | _____ |
| 15 | Yi, Elizabeth | 12 | Valley Chris | 21.09 | _____ |

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Event 10 Girls 100 Meter Hurdles Junior Varsity Prelims**Tuesday 5/7/2013 - 4:30 PM****Meet: 16.30 2007****Hannah Goranson**

| Name | Yr | School | Seed Time | |
|---------------------------|-----------|---------------|------------------|-------|
| 1 Kohli, Anisha | 09 | St. Ignatius | 17.91 | _____ |
| 2 Zadel, Hayley | 09 | Archbishop M | 18.05 | _____ |
| 3 Kadah, Senna | 09 | Presentation | 18.21 | _____ |
| 4 Meacham, Kayla | 09 | Archbishop M | 18.23 | _____ |
| 5 Casey, Clare | 09 | St. Ignatius | 18.32 | _____ |
| 6 Ahlawat, Nivi | 10 | Archbishop M | 18.36 | _____ |
| 7 Augustin, Andrea | 10 | St. Francis | 18.54 | _____ |
| 8 Tynan, Katelyn | 09 | St. Ignatius | 18.71 | _____ |
| 9 Bruckner, Rebekah | 10 | Valley Chris | 18.87 | _____ |
| 10 Apgar, Heather | 09 | Valley Chris | 19.09 | _____ |
| 11 Carlevaris, Rachelle | 10 | Notre Dame (| 19.13 | _____ |
| 12 Davison, Jade | 10 | Sacred Heart | 19.47 | _____ |
| 13 Kohlmaier, Kaylee | 11 | Notre Dame (| 19.60 | _____ |
| 14 Johnson, Adrienne | 09 | St. Ignatius | 19.75 | _____ |
| 15 Leong, Kristen | 09 | St. Francis | 19.81 | _____ |
| 16 Lee, Hannah | 09 | Valley Chris | 19.84 | _____ |
| 17 Kirkpatrick, Katherine | 09 | St. Francis | 19.97 | _____ |
| 18 Holzman, Laurasia | 11 | Notre Dame (| 20.09 | _____ |
| 19 Rice, Helen | 09 | St. Francis | 20.10 | _____ |
| 20 Leiningner, Kimberly | 09 | St. Francis | 20.20 | _____ |
| 21 Crowley, Meg | 09 | St. Ignatius | 20.21 | _____ |
| 22 Gaudio, Julia | 10 | Archbishop M | 20.31 | _____ |
| 23 Menzel, Lizzie | 11 | Notre Dame (| 21.00 | _____ |
| 24 Acuna, Jesella | 09 | Presentation | 21.31 | _____ |
| 25 Huerta, Jessica | 11 | Presentation | 21.32 | _____ |
| 26 Namasivayam, Akila | 11 | Presentation | 21.93 | _____ |
| 27 Bodley, Cassidy | 09 | Notre Dame (| 24.50 | _____ |

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Event 13 Girls 400 Meter Dash Varsity Prelims**Tuesday 5/7/2013 - 4:40 PM**

| | | |
|------------------|-------------------|--------------------------|
| Meet: | 56.20 2008 | Kristen Houp |
| CCS: | 52.83 1984 | Leslie Maxie |
| State: | 50.74 2000 | Monique Henderson |
| National: | 50.74 2000 | Monique Henderson |
| CCS Qual: | 58.30 | |

| | Name | Yr | School | Seed Time | |
|----|---------------------------|-----------|---------------|------------------|-------|
| 1 | Padilla, Marisa | 12 | St. Francis | 58.99 | _____ |
| 2 | Peysler, Victoria | 09 | Archbishop M | 59.16 | _____ |
| 3 | Smith, Fiona | 11 | St. Ignatius | 59.50 | _____ |
| 4 | Drucker, Natalie | 09 | St. Francis | 59.53 | _____ |
| 5 | Tramontozzi, Claire | 11 | St. Ignatius | 1:00.79 | _____ |
| 6 | McKeever, Ebony | 12 | Sacred Heart | 1:01.10 | _____ |
| 7 | Urrabazo-Torres, Katalina | 10 | St. Francis | 1:01.90 | _____ |
| 8 | Sirianni, Maddy | 09 | St. Ignatius | 1:02.00 | _____ |
| 9 | Hipp, Erica | 12 | Sacred Heart | 1:02.34 | _____ |
| 10 | Nowak, Maya | 11 | St. Francis | 1:02.65 | _____ |
| 11 | Mantovani, Chiara | 10 | Presentation | 1:03.00 | _____ |
| 12 | Palacio, Kylie | 12 | Archbishop M | 1:03.45 | _____ |
| 13 | Wingate, Sabrina | 11 | Sacred Heart | 1:03.70 | _____ |
| 14 | Arquero, Claudia | 11 | Notre Dame (| 1:03.94 | _____ |
| 15 | Say, Hannah | 11 | Notre Dame (| 1:05.47 | _____ |

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Event 14 Girls 400 Meter Dash Junior Varsity Prelims**Tuesday 5/7/2013 - 4:50 PM****Meet: 1:01.53 2010****Nicole Fairley**

| Name | Yr | School | Seed Time | |
|----------------------|-----------|---------------|------------------|-------|
| 1 de la Pena, Hannah | 10 | Sacred Heart | 1:02.59 | _____ |
| 2 Amarandos, Nina | 09 | Notre Dame (| 1:04.68 | _____ |
| 3 Cutler, Angela | 09 | St. Francis | 1:05.25 | _____ |
| 4 Lum, Micaela | 09 | Sacred Heart | 1:05.63 | _____ |
| 5 Gonzalez, isabel | 09 | Sacred Heart | 1:05.68 | _____ |
| 6 Doyle, Caitlin | 09 | Notre Dame (| 1:06.30 | _____ |
| 7 Favre, Nicole | 09 | Valley Chris | 1:06.58 | _____ |
| 8 Sanchez, Victoria | 10 | Presentation | 1:08.00 | _____ |
| 9 Knox, Isabel | 10 | St. Francis | 1:08.70 | _____ |
| 10 Skinner, Jensen | 09 | Presentation | 1:09.00 | _____ |
| 11 Van Muckey, Lydia | 09 | Valley Chris | 1:09.72 | _____ |
| 12 Shea, Natalie | 10 | Archbishop M | 1:09.90 | _____ |
| 13 Horta, Calista | 10 | Archbishop M | 1:10.00 | _____ |
| 14 Starkey, Morgan | 11 | Valley Chris | 1:10.24 | _____ |
| 15 Basso, Drake | 10 | Archbishop M | 1:12.00 | _____ |
| 16 Ladner, Corinne | 10 | Notre Dame (| 1:14.00 | _____ |
| 17 Killmond, Teresa | 09 | Notre Dame (| 1:15.80 | _____ |

