

WEST CATHOLIC ATHLETIC LEAGUE
VARSITY AND FROSH/SOPH
TRACK SCHEDULE
1989



WEDNESDAY - MARCH 15

Riordan at Bellarmine
Mitty at Serra
Sacred Heart at St. Ignatius
St. Francis - Bye

WEDNESDAY - MARCH 22

Riordan at Mitty
Sacred Heart at Bellarmine
St. Ignatius at St. Francis
Serra - Bye

WEDNESDAY - APRIL 5

St. Ignatius at Riordan
Serra at Bellarmine
Mitty at St. Francis
Sacred Heart - Bye

WEDNESDAY - APRIL 12

St. Francis at Riordan
St. Ignatius at Serra
Sacred Heart at Mitty
Bellarmine - Bye

WEDNESDAY - APRIL 19

Sacred Heart at Riordan
Bellarmine at Mitty
Serra at St. Francis
St. Ignatius - Bye

WEDNESDAY - APRIL 26

Sacred Heart at Serra
St. Francis at Bellarmine
Mitty at St. Ignatius
Riordan - Bye

WEDNESDAY - MAY 3

Serra at Riordan
Bellarmine at St. Ignatius
Sacred Heart at St. Francis
Mitty - Bye

WCAL TRIALS - May 10th at Serra
WCAL FINALS - May 13th at Serra
REGION I - May 17th & 19th
CCS FINALS - May 26th
STATE MEET - June 2nd & 3rd

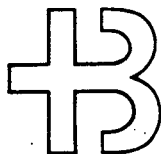
Starting Time
3:15 p.m.

Approved: June 1, 1988
Ed Fennelly, Commissioner

BELLARMINE TRACK 1989

Varsity and Frosh/Soph

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Time</u>
Feb. 24	Moreau	Bellarmino	3:00 p.m.
March 3	Mt. Pleasant	Bellarmino	3:00 p.m.
March 11	Moreau Invitational	Chabot College	9:00 a.m.
<i>? Mar 14th</i> March 15	Riordan	Bellarmino	3:15 p.m.
March 18	K-Bell Invitational	Los Gatos H.S.	9:00 a.m.
March 21	Rio Linda Invitational	Sacramento	9:00 a.m.
March 22	Sacred Heart	Bellarmino	3:15 p.m.
March 24-25	Stanford Invitational	Stanford	9:00 a.m.
March 25	WCAL Frosh Meet	St. Ignatius	9:00 a.m.
April 1	Foothill Invitational	Foothill College	9:00 a.m.
April 5	Serra	Bellarmino	3:15 p.m.
April 8	Arcadia Invitational	Arcadia	4:00 p.m.
April 15	Frosh/Soph Classic	Los Gatos H.S.	4:00 p.m.
April 15	Bruce Jenner Invitational	S.J.C.C.	9:00 a.m.
April 19	Mitty	Mitty	3:15 p.m.
April 22	West Valley Relays	West Valley	9:00 a.m.
April 26	St. Francis	Bellarmino	3:15 p.m.
April 29	CCS Top 8	Los Gatos H.S.	4:00 p.m.
May 3	St. Ignatius	St. Ignatius	3:15 p.m.
May 10	WCAL Trials	Serra	2:30 p.m.
May 13	WCAL Finals	Serra	10:00 a.m.
May 17	Region I Trials	S.F. State	2:00 p.m.
May 19	Region I Finals	S.F. State	2:00 p.m.
May 25	CCS Finals	S.J.C.C.	4:00 p.m.
June 2-3	State Meet	Cerritos College	10:00 a.m.



BELLARMINE COLLEGE PREPARATORY

Jesuit Education Since 1851



BELLARMINE TRACK AND FIELD RECORD

YEAR	OVERALL	WCAL	LEAGUE FINALS	CCS
1988	10-0	6-0	1ST	5TH
1987	10-0	6-0	1ST	3RD
1986	10-0	6-0	1ST	9TH
1985	9-1	5-1	1ST	8TH
1984	8-2	4-2	1ST	9TH
1983	7-3	3-3	2ND	10TH
1982	10-0	6-0	1ST	6TH
	64-6	36-6		

STATE MEET QUALIFIERS

1988	MILE HJ	QUICHE RUBALCAVA DAVE SVEC	4:21.7 6'7"	
1987	110HH DISCUS MILE	MIKE LODEON NICK WHITE SCOTT ROBINSON	14.2 178'6" 4:07.9	STATE CHAMP
1986	TWO M. 400 R	MARK CALLON GREG DRUEHL RICK CACCIA GWYNN VILLEGAS JEFF SUNDQUIST	9:07.2 42.1	
1985	100 M	JEFF SUNDQUIST	10.65	
1984	800 M	KEITH ALLEN	1:51.9	6TH STATE
1983	800 M	ROD SELLARD	1:55.1	
1982	800 M MILE	ROD SELLARD TASOS CONSTANTINE	1:55.4 4:20.9	

1988 TRACK AND FIELD OUTLOOK

COMPETITION IN THE WCAL APPEARS TO BE VERY TOUGH ONCE AGAIN WITH THE BELLS, ST FRANCIS AND RIORDAN EXPECTED TO FIGHT IT OUT FOR THE LEAGUE TITLE. THE LANCERS HAVE OUTSTANDING DISTANCE RUNNERS, THE FINEST POLE VAULTERS IN THE WCAL AND EXCEPTIONAL YOUNG MEN IN THE HURDLE RACES. RIORDAN IS AGAIN DEEP IN THE 400 AND 200. THE OTHER DEEP AREA FOR THIS FINE TEAM FROM SAN FRANCISCO IS IN THE AREA OF THE JUMPS. ALSO RIORDAN HAS THE ABILITY TO SCORE WELL IN THE WEIGHT EVENTS. THE BELLS HAVE A FINE CORE OF DISTANCE RUNNERS FROM THEIR CCS CHAMPIONSHIP SQAUD. THE BELLS HAVE SOME FINE COMPETITORS IN THE THE WEIGHTS, JUMPS, SPRINTS AND IN THE HURDLE RACES. NEVER COUNT THE WILDCATS OF ST. IGNATIUS OUT AS THEY ARE ALWAYS IN THE HUNT FOR A WCAL TITLE. MITTY IS ALSO A STRONG POINT GETTER AND THEY ALONG WITH THE IRISH OF SACRED HEART WILL CONTEND IN THE 1989 SEASON.

THE BELLS ARE LED BY STATE MEET HIGH JUMP QUALIFIER DAVE SVEC WHO HAS JUMPED 6'7". THE BELLS ARE ALSO FORTUNATE TO HAVE GREG WALKER BACK IN THE HIGH JUMP. GREG SET A WCAL AND SCHOOL RECORD IN THE HIGH JUMP LAST YEAR OF 6'8". ALSO IN THE HIGH JUMP IS CCS QUALIFIER DAN DALZUCHIO (6'2"), DARREN HUGHES (6'2"), DAVE JOHNSON (6'0"), AND THE FINE FROSH SOPH JUMPER MATT RICE (6'0"). THE WEIGHTS ARE ALSO AN AREA OF DEPTH. THE WEIGHTMEN ARE LED BY SEVENTH PLACE FINISHER IN THE CCS KEVIN MCMAHON (51'9", 155'1"), JUNIOR BRAD BOWERS (49'1", 140'1"), SONGHOOD CHOY (48'10") AND JUNIOR DAVE POPEJOY (45', 133'1"). THE OTHER FIELD EVENTS ARE THE JUMPS AND THE TEAM LEADERS IN THIS AREA ARE DESTAH OWEN (43'7"), TIM BAXTER (20'6", 43'2"), KEN JUNI (20'0", 43'1") AND MIKE MILES (20'2"). ANOTHER STRONG EVENT IS THE HURDLES. THE TEAM LEADERS ARE CCS QUALIFIER MARC ASHTON (40.3), FROSH/SOPH, RECORD HOLDER TIM BAXTER (40.2), JUNIOR GEORGE CASEY (41.4), AND SENIOR JIM PAK (41.1). THE SPRINTERS ARE LED BY NICK STOJANOVIC (11.0, 22.8), J.P HEINRICH (11.4, 21'6"), TODD TERESI (11.3, 23.0), GUS HSU (11.3, 23.6), AL LICLICAN (11.6, 23.6). THE MIDDLE DISTANCE AND THE DISTANCE ARE LED BY CCS FINALIST ED ENGLER (49.6, 155.1,), DESTAH OWENS (51.1), REX GOULDING (53.1), MATT WALKER (52.8), CHRIS MOSCHELLA (53.7, 1:59.1), JUAN PLACSENCIA (2:02, 4:35, 9:56), PETER FISHER (4:33, 9:40), MIKE GRAVES (4:32, 9:53), STEVE MILLS (9:55), TIM COULTER (4:34, 9:57), RONAN O'FLAHERTY (10.04), RYAN FITZGELALD (10:15), DAN ZOLDAK (9:59).

