

# **SCHEDULE FOR FRIDAY'S FINALS**

## **RUNNING EVENTS**

4:45 4 x 100m RELAY  
5:00 1600m RUN  
5:35 HIGH HURDLES  
5:45 400m DASH  
5:55 100m DASH  
6:05 800m RUN  
6:20 300m HURDLES  
6:40 200m DASH  
6:50 3200m RUN  
7:25 4 x 400m RELAY

## **FIELD EVENTS**

3:00 varsity **LONG JUMP**  
TRIALS & FINALS  
3:00 f/s **HIGH JUMP**  
TRIALS & FINALS  
3:00 f/s **POLE VAULT**  
FINALS  
4:00 f/s **TRIPLE JUMP**  
FINALS  
4:00 f/s **DISCUS**  
FINALS  
4:45 f/s **SHOT PUT**  
TRIALS & FINALS  
4:45 varsity **DISCUS**  
TRIALS & FINALS  
5:00 f/s **LONG JUMP**  
TRIALS & FINALS  
5:00 varsity **TRIPLE JUMP**  
TRIALS & FINALS  
5:00 varsity **HIGH JUMP**  
FINALS  
5:00 varsity **POLE VAULT**  
TRIALS & FINALS  
6:15 varsity **SHOT PUT**  
FINALS

# CENTRAL COAST SECTION RECORDS

<u>EVENT</u>	<u>MARK</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>YEAR</u>
100m	10.41	Tony Miller	Riordan	1987
200m	20.57	Calvin Harrison	North Salinas	1993
400m	45.25	Calvin Harrison	North Salinas	1993
800m	1:49.9c	Rick Brown	Los Altos	1970
1600m	4:05.1c	Mark Stillman	Willow Glen	1977
3200m	8:51.61	Jessie Torres	Independence	1981
110mh	13.67	Isaac Carson	Jefferson	1991
300mh	36.28	Joevesa Naivalu	Fremont	1996
HJ	7'3	Jeff Rogers	Overfelt	1985
LJ	26'0	Johnny Cleveland	Soquel	1984
TJ	50'11.5	Harold Rucker	Silver Creek	1986
PV	17'0.75	Scott Slover	Leland	1994
Shot	65'10	Steve Wilhelm	Fremont	1967
Discus	201'4	Chris Adams	Los Altos	1970
400m relay	41.15		Mount Pleasant	1992
1600m relay	3:14.17		North Salinas	1993

## WCAL VARSITY MEET RECORDS

<u>EVENT</u>	<u>MARK</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>YEAR</u>
100m	10.7c	Steve Firenze	Serra	1961
200m	21.6	Tony Miller	Riordan	1987
400m	48.6c	Mike Davidson	Saint Francis	1983
800m	1:53.2c	Stan Ross	Serra	1977
1600m	4:13.1	Brad Hansen	Saint Ignatius	1996
3200m	9:14.9c	Chris Paredes	Bellarmino	1981
110mh	14.5	Tom Shellworth	Bellarmino	1974
300mh	38.6	Mike Lodoen	Bellarmino	1987
HJ	6'10	Matt Rice	Bellarmino	1988
LJ	23'8	Jim Fregosi	Serra	1959
TJ	47'11.5	Mike Haynes	Riordan	1975
PV	15'6	Tom Ryan	Bellarmino	1993
Shot	59'11.5	Gian Rossini	Saint Francis	1975
Discus	173'3.5	Craig Watkins	Mitty	1975
400m relay	42.3		Riordan	1987
1600m relay	3:21.98		Bellarmino	1981

## WCAL FROSH/SOPH MEET RECORDS

<u>EVENT</u>	<u>MARK</u>	<u>ATHLETE</u>	<u>SCHOOL</u>	<u>YEAR</u>
100m	11.26	Chris Byrd	St. Ignatius	1997
200m	22.5c	Gilbert Pacaldo	St. Ignatius	1977
400m	50.3c	Lester Branson	Serra	1981
800m	1:59.0c	Rod Sellard	Bellarmino	1980
Mile	4:32.5	Stan Ross	Serra	1975
Two Mile	9:49.2	Shawn Ayres	Bellarmino	1981
65mh	9.0	Clyde Lamont	Serra	1971
300mh	40.1	Carl Broussard	Saint Francis	1977
HJ	6'4	Dave Kniffin	Serra	1975
LJ	21'4	Mike Banks	Serra	1972
TJ	44'3.5	Jeff Rossman	Saint Francis	1980
PV	12'0	Robert Costanza	Bellarmino	1975
		Jay Rapp	Bellarmino	1976
Shot	60'6.5	Craig Watkins	Mitty	1975
Discus	155'5	Craig Watkins	Mitty	1975
400m relay	44.74		Saint Francis	1997
1600m relay	3:32.0		Saint Francis	1981

TRACK AND FIELD TEAM CHAMPIONS

VARSIITY

FROSH/SOPH

1968	Riordan	Bellarmino (Class B)
1969	St. Francis	St. Ignatius (Class B)
1970	Riordan	St. Ignatius
1971	St. Ignatius	St. Ignatius
1972	St. Ignatius	St. Ignatius
1973	St. Ignatius	St. Ignatius
1974	St. Francis	St. Francis
1975	St. Ignatius	St. Francis
1976	St. Ignatius	St. Francis
1977	St. Ignatius	St. Francis
1978	St. Ignatius	Riordan
1979	St. Francis	St. Francis
1980	St. Francis	St. Francis
1981	St. Francis	Bellarmino-St. Francis
1982	Bellarmino	Bellarmino
1983	St. Francis	St. Ignatius
1984	St. Ignatius	Bellarmino
1985	Bellarmino-St. Ignatius	St. Ignatius
1986	Bellarmino	St. Ignatius
1987	Bellarmino	Bellarmino
1988	Bellarmino	Bellarmino
1989	Bellarmino	St. Ignatius & Serra
1990	Bellarmino	St. Ignatius
1991	St. Ignatius	Serra
1992	St. Ignatius	Bellarmino
1993	Bellarmino	St. Ignatius
1994	Bellarmino	St. Ignatius/St. Francis
1995	Bellarmino	St. Ignatius
1996	St. Ignatius	St. Ignatius
1997	St. Ignatius	St. Ignatius/St. Francis