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Event 17 Girls 100 Meter Dash Varsity Prelims**Tuesday 5/7/2013 - 5:00 PM**

| | | |
|------------------|-------------------|------------------------|
| Meet: | 11.62 2005 | Khrystal Carter |
| CCS: | 11.24 2006 | Jeneba Tarmoh |
| State: | 11.14 1992 | Marion Jones |
| National: | 11.14 1992 | Marion Jones |
| CCS Qual: | 12.61 | |

| | Name | Yr | School | Seed Time | |
|----|---------------------|-----------|---------------|------------------|-------|
| 1 | Fenton, Skylar | 11 | St. Ignatius | 12.33 | _____ |
| 2 | Obilor, Tiffanie | 12 | Presentation | 12.40 | _____ |
| 3 | Smallwood, Shelby | 11 | Valley Chris | 12.46 | _____ |
| 4 | Cheeks, Brianna | 10 | St. Francis | 12.68 | _____ |
| 5 | Roey, Jessica | 12 | St. Francis | 12.75 | _____ |
| 6 | Agu, Cecily | 12 | Archbishop M | 12.75 | _____ |
| 7 | Bugtong, Karla | 11 | St. Ignatius | 12.76 | _____ |
| 8 | Bradley, Mary Ellen | 12 | Valley Chris | 12.85 | _____ |
| 9 | Albin, Jamie | 09 | Archbishop M | 12.95 | _____ |
| 10 | Whiting, Raquel | 09 | St. Ignatius | 12.96 | _____ |
| 11 | Tan, Mikayla | 11 | Archbishop M | 12.98 | _____ |
| 12 | O'Hara, Shannon | 09 | Archbishop M | 13.22 | _____ |
| 13 | Uhl, Katherine | 11 | Notre Dame (| 13.25 | _____ |
| 14 | Abdelkader, Daisha | 10 | St. Francis | 13.44 | _____ |
| 15 | Jackson, Babbette | 12 | Sacred Heart | 13.45 | _____ |
| 16 | Catan, Emily | 12 | St. Francis | 13.48 | _____ |
| 17 | Mejia-Prieto, Juli | 11 | Notre Dame (| 13.62 | _____ |
| 18 | Connelly, Sophie | 12 | Notre Dame (| 13.73 | _____ |
| 19 | Berring, Jessi | 09 | Notre Dame (| 14.85 | _____ |

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Event 18 Girls 100 Meter Dash Junior Varsity Prelims**Tuesday 5/7/2013 - 5:10 PM**

Meet: 12.89 2003 Krystal Yee

| | <u>Name</u> | <u>Yr</u> | <u>School</u> | <u>Seed Time</u> | |
|----|--------------------|-----------|---------------|------------------|-------|
| 1 | Kreaden, Siddartha | 09 | St. Francis | 13.30 | _____ |
| 2 | Travis, Tiana | 09 | Archbishop M | 13.30 | _____ |
| 3 | Padalkar, Sonjali | 09 | Valley Chris | 13.33 | _____ |
| 4 | Williams, Brandi | 09 | Sacred Heart | 13.38 | _____ |
| 5 | Dibenedetto, Leah | 09 | Presentation | 13.50 | _____ |
| 6 | Rufin, Katrina | 09 | Archbishop M | 13.56 | _____ |
| 7 | O'Toole, Erin | 09 | Sacred Heart | 13.63 | _____ |
| 8 | Dey, Akansha | 10 | Archbishop M | 13.65 | _____ |
| 9 | McConnell, Emily | 09 | St. Francis | 13.71 | _____ |
| 10 | Attard, Siena | 09 | Sacred Heart | 13.75 | _____ |
| 11 | Shing, Priscilla | 10 | Valley Chris | 13.77 | _____ |
| 12 | Slucky, Emily | 09 | St. Ignatius | 13.80 | _____ |
| 13 | Richardson, Shayla | 10 | St. Ignatius | 13.80 | _____ |
| 14 | Bassin, Katie | 09 | St. Ignatius | 13.80 | _____ |
| 15 | Ling, Angela | 10 | St. Francis | 13.94 | _____ |
| 16 | Clark, Sydney | 09 | Valley Chris | 14.16 | _____ |
| 17 | Acosta, Cienna | 09 | Sacred Heart | 14.17 | _____ |
| 18 | Wong, Ashley | 11 | St. Francis | 14.17 | _____ |
| 19 | Vincenzi, Adriana | 09 | Sacred Heart | 14.20 | _____ |
| 20 | Campbell, Rebecca | 09 | St. Francis | 14.21 | _____ |
| 21 | Halton, Hannah | 10 | Notre Dame (| 14.29 | _____ |
| 22 | Mai, Allison | 10 | Valley Chris | 14.43 | _____ |
| 23 | Kliensmith, Anna | 09 | Valley Chris | 14.48 | _____ |
| 24 | Andreatta, Mari | 10 | Notre Dame (| 14.85 | _____ |
| 25 | Leus, Abby | 11 | Notre Dame (| 15.19 | _____ |
| 26 | Chien, Mia | 09 | Notre Dame (| 15.99 | _____ |
| 27 | Tillman, Meg | 09 | Notre Dame (| 16.83 | _____ |