THIS IS ONE OF THE FINEST SQUADS THE BELLS HAVE FIELDDED AND THE COACHING STAFF WISHES THEM WELL THIS SEASON.

THE TOP RETURNING SENIORS AND JUNIORS ON THE 1989 TEAM ARE INCLUDED IN THE FOLLOWING INFORMATION. THE INFORMATION INCLUDES EVENT, THE JUNIOR HIGH ATTENDED AND COLLEGE FOR NEXT YEAR.

MARC ASHTON	12	PETER DEHN	11
ST CHRISTOPHER		NATIVITY	
U.C. SANTA BARBARA		ONE MILE	4:50.0
400 METERS	52.8	TWO MILE	10:20.0
300 IH	40.3*		
		NICK DRYDEN	12
TIM BAXTER	11	ST. JOSEPH (FREMONT)	
BRET HARTE		GONZAGA	
110 HH	16.8	POLE VAULT	10'6"
330 IH	40.2		
LONG JUMP	20'4 "	TONY ELIAS	11
TRIPLE JUMP	43'2 "	RANCHO MILPITAS	
		POLE VAULT	8'6"
BRAD BOWERS	11		
QUIMBY OAKS		ED ENGLER	12
SHOT PUT	49'1"	BERNAL	
DISCUS	140'1"	U.C. SANTA BARBARA	
		400	50.1
TOM CARY	12	800	1:55.1*
ST. VICTOR		1500	4:07.6
CAL-POLY		TWO MILE	9:52.8
POLE VAULT	10'6"		
		PETER FISHER	12
GEORGE CASEY	11	SACRED HEART (SARATOGA)	
BERNAL		U.C. DAVIS	
400 METERS	53.7	MILE	4:33.0
300 IH	41.3	TWO MILE	9:40.0
SONGHOO CHOI	12	RYAN FITZGERALD	11
CASTILLERO		SACRED HEART (SARATOGA)	
CALIFORNIA		TWO MILE	10:15.0
SHOT PUT	48'10"		
		TOM FITZPATRICK	11
TIM CHOY	12	ST MATTHEW (SAN MATEO)	
ST. ANDREWS		MILE	4:57
PRINCETON		TWO MILE	10:47
110 HH	16.9		
300 IH	44.3	MIKE GRAVES	12
		IDA PRICE	
TIM COULTER	11	U.C. SANTA BARBARA	
ST. CHRISTOPHER		MILE	4:32.0
MILE	4:34.0	TWO MILE	9:53.0
TWO MILE	9:57.0		
		REX GOULDING	11
DAN DALZUCHIO	12	ST. SIMON	
IDA PRICE		400	53.4
HIGH JUMP	6'2"	LONG JUMP	19'2"

J.P. HEINRICH	12	KEVIN MCMAHON	11
ST ANDREWS		ST CHRISTOPHER	
U.C. DAVIS		SHOT PUT	51'9"
LONG JUMP	21'6"	DISCUS	1:55.1*
		HAMMER	156'1"
GUS HSU	11	MIKE MILES	12
BRET HARTE		LONG JUMP	20'3"
100	11.3	TRIPLE JUMP	40'
200	23.6		
LONG JUMP	18'6"	STEVE MILLS	12
		ST JUSTIN	
DARREN HUGHES	12	CAL-POLY	
ST ANDREWS		ONE MILE	4:45
UCLA		TWO MILE	9:55
HIGH JUMP	6'2"		
		ERIC MORRIS	12
JASON IVERSON	11	HOPKINS	
CARDEN EL ENCANTE		GEORGETOWN	
SHOT PUT	41'	DISCUS	134'
DISCUS	100'		
		CHRIS MOSCHELLA	11
DAVE JOHNSON	12	HARKER	
HIGH JUMP	6'	400	53.3
		800	1:59.1
KEN JUNI	12	ONE MILE	4:43.0
LONG JUMP	20'	TWO MILE	10:14.0
TRIPLE JUMP	43'3"		
		MIKE MECKL	11
ED LEE	11	ST MATTHEW (SAN MATEO)	
HOLY SPIRIT		100	11.9
POLE VAULT	10'6"	200	23.9
HARRY LEEMAN	11	JOHN MURPHY	11
ST ANDREWS		800	2:04.3
POLE VAULT	10'		
		SCOTT O'BRIEN	11
AL LICLICAN	11	ST JOSEPH	
ST VICTOR		MILE	4:56.0
100	11.4	TWO MILE	10:30.0
200	23.7		
		RONAN O'FLAHERTY	11
MARC LIEBERMANN	12	ST JUSTIN	
TWO MILE	10:13	ONE MILE	4:43.0
		TWO MILE	10:04.0
JEFF LITTLE	12		
BERNAL		DESTAH OWENS	11
U.C. DAVIS		HERMAN	
POLE VAULT	9'0	400 METERS	51.1 *
		TRIPLE JUMP	43'7"
DAVE LOFTUS	11		
SIERRAMONTE			
TWO MILE	10:48		

JOHN OWENS	12	DAVE SVEC	12
HARKER		HILLBROOK	
HARVARD		UCLA	
SHOT PUT	40'3"	HIGH JUMP	6'7"***
DISCUS	117'3"		
		TODD TERESI	11
JIM PAK	12	ST MARY	
SIERRAMONTE		100 METERS	11.3
UCLA		200 METERS	23.0
110 HH	16.8		
330 IH	41.2	MIKE VITARELLI	11
		SHOT PUT	37'0"
JUAN PLASCENCIA	12		
AMHERST		CONAL WILMOT	11
800 METERS	2:02.2	UNION	
ONE MILE	4:35.0	ONE MILE	5:05.0
TWO MILE	9:56.0	TWO MILE	11:08.0
DAVE POPEJOY		DAN ZOLDAK	11
SHOT PUT	45'5"	ST PATRICK	
DISCUS	137'7"	ONE MILE	4:38.0
		TWO MILE	9:59.0
MIKE PRINTY	11		
BOREL		LARRY CAO	12
POLE VAULT	10'6"	FIVE WOUNDS	
		LONG JUMP	18'0"
MATT RICE	11	TRIPLE JUMP	38'8"
HERMAN			
HIGH JUMP	6'0		
TRIPLE JUMP	39'9"		
BLAINE ROGERS	12		
PINEWOOD			
DUKE			
800 METERS	2:06.0		
ONE MILE	4:45.0		
TWO MILE	10:17.0		
CENEK RUBALCAVA	11		
APTOS JUN. HI.			
ONE MILE	4:55.0		
TWO MILE	10:58.0		
E. J. SARRAILLE	11		
ST RAYMOND			
MILE	4:55.0		
TWO MILE	10:36.0		
NICK STOJANOVIC	12		
HARKER			
ST MARY'S			
100 METERS	11.0		
200 METERS	22.8		