# WCAL Championships Varsity Long Jump Prelims

MEET RECORD: 23'8 Jim Fregosi, Serra 1959



Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	1 sz	
1	1	379	Matt Katowski (11)	Bellarmino	17'00"	_____
1	2	80	Tony Ayala (11)	Riordan	17'03"	_____
1	3	140	DJ Jimenez (11)	Sacred Heart	17'06"	_____
1	4	143	Dacheng Shen (11)	Sacred Heart	17'08"	_____
1	5	377	Chris Bayne (11)	Bellarmino	18'06"	_____
1	6	74	Jarrett Jones (12)	Riordan	18'06"	_____
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2	1	206	Casey Morris (11)	Serra	18'09"	_____
2	2	269	Dave Cuccias (12)	St. Francis	19'00"	_____
2	3	335	Tassi Phodopoudios (11)	Mitty	19'04"	_____
2	4	215	Mike Oragovich (11)	Serra	19'07"	_____
2	5	268	Marco Sidella (11)	St. Francis	19'08"	_____
2	6	267	Rudy Medina (11)	St. Francis	19'10"	_____
2	7	330	Brandon Lee (11)	Mitty	19'10"	_____
2	8	266	Grant Mattos (11)	St. Francis	19'11"	_____
2	9	12	Anthony Devora (11)	St. Ignatius	19'11"	_____
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3	1	1	Chris Castro (12)	St. Ignatius	20'00"	_____
3	2	398	Martin Nguyen (12)	Bellarmino	20'00"	_____
3	3	332	Kevin May (10)	Mitty	20'03"	_____
3	4	24	John Carr (12)	St. Ignatius	20'04"	_____
3	5	213	John Darcy (12)	Serra	20'06"	_____
3	6	91	Darian Dauchan (12)	Riordan	20'07"	_____
3	7	397	Rod Theodule (11)	Bellarmino	20'07"	_____
3	8	186	Tedman Wong (12)	Serra	20'07"	_____
3	9	23	Roy Pimentel (12)	St. Ignatius	21'00"	_____
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4	1	22	Rob Poquez (11)	St. Ignatius	21'01"	_____
4	2	280	Tom Rees (12)	St. Francis	21'01"	_____
4	3	323	Khahan Daniels (12)	Mitty	21'04"	_____
4	4	198	Ruben Johnson (12)	Serra	21'05"	_____
4	5	321	Juane Armon (10)	Mitty	21'05"	_____
4	6	75	Anthony Pasion (12)	Riordan	21'07"	_____
4	7	278	Matt Lemos (10)	St. Francis	21'07"	_____
4	8	341	Mike Kelly (12)	Mitty	22'00"	_____
4	9	78	Donald Strickland (12)	Riordan	23'04"	_____

# WCAL Championships Soph-Frosh High Jump Prelims

MEET RECORD: 6'4 Dave Kniffin, Serra 1975



Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	1 552
1	342	Brian Sykes (10)	Bellarmino	5'00"	_____
2	289	Marchianne Armon (9)	Mitty	5'02"	_____
3	113	Marcos Gutierrez (10)	Riordan	5'04"	_____
4	103	Chis Magat (9)	Riordan	5'04"	_____
5	69	Peter Antonini (10)	St. Ignatius	5'04"	_____
6	179	Vivek Ganju (9)	Serra	5'04"	_____
7	54	Aaron Hines (9)	St. Ignatius	5'04"	_____
8	248	Ben Johnson (9)	St. Francis	5'06"	_____
9	376	Nate Boudreaux (10)	Bellarmino	5'06"	_____
10	120	Jermaine Sheppard (9)	Sacred Heart	5'06"	_____
11	310	Andy Hoover (10)	Mitty	5'06"	_____
12	105	Jaison Moore (9)	Riordan	5'08"	_____
13	166	Tony Martinelli (9)	Serra	5'08"	_____
14	52	Vincent Kirkpatrick (9)	St. Ignatius	5'10"	_____
15	228	Matt Chisam (9)	St. Francis	6'00"	_____

# WCAL Championships

## Soph-Frosh Pole Vault Finals

MEET RECORD: 12'0 Robert Costanza, Bellarmine 1975  
Jay Rapp, Bellarmine 1976

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	1 554
1	298	Andrew Cohan (9)	Mitty	07'00"	_____
2	318	Ronald Cantas (9)	Mitty	07'06"	_____
3	164	Kyle Lechleitner (9)	Serra	08'00"	_____
4	349	Matt Sanchez (9)	Bellarmino	08'00"	_____
5	347	Ben Readler (9)	Bellarmino	08'06"	_____
6	299	Andrew Mugsambul (9)	Mitty	08'06"	_____
7	157	Mark Valderama (10)	Serra	09'00"	_____
8	346	Andy Prah (10)	Bellarmino	09'00"	_____
9	64	Gabe Wu (9)	St. Ignatius	09'00"	_____
10	66	Matt Marty (9)	St. Ignatius	09'00"	_____
11	65	Ben Matranga (9)	St. Ignatius	09'00"	_____
12	183	Dan Johns (10)	Serra	09'06"	_____
13	174	Mike Carlisi (10)	Serra	09'06"	_____
14	348	Pierce Holstrom (9)	Bellarmino	09'06"	_____
15	253	Joe Malley (9)	St. Francis	10'00"	_____
16	63	O'Bryan Kenney (9)	St. Ignatius	10'00"	_____
17	101	Paul Lim (9)	Riordan	10'00"	_____
18	158	Jason Verbelli (10)	Serra	10'00"	_____
19	252	Jacob Heintz (9)	St. Francis	10'06"	_____
20	102	Anthony Maffei (9)	Riordan	10'06"	_____
21	251	Dan Hannig (10)	St. Francis	11'00"	_____
22	250	Blake Francis (10)	St. Francis	11'06"	_____
23	345	John Silva (10)	Bellarmino	11'06"	_____
24	249	Ryan Riley (10)	St. Francis	12'00"	_____