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Event 21 Girls 800 Meter Run Varsity Prelims**Tuesday 5/7/2013 - 5:20 PM**

| | | | |
|------------------|----------------|-------------|-------------------------|
| Meet: | 2:08.97 | 2005 | Christine Whalen |
| CCS: | 2:04.37 | 1977 | Ann Reagan |
| State: | 2:04.91 | 1984 | Trena Hull |
| National: | 2:02.90 | 2008 | Chanelle Price |
| CCS Qual: | 2:19.09 | | |

| | Name | Yr | School | Seed Time | |
|----|---------------------------|-----------|---------------|------------------|-------|
| 1 | Rintala, Olivia | 12 | Archbishop M | 2:16.38 | _____ |
| 2 | Spence, Katie | 11 | St. Ignatius | 2:17.06 | _____ |
| 3 | Smith, Erin | 11 | St. Ignatius | 2:22.59 | _____ |
| 4 | Lara, Ashley | 10 | Valley Chris | 2:23.75 | _____ |
| 5 | Asbun, Nicole | 10 | Archbishop M | 2:26.01 | _____ |
| 6 | Lemak, Julia | 09 | Archbishop M | 2:26.56 | _____ |
| 7 | Cech, Lauren | 11 | Archbishop M | 2:26.98 | _____ |
| 8 | Redmond, Kellie | 12 | Sacred Heart | 2:27.52 | _____ |
| 9 | Knight, Natali | 12 | Archbishop M | 2:29.18 | _____ |
| 10 | Jacobo, Olivia | 11 | Sacred Heart | 2:30.62 | _____ |
| 11 | Hipp, Emily | 12 | Sacred Heart | 2:33.13 | _____ |
| 12 | Casey, Emily | 11 | Notre Dame (| 2:34.51 | _____ |
| 13 | Chew, Raylene | 12 | Presentation | 2:40.00 | _____ |
| 14 | Urrabazo-Torres, Katalina | 10 | St. Francis | 2:40.10 | _____ |
| 15 | Linehan, Amy | 12 | Presentation | 2:45.00 | _____ |
| 16 | Killmond, Katherine | 12 | Notre Dame (| 2:46.29 | _____ |
| 17 | Alvarenga, Isabella | 12 | Sacred Heart | 2:49.05 | _____ |
| 18 | Tse, Katherine | 12 | Sacred Heart | 2:50.00 | _____ |
| 19 | Hernandez, Caitlin | 11 | Valley Chris | 3:02.29 | _____ |

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Event 22 Girls 800 Meter Run Junior Varsity Prelims**Tuesday 5/7/2013 - 5:30 PM****Meet: 2:27.70 2006****Tracy Vargo**

| Name | Yr | School | Seed Time | |
|----------------------|-----------|---------------|------------------|-------|
| 1 Kim, Gia | 09 | St. Francis | 2:31.13 | _____ |
| 2 Sweeney, Kelly | 11 | Archbishop M | 2:33.10 | _____ |
| 3 Palacio, Caitlin | 09 | Archbishop M | 2:33.40 | _____ |
| 4 Zhao, Barabra | 09 | St. Francis | 2:36.87 | _____ |
| 5 Mac, Karen | 11 | Valley Chris | 2:37.04 | _____ |
| 6 Wong, Blossom | 10 | Sacred Heart | 2:37.19 | _____ |
| 7 Ledesma, Francesca | 10 | St. Ignatius | 2:37.30 | _____ |
| 8 Giacalone, Vanessa | 09 | Valley Chris | 2:37.60 | _____ |
| 9 Wang, Maggie | 10 | Archbishop M | 2:38.54 | _____ |
| 10 McDonell, Megan | 10 | Notre Dame (| 2:38.98 | _____ |
| 11 Veziris, Vasilias | 11 | St. Francis | 2:39.17 | _____ |
| 12 Kim, Hannah | 10 | St. Francis | 2:41.15 | _____ |
| 13 Kemp, Emilie | 11 | St. Francis | 2:42.25 | _____ |
| 14 Danison, Alana | 09 | St. Ignatius | 2:43.00 | _____ |
| 15 Martin, Wailani | 10 | Sacred Heart | 2:46.44 | _____ |
| 16 Luu, Shannon | 11 | Valley Chris | 2:48.16 | _____ |
| 17 Yeh, Annie | 10 | Valley Chris | 2:48.34 | _____ |
| 18 Cervantez, Audrey | 10 | Archbishop M | 2:48.34 | _____ |
| 19 Listana, Precious | 10 | Sacred Heart | 2:49.00 | _____ |
| 20 Wang, Leia | 09 | Valley Chris | 2:49.14 | _____ |
| 21 Kuehl, Sophie | 10 | Sacred Heart | 2:50.00 | _____ |
| 22 Fotinos, Alexa | 10 | St. Ignatius | 2:50.40 | _____ |
| 23 Gomez, Lauren | 09 | St. Ignatius | 2:51.27 | _____ |
| 24 Ira, Kimberly | 09 | Sacred Heart | 2:51.41 | _____ |
| 25 Alberts, Barbara | 10 | St. Ignatius | 2:52.82 | _____ |
| 26 Robbins, Regan | 09 | Archbishop M | 2:53.54 | _____ |
| 27 McGlinchey, Riley | 09 | Notre Dame (| 2:54.00 | _____ |

Event 22 ...(Girls 800 Meter Run Junior Varsity Prelims)

| Name | Yr | School | Seed Time | |
|------------------------|-----------|---------------|------------------|-------|
| 28 Barranti, Juliana | 09 | Notre Dame (| 2:58.00 | _____ |
| 29 Moura, Julianna | 11 | Presentation | 3:00.00 | _____ |
| 30 Montes Liang, Julia | 09 | Notre Dame (| 3:01.00 | _____ |
| 31 Li, Mei Chen | 10 | Notre Dame (| 3:18.00 | _____ |

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Event 25 Girls 300 Meter Hurdles Varsity Prelims**Tuesday 5/7/2013 - 5:40 PM**

| | | | |
|------------------|--------------|-------------|------------------------|
| Meet: | 45.40 | 2010 | Brittney Wright |
| CCS: | 40.18 | 1984 | Leslie Maxie |
| State: | 39.98 | 2001 | Lashinda Demus |
| National: | 39.98 | 2001 | Lashinda Demus |
| CCS Qual: | 47.35 | | |