* CCS PARTICIPANT 1988
 ** STATE MEET QUALIFIER

BELLARMINE TRACK AND FIELD RECORDS

100 METERS	JEFF SUNDQUIST	10:56	1986
200 METERS	MIKE BOUDREAU	21.60	1966
	JEFF SUNDQUIST	21.60	1986
400 METERS	MIKE DAVIDSON	49.20	1982
800 METERS	KEITH ALLEN	1:51.9	1984
1500 METERS	SCOTT ROBINSON	3:52.6	1987
1600 METERS	SCOTT ROBINSON	4:07.9	1987
3200 METERS	MARK CALLON	9:07.2	1986
110 HH	MARK LODEON	14.2	1987
300 IH	MARK LODEON	37.9	1987
400 RELAY	GREG DRUEHL		
	GWYNN VILLEGAS		
	RICK CACCIA		
	JEFF SUNDQUIST	42.1	1986
MILE RELAY	DAVE MCCOY		
	DESTAH OWENS		
	ED ENGLER		
	JOHN MCCLENAHAN	3:22.6	1988
LONG JUMP	TERRY DUNCAN	23'1"	1982
TRIPLE JUMP	MIKE DIEFENBACH	44'11"	1981
HIGH JUMP	GREG WALKER	6'8"	1988
POLE VAULT	KEVIN BRYAN	14'6"	1975
SHOT PUT	PAT MURPHY	56'6"	1966
DISCUS	NICK WHITE	178'6"	1987
TWO MILE RELAY	ROD SELLARD		
	BOB PAGE		
	CHRIS PARADES		
	BRENDAN SAUNDERS	7:54.1	1981
4 MILE RELAY	SCOTT ROBINSON		
	IAN CHAMPENY		
	TORRE PENA		
	MARK CALLON	17:53.0	1986
8 MILE RELAY	IAN CHAMPENY		
	TORRE PENA		
	ANDY ZOLDAK		
	QUICHE RUBALCAVA	37:52	1987
HIGH HURDLE REL.	MIKE STONEHOCKER		
	JIM HINCKLEY		
	MATT CARNAHAN		
	MIKE LODEON	61.7	1986
SPRINT MED REL.	MIKE DAVIDSON		
	JEFF PINE		
	TERRY DUNCAN		
	TASOS CONSTANTINE	3:32.2	1982
DISTANCE MED.	JOHN MCCLENAHAN		
	TORRE PENA		
	IAN CHAMPENY		
	SCOTT ROBINSON	10:22.1	1987

BELLARMINE SOPH/FROSH RECORDS

100 METERS	JEFF SUNDQUIST	11.0	1984
200 METERS	KEITH TAYLOR	22.6	1973
400 METERS	MIKE DAVIDSON	49.2	1982
800 METERS	ROD SELLARD	1:55.1	1981
1500 METERS	IAN CHAMPENY	4:01.2	1986
1600 METERS	IAN CHAMPENY	4:21.2	1986
3200 METERS	ROD SELLARD	9:34.4	1981
65 HIGH HURDLES	RICH CACCIA	9.1	1984
300 INTERMED. HUR.	TIM BAXTER	40.2	1988
LONG JUMP	MIKE DIEFENBACH	21'4"	1979
TRIPLE JUMP	DESTAH OWENS	43'7"	1988
HIGH JUMP	DAVE SVEC	6'5"	1987
POLE VAULT	JAY RAPP	12'7"	1976
SHOT PUT	JOHN ZELINSKAS	56'10"	1985
DISCUS	KEVIN MCMAHON	155'1"	1988
400 METER RELAY	MATT RICE, REX GOULDING, GUS HSU, TODD TERESI	44.4	1988
MILE RELAY	BILL LIM, MIKE DAVIDSON, ROB COLLIER, CHRIS SPURLOCK	3:33.4	1981
2 MILE RELAY	CHRIS SPURLOCK, GAR MOSS, BILL BARRY, ROD SELLARD	8:15.0	1981
HIGH HUR RELAY	TODD LOCICERO, JOHN HOGE, JIM WALHER, BIFF BROWN	38.7	1982
LOW HUR RELAY	TODD LOCICERO	44.8	1982
SPRINT RELAY	JEFF PINE, BILL LIM, RAY DOUGLAS, ROD SELLARD	3:45.1	1981
DISTANCE MED REL.	ROD SELLARD, CHRIS SPURLOCK, JEFF PINE, SHAWN AYERS	10:51.1	1981

BELLARMINE TRACK 1989

Varsity and Frosh/Soph

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Feb. 24	Moreau	Bellarmino	3:00 p.m.
March 3	Mt. Pleasant	Bellarmino	3:00 p.m.
March 11	Moreau Invitational	Chabot College	9:00 a.m.
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March 18	K-Bell Invitational	Los Gatos H.S.	9:00 a.m.
March 21	Rio Linda Invitational	Sacramento	9:00 a.m.
March 22	Sacred Heart	Bellarmino	3:15 p.m.
March 24-25	Stanford Invitational	Stanford	9:00 a.m.
March 25	WCAL Frosh Meet	St. Ignatius	9:00 a.m.
April 1	Foothill Invitational	Foothill College	9:00 a.m.
April 5	Serra	Bellarmino	3:15 p.m.
April 8	Arcadia Invitational	Arcadia	4:00 p.m.
April 15	Frosh/Soph Classic	Los Gatos H.S.	4:00 p.m.
April 15	Bruce Jenner Invitational	S.J.C.C.	9:00 a.m.
April 19	Mitty	Mitty	3:15 p.m.
April 22	West Valley Relays	West Valley	9:00 a.m.
April 26	St. Francis	Bellarmino	3:15 p.m.
April 29	CCS Top 8	Los Gatos H.S.	4:00 p.m.
May 3	St. Ignatius	St. Ignatius	3:15 p.m.
May 10	WCAL Trials	Serra	2:30 p.m.
May 13	WCAL Finals	Serra	10:00 a.m.
May 17	Region I Trials	S.F. State	2:00 p.m.
May 19	Region I Finals	S.F. State	2:00 p.m.
May 25	CCS Finals	S.J.C.C.	4:00 p.m.
June 2-3	State Meet	Cerritos College	10:00 a.m.

Serra High School

451 WEST 20TH AVENUE • SAN MATEO, CALIFORNIA 94403 • (415) 345-8207

Final Edition 1989 TRACK AND FIELD SCHEDULE Revised
Varsity, Girls, Frosh/Soph 2/12/89

Day	Date	Meet	Time	Place
Sat	Feb 11	Accutrack Clinic	9:00 AM	Serra
Wed	Mar 1	Moreau (Scrimmage)	3:00 PM	Serra
Sat	Mar 4	Alumni Meet	10:30 AM	Serra
Wed	Mar 8	Aragon;Jefferson	3:15 PM	Serra
Sat	Mar 11	Peninsula Relays	9:00 AM	Jefferson
Wed	Mar 15	Mitty V,F/S	3:15 PM	Serra
Thu	Mar 16	GPSL meet G	3:30 PM	Serra
Sat	Mar 18	San Mateo City Meet	10:00 AM	Serra
Fri	Mar 24	Stanford Inv.	TBA	Stanford
Sat	Mar 25	Stanford Inv	TBA	Stanford
Sat	Mar 25	WCAL Frosh Inv.	9:00 AM	S. I.
Tue	Mar 28	Bay Area Pentatholon	9:00 AM	Mills
Fri	Mar 31	Fresno Bee Games	12:00 PM	Redcliff
Sat	Apr 1	St Francis/Foothill Inv	TBA	Foothill
Wed	Apr 5	Bellarmine	3:15 PM	Bell.
Thu	Apr 6	GPSL meet G	3:30 PM	Serra
Sat	Apr 8	Gilroy Inv	9:00 AM	Gilroy
Sat	Apr 8	Arcadia Inv	10:00 AM	Arcadia
Wed	Apr 12	St Ignatius V, F/S	3:15 PM	Serra
Sat	Apr 15	CCS F/S Inv	10:00 AM	Los Gatos
Wed	Apr 19	St Francis V, F/S	3:15 PM	St F.
Sat	Apr 22	San Mateo County Top 7	10:00AM	Serra
Wed	Apr 26	Sacred Heart V, F/S	3:15 PM	Serra
Sat	Apr 29	CCS Top 8 Inv	4:00 PM	Los Gatos
Wed	May 3	Riordan V, F/S	3:15 PM	Riordan
Wed	May 10	WCAL Trials V, F/S	3:15 PM	Serra
Sat	May 13	WCAL Finals V, F/S	11:00 AM	Serra
Wed	May 17	Region I Trials V,G	3:00 PM	CSM
Fri	May 19	Region I Finals	3:00 PM	CSM
Thu	May 25	CCS Finals V, G	1:00 PM	SJCC
Fri	Jun 2	CIF State Meet Trials	4:00 PM	Cerritos
Sat	Jun 3	CIF State Meet Finals	6:00 PM	Cerritos
Sat	Jun 11	KofC 10K Run	8:00 AM	HMB