## WCAL Championships Soph-Frosh Triple Jump

MEET RECORD: 44'3.5 Jeff Rossman,  
Saint Francis 1980

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	6 2328
412		Tipeti Pains (10)	Riordan	41'07"	_____
168		Jeff Molumby (10)	Serra	40'02.5"	_____
342		Brian Sykes (10)	Bellarmino	39'08"	_____
414		Gary McNeill (10)	Riordan	39'07.5"	_____
105		Jaison Moore (9)	Riordan	39'06.5"	_____
343		Mark Trinidad (10)	Bellarmino	39'06"	_____
110		Mark Walker (9)	Riordan	38'04.5"	_____
162		Marcus Johnson (10)	Serra	38'04"	_____

## WCAL Championships Soph-Frosh Discus Finals

Event #: 71

MEET RECORD: 155'5 Craig Watkins,  
Mitty 1975

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	7 007
115		Jose Herrera (10)	Riordan	116'02"	_____
291		Chris Keith (9)	Mitty	115'06"	_____
70		Kelly Turbin (10)	St. Ignatius	115'06"	_____
290		Rollo Riverva (9)	Mitty	114'01"	_____
255		David Ambler (10)	St. Francis	113'09"	_____
71		Brian Gonzalez (10)	St. Ignatius	110'09"	_____
288		Eric Battiato (9)	Mitty	110'01"	_____
350		Jake Mossawir (10)	Bellarmino	109'11"	_____



# WCAL Championships Soph-Frosh Shot Put Prelims

MEET RECORD: 60'6.5 Craig Watkins, Mitty 1975



Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	1 556	
1	1	260	Yarrow Knauss (9)	St. Francis	31'02"	_____
1	2	97	Jerome Davidovich (9)	Riordan	34'02"	_____
1	3	173	Mark Allen (9)	Serra	34'07"	_____
1	4	258	Ben Hildebrand (9)	St. Francis	35'00"	_____
1	5	175	Mike Casteneda (9)	Serra	35'01"	_____
1	6	150	Pat Pennel (9)	Serra	35'08"	_____
1	7	352	Ryan Haggerty (10)	Bellarmino	36'06"	_____
1	8	73	Alan Bank (9)	St. Ignatius	37'04"	_____
1	9	165	Dan Malouf (9)	Serra	38'03"	_____
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2	1	109	Alex Vinokurov (9)	Riordan	38'06"	_____
2	2	72	Paul Gaetani (10)	St. Ignatius	39'06"	_____
2	3	170	Danilo Nagrampa (9)	Serra	39'07"	_____
2	4	256	Bill Murray (9)	St. Francis	39'09"	_____
2	5	351	Mike Trela (10)	Bellarmino	40'05"	_____
2	6	293	Josh Jennings (9)	Mitty	40'05"	_____
2	7	71	Brian Gonzalez (10)	St. Ignatius	40'06"	_____
2	8	289	Marchianne Armon (9)	Mitty	41'04"	_____
2	9	350	Jake Mossawir (10)	Bellarmino	41'07"	_____
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3	1	292	Sam Ramsey (9)	Mitty	41'10"	_____
3	2	290	Rollo Riverva (9)	Mitty	42'00"	_____
3	3	259	Pat Allison (9)	St. Francis	42'04"	_____
3	4	70	Kelly Turbin (10)	St. Ignatius	43'08"	_____
3	5	111	Nick Bianculli (10)	Riordan	44'05"	_____
3	6	126	Matt Joyner (9)	Sacred Heart	44'11"	_____
3	7	291	Chris Keith (9)	Mitty	45'00"	_____
3	8	254	Adrain Pena (10)	St. Francis	45'10"	_____
3	9	115	Jose Herrera (10)	Riordan	47'08"	_____

# WCAL Championships Varsity Discus Prelims

MEET RECORD: 173'3.5 Craig Watkins, Mitty 1977



Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	1 520	
1	1	245	Shaun Wilson (11)	St. Francis	094'00"	_____
1	2	84	Francisco Rivera (11)	Riordan	101'00"	_____
1	3	83	Nick Croano (11)	Riordan	102'06"	_____
1	4	201	Mike Lagarrigue (11)	Serra	104'06"	_____
1	5	207	Dustin Nagrampa (11)	Serra	107'07"	_____
1	6	211	Dan Brooks (11)	Serra	108'06"	_____
1	7	197	Mike Snyder (11)	Serra	110'04"	_____
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2	1	263	Mike Bligh (12)	St. Francis	112'05"	_____
2	2	264	Wayne Tow (11)	St. Francis	122'05"	_____
2	3	36	Ivan Jakic (11)	St. Ignatius	123'01"	_____
2	4	386	Jeff Banbury (11)	Bellarmino	124'01"	_____
2	5	93	Justin Dionida (12)	Riordan	125'07"	_____
2	6	37	Keith Wilkensen (12)	St. Ignatius	125'07"	_____
2	7	147	Ryan Cacanando (12)	Sacred Heart	127'10"	_____
2	8	384	Jeff Kiely (11)	Bellarmino	129'00"	_____
2	9	385	Justin Kendall (12)	Bellarmino	129'00"	_____
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3	1	77	Tim Shea (12)	Riordan	132'03"	_____
3	2	35	Aaron Barulich (12)	St. Ignatius	136'03"	_____
3	3	382	Derek Martinez (11)	Bellarmino	139'00"	_____
3	4	381	Christian Kurpiewski (11)	Bellarmino	139'11"	_____
3	5	34	Corey Fitzgibbon (11)	St. Ignatius	141'07"	_____
3	6	325	Ricky Esparza (10)	Mitty	142'04"	_____
3	7	148	Tony Miranda (11)	Sacred Heart	145'07"	_____
3	8	32	Igor Olshansky (10)	St. Ignatius	153'06"	_____
3	9	328	Jim Grassi (12)	Mitty	172'03"	_____

