

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

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

28 Shaw, Kristen 11 Notre Dame (7:32.33

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

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

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Event 10 ... (Girls 100 Meter Hurdles Junior Varsity Prelims)

Name	Yr	School	Seed Time
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 Leininger, 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

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 Peyser, 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

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

2013 WCAL Track & Field Championships
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Event 14 ... (Girls 400 Meter Dash Junior Varsity Prelims)

Name	Yr	School	Seed Time
16 Ladner, Corinne	10	Notre Dame (1:14.00
17 Killmond, Teresa	09	Notre Dame (1:15.80

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

Event 18 Girls 100 Meter Dash Junior Varsity Prelims

Tuesday 5/7/2013 - 5:10 PM

Meet: 12.89 2003 **Krystal Yee**

Name	Yr	School	Seed Time
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

2013 WCAL Track & Field Championships
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Performance List - Girls Trials

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

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, Vasilia	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
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

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, Rachele	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

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

2013 WCAL Track & Field Championships
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Event 29 ... (Girls 200 Meter Dash Varsity Prelims)

Name	Yr	School	Seed Time
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

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

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

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

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Event 34 ... (Girls 3200 Meter Run Junior Varsity)

Name	Yr	School	Seed	Time
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	_____

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	_____

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

Meet: 132-09 2006 **Sela Paini**
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	_____

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 Dixson, 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	_____

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	_____

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Event 51 ... (Girls Long Jump Varsity Prelims)

Name	Yr	School	Seed Mark
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

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

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	Ychindria 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

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

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Event 56 ... (Girls Triple Jump Junior Varsity Prelims)

Name	Yr	School	Seed	Mark
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	_____

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 Schragger-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 _____

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	_____