| | Name | Yr | School | Seed Time | |
|----|--------------------|-----------|---------------|------------------|-------|
| 1 | Chizanskos, Julia | 09 | Archbishop M | 48.20 | _____ |
| 2 | Sum, Lydia | 10 | Valley Chris | 48.79 | _____ |
| 3 | Welsh, Catherine | 11 | St. Ignatius | 50.20 | _____ |
| 4 | Ngbemeneh, Marisa | 09 | St. Francis | 50.23 | _____ |
| 5 | Adams, Jenna | 09 | St. Francis | 50.44 | _____ |
| 6 | Alliaume, Juliette | 12 | Sacred Heart | 50.51 | _____ |
| 7 | Berring, Jessi | 09 | Notre Dame (| 50.87 | _____ |
| 8 | Quijano, Samantha | 10 | St. Francis | 50.91 | _____ |
| 9 | Griffin, Kaliya | 09 | Archbishop M | 51.38 | _____ |
| 10 | Judas, Liesel | 10 | Archbishop M | 51.87 | _____ |
| 11 | Wigant, Kirsten | 09 | Presentation | 52.84 | _____ |
| 12 | Abdelkader, Daisha | 10 | St. Francis | 52.91 | _____ |
| 13 | Hwang, Anna | 11 | St. Ignatius | 53.20 | _____ |
| 14 | Micallef, Carlisle | 11 | Archbishop M | 53.39 | _____ |
| 15 | Omaleki, Morgana | 12 | Presentation | 53.47 | _____ |
| 16 | Muscha, Maddie | 12 | Presentation | 55.74 | _____ |
| 17 | Opulencia, Caitlyn | 10 | Presentation | 57.23 | _____ |
| 18 | Yi, Elizabeth | 12 | Valley Chris | 1:01.65 | _____ |

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Event 26 Girls 300 Meter Hurdles Junior Varsity Prelims**Tuesday 5/7/2013 - 5:50 PM****Meet: 49.35 2009****Gina Givens**

| | Name | Yr | School | Seed Time | |
|----|----------------------|-----------|---------------|------------------|-------|
| 1 | Kreaden, Siddartha | 09 | St. Francis | 51.24 | _____ |
| 2 | Casey, Clare | 09 | St. Ignatius | 51.30 | _____ |
| 3 | Meacham, Kayla | 09 | Archbishop M | 51.98 | _____ |
| 4 | Kohli, Anisha | 09 | St. Ignatius | 52.00 | _____ |
| 5 | Bruckner, Rebekah | 10 | Valley Chris | 52.01 | _____ |
| 6 | Davison, Jade | 10 | Sacred Heart | 52.45 | _____ |
| 7 | Augustin, Andrea | 10 | St. Francis | 54.04 | _____ |
| 8 | O'Riordan, Nadine | 11 | Notre Dame (| 54.20 | _____ |
| 9 | Holzman, Laurasia | 11 | Notre Dame (| 55.07 | _____ |
| 10 | Zadel, Hayley | 09 | Archbishop M | 55.23 | _____ |
| 11 | Coli, Jessica | 09 | St. Francis | 55.38 | _____ |
| 12 | Marron, Mary Kate | 09 | St. Francis | 55.56 | _____ |
| 13 | Tynan, Katelyn | 09 | St. Ignatius | 56.30 | _____ |
| 14 | Kadah, Senna | 09 | Presentation | 56.45 | _____ |
| 15 | Lukas, Ashley | 09 | St. Francis | 56.73 | _____ |
| 16 | Lee, Hannah | 09 | Valley Chris | 56.80 | _____ |
| 17 | Carlevaris, Rachelle | 10 | Notre Dame (| 56.98 | _____ |
| 18 | Crowley, Meg | 09 | St. Ignatius | 57.50 | _____ |
| 19 | Kohlmaier, Kaylee | 11 | Notre Dame (| 57.88 | _____ |
| 20 | Apgar, Heather | 09 | Valley Chris | 58.37 | _____ |
| 21 | Namasivayam, Akila | 11 | Presentation | 59.15 | _____ |
| 22 | Menzel, Lizzie | 11 | Notre Dame (| 59.15 | _____ |
| 23 | Acuna, Jesella | 09 | Presentation | 59.21 | _____ |
| 24 | Zee, Lauren | 09 | Sacred Heart | 59.52 | _____ |

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Event 29 Girls 200 Meter Dash Varsity Prelims**Tuesday 5/7/2013 - 6:05 PM**

| | | | |
|------------------|--------------|-------------|------------------------|
| Meet: | 23.97 | 2005 | Khrystal Carter |
| CCS: | 23.14 | 2006 | Jeneba Tarmoh |
| State: | 22.52 | 2003 | Allyson Felix |
| National: | 22.52 | 2003 | Allyson Felix |
| CCS Qual: | 25.94 | | |

| | Name | Yr | School | Seed Time | |
|----|----------------------|-----------|---------------|------------------|-------|
| 1 | Smallwood, Shelby | 11 | Valley Chris | 25.64 | _____ |
| 2 | Agu, Cecily | 12 | Archbishop M | 25.88 | _____ |
| 3 | Fenton, Skylar | 11 | St. Ignatius | 25.96 | _____ |
| 4 | Padilla, Marisa | 12 | St. Francis | 26.04 | _____ |
| 5 | Cheeks, Brianna | 10 | St. Francis | 26.44 | _____ |
| 6 | Whiting, Raquel | 09 | St. Ignatius | 26.77 | _____ |
| 7 | Sanfilippo, Gabriela | 10 | Presentation | 26.80 | _____ |
| 8 | Drucker, Natalie | 09 | St. Francis | 26.82 | _____ |
| 9 | Bradley, Mary Ellen | 12 | Valley Chris | 26.89 | _____ |
| 10 | Tramontozzi, Claire | 11 | St. Ignatius | 26.97 | _____ |
| 11 | Peyser, Victoria | 09 | Archbishop M | 27.00 | _____ |
| 12 | Tan, Mikayla | 11 | Archbishop M | 27.08 | _____ |
| 13 | O'Hara, Shannon | 09 | Archbishop M | 27.21 | _____ |
| 14 | Johnson, Taylor | 09 | Valley Chris | 27.30 | _____ |
| 15 | Albin, Jamie | 09 | Archbishop M | 27.35 | _____ |
| 16 | McKeever, Ebony | 12 | Sacred Heart | 27.47 | _____ |
| 17 | Hipp, Erica | 12 | Sacred Heart | 27.53 | _____ |
| 18 | Uhl, Katherine | 11 | Notre Dame (| 27.68 | _____ |
| 19 | Sirianni, Maddy | 09 | St. Ignatius | 27.80 | _____ |
| 20 | Arquero, Claudia | 11 | Notre Dame (| 28.08 | _____ |
| 21 | Mantovani, Chiara | 10 | Presentation | 28.46 | _____ |
| 22 | Connelly, Sophie | 12 | Notre Dame (| 28.69 | _____ |
| 23 | Jackson, Babbette | 12 | Sacred Heart | 28.89 | _____ |
| 24 | Say, Hannah | 11 | Notre Dame (| 29.16 | _____ |