# WCAL Championships

## Soph-Frosh Long Jump Prelims

MEET RECORD: 21'4 Mike Banks, Serra 1972

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	<sup>2</sup> 1806
1	1	303	Richard Dinh (9)	Mitty	15'00"
1	2	68	Jason Chin (9)	St. Ignatius	16'08"
1	3	315	Jp Beato (10)	Mitty	17'00"
1	4	41	John Hurley (10)	St. Ignatius	17'00"
1	5	119	Davis Said (9)	Sacred Heart	17'00"
1	6	132	Mahmoud Larizadeh (10)	Sacred Heart	17'01"
1	7	231	Mike McDonald (10)	St. Francis	17'01"
2	1	118	Alex Kucich (9)	Sacred Heart	17'01"
2	2	69	Peter Antonini (10)	St. Ignatius	17'02"
2	3	156	Josh Urbiztondo (9)	Serra	17'03"
2	4	110	Mark Walker (9)	Riordan	17'06"
2	5	344	Brian McAllister (10)	Bellarmino	18'00"
2	6	376	Nate Boudreaux (10)	Bellarmino	18'00"
2	7	229	Terry Harada (9)	St. Francis	18'01"
2	8	127	Mo Arnaiz (10)	Sacred Heart	18'01"
3	1	152	Jordan Satrap (10)	Serra	18'01"
3	2	162	Marcus Johnson (10)	Serra	18'02"
3	3	235	Javi Lao (9)	St. Francis	18'03"
3	4	167	Ken Mattson (10)	Serra	18'03"
3	5	128	Joe Chui (9)	Sacred Heart	18'04"
3	6	105	Jaison Moore (9)	Riordan	18'06"
3	7	112	Lamar Davis (10)	Riordan	18'06"
3	8	412	Tipeti Paini (10)	Riordan	18'09"
4	1	311	Daniel Dongoines (10)	Mitty	19'02"
4	2	234	Chase Lyman (10)	St. Francis	19'02"
4	3	342	Brian Sykes (10)	Bellarmino	19'02"
4	4	67	John Scarpulla (10)	St. Ignatius	19'06"
4	5	38	Jerry Valera (10)	St. Ignatius	19'06"
4	6	343	Mark Trinidad (10)	Bellarmino	19'07"
4	7	230	Joe Raffetto (10)	St. Francis	19'10"
4	8	168	Jeff Molumby (10)	Serra	20'04"

# WCAL Championships Varsity Triple Jump Prelims

MEET RECORD: 47'11.5 Mike Haynes, Riordan 1975

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	1 532	
1	1	143	Dacheng Shen (11)	Sacred Heart	34'01"	_____
1	2	80	Tony Ayala (11)	Riordan	35'07"	_____
1	3	192	John Puts (11)	Serra	36'00"	_____
1	4	270	Jon Mitro (12)	St. Francis	36'00"	_____
1	5	189	Chris Papageorge (11)	Serra	36'02"	_____
1	6	31	Alex Lee (12)	St. Ignatius	37'03"	_____
1	7	30	Gifford Cheung (12)	St. Ignatius	37'06"	_____
1	8	396	Naseem Beauchamp (12)	Bellarmino	39'00"	_____
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2	1	184	Dietmar Wille-Grave (11)	Serra	39'01"	_____
2	2	266	Grant Mattos (11)	St. Francis	39'11"	_____
2	3	377	Chris Bayne (11)	Bellarmino	40'00"	_____
2	4	24	John Carr (12)	St. Ignatius	40'06"	_____
2	5	268	Marco Sidella (11)	St. Francis	40'06"	_____
2	6	75	Anthony Pasion (12)	Riordan	40'07"	_____
2	7	269	Dave Cuccias (12)	St. Francis	40'07"	_____
2	8	398	Martin Nguyen (12)	Bellarmino	40'10"	_____
2	9	22	Rob Poquez (11)	St. Ignatius	41'06"	_____
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3	1	23	Roy Pimentel (12)	St. Ignatius	41'09"	_____
3	2	330	Brandon Lee (11)	Mitty	41'11"	_____
3	3	333	Justin Nikbakhsh-Tali (12)	Mitty	41'11"	_____
3	4	213	John Darcy (12)	Serra	42'07"	_____
3	5	198	Ruben Johnson (12)	Serra	42'08"	_____
3	6	278	Matt Lemos (10)	St. Francis	43'03"	_____
3	7	321	Juane Armon (10)	Mitty	43'09"	_____
3	8	323	Khahan Daniels (12)	Mitty	43'10"	_____
3	9	332	Kevin May (10)	Mitty	45'07"	_____

# Varsity High Jump Prelims Results

MEET RECORD: 6'10 Matt Rice,  
Bellarmine 1988

Software by Track-on-a-Mac 707-538-5614 ©1990-96

5/6@11:11 PM

Flight	Place	Bib #	Name	Team	Meters	Time/Feet	Wind
1		378	Robert Douglass 11	Bellarmine	1.68	5'06"	
2		10	Lionel Metz 12	St. Ignatius	1.68	5'06"	
3		23	Roy Pimentel 12	St. Ignatius	1.68	5'06"	
4		88	Ed Washington 11	Riordan	1.68	5'06"	
5		338	Lars Shaw 11	Mitty	1.68	5'06"	
6		213	John Darcy 12	Serra	1.68	5'06"	
7		341	Mike Kelly 12	Mitty	1.68	5'06"	
8		74	Jarrett Jones 12	Riordan	1.63	5'04"	
9		82	Brandon Norris 11	Riordan	1.63	5'04"	
10		142	Ramon Jayme 12	Sacred Heart	1.63	5'04"	