Principal: Mr. Michael Peterson
 President: Rev. Stephen Howell
 Athletic Dir: Mr. Kevin Donahue
 Head Coach: Mr. Rick Fambrini
 Asst Coaches: Jim Coe, Keith Stapleton, Dave Sugar
 Mercy Coach: Miss Kelli Young
 Notre Dame Ch Mr. John Braucher

Serra High School

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February 27, 1989

TO; High School Sports Editor
FROM; Rick Fambrini, Head Track Coach
SUBJECT: 1989 Track Schedule and Team Roster

1. Enclosed is this year's track and field schedule. We open our season on Wednesday against Moreau. It will be a non-scoring meet because Moreau has a meet limitation regulation in the NCS. Meet results will be available, however.

2. As you can see, our roster is very large this year. As of this date there are 161 athletes signed up for the team. Some of the athletes are still with the basketball and wrestling programs. In addition to the Serra athletes we have approximately 40 girls from Mercy High School, Burlingame and 45 girls from Notre Dame High School, Belmont working out with us. Miss Kelli Young is the Mercy coach and coaches the sprinters of the combined teams. Mr. John Braucher, a Serra teacher and football coach, is the Notre Dame coach and coaches the hurdlers of the combined teams. Jim Coe, Serra Assistant, coaches the middle and long distances. The Jumps are coached by Keith Stapleton of Serra. Dave Sugar of Serra is the weight coach. Rick Fambrini is the Serra Head Coach, co-ordinator of the combined teams and the pole vault coach.

3. For further information contact Rick Fambrini:
School: 345-8207 ex 61 (My classroom) or leave
MSG with operator.
345-0991 Athletic Department
Home: 344-5819 (most evenings until 10PM)

Rick

Serra High School

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Sat	Mar 11	Peninsula Relays	9:00 AM	Jefferson
Wed	Mar 15	Mitty V, F/S, G	3:15 PM	Serra
Thu	Mar 16	GPSL meet G	3:30 PM	Serra
Sat	Mar 18	San Mateo City Meet	10:00 AM	Serra
Fri	Mar 24	Stanford Inv.	TBA	Stanford
Sat	Mar 25	Stanford Inv	TBA	Stanford
Sat	Mar 25	WCAL Frosh Inv.	9:00 AM	S. I.
Tue	Mar 28	Bay Area Pentatholon	9:00 AM	Mills
Fri	Mar 31	Fresno Bee Games	12:00 PM	Redcliff
Sat	Apr 1	St Francis/Foothill Inv	TBA	Foothill
Wed	Apr 5	Bellarmino	3:15 PM	Bell.
Thu	Apr 6	GPSL meet G	3:30 PM	Serra
Sat	Apr 8	Gilroy Inv	9:00 AM	Gilroy
Sat	Apr 8	Arcadia Inv	10:00 AM	Arcadia
Wed	Apr 12	St Ignatius V, F/S	3:15 PM	Serra
Sat	Apr 15	CCS F/S Inv	10:00 AM	Los Gatos
Wed	Apr 19	St Francis V, F/S	3:15 PM	St F.
Sat	Apr 22	San Mateo County Top 7	10:00AM	Serra
Wed	Apr 26	Sacred Heart V, F/S, G	3:15 PM	Serra
Sat	Apr 29	CCS Top 8 Inv	4:00 PM	Los Gatos
Wed	May 3	Riordan V, F/S	3:15 PM	Riordan
Wed	May 10	WCAL Trials V, F/S	3:15 PM	Serra
Sat	May 13	WCAL Finals V, F/S	11:00 AM	Serra
Wed	May 17	Region I Trials V,G	3:00 PM	CSM
Fri	May 19	Region I Finals	3:00 PM	CSM
Thu	May 25	CCS Finals V, G	1:00 PM	SJCC
Fri	Jun 2	CIF State Meet Trials	4:00 PM	Cerritos
Sat	Jun 3	CIF State Meet Finals	6:00 PM	Cerritos
Sat	Jun 11	KofC 10K Run	8:00 AM	HMB

Principal: Mr. Michael Peterson
 President: Rev. Stephen Howell
 Athletic Dir: Mr. Kevin Donahue
 Head Coach: Mr. Rick Fambrini
 Asst Coaches: Jim Coe, Keith Stapleton, Dave Sugar
 Mercy Coach: Miss Kelli Young
 Notre Dame Ch Mr. John Braucher



451 WEST 20TH AVENUE • SAN MATEO, CALIFORNIA 94403 • (415) 345-8207

SERRA HOLDS AN ALUMNI
TRACK MEET

February 13, 1989
FOR IMMEDIATE RELEASE

For more information contact
Randy Vogel, 345-8207 or 345-8242

Former members of Serra High School's track program are invited to participate in an alumni track meet to be held on Saturday March 4 at 10:30 AM at the school's new all weather track facility.

The meet will be conducted like an all-comers meet. The younger alumni (class of 1980 to 1988) will compete against the Serra Varsity. The older alumni (class of 1979 and earlier) will compete against the Serra Frosh/Soph.

The order of events will be the standard high school order. Running events are: 400m Relay, 1600m Run, High Hurdles, 400m Dash, 100m Dash, 800m Run, 300m Intermediate Hurdles, 200m Dash, 3200m Run, and 1600m Relay. Field events are: Shot Put, Discus, High Jump, Pole Vault, Long Jump, and Triple Jump.

A luncheon reception for the alumni will follow the meet. For further information please call Rich Fambrini at Serra; 345-8207 or 345-0991.