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Event 30 Girls 200 Meter Dash Junior Varsity Prelims**Tuesday 5/7/2013 - 6:15 PM**

Meet: 26.75 2010

Cecily Agu

| | Name | Yr | School | Seed Time | |
|----|--------------------|-----------|---------------|------------------|-------|
| 1 | Cutler, Angela | 09 | St. Francis | 27.20 | _____ |
| 2 | Travis, Tiana | 09 | Archbishop M | 27.42 | _____ |
| 3 | Rufin, Katrina | 09 | Archbishop M | 27.59 | _____ |
| 4 | Richardson, Shayla | 10 | St. Ignatius | 27.90 | _____ |
| 5 | de la Pena, Hannah | 10 | Sacred Heart | 27.90 | _____ |
| 6 | Slucky, Emily | 09 | St. Ignatius | 28.20 | _____ |
| 7 | Bassin, Katie | 09 | St. Ignatius | 28.20 | _____ |
| 8 | Amarandos, Nina | 09 | Notre Dame (| 28.24 | _____ |
| 9 | Padalkar, Sonjali | 09 | Valley Chris | 28.40 | _____ |
| 10 | Dibenedetto, Leah | 09 | Presentation | 28.50 | _____ |
| 11 | Hinz, Cecelia | 09 | St. Francis | 28.52 | _____ |
| 12 | Dey, Akansha | 10 | Archbishop M | 28.79 | _____ |
| 13 | O'Toole, Erin | 09 | Sacred Heart | 28.97 | _____ |
| 14 | McConnell, Emily | 09 | St. Francis | 29.04 | _____ |
| 15 | Acosta, Cienna | 09 | Sacred Heart | 29.26 | _____ |
| 16 | Vincenzi, Adriana | 09 | Sacred Heart | 29.37 | _____ |
| 17 | Williams, Brandi | 09 | Sacred Heart | 29.40 | _____ |
| 18 | Favre, Nicole | 09 | Valley Chris | 29.48 | _____ |
| 19 | Shing, Priscilla | 10 | Valley Chris | 29.67 | _____ |
| 20 | Halton, Hannah | 10 | Notre Dame (| 29.67 | _____ |
| 21 | Mai, Allison | 10 | Valley Chris | 29.79 | _____ |
| 22 | Ling, Angela | 10 | St. Francis | 29.91 | _____ |
| 23 | Ngu, Candice | 09 | St. Francis | 30.29 | _____ |
| 24 | Hui, Trisha | 10 | Valley Chris | 30.39 | _____ |
| 25 | Ladner, Corinne | 10 | Notre Dame (| 32.86 | _____ |
| 26 | Leus, Abby | 11 | Notre Dame (| 32.87 | _____ |
| 27 | Killmond, Teresa | 09 | Notre Dame (| 33.00 | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 34 Girls 3200 Meter Run Junior Varsity**Tuesday 5/7/2013 - 6:30 PM****Meet: 12:21.36 2006****Tracy Vargo**

| | Name | Yr | School | Seed Time | |
|----|---------------------|-----------|---------------|------------------|-------|
| 1 | Jones, Leancia | 09 | Archbishop M | 12:23.10 | _____ |
| 2 | Weiner, Erin | 09 | Archbishop M | 12:24.09 | _____ |
| 3 | Gill, Kristin | 10 | Presentation | 12:25.00 | _____ |
| 4 | Zhao, Barabra | 09 | St. Francis | 13:00.15 | _____ |
| 5 | Watson, Erin | 10 | St. Francis | 13:10.15 | _____ |
| 6 | Redelfs, Rachel | 10 | St. Francis | 13:15.71 | _____ |
| 7 | Nash, Caleece | 10 | St. Francis | 13:19.15 | _____ |
| 8 | Weiner, Haley | 11 | Archbishop M | 13:20.31 | _____ |
| 9 | Yadegar, Dominique | 11 | St. Francis | 13:34.87 | _____ |
| 10 | Flynn-Do, Meiko | 10 | Archbishop M | 13:56.00 | _____ |
| 11 | van Besouw, Anne | 09 | Archbishop M | 14:03.29 | _____ |
| 12 | Buscher, Sophia | 11 | St. Ignatius | 14:36.62 | _____ |
| 13 | Montes Liang, Julia | 09 | Notre Dame (| 14:38.00 | _____ |
| 14 | McCarthy, Stephanie | 11 | St. Ignatius | NT | _____ |
| 15 | Alberts, Barbara | 10 | St. Ignatius | NT | _____ |
| 16 | Chan, Christie | 11 | St. Ignatius | NT | _____ |
| 17 | Puccinelli, Savanna | 11 | St. Ignatius | NT | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 43 Girls Shot Put Varsity Prelims**Tuesday 5/7/2013 - 4:00 PM**

| | |
|--------------------------------|--------------------------|
| Meet: 42-11 2012 | Tyyhana Cooper |
| CCS: 50-07.25 2005 | Julie Dufresne |
| State: 53-07.75 1983 | Natale Kaaiawahia |
| National: 54-10.75 2003 | Michelle Carter |
| CCS Qual: 36-07 | |

| | Name | Yr | School | Seed | Mark | |
|----|-----------------------|-----------|---------------|-------------|-------------|--|
| 1 | Cooper, Tyhana | 12 | Sacred Heart | 42-08.00 | _____ | |
| 2 | Obilor, Tiffanie | 12 | Presentation | 37-04.00 | _____ | |
| 3 | Stone, Ronna | 10 | Valley Chris | 37-01.00 | _____ | |
| 4 | Bruckner, Elana | 09 | Valley Chris | 35-08.50 | _____ | |
| 5 | Waters, Paige | 10 | St. Ignatius | 33-10.00 | _____ | |
| 6 | Puccinelli, Francesca | 12 | St. Ignatius | 32-06.00 | _____ | |
| 7 | Scott, Jordan | 12 | Archbishop M | 32-04.00 | _____ | |
| 8 | Oeser, Melissa | 12 | Notre Dame (| 32-03.00 | _____ | |
| 9 | Dickerson, Megan | 11 | St. Ignatius | 31-07.00 | _____ | |
| 10 | Sahbaee, Nicole | 11 | Archbishop M | 31-03.00 | _____ | |
| 11 | Lucian, Jennifer | 12 | St. Francis | 31-02.00 | _____ | |
| 12 | Uda, Kristen | 12 | Valley Chris | 30-09.50 | _____ | |
| 13 | Gallo, Julia | 12 | Presentation | 27-07.00 | _____ | |
| 14 | Woods, Jocelyn | 09 | Archbishop M | 27-06.00 | _____ | |
| 15 | Gowans, Norma | 10 | Archbishop M | 27-05.00 | _____ | |
| 16 | Kapoor, Sonia | 11 | Presentation | 26-11.50 | _____ | |
| 17 | Stumpf, Dominique | 12 | St. Francis | 26-03.25 | _____ | |