## WCAL Championships Varsity Pole Vault Finals

MEET RECORD: 15'6 Tom Ryan, Bellarmine 1993



Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	82 <sup>1</sup>
1	275	Adam Yainger (12)	St. Francis	09'06"	_____
2	94	John Gathings (12)	Riordan	10'00"	_____
3	90	John-Paul Contador (12)	Riordan	10'00"	_____
4	273	Kyle Williams (11)	St. Francis	10'00"	_____
5	28	Jim Bonner (12)	St. Ignatius	10'00"	_____
6	274	Greg Bow (12)	St. Francis	10'00"	_____
7	29	Jake Hale (11)	St. Ignatius	10'00"	_____
8	190	Chris Parisis (11)	Serra	10'06"	_____
9	27	Nino Lazaro (12)	St. Ignatius	11'06"	_____
10	193	Steve Rigsbee (12)	Serra	11'06"	_____
11	272	Brian My (12)	St. Francis	12'00"	_____
12	271	Brian Denman (11)	St. Francis	13'00"	_____
13	380	Sean Fernandez (12)	Bellarmine	13'00"	_____
14	26	Max Lishansky (12)	St. Ignatius	13'06"	_____
15	333	Justin Nikbakhsh-Tali (12)	Mitty	13'06"	_____
16	202	Rick Lechleitner (12)	Serra	14'06"	_____
17	25	Jason Lueck (11)	St. Ignatius	14'06"	_____

# WCAL Championships Varsity Shot Put Finals

Event

MEET RECORD: 59'11.5 Gian Rossini,  
Saint Francis 1975

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Dist/Ht	<sup>7</sup> ∞∞
328		Jim Grassi (12)	Mitty	52'01.25"	_____
382		Derek Martinez (11)	Bellarmino	48'04.5"	_____
32		Igor Olshansky (10)	St. Ignatius	48'00.5"	_____
33		Eamon Allen (12)	St. Ignatius	45'11"	_____
383		Richie Alpers (11)	Bellarmino	44'09"	_____
325		Ricky Esparza (10)	Mitty	44'03"	_____
385		Justin Kendall (12)	Bellarmino	43'06"	_____
148		Tony Miranda (11)	Sacred Heart	42'10.25"	_____

# Varsity 4x100 Relay Finals

MEET RECORD: 42.3 RIORDAN 1987  
 R. Jackson, D. Benton  
 B. Flewellen, T. Miller

Software by Track-on-a-Mac 707-538-5614 ©1990-95

c: HT+.24=FAT

1  
509

Heat/Lane		Team	Names	Seed Time
Heat	Lane	Team	Names	Time
1	1	Sacred Heart	Luke Smith, Chris Zulaybar Tommy Lee, Ramon Jayme 138 139 141 142	47.74c
1	2	Riordan	Anthony Pasion, Donald Strickland Jose Rumayor, TBA 75 78 85	44.34c
1	3	St. Ignatius	Chris Castro, Brendt Spears Steve Lee, Chris Byrd 1 2 3 4	44.03
1	4	Mitty	Chase Harmer, Kevin May Terrence Williams, TBA 329 332 340	43.14c
1	5	St. Francis	Ronald Nunn, Mike Atkinson Tom Rees, TBA 276 277 280	43.54c
1	6	Bellarmino	Karam Gill, Steve Hege Eren Ebert, Cameron Payne Eddie Olivera 395 399 400 401 403	44.04c
1	7	Serra	Eric McKinley, Chris Neider Seamus Boyle, James Johnson 205 208 210 219	45.40

# WCAE Championships Soph-Frosh 4x100 Relay Finals

MEET RECORD: 44.74 SAINT FRANCIS 1997  
 R. Medina, B. Francis  
 S. Kaku, M. Atkinson

Software by Track-on-a-Mac 707-538-5614 ©1990-95

c: HT+.24=FAT

1  
544

Heat/Lane		Team	Names	Seed Time
Heat	Lane	Team	Names	Time
1	1	Riordan	Chis Magat, LuShaw Oliver Randy Sims, Mark Walker 103 106 108 110	46.12
1	2	Sacred Heart	Jermaine Sheppard, Mo Amaiz Charlie Jolivette, Jason Cacho 120 127 130 135	46.04c
1	3	St. Ignatius	Jerry Valera, Rob Kennedy Josh Borlaza, John Hurley 38 39 40 41	45.41
1	4	St. Francis	Bernard Thomas, Gil Fabian Pat Hamer, Chase Lyman 226 232 233 234	44.44c
1	5	Mitty	Eric Battiato, Jesse Boulton Ryan Schon, Ross Readie 288 307 308 309	44.84c
1	6	Bellarmino	Craig Macaraeg, Dwight Nakamitsu Tommy Fulcher, Thomas Mahoney 366 367 368 369	45.44c
1	7	Serra	Kyle Strongin, Ryan Woodman Creig Nakano, Brandon Colar 154 159 171 176	46.05

43.9

42.8

43.03



# WCAE Championships Varsity 1600 Meter Run Finals

MEET RECORD: 4:13.1 Brad Hansen,  
St. Ignatius 1996

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Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	<sup>1</sup> 456
1 1	281	Adam Tucker (12)	St. Francis	4:20.1	_____
1 2	5	Brendan Wells (12)	St. Ignatius	4:20.3	_____
1 3	406	Chris Knapp (12)	Bellarmino	4:22.7	_____
1 4	6	Neil McDonagh (10)	St. Ignatius	4:23.8	_____
1 5	7	Matt Chen (12)	St. Ignatius	4:24.1	_____
1 6	191	Adam Perez (12)	Serra	4:27.1	_____
1 7	407	Jeff Wilson (11)	Bellarmino	4:31.1	_____
1 8	283	Charles Darius (12)	St. Francis	4:38.0	_____
1 9	187	Jordan Woods (12)	Serra	4:39.1	_____
1 10	87	Francisco Uribe (11)	Riordan	4:42.0	_____
1 11	188	Chris Noriega (12)	Serra	4:43.1	_____
1 12	390	Chris Janke (11)	Bellarmino	4:43.2	_____
1 13	218	Bob Hansen (11)	Serra	4:47.3	_____
1 14	284	Brent Asborno (12)	St. Francis	4:49.0	_____
1 15	9	Alvin Chan (12)	St. Ignatius	4:49.0	_____
1 16	334	David Orozco (11)	Mitty	4:50.0	_____
1 17	322	Jason Crowley (11)	Mitty	4:50.0	_____
1 18	324	Chris Eaton (11)	Mitty	4:52.0	_____
1 19	217	Kevin Gurtiza (12)	Serra	4:52.2	_____
1 20	8	Mike Nowak (12)	St. Ignatius	4:53.0	_____
1 21	146	Vito Azzolino (11)	Sacred Heart	4:55.0	_____
1 22	286	Joe Keeler (11)	St. Francis	4:58.0	_____
1 23	392	Nate Stembeza (12)	Bellarmino	4:58.0	_____
1 24	389	Aaron Jacobson (11)	Bellarmino	5:04.0	_____
1 25	79	Tony Arzave (11)	Riordan	5:04.0	_____
1 26	76	Archie Rocillo (12)	Riordan	5:11.0	_____
1 27	285	Ivan Pehar (11)	St. Francis	5:11.0	_____
1 28	149	Joe Mankewitz (12)	Sacred Heart	5:16.0	_____