1989 Track Team Roster 17th Ed. MONDAY 2/27/89

FRESHMEN:

1. Tom Arvetis
2. Kevin Baxter
3. Jason Branch
4. Gain Bronzini
5. Paul Canson
6. Reggie Crawford
7. Brian Donnellan
8. Jason Dossley
9. Mark Franke
10. Steven Giacotto
11. Todd Giuntini
12. Kevin Grundmann
13. Andrew Hamilton
14. Kriste Hubbard
15. Bruk Koerting
16. Jeff Jaugigui
17. Hooman Klhalili-Sabet
18. Hans Kolbiser
19. Joe Lambro
20. Gabe lucas
21. Tony Martinelli
22. Gavin McClintock
23. Doug O'Sullivan
24. Graham O'Sullivan
25. Brian Philip
26. Matt Reid
27. Chris Rende
28. Ken Robinson
29. Steve Rodriquez
30. Louie Schiavone
31. Dan Tealdi
32. Eric Verboonen
33. Albert Villarde
34. Michael Wettland
35. Ernest Young

SOPHOMORES;

1. Matt Abrahamsen
2. Jose Ameral
3. Joel Anzelc
4. Alex Argurto
5. Vic Baglio
6. Chris Barza
7. John Barretto
8. Kevin Beals
9. Michael Breen
10. Sandeep Chaterjee

11. Ken Cilia
12. Aaron Clarke
13. Sean Clarke
14. Paul Crecy
15. Eric Crowley-Paulson
16. Bob D'Acquisto
17. Natthan Dillon
18. John Dubrava
19. Joe Girard
20. Eric Girod
21. Dave Giulianetti
22. Mark Gonis
23. Matt Hastings
24. Larry Huber
25. Mike Johnson
26. Chris Kaelin
27. Pete Kelly
28. Albert Liu
29. Alex Lucas
30. Dan Madson
31. Colin McClintock
32. L.E.X. Mesa
33. Bari Molynex
34. Sean McMichael
35. Dexter Navarro
36. Bob Olsen
37. Dave Opiana
38. Joe Perry
39. Taylor Peterson
40. Bill Petrin
41. Ralph Podesta
42. Paul Podwojski
43. Adam Pue
44. Kwasi Ray
45. Whit Roesch MGR
46. Ricky Romaski
47. Thiel Ruperto
48. Bernardo Tapia
49. Ceasar Tullawan
50. Matt Vandenberg
51. Todd Von Krosigk
52. Kurt Weingartner
53. John Wellington
54. Scott Winship
55. Matt Wong
56. Ricky Wong

JUNIORS;

1. John Ailanjian
2. Joe Bertelson
3. Mike Black
4. Kevin Blackwell

5. Ryan Brock
6. Noah Brumfield MGR
7. Devin Cole
8. Corey Dragge
9. Pat Easley
10. Pat Fannon
11. Kevin Ferguson
12. Bill Fiedler
13. Greg Gale
14. Aris Garcia
15. Mark Gedyman
16. Andy Godox
17. Alexander Grundner
18. Scott Harden
19. James Kastelic
20. Sean Keily
21. Brian Kerr
22. Matt Keyser
23. Phil Kilbridge
24. Paul Kim
22. Hamilton Kipp
26. Lance Kunnath
27. Tony Kyaw
28. Jay Lee
29. Ronald Li
30. Mark Manoukian
31. Carlo Marcello
32. Kenny Metz
33. Ryan Monaghan
34. Tony Musich
35. Steve McLaughlin
36. Ken Newington
37. Rico Petrini
38. Efrain Pineda
39. Louis Olsen
40. Kurt Rohlfes
41. Richard Ruiz
42. Art Timbol
43. Barrett Wilder
44. Robert Winship
45. Jose Viernes
46. Brian Villanueva
47. Mike Yusi

SENIORS;

1. Ray Bronzini
2. Rod Burns
3. Tim Cole
4. Matt Del Carlo
5. Dave De Benardi
6. Steve Daheb
7. Rob Devincenzi
8. Dustin Donati

- 9 Jeff Dickerson MGR
10. Matt Earnshaw
11. Karim El-Katcha
12. Paul Franco
13. Eric Halterman
14. Dave Hannauer
15. BillHeilman
16. Tom Kelly
17. Perry Maresca
18. Dan McMichael
19. Will Newman-Robinson
20. Eloy Ontiveros
21. Miljohn Ruperto
22. Erik Scramaglia
23. Mike Viviani

Total: 161



WEST CATHOLIC ATHLETIC LEAGUE



451 WEST TWENTIETH AVENUE
SAN MATEO, CALIFORNIA, 94403
(415) 345-6842

ARCHBISHOP MITTY BELLARMINE RIORDAN SAINT FRANCIS
SACRED HEART CATHEDRAL SAINT IGNATIUS SERRA

EDWARD J. FENNELLY
COMMISSIONER

March 19th, 1989

PATRICK SEGURSC
STATISTICIAN

LEAGUE TRACK STANDINGS of 1989

Team	W	L	PF	PA	Points
Bellarmino	1	0	92	38	2
Saint Ignatius	1	0	98	36	2
Serra	1	0	96	40	2
Saint Francis	0	0	00	00	0
Archbishop Mitty	0	1	40	96	0
Riordan	0	1	38	92	0
Sacred Heart Cathedral	0	1	36	98	0

MEETS LAST WEEK

Bellarmino	92	Riordan	38
Serra	96	Archbishop Mitty	40
Saint Ignatius	98	Sacred Heart Cathedral	36

FROSH / SOPH TRACK STANDINGS

Team	W	L	PF	PA	Points
Bellarmino	1	0	92	34	2
Saint Ignatius	1	0	132	4	2
Serra	1	0	105	23	2
Saint Francis	0	0	00	00	0
Archbishop Mitty	0	1	23	105	0
Riordan	0	1	34	92	0
Sacred Heart Cathedral	0	1	4	132	0

FROSH / SOPH RESULTS LAST WEEK

Bellarmino	92	Riordan	34
Serra	105	Archbishop Mitty	23
Saint Ignatius	132	Sacred Heart Cathedral	4

TRACK MEETS NEXT WEEK

Wednesday March 22nd, 1989, 3:15pm

Riordan	at	Archbishop Mitty
Sacred Heart Cathedral	at	Bellarmino
Saint Ignatius	at	Saint Francis
Serra	Bye	

Neither Saint Ignatius nor Sacred Heart Cathedral reported their names

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EDWARD J. FENNELLY
COMMISSIONER

PATRICK SEGURSON
STATISTICIAN

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Murry (R)	51.8 seconds
800 Meters:	Moschella (B)	2 minutes, 2 seconds
One Mile (1600 Meters):	Graves (B)	4 minutes, 36.2 seconds
Two Mile (3200 Meters):	Kilbridge (S)	10 minutes, 23 seconds
110 Meter High Hurdles:	Tim Baxter (B), Kelly (S)	15.4 seconds
300 Meter Intermediate Hurdles:	Tim Baxter (B)	40.6 seconds
400 Meter Relay:	ARCHBISHOP MITTY	45.6 seconds

One Mile (3200 Meters) Relay:	RIORDAN	3 minutes, 31.3 seconds
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High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	21 feet, 4 inches
Triple Jump:	Caldoun Rucker (R)	44 feet, 4 inches
Pole Vault:	Rebózzi (B), Leong (SI)	11 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Matthew Earnshaw (S)	149 feet, 9 inches



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SACRED HEART CATHEDRAL SAINT IGNATIUS SERRA

EDWARD J. FENNELLY
COMMISSIONER

March 26th, 1989

PATRICK SEGURSON
STATISTICIAN

LEAGUE TRACK STANDINGS of 1989

Team	W	L	PF	PA	Points
Bellarmino	2	0	226	40	4
Serra	1	0	96	40	2
Saint Francis	1	0	97	39	2
Saint Ignatius	1	1	137	133	2
Riordan	1	1	114	152	2
Archbishop Mitty	0	2	100	172	0
Sacred Heart Cathedral	0	2	38	232	0

MEETS LAST WEEK

Bellarmino	134	Sacred Heart Cathedral	2
Saint Francis	97	Saint Ignatius	39
Riordan	76	Archbishop Mitty	60
San Mateo All City Meet			
Serra	124	San Mateo 58	Aragon 49 Hillsdale 16

FROSH / SOPH TRACK STANDINGS

Team	W	L	PF	PA	Points
Bellarmino	1	0	92	34	2
Saint Ignatius	1	0	132	4	2
Serra	1	0	105	23	2
Riordan	1	1	120	141	2
Saint Francis	0	0	00	00	0
Sacred Heart Cathedral	0	1	4	132	0
Archbishop Mitty	0	2	72	191	0

FROSH / SOPH RESULTS LAST WEEK

Riordan	86	Archbishop Mitty	49
Match Results not Reported			
Bellarmino	00	Sacred Heart Cathedral	00
Saint Francis	00	Saint Ignatius	00

NEXT SCHEDULED TRACK MEET

WEDNESDAY APRIL 5TH, 1989, 3:15pm
Saint Ignatius at Riordan
Serra at Bellarmino
Archbishop Mitty at Saint Francis
Sacred Heart Cathedral BYE

Only Serra reported Track Stats, this week.