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St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 44 Girls Shot Put Junior Varsity Prelims**Tuesday 5/7/2013 - 6:00 PM****Meet: 36-02 2012****Ronna Stone**

| Name | Yr | School | Seed | Mark | |
|------------------------|-----------|---------------|-------------|-------------|--|
| 1 Chen, Lindsey | 10 | St. Ignatius | 32-03.00 | _____ | |
| 2 Roberts, Teanni | 09 | Valley Chris | 31-04.00 | _____ | |
| 3 Tsiplakos, Tasia | 10 | Notre Dame (| 31-02.00 | _____ | |
| 4 Peralta, Elaine | 09 | Sacred Heart | 30-07.00 | _____ | |
| 5 Dela Cruz, Daryl Ann | 11 | St. Francis | 28-03.75 | _____ | |
| 6 Jackson, Cappi | 10 | Notre Dame (| 28-02.00 | _____ | |
| 7 Qaqish, Margaret | 09 | St. Ignatius | 27-01.00 | _____ | |
| 8 Foti, Jackie | 09 | Sacred Heart | 25-10.00 | _____ | |
| 9 Daley, Annika | 10 | Sacred Heart | 25-09.50 | _____ | |
| 10 Dixon, Corina | 09 | Sacred Heart | 25-05.00 | _____ | |
| 11 Sellars, Emily | 09 | Sacred Heart | 25-04.00 | _____ | |
| 12 Comin, Isabella | 11 | St. Francis | 25-03.50 | _____ | |
| 13 Leone, Savanna | 10 | Presentation | 24-11.00 | _____ | |
| 14 Velasquez, Jessica | 09 | Valley Chris | 24-09.00 | _____ | |
| 15 D' Costa, Samantha | 09 | St. Francis | 24-08.00 | _____ | |
| 16 Merriman, Jenesis | 09 | St. Francis | 24-07.00 | _____ | |
| 17 Canales, Rosario | 11 | Archbishop M | 24-01.00 | _____ | |
| 18 Going, Katie | 10 | Presentation | 24-00.00 | _____ | |
| 19 Canales, Alexa | 09 | Archbishop M | 23-09.00 | _____ | |
| 20 Clark, Sabrina | 10 | St. Francis | 22-11.00 | _____ | |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 47 Girls Discus Throw Varsity Prelims**Tuesday 5/7/2013 - 6:00 PM**

| | | |
|------------------|--------------------|----------------------|
| Meet: | 132-09 2006 | Sela Painsi |
| CCS: | 165-10 1996 | Darlene Tulua |
| State: | 188-04 1994 | Suzy Powell |
| National: | 190-03 2009 | Ana Jelmini |
| CCS Qual: | 112-04 | |

| | Name | Yr | School | Seed | Mark |
|----|-----------------------|-----------|---------------|-------------|-------------|
| 1 | Lucian, Jennifer | 12 | St. Francis | 117-00 | _____ |
| 2 | Dickerson, Megan | 11 | St. Ignatius | 114-01 | _____ |
| 3 | Oeser, Melissa | 12 | Notre Dame (| 111-10 | _____ |
| 4 | Puccinelli, Francesca | 12 | St. Ignatius | 111-04 | _____ |
| 5 | Waters, Paige | 10 | St. Ignatius | 107-04 | _____ |
| 6 | Scott, Jordan | 12 | Archbishop M | 105-02 | _____ |
| 7 | Gowans, Norma | 10 | Archbishop M | 103-01 | _____ |
| 8 | Cooper, Tyhana | 12 | Sacred Heart | 97-04 | _____ |
| 9 | Chizankos, Jessica | 11 | Archbishop M | 97-01 | _____ |
| 10 | Stone, Ronna | 10 | Valley Chris | 94-00 | _____ |
| 11 | Bruckner, Elana | 09 | Valley Chris | 93-10 | _____ |
| 12 | Uda, Kristen | 12 | Valley Chris | 93-04 | _____ |
| 13 | Omaleki, Morgana | 12 | Presentation | 90-01 | _____ |
| 14 | Woods, Jocelyn | 09 | Archbishop M | 82-03 | _____ |
| 15 | Pedro, Alyssa | 11 | Archbishop M | 82-01 | _____ |
| 16 | Stumpf, Dominique | 12 | St. Francis | 80-11 | _____ |
| 17 | Gallo, Julia | 12 | Presentation | 80-08 | _____ |
| 18 | Kapoor, Sonia | 11 | Presentation | 76-11 | _____ |
| 19 | Muscha, Maddie | 12 | Presentation | 70-00 | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 48 Girls Discus Throw Junior Varsity Prelims**Tuesday 5/7/2013 - 4:00 PM****Meet: 117-05 2003****Christina Kidd**