#  
2

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# WCAL Championships Soph-Frosh 1600 Meter Run Finals

MEET RECORD: 4:30.9c Stan Ross, Serra 1975



Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	531 <sup>1</sup>	
1	1	359	Neil Davis (9)	Bellarmino	04:31.3	_____
1	2	358	Daniel Galindo (10)	Bellarmino	04:38.0	_____
1	3	42	Brooks Hansen (9)	St. Ignatius	04:40.3	_____
1	4	312	Jim Doran (9)	Mitty	04:45.0	_____
1	5	241	Chris Allen (10)	St. Francis	04:48.0	_____
1	6	363	Mike Wueste (10)	Bellarmino	04:50.0	_____
1	7	121	Pat Moley (10)	Sacred Heart	04:51.0	_____
1	8	166	Tony Martinelli (9)	Serra	04:51.1	_____
1	9	44	Frank Verducci (10)	St. Ignatius	04:53.9	_____
1	10	43	Jason Boyce (10)	St. Ignatius	04:54.0	_____
1	11	364	Saneen Narang (9)	Bellarmino	04:58.0	_____
1	12	222	Jake Spangler (10)	St. Francis	04:59.0	_____
1	13	243	David Ribardo (10)	St. Francis	04:59.0	_____
1	14	220	Charles Bunting (10)	St. Francis	04:59.0	_____
1	15	163	Ryan Kaher (9)	Serra	05:00.9	_____
1	16	221	Derek Lapcevic (10)	St. Francis	05:08.0	_____
1	17	123	Karol Zeleski (9)	Sacred Heart	05:10.0	_____
1	18	301	Jon Boedicker (9)	Mitty	05:10.0	_____
1	19	306	Ernie Ramirez (10)	Mitty	05:10.0	_____
1	20	45	Ryan Joseph (9)	St. Ignatius	05:13.0	_____
1	21	124	Jason Marshall (9)	Sacred Heart	05:14.0	_____
1	22	313	Chris Chell (9)	Mitty	05:15.0	_____
1	23	122	Steve Mulry (10)	Sacred Heart	05:17.0	_____
1	24	114	Ben Hansell (10)	Riordan	05:19.0	_____
1	25	46	Pat Clifford (9)	St. Ignatius	05:20.0	_____
1	26	169	Luis Monterrey (9)	Serra	05:21.7	_____
1	27	151	David Rodriguez (9)	Serra	05:23.2	_____
1	28	100	Anton Igudesman (9)	Riordan	05:24.0	_____
1	29	98	Tony Gugliemino (9)	Riordan	05:29.0	_____
1	30	125	Sean Frost (10)	Sacred Heart	05:38.0	_____
1	31	295	Hovig Bayandorian (9)	Mitty	05:44.0	_____
1	32	360	Andrew Kwee (10)	Bellarmino	4:46..0	_____

# 2

# 1

# 65 Meter Hurdles Finals

MEET RECORD: 9.0 Clyde Lamont,  
Serra, 1971

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	2307
1 1	374	Eric Osti (10)	Bellarmino	09.91	_____
1 2	48	Ira Shaughnessy (10)	St. Ignatius	09.82	_____
1 3	168	Jeff Molumby (10)	Serra	09.65	_____
1 4	47	Nick Kopec (9)	St. Ignatius	09.55	_____
1 5	226	Bernard Thomas (10)	St. Francis	09.64	_____
1 6	233	Pat Hamer (9)	St. Francis	09.68	_____
1 7	228	Matt Chisam (9)	St. Francis	09.84	_____
1 8	227	Ian Kenworthy (10)	St. Francis	10.22	_____

## WCAL Championships Varsity 110 Meter Hurdles Finals

MEET RECORD: 14.5 Tom Shellworth,  
Bellarmino 1974

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	2302
1 1	85	Jose Rumayor (11)	Riordan	17.03	_____
1 2	266	Grant Mattos (11)	St. Francis	16.52	_____
1 3	209	Dominic Barbarbia (12)	Serra	15.68	_____
1 4	395	Karam Gill (11)	Bellarmino	15.32	_____
1 5	340	Terrence Williams (12)	Mitty	15.47	_____
1 6	91	Darian Dauchan (12)	Riordan	16.10	_____
1 7	10	Lionel Metz (12)	St. Ignatius	16.73	_____
1 8	195	Mark Santander (12)	Serra	17.14	_____

# WCAL Championships Varsity 400 Meter Dash Finals

MEET RECORD: 48.6c Mike Davidson,  
Saint Francis 1983

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	2020
1 1	321	Juane Armon (10)	Mitty	52.79	_____
1 2	11	John Garcia (11)	St. Ignatius	52.33	_____
1 3	403	Eddie Olivera (11)	Bellarmino	51.43	_____
1 4	329	Chase Harner (12)	Mitty	50.35	_____
1 5	404	Nick Cervantes (12)	Bellarmino	51.12	_____
1 6	280	Tom Rees (12)	St. Francis	52.00	_____
1 7	323	Khahan Daniels (12)	Mitty	52.46	_____