WEST CATHOLIC ATHLETIC LEAGUE



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EDWARD J. FENNELLY
COMMISSIONER

PATRICK SEGURSON
STATISTICIAN

March 26th, 1989

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Damien Semien (R)	51.77 seconds
800 Meters:	Destah Owens (B)	2 minutes, 1.9 seconds
One Mile (1600 Meters):	Graves (B)	4 minutes, 36.2 seconds
Two Mile (3200 Meters):	Phil Kilbridge (S)	10 minutes, 23 seconds
110 Meter High Hurdles:	Tim Baxter (B), Tom Kelly (S)	15.4 seconds
300 Meter Intermediate Hurdles:	Tim Baxter (B)	40.6 seconds
400 Meter Relay:	RIORDAN	44.0 seconds
	Carlos Maximo (R), Damien Semien (R), Scott Hill (R), Jeff Speech (R)	
One Mile (1600 Meters) Relay:	RIORDAN	3 minutes, 31.3 seconds
	Carlos Maximo (R), Damien Semien (R), Jason Murry (R), Jeff Speech (R)	
High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	21 feet, 4 inches
Triple Jump:	Khaldoun Rucker (R)	45 feet, 3 inches
Pole Vault:	Scott Schumacher (SF)	13 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Kevin McMahon (B)	153 feet, 5 inches

TOP MARKS IN THE SAN MATEO ALL CITY MEET

Marks that beat League Best Marks

One Mile (1600 Meters):	Waxman (San Mateo)	4 minutes, 34.7 seconds
Two Mile (3200 Meters):	Crandell (San Mateo)	10 minutes, 12.1 seconds
110 Meter High Hurdles:	Tom Kelly (S)	15.3 seconds

WEST CATHOLIC ATHLETIC LEAGUE

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 SACRED HEART CATHEDRAL SAINT IGNATIUS SERRA

EDWARD J. FENNELLY
 COMMISSIONER

April 9th, 1989

PATRICK SEGURSO
 STATISTICIAN

LEAGUE TRACK STANDINGS of 1989

<u>Team</u>	<u>W</u>	<u>L</u>	<u>PF</u>	<u>PA</u>	<u>Points</u>
Bellarmino	3	0	317	85	6
Riordan	2	1	208	194	4
Saint Francis	1	0	97	39	2
Serra	1	1	141	131	2
Saint Ignatius	1	2	179	227	2
Archbishop Mitty	0	2	100	172	0
Sacred Heart Cathedral	0	2	38	232	0

MEETS LAST WEEK

Bellarmino	91	Serra	45
Riordan	94	Saint Ignatius	42
Match Results not Reported			
Saint Francis	00	Archbishop Mitty	00

FROSH / SOPH TRACK STANDINGS

<u>Team</u>	<u>W</u>	<u>L</u>	<u>PF</u>	<u>PA</u>	<u>Points</u>
Serra	2	0	174	90	4
Saint Ignatius	1	0	132	4	2
Bellarmino	1	1	159	103	2
Riordan	1	1	120	141	2
Saint Francis	0	0	00	00	0
Sacred Heart Cathedral	0	1	4	132	0
Archbishop Mitty	0	2	72	191	0

FROSH / SOPH RESULTS LAST WEEK

Serra	69	Bellarmino	67
Match Results not Reported			
Riordan	00	Saint Ignatius	00
Archbishop Mitty	00	Saint Francis	00
Bellarmino	00	Sacred Heart Cathedral	00
Saint Francis	00	Saint Ignatius	00

TRACK MEETS NEXT WEEK

WEDNESDAY APRIL 12TH, 1989, 3:15pm

Saint Francis at Riordan
 Saint Ignatius at Serra
 Sacred Heart Cathedral at Archbishop Mitty
 Bellarmino BYE

Only Serra and Bellarmino reported Track Stats this week.

WEST CATHOLIC ATHLETIC LEAGUE

451 WEST TWENTIETH AVENUE
SAN MATEO, CALIFORNIA, 94403
(415) 345-6842

ARCHBISHOP MITTY

BELLARMINE

RIORDAN

SAINT FRANCIS

SACRED HEART CATHEDRAL

SAINT IGNATIUS

SERRA

EDWARD J. FENNELLY
COMMISSIONER

PATRICK SEGURSON
STATISTICIAN

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Damien Semien (R)	50.4 seconds
800 Meters:	Ed Engler	2 minutes, 1 second
One Mile (1600 Meters):	Graves (B)	4 minutes, 36.2 seconds
Two Mile (3200 Meters):	Fisher (B)	10 minutes, 17 seconds
110 Meter High Hurdles:	Tom Kelly (S)	15.31 seconds
300 Meter Intermediate Hurdles:	Tim Baxter (B)	40.6 seconds
400 Meter Relay:	RIORDAN	44.0 seconds
	Carlos Maximo (R), Damien Semien (R), Scott Hill (R), Jeff Speech (R)	
One Mile (1600 Meters) Relay:	RIORDAN	3 minutes, 31.3 second
	Carlos Maximo (R), Damien Semien (R), Jason Murry (R), Jeff Speech (R)	
High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	21 feet, 4 inches
Triple Jump:	Khaldoun Rucker (R)	45 feet, 3 inches
Pole Vault:	Scott Schumacher SF)	13 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Kevin McMahon (B)	163 feet, 3.5 inches

WEST CATHOLIC ATHLETIC LEAGUE

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EDWARD J. FENNELLY
 COMMISSIONER

PATRICK SEGURSON
 STATISTICIAN

April 16th, 1989.

LEAGUE TRACK STANDINGS of 1989

<u>Team</u>	<u>W</u>	<u>L</u>	<u>PF</u>	<u>PA</u>	<u>Points</u>
Bellarmino	3	0	317	125	6
Riordan	3	1	280	258	6
Serra	2	1	245	163	4
Saint Francis	1	1	161	111	2
Archbishop Mitty	1	2	205	200	2
Saint Ignatius	1	3	211	331	2
Sacred Heart Cathedral	0	3	66	337	0

MEETS LAST WEEK

Serra	104	Saint Ignatius	32
Riordan	72	Saint Francis	64
Archbishop Mitty	105	Sacred Heart Cathedral	28

FROSH / SOPH TRACK STANDINGS

<u>Team</u>	<u>W</u>	<u>L</u>	<u>PF</u>	<u>PA</u>	<u>Points</u>
Serra	3	0	257	143	6
Saint Ignatius	2	1	291	117	4
Riordan	2	2	237	296	4
Bellarmino	1	1	159	103	2
Archbishop Mitty	1	2	161	232	2
Saint Francis	0	1	49	87	0
Sacred Heart Cathedral	0	2	45	221	0

FROSH / SOPH RESULTS LAST WEEK

Serra	83	Saint Ignatius	53
Riordan	87	Saint Francis	49
Archbishop Mitty	89	Sacred Heart Cathedral	41

TWO WEEKS AGO

Saint Ignatius	106	Riordan	30
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TRACK MEETS NEXT WEEK

WEDNESDAY APRIL 19TH, 1989, 3:15pm

Serra	at	Saint Francis
Bellarmino	at	Archbishop Mitty
Sacred Heart Cathedral	at	Riordan
Saint Ignatius		BYE