| Name | Yr | School | Seed | Mark |
|------------------------|-----------|---------------|-------------|-------------|
| 1 Descalso, Mary | 10 | St. Francis | 91-11 | _____ |
| 2 Chen, Lindsey | 10 | St. Ignatius | 91-05 | _____ |
| 3 Swanson, Makayla | 09 | St. Ignatius | 90-04 | _____ |
| 4 D' Costa, Samantha | 09 | St. Francis | 85-05 | _____ |
| 5 Roberts, Teanni | 09 | Valley Chris | 84-06 | _____ |
| 6 Comin, Isabella | 11 | St. Francis | 84-01 | _____ |
| 7 Tsiplakos, Tasia | 10 | Notre Dame (| 82-10 | _____ |
| 8 Canales, Rosario | 11 | Archbishop M | 82-04 | _____ |
| 9 Sellars, Emily | 09 | Sacred Heart | 79-03 | _____ |
| 10 Dixon, Corina | 09 | Sacred Heart | 78-04 | _____ |
| 11 Daley, Annika | 10 | Sacred Heart | 77-02 | _____ |
| 12 Peralta, Elaine | 09 | Sacred Heart | 75-10 | _____ |
| 13 Merriman, Jenesis | 09 | St. Francis | 71-02 | _____ |
| 14 Clark, Sabrina | 10 | St. Francis | 70-11 | _____ |
| 15 Foti, Jackie | 09 | Sacred Heart | 70-06.50 | _____ |
| 16 Leone, Savanna | 10 | Presentation | 70-01 | _____ |
| 17 Canales, Alexa | 09 | Archbishop M | 70-01 | _____ |
| 18 Going, Katie | 10 | Presentation | 68-03 | _____ |
| 19 Sabatelli, Dina | 11 | Archbishop M | 65-01 | _____ |
| 20 Velasquez, Jessica | 09 | Valley Chris | 64-05 | _____ |
| 21 Jackson, Cappi | 10 | Notre Dame (| 62-10 | _____ |
| 22 Anderson, Emily | 11 | Archbishop M | 62-01 | _____ |
| 23 Muscha, Sami | 10 | Presentation | 58-01 | _____ |
| 24 Nguyen, Kim | 10 | Presentation | 57-03 | _____ |
| 25 Gonzalez, Christina | 10 | Presentation | 50-00 | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 51 Girls Long Jump Varsity Prelims**Tuesday 5/7/2013 - 4:00 PM****Meet: 18-01.25 2005 Danielle Robinson****CCS: 20-09.75 1984 Wendy Brown****State: 22-00.50 1993 Marion Jones****National: 22-01.75 1976 Kathy McMillan****CCS Qual: 16-09**

| Name | Yr | School | Seed | Mark |
|-----------------------|-----------|---------------|-------------|-------------|
| 1 Janachowski, Candy | 11 | St. Ignatius | 17-04.25 | _____ |
| 2 Love, Marquel | 11 | Archbishop M | 17-03.00 | _____ |
| 3 Jaques, Taylore | 11 | Presentation | 16-11.00 | _____ |
| 4 Sum, Lydia | 10 | Valley Chris | 16-10.00 | _____ |
| 5 Johnson, Lauren | 11 | St. Francis | 16-09.00 | _____ |
| 6 Ma, Elaine | 10 | Valley Chris | 16-02.00 | _____ |
| 7 De Rossi, Desiree | 12 | Archbishop M | 15-11.00 | _____ |
| 8 Bugtong, Karla | 11 | St. Ignatius | 15-08.00 | _____ |
| 9 Ngbemeneh, Marisa | 09 | St. Francis | 15-07.00 | _____ |
| 10 Phillips, Katie | 10 | Archbishop M | 15-07.00 | _____ |
| 11 Lee, Nicolette | 11 | Archbishop M | 15-04.50 | _____ |
| 12 Cheeks, Brianna | 10 | St. Francis | 15-04.50 | _____ |
| 13 Johnson, Taylor | 09 | Valley Chris | 15-02.00 | _____ |
| 14 Catan, Emily | 12 | St. Francis | 15-00.00 | _____ |
| 15 Abrahamson, Alex | 11 | Archbishop M | 14-09.50 | _____ |
| 16 Mejia-Prieto, Juli | 11 | Notre Dame (| 14-09.00 | _____ |
| 17 Gustafson, Erica | 12 | St. Francis | 14-01.00 | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 52 Girls Long Jump Junior Varsity Prelims**Tuesday 5/7/2013 - 6:00 PM****Meet: 16-00 2010****Therese Santos**

| | Name | Yr | School | Seed Mark | |
|----|-------------------|-----------|---------------|------------------|-------|
| 1 | Attard, Siena | 09 | Sacred Heart | 15-06.00 | _____ |
| 2 | King, Emily | 10 | Valley Chris | 15-05.00 | _____ |
| 3 | Wong, Blossom | 10 | Sacred Heart | 15-04.00 | _____ |
| 4 | Kohli, Anisha | 09 | St. Ignatius | 15-03.50 | _____ |
| 5 | Lum, Micaela | 09 | Sacred Heart | 15-01.00 | _____ |
| 6 | Johnson, Adrienne | 09 | St. Ignatius | 14-10.00 | _____ |
| 7 | Casey, Clare | 09 | St. Ignatius | 14-10.00 | _____ |
| 8 | O'Toole, Erin | 09 | Sacred Heart | 14-04.75 | _____ |
| 9 | Jimenez, Erin | 09 | Archbishop M | 14-03.50 | _____ |
| 10 | Fellenz, Janelle | 10 | Archbishop M | 14-03.00 | _____ |
| 11 | Parsons, Sophie | 09 | St. Francis | 14-02.50 | _____ |
| 12 | Ahlawat, Nivi | 10 | Archbishop M | 14-02.50 | _____ |
| 13 | Gaudio, Julia | 10 | Archbishop M | 14-02.00 | _____ |
| 14 | Clark, Sydney | 09 | Valley Chris | 13-11.50 | _____ |
| 15 | Kohlmaier, Kaylee | 11 | Notre Dame (| 13-10.00 | _____ |
| 16 | Meacham, Kayla | 09 | Archbishop M | 13-09.00 | _____ |
| 17 | Holzman, Laurasia | 11 | Notre Dame (| 13-08.00 | _____ |
| 18 | Luna, Raizel | 11 | Notre Dame (| 12-08.00 | _____ |
| 19 | Rubio, Livia | 09 | St. Francis | ND | _____ |
| 20 | Avila, Priscilla | 09 | Valley Chris | ND | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 55 Girls Triple Jump Varsity Prelims**Tuesday 5/7/2013 - 6:00 PM**

| | |
|--------------------------------|--------------------------|
| Meet: 38-09.25 2005 | Caitlin Schields |
| CCS: 40-02.50 1984 | Wendy Brown |
| State: 44-00.50 1991 | Juliana Yendork |
| National: 44-02.25 2001 | Ychlindria Spears |
| CCS Qual: 34-11 | |