# WCAL Championships Soph-Frosh 400 Meter Dash Finals

MEET RECORD: 50.3c Lester Branson,  
Serra 1981

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 121
1 1	116	Philip Jackson (10)	Riordan	54.14	_____
1 2	308	Ryan Schon (9)	Mitty	53.93	_____
1 3	177	Jon Connet (9)	Serra	53.51	_____
1 4	51	Josh Harris (10)	St. Ignatius	52.92	_____
1 5	39	Rob Kennedy (10)	St. Ignatius	53.40	_____
1 6	176	Brandon Colar (10)	Serra	53.61	_____
1 7	310	Andy Hoover (10)	Mitty	53.93	_____

## Varsity 100 Meter Dash Finals

MEET RECORD: 10.7c Steve Firenze,  
Serra 1961

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 017
1 1	78	Donald Strickland (12)	Riordan	11.65 P	_____
1 2	277	Mike Atkinson (12)	St. Francis	11.23 APM	_____
1 3	3	Steve Lee (11)	St. Ignatius	11.51 P	_____
1 4	276	Ronald Nunn (10)	St. Francis	11.16 APM	_____
1 5	340	Terrence Williams (12)	Mitty	11.19 APM	_____
1 6	1	Chris Castro (12)	St. Ignatius	11.47 P	_____
1 7	332	Kevin May (10)	Mitty	11.61 P	_____
1 8	279	Shawn Kaku (11)	St. Francis	11.68 P	_____

## WCAL Championships Soph-Frosh 100 Meter Dash Finals

MEET RECORD: 11.26 Chris Byrd,  
Saint Ignatius 1997

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 029
1 1	307	Jesse Boulton (9)	Mitty	12.07	_____
1 2	366	Craig Macaraeg (10)	Bellarmino	11.64	_____
1 3	309	Ross Readie (9)	Mitty	11.99	_____
1 4	234	Chase Lyman (10)	St. Francis	11.63	_____
1 5	41	John Hurley (10)	St. Ignatius	11.68	_____
1 6	120	Jermaine Sheppard (9)	Sacred Heart	12.05	_____
1 7	40	Josh Borlaza (10)	St. Ignatius	12.06	_____
1 8	135	Jason Cacho (10)	Sacred Heart	12.07	_____

# WCAL Championships Varsity 800 Meter Run Finals

MEET RECORD: 1:53.2c Stan Ross,  
Serra 1977

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 101
	281	Adam Tucker (12)	St. Francis	1:58.16	_____
	406	Chris Knapp (12)	Bellarmino	2:00.20	_____
	5	Brendan Wells (12)	St. Ignatius	2:01.19	_____
	282	David Huss (10)	St. Francis	2:01.34	_____
	6	Neil McDonagh (10)	St. Ignatius	2:01.44	_____
	144	Louis Garrett (11)	Sacred Heart	2:03.09	_____
	188	Chris Noriega (12)	Serra	2:05.51	_____
	16	James Huddleston (11)	St. Ignatius	2:05.58	_____
	212	Rocardo Cano (12)	Serra	2:05.88	_____
	322	Jason Crowley (11)	Mitty	2:08.18	_____
	145	Doug Wong (11)	Sacred Heart	2:09.78	_____
	334	David Orozco (11)	Mitty	2:10.33	_____

# WCAL Championships Soph-Frosh 800 Meter Run Finals

MEET RECORD: 1:59.0c Rod Sellard,  
Bellarmino 1980

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 109
	358	Daniel Galindo (10)	Bellarmino	2:03.27	_____
	357	Paul Roge (10)	Bellarmino	2:03.81	_____
	241	Chris Allen (10)	St. Francis	2:04.53	_____
	355	Mario Andreozzi (10)	Bellarmino	2:05.87	_____
	354	David Pearle (10)	Bellarmino	2:06.19	_____
	359	Neil Davis (9)	Bellarmino	2:06.80	_____
	58	Paul Gonella (10)	St. Ignatius	2:07.16	_____
	166	Tony Martinelli (9)	Serra	2:07.99	_____
	42	Brooks Hansen (9)	St. Ignatius	2:08.20	_____
	317	Lucas Crowley (9)	Mitty	2:09.90	_____
	312	Jim Doran (9)	Mitty	2:10.33	_____
	243	David Ribardo (10)	St. Francis	2:14.05	_____

# Varsity 300 Meter Hurdles Prelims

MEET RECORD: 38.6 Mike Lodoen,  
Bellarmine 1987

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 145	
1	1	19	Joe Lordeaux (12)	St. Ignatius	42.67	_____
1	2	10	Lionel Metz (12)	St. Ignatius	42.53	_____
1	3	85	Jose Rumayor (11)	Riordan	41.58	_____
1	4	333	Justin Nikbakhsh-Tali (12)	Mitty	41.04c	_____
1	5	141	Tommy Lee (11)	Sacred Heart	41.54c	_____
1	6	209	Dominic Barbarbia (12)	Serra	41.70	_____
1	7	395	Karam Gill (11)	Bellarmino	42.54c	_____
<hr/>						
2	1	204	David Mattson (11)	Serra	48.25	_____
2	2	200	Kevin Kwon (11)	Serra	46.15	_____
2	3	331	David Matoza (11)	Mitty	44.54c	_____
2	4	266	Grant Mattos (11)	St. Francis	43.04c	_____
2	5	326	Jordan Fong (11)	Mitty	44.44c	_____
2	6	203	Ty Mancuso (11)	Serra	45.05	_____
2	7	195	Mark Santander (12)	Serra	46.60	_____