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Damien Semien (R)	50.4 seconds
800 Meters:	Ed Engler (B)	2 minutes, 1 second
One Mile (1600 Meters):	Graves (B)	4 minutes, 36.2 seconds
Two Mile (3200 Meters):	Will Newman-Robinson	10 minutes, 7 seconds
110 Meter High Hurdles:	Tom Kelly (S)	15.31 seconds
300 Meter Intermediate Hurdles:	McGuirk (SI)	39.7 seconds
400 Meter Relay:	RIORDAN	43.8 seconds
	Carlos Maximo (R), Damien Semien (R), Scott Hill (R), Jeff Speech (R)	
One Mile (1600 Meters) Relay:	RIORDAN	3 minutes, 31.3 seconds
	Carlos Maximo (R), Damien Semien (R), Jason Murry (R), Jeff Speech (R)	
High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	21 feet, 9 inches
Triple Jump:	Khaldoun Rucker (R)	45 feet, 10 inches
Pole Vault:	Scott Schumacher SF)	13 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Kevin McMahon (B)	163 feet, 3.5 inches

WEST CATHOLIC ATHLETIC LEAGUE

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ARCHBISHOP MITTY BELLARMINA RIORDAN
 SACRED HEART CATHEDRAL SAINT IGNATIUS

SAINT FRANCIS
 SERRA

EDWARD J. FENNELLY
 COMMISSIONER

April 23rd, 1989

PATRICK SEGURSO
 STATISTICIAN

LEAGUE TRACK STANDINGS of 1989

Team	W	L	PF	PA	Points
Riordan	4	1	380	282	8
Bellarmino	3	0	317	85	6
Serra	3	1	315	229	6
Saint Francis	2	2	310	234	4
Archbishop Mitty	1	3	258	283	2
Saint Ignatius	1	3	211	331	2
Sacred Heart Cathedral	0	4	90	437	0

MEETS LAST WEEK

Serra	70	Saint Francis	66
Riordan	100	Sacred Heart Cathedral	24
TWO WEEKS AGO			
Saint Francis	83	Archbishop Mitty	53

FROSH / SOPH TRACK STANDINGS

Team	W	L	PF	PA	Points
Serra	4	0	361	175	8
Saint Ignatius	3	1	392	152	6
Riordan	3	2	335	324	6
Bellarmino	2	1	282	116	4
Saint Francis	1	3	198	336	2
Archbishop Mitty	1	3	205	314	2
Sacred Heart Cathedral	0	4	86	442	0

FROSH / SOPH RESULTS LAST WEEK

Serra	104	Saint Francis	32
Riordan	98	Sacred Heart Cathedral	28
TWO WEEKS AGO			
Saint Francis	82	Archbishop Mitty	44
THREE WEEKS AGO			
Saint Ignatius	101	Saint Francis	35
Bellarmino	123	Sacred Heart Cathedral	13

TRACK MEETS NEXT WEEK

WEDNESDAY APRIL 26TH, 1989, 3:15pm

Saint Francis	at	Bellarmino
Archbishop Mitty	at	Saint Ignatius
Sacred Heart Cathedral	at	Serra
Riordan		BYE

WEST CATHOLIC ATHLETIC LEAGUE

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SACRED HEART CATHEDRAL SAINT IGNATIUS SERRA

EDWARD J. FENNELLY
COMMISSIONER

PATRICK SEGURSON
STATISTICIAN

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Damien Semien (R)	50.4 seconds
800 Meters:	Ed Engler (B)	2 minutes, 1 second
One Mile (1600 Meters):	Graves (B)	4 minutes, 36.2 seconds
Two Mile (3200 Meters):	Seewer (SF)	10 minutes, 10 seconds
110 Meter High Hurdles:	Tom Kelly (S)	15.31 seconds
300 Meter Intermediate Hurdles:	McGuirk (SI)	39.7 seconds
400 Meter Relay:	RIORDAN	43.8 seconds
	Carlos Maximo (R), Damien Semien (R), Scott Hill (R), Jeff Speech (R)	
One Mile (1600 Meters) Relay:	RIORDAN	3 minutes, 31.3 seconds
	Carlos Maximo (R), Damien Semien (R), Jason Murry (R), Jeff Speech (R)	
High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	22 feet, 11.5 inches
Triple Jump:	Khaldoun Rucker (R)	45 feet, 10 inches
Pole Vault:	Scott Schumacher SF)	13 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Kevin McMahon (B)	163 feet, 3.5 inches

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EDWARD J. FENNELLY
 COMMISSIONER

PATRICK SEGURSO
 STATISTICIAN

April 30th, 1989

LEAGUE TRACK STANDINGS of 1989

Team	W	L	PF	PA	Points
Riordan	4	1	380	282	8
Serra	4	1	447	233	8
Bellarmino	3	0	317	85	6
Saint Francis	2	2	310	234	4
Archbishop Mitty	1	3	258	283	2
Saint Ignatius	1	3	211	331	2
Sacred Heart Cathedral	0	5	94	569	0

MEETS LAST WEEK

Serra 132 Sacred Heart Cathedral 4

FROSH / SOPH TRACK STANDINGS

Team	W	L	PF	PA	Points
Serra	5	0	494	178	10
Saint Ignatius	3	1	392	152	6
Riordan	3	2	335	324	6
Bellarmino	2	1	282	116	4
Saint Francis	1	3	198	336	2
Archbishop Mitty	1	3	205	314	2
Sacred Heart Cathedral	0	5	89	575	0

FROSH / SOPH RESULTS LAST WEEK

Serra 133 Sacred Heart Cathedral 3

TRACK MEETS NEXT WEEK

WEDNESDAY MAY 3RD, 1989, 3:15pm

Serra at Riordan
 Bellarmine at Saint Ignatius
 Sacred Heart Cathedral at Saint Francis
 Archbishop Mitty BYE

WEST CATHOLIC ATHLETIC LEAGUE

451 WEST TWENTIETH AVENUE
SAN MATEO, CALIFORNIA, 94403
(415) 345-6842

ARCHBISHOP MITTY BELLARMINE RIORDAN SAINT FRANCIS
SACRED HEART CATHEDRAL SAINT IGNATIUS SERRA

EDWARD J. FENNELLY
COMMISSIONER

PATRICK SEGURSO
STATISTICIAN

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Damien Semien (R)	50.4 seconds
800 Meters:	Ed Engler (B)	2 minutes, 1 second
One Mile (1600 Meters):	Will Newman-Robinson (S)	4 minutes, 34.3 seconds
Two Mile (3200 Meters):	Seewer (SF)	10 minutes, 10 seconds
110 Meter High Hurdles:	Tom Kelly (S)	15.31 seconds
300 Meter Intermediate Hurdles:	McGuirk (SI)	39.7 seconds
400 Meter Relay:	RIORDAN	43.8 seconds
Carlos Maximo (R), Damien Semien (R), Scott Hill (R), Jeff Speech (R)		
One Mile (1600 Meters) Relay:	RIORDAN	3 minutes, 31.3 seconds
Carlos Maximo (R), Damien Semien (R), Jason Munny (R), Jeff Speech (R)		
High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	22 feet, 11.5 inches
Triple Jump:	Khaldoun Rucker (R)	45 feet, 10 inches
Pole Vault:	Scott Schumacher (SF)	13 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Kevin McMahon (B)	163 feet, 3.5 inches



WEST CATHOLIC ATHLETIC LEAGUE



451 WEST TWENTIETH AVENUE
 SAN MATEO, CALIFORNIA, 94403
 (415) 345-6842

ARCHBISHOP MITTY BELLARMINI RIORDAN
 SACRED HEART CATHEDRAL SAINT IGNATIUS

SAINT FRANCIS
 SERRA

EDWARD J. FENNELLY
 COMMISSIONER

May 6th, 1989

PATRICK SEGURSO
 STATISTICIAN

LEAGUE TRACK STANDINGS of 1989

Team	W	L	PF	PA
Bellarmino	5	1	580	230
Serra	5	1	521	295
Riordan	4	2	442	356
Saint Francis	2	3	348	332
Archbishop Mitty	2	4	358	454
Saint Ignatius	2	4	353	460
Sacred Heart Cathedral	0	5	94	569

PREVIOUS TRACK MEETS

Serra	74	Riordan	62
Saint Ignatius	83	Bellarmino	53
Bellarmino	98	Saint Francis	38
Archbishop Mitty	76	Saint Ignatius	59
Bellarmino	112	Archbishop Mitty	24

FROSH / SOPH TRACK STANDINGS

Team	W	L	PF	PA
Serra	6	0	575	233
Saint Ignatius	4	1	510	169
Riordan	3	3	390	405
Bellarmino	4	1	514	147
Saint Francis	1	4	220	450
Archbishop Mitty	1	5	231	550
Sacred Heart Cathedral	0	5	89	575

FROSH / SOPH PREVIOUS RESULTS

Serra	81	Riordan	55
Bellarmino	114	Saint Francis	22
Saint Ignatius	118	Archbishop Mitty	17
Bellarmino	118	Archbishop Mitty	9

TRACK MEETS NEXT WEEK
 WEDNESDAY MAY 10TH, 1989, 3:15pm
 W.C.A.L. TRIALS at Serra
 SATURDAY MAY 13TH, 1989
 W.C.A.L. FINALS at Serra



WEST CATHOLIC ATHLETIC LEAGUE



451 WEST TWENTIETH AVENUE
SAN MATEO, CALIFORNIA, 94403
(415) 345-6842

ARCHBISHOP MITTY

BELLARMINE

RIORDAN

SAINT FRANCIS

SACRED HEART CATHEDRAL

SAINT IGNATIUS

SERRA

EDWARD J. FENNELLY
COMMISSIONER

PATRICK SEGURSON
STATISTICIAN

LEAGUE MEET BEST MARKS

Best mark in the event in W.C.A.L. League Meets

100 Meters:	Damien Semien (R)	10.7 seconds
200 Meters:	Damien Semien (R)	22.3 seconds
400 Meters:	Damien Semien (R)	50.4 seconds
800 Meters:	Ed Engler (B)	2 minutes, 1 second
One Mile (1600 Meters):	Will Newman-Robinson (S)	4 minutes, 34.3 seconds
Two Mile (3200 Meters):	Seewer (SF)	10 minutes, 10 seconds
110 Meter High Hurdles:	Tom Kelly (S)	15.31 seconds
300 Meter Intermediate Hurdles:	McGuirk (SI)	39.7 seconds
400 Meter Relay:	RIORDAN	43.8 seconds
	Carlos Maximo (R), Damien Semien (R), Scott Hill (R), Jeff Speech (R)	
One Mile (1600 Meters) Relay:	RIORDAN	3 minutes, 31.3 seconds
	Carlos Maximo (R), Damien Semien (R), Jason Murry (R), Jeff Speech (R)	
High Jump:	Greg Walker (B)	6 feet, 6 inches
Long Jump:	Scott Hill (R)	22 feet, 11.5 inches
Triple Jump:	Khaldoun Rucker (R)	45 feet, 10 inches
Pole Vault:	Scott Schumacher (SF)	13 feet, 6 inches
Shot Put:	Kevin McMahon (B)	55 feet, 3 inches
Discus Throw:	Kevin McMahon (B)	163 feet, 3.5 inches

CASTILLEJA SCHOOL
1310 BRYANT STREET
PALO ALTO, CALIFORNIA 94301

CASTILLEJA TRACK AND FIELD 1989

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
3/18	Bellarmino Invitational	Bellarmino	8:00 a.m.- 4:00 p.m.
4/6	GPSL Triangular Mercy, Castilleja, NDB	Serra H.S.	3:30
4/18	Menlo	Menlo	3:30
4/25	GPSL Quadrangular Mercy, Menlo, Castilleja, NDB	Menlo	3:30
5/9	GPSL League Meet	Menlo	3:00

COACH: SARAH MITCHELL

MERCY HIGH SCHOOL TRACK SCHEDULE
1989



DATE	OPPONENT	LOCATION	TIME
Wed. March 1		Serra	3:15
Wed. March 8	Aragon	Serra	3:15
Sat. March 11	Peninsula Relays	Jefferson	
Thurs. March 16	NDB and NDSJ	Serra (Mercy host)	3:15
Thurs. April 6	Cast. and NDB	Serra (Mercy host)	3:15
Mon April 17	CPSAA	Menlo (SH Host)	
Sat. April 22	County Track Meet		
Tues. April 25	GPSL 4 schools	Menlo	3:15
Sat. April 29	CCS TOP		
Tues. May 9	GPSL LEAGUE MEET	Menlo	3:00
Fri. May 19	REGIONALS		

TRACK COACH: KELLI YOUNG HOME 591-7880 SCHOOL - 343-3631

ATHLETIC DIRECTOR: CHERYL NASH 343-3631

PRINCIPAL: SISTER AMY BAYLEY

CRED HEART PREPARATORY

100 Valparaiso Avenue
 Menlo Park, California 94025-4458
 Telephone (415) 322-1866

Mar 18	Sat	Bellarmino Invitational	9:30 am	
Mar 30	Thurs	All Comers Meet	3:00 pm	at Menlo
Apr 6	Thurs	Menlo, Fremont, SHP, Monte Vista	3:30 pm	at Menlo
Apr 17	Mon	Redwood, Southbay, Pinewood, SHP, Monte Vista	3:30 pm	at Menlo
Apr 22	Sat	County Top "7"	9:00 am	at Serra
Apr 25	Tues	Mercy, Menlo, Castilleja, Notre Dame-Belmont, SHP	3:30 pm	at Menlo
Apr 27	Thurs	Southbay, Valley, Monte Vista SHP, Pinewood	3:30 pm	at Valley
May 4	Thurs	Redwood, SHP, Southbay, Berean, Pinewood	3:30 pm	at Menlo
May 9	Tues	G P S L League Meet	3:00	at Menlo
May 11	Thurs	CPSAA League Meet	TBA	at Menlo
May 19	Fri	CCS Regionals	TBA	TBA
May 26	Fri	CCS Finals	TBA	TBA

Coach: Bill Flarida
 Ass't Coach: Sally Fitzgerald
 Athletic Dir: John Hofferd
 School Colors: Cardinal & White
 School Nickname: Gators

PENINSULA ATHLETIC LEAGUE

T R A C K & F I E L D

APPROVED
BOM
12/7/88



1989

SCHOOLS: 1. ARAGON 2. BURLINGAME 3. CAPUCHINO 4. CARLMONT 5. HILLSDALE
6. MENLO ATHERTON 7. MILLS 8. SAN MATEO 9. SEQUOIA 10. WOODSIDE

INTER-SCHOOL COMPETITION MAY BEGIN FEBRUARY 27, 1989

THURSDAY, MARCH 23, 1989

ARAGON @ SAN MATEO
CAPUCHINO @ BURLINGAME
MILLS @ HILLSDALE

THURSDAY, APRIL 27, 1989

HILLSDALE @ ARAGON
MILLS @ CAPUCHINO
SAN MATEO @ BURLINGAME
MENLO ATHERTON @ CARLMONT
WOODSIDE @ SEQUOIA

SPRING RECESS
SEQ. DIST. - MAR. 20 - 24

THURSDAY, MARCH 30, 1989

SEQUOIA @ MENLO ATHERTON
WOODSIDE @ CARLMONT

PAL TRIALS

TUESDAY, MAY 9, 1989
@ CSM - 2:30 PM

PAL FINALS

THURSDAY, MAY 11, 1989
@ CSM - 2:30 PM

REGIONALS

TUESDAY & WEDNESDAY
MAY 16 & 17, 1989
@ CSM

SPRING RECESS
SAN MATEO DIST. - MAR. 27-31

THURSDAY, APRIL 6, 1989

ARAGON @ MILLS
BURLINGAME @ HILLSDALE
CAPUCHINO @ SAN MATEO
MENLO ATHERTON @ WOODSIDE
SEQUOIA @ CARLMONT