| | Name | Yr | School | Seed | Mark |
|----|--------------------|-----------|---------------|-------------|-------------|
| 1 | Johnson, Lauren | 11 | St. Francis | 36-08.00 | _____ |
| 2 | Janachowski, Candy | 11 | St. Ignatius | 36-08.00 | _____ |
| 3 | Love, Marquel | 11 | Archbishop M | 36-07.75 | _____ |
| 4 | Sum, Lydia | 10 | Valley Chris | 36-05.00 | _____ |
| 5 | Chan, Josie | 10 | St. Ignatius | 35-08.00 | _____ |
| 6 | Chizanskos, Julia | 09 | Archbishop M | 35-07.75 | _____ |
| 7 | Phillips, Katie | 10 | Archbishop M | 35-02.00 | _____ |
| 8 | Johnson, Robriana | 12 | Valley Chris | 34-09.00 | _____ |
| 9 | Lee, Nicolette | 11 | Archbishop M | 31-11.00 | _____ |
| 10 | Johnson, Taylor | 09 | Valley Chris | 31-10.75 | _____ |
| 11 | Ngbemeneh, Marisa | 09 | St. Francis | 31-06.00 | _____ |
| 12 | Ahlgren, Ashley | 12 | Archbishop M | 30-03.00 | _____ |
| 13 | Gustafson, Erica | 12 | St. Francis | 27-11.00 | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 56 Girls Triple Jump Junior Varsity Prelims**Tuesday 5/7/2013 - 4:00 PM**

Meet: 34-01 2012

Lydia Sum

| | Name | Yr | School | Seed Mark | |
|----|----------------------|-----------|---------------|------------------|-------|
| 1 | Jimenez, Erin | 09 | Archbishop M | 31-06.50 | _____ |
| 2 | Baylis, Amy | 09 | Archbishop M | 31-03.00 | _____ |
| 3 | Rubio, Livia | 09 | St. Francis | 29-11.50 | _____ |
| 4 | Holzman, Laurasia | 11 | Notre Dame (| 29-10.75 | _____ |
| 5 | O'Riordan, Nadine | 11 | Notre Dame (| 29-03.00 | _____ |
| 6 | Knox, Isabel | 10 | St. Francis | 29-03.00 | _____ |
| 7 | Carlevaris, Rachelle | 10 | Notre Dame (| 28-03.00 | _____ |
| 8 | Parsons, Sophie | 09 | St. Francis | 28-03.00 | _____ |
| 9 | Clark, Sydney | 09 | Valley Chris | 28-02.50 | _____ |
| 10 | Ruiz-Garcia, Alex | 09 | Valley Chris | ND | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 60 Girls High Jump Junior Varsity**Tuesday 5/7/2013 - 4:00 PM****Meet: 5-00 2003****Christine Szelong**

| Name | Yr | School | Seed | Mark |
|--------------------------|-----------|---------------|-------------|-------------|
| 1 Florant, Mackenzie | 11 | St. Francis | 5-00.00 | _____ |
| 2 Carlevaris, Rachelle | 10 | Notre Dame (| 4-08.00 | _____ |
| 3 Swanson, Makayla | 09 | St. Ignatius | 4-08.00 | _____ |
| 4 Descalso, Mary | 10 | St. Francis | 4-08.00 | _____ |
| 5 Starbeck, Skylar | 10 | Archbishop M | 4-06.00 | _____ |
| 6 Tynan, Katelyn | 09 | St. Ignatius | 4-06.00 | _____ |
| 7 Kohli, Anisha | 09 | St. Ignatius | 4-06.00 | _____ |
| 8 Buscher, Sarah | 09 | St. Ignatius | 4-06.00 | _____ |
| 9 Schrager-Sours, Shelby | 10 | St. Francis | 4-06.00 | _____ |
| 10 Hinz, Cecelia | 09 | St. Francis | 4-06.00 | _____ |
| 11 O'Riordan, Nadine | 11 | Notre Dame (| 4-06.00 | _____ |
| 12 Luna, Raizel | 11 | Notre Dame (| 4-04.00 | _____ |
| 13 Saade, Mary | 10 | Notre Dame (| 4-04.00 | _____ |
| 14 Espiritu, Chelsea | 11 | St. Ignatius | 4-04.00 | _____ |
| 15 Goldman, Austen | 10 | Archbishop M | 4-02.00 | _____ |
| 16 Cheng, Leslie | 10 | Archbishop M | 4-00.00 | _____ |
| 17 Williams, Britney | 09 | Valley Chris | 4-00.00 | _____ |
| 18 Borrás, McKenna | 09 | Valley Chris | 4-00.00 | _____ |

2013 WCAL Track & Field Championships
St. Francis High School - 5/7/2013 to 5/10/2013
Performance List - Girls Trials

Event 64 Girls Pole Vault Junior Varsity**Tuesday 5/7/2013 - 4:00 PM**

Meet: 9-03 2012

Catherine Welsh

| | Name | Yr | School | Seed Mark | |
|----|--------------------|-----------|---------------|------------------|-------|
| 1 | Teupel, Kristen | 10 | St. Ignatius | 8-06.00 | _____ |
| 2 | Roberson, McKenna | 11 | Presentation | 8-00.00 | _____ |
| 3 | Guarnieri, Mia | 10 | Presentation | 8-00.00 | _____ |
| 4 | Espiritu, Chelsea | 11 | St. Ignatius | 8-00.00 | _____ |
| 5 | Adrienne, Johnson | 09 | St. Ignatius | 8-00.00 | _____ |
| 6 | Shroyer, Elizabeth | 09 | Archbishop M | 8-00.00 | _____ |
| 7 | Abad, Joy | 10 | St. Ignatius | 7-09.00 | _____ |
| 8 | Schumacher, Lexi | 11 | St. Francis | 7-06.00 | _____ |
| 9 | Hodges, Brittany | 09 | Presentation | 7-06.00 | _____ |
| 10 | Sywyk, Laura | 11 | Archbishop M | 7-06.00 | _____ |
| 11 | Augustin, Andrea | 10 | St. Francis | 7-06.00 | _____ |
| 12 | Silva, Daniella | 09 | St. Ignatius | 7-00.00 | _____ |
| 13 | Tsai, Anica | 09 | Archbishop M | 7-00.00 | _____ |
| 14 | Ericksen, Katie | 11 | Archbishop M | 7-00.00 | _____ |