## WCAL Championships Soph-Frosh 300 Meter Hurdles Prelims

MEET RECORD: 40.1 Carl Broussard,  
Saint Francis 1977

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 147	
1	1	153	Dan Showalter (10)	Serra	45.75	_____
1	2	227	Ian Kenworthy (10)	St. Francis	43.74c	_____
1	3	48	Ira Shaughnessy (10)	St. Ignatius	43.40	_____
1	4	47	Nick Kopec (9)	St. Ignatius	42.63	_____
1	5	374	Eric Osti (10)	Bellarmino	43.04c	_____
1	6	413	Leo Peak (10)	Riordan	43.43	_____
1	7	311	Daniel Dongoines (10)	Mitty	44.24c	_____
<hr/>						
2	1	99	Daniel Howard (9)	Riordan	47.84c	_____
2	2	375	Anthony Ung (9)	Bellarmino	47.24c	_____
2	3	103	Chis Magat (9)	Riordan	46.44c	_____
2	4	315	Jp Beato (10)	Mitty	46.14c	_____
2	5	50	Greg Wood (10)	St. Ignatius	46.30	_____
2	6	228	Matt Chisam (9)	St. Francis	47.04c	_____
2	7	316	Omar Cachola (10)	Mitty	47.44c	_____
<hr/>						
3	1				_____	
3	2				_____	
3	3				_____	
3	4	229	Terry Harada (9)	St. Francis	49.24c	_____
3	5	314	Tom Lappurro (10)	Mitty	50.84c	_____
3	6				_____	
3	7				_____	

# WCAL Championships Varsity 200 Meter Dash Finals

MEET RECORD: 21.6 Tony Miller,  
Riordan 1987

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 131
1 1	11	John Garcia (11)	St. Ignatius	23.52	_____
1 2	3	Steve Lee (11)	St. Ignatius	23.20	_____
1 3	280	Tom Rees (12)	St. Francis	23.11	_____
1 4	276	Ronald Nunn (10)	St. Francis	22.48	_____
1 5	277	Mike Atkinson (12)	St. Francis	22.79	_____
1 6	340	Terrence Williams (12)	Mitty	22.66	_____
1 7	1	Chris Castro (12)	St. Ignatius	23.31	_____

# WCAL Championships Soph-Frosh 200 Meter Dash Finals

MEET RECORD: 22.5c Gilbert Pacaldo,  
Saint Ignatius 1977

Software by Track-on-a-Mac 707-538-5614 ©1990-95 c: HT+.24=FAT

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	7 141
1 1	39	Rob Kennedy (10)	St. Ignatius	24.43	_____
1 2	308	Ryan Schon (9)	Mitty	24.34	_____
1 3	41	John Hurley (10)	St. Ignatius	23.79	_____
1 4	116	Philip Jackson (10)	Riordan	23.41	_____
1 5	177	Jon Connet (9)	Serra	23.77	_____
1 6	366	Craig Macaraeg (10)	Bellarmine	24.14	_____
1 7	309	Ross Readie (9)	Mitty	24.12	_____



# WCAL Championships Varsity 3200 Meter Run Finals

MEET RECORD: 9:14.9c Chris Paredes  
Bellarmine 1981

Software by Track-on-a-Mac 707-538-5614 ©1990-95

Heat/Lane Flight/Order	Bib No.	Name	Team	Seed Time	2 1555	
1	1	5	Brendan Wells (12)	St. Ignatius	09:25.1	_____
1	2	191	Adam Perez (12)	Serra	09:27.2	_____
1	3	6	Neil McDonagh (10)	St. Ignatius	09:28.1	_____
1	4	7	Matt Chen (12)	St. Ignatius	09:43.0	_____
1	5	408	Omar Hart (11)	Bellarmino	09:45.0	_____
1	6	337	Booker Tynes (11)	Mitty	09:46.0	_____
1	7	287	Dan Chaves (11)	St. Francis	09:49.0	_____
1	8	187	Jordan Woods (12)	Serra	09:55.1	_____
1	9	410	Kevin Brown (11)	Bellarmino	09:58.0	_____
1	10	336	JT Service (11)	Mitty	10:05.0	_____
1	11	87	Francisco Uribe (11)	Riordan	10:06.0	_____
1	12	283	Charles Darius (12)	St. Francis	10:08.0	_____
1	13	409	Justin Neems (12)	Bellarmino	10:10.0	_____
1	14	21	Luke Swartz (12)	St. Ignatius	10:13.6	_____
1	15	20	Mario Tomasich (11)	St. Ignatius	10:19.2	_____
1	16	388	Mike Nolan (12)	Bellarmino	10:20.0	_____
1	17	145	Doug Wong (11)	Sacred Heart	10:21.0	_____
1	18	320	Andrew Amador (11)	Mitty	10:40.0	_____
1	19	218	Bob Hansen (11)	Serra	10:41.2	_____
1	20	79	Tony Arzave (11)	Riordan	10:44.0	_____
1	21	265	Derek Falconer (11)	St. Francis	10:45.0	_____
1	22	394	Sean Moore (11)	Bellarmino	10:50.0	_____
1	23	319	Shayan Alam (11)	Mitty	10:55.0	_____
1	24	286	Joe Keeler (11)	St. Francis	11:00.0	_____
1	25	214	Alex Dietrich (11)	Serra	11:47.2	_____
1	26	196	Shobier Shobieri (11)	Serra	12:25.9	_____

# WCAL Championships Varsity 4x400m Relay Finals

MEET RECORD: 3:21.98 BELLARMINE 1981  
J. Pine, D. Lutes  
G. Magpayo, B. Saunders

Software by Track-on-a-Mac 707-538-5614 ©1990-95

c: HT+.24=FAT

521<sup>1</sup>

Heat/Lane		Team	Names	Seed Time
Heat	Lane	Team	Names	Time
1	1	Riordan	Donald Strickland, Jose Rumayor Francisco Uribe, Nick Barsetti 78 85 87 89	3:42.2
1	2	Serra	Chris Noriega, Chris Neider Rocardo Cano, James Johnson 188 208 212 219	3:33.6
1	3	St. Ignatius	Brendt Spears, Steve Lee Neil McDonagh, John Garcia 2 3 6 11	3:29.7
1	4	St. Francis	Mike Atkinson, Tom Rees Adam Tucker, TBA 277 280 281	3:25.0
1	5	Mitty	Juane Armon, Khahan Daniels Chase Harmer, Justin Nikbakhsh-Tali 321 323 329 333	3:25.27
1	6	Bellarmino	Eren Ebert, Eddie Olivera Nick Cervantes, Chris Knapp 400 403 404 406	3:30.0
1	7	Sacred Heart	Luke Smith, Chris Zulaybar Tommy Lee, Louis Garrett 138 139 141 144	3:41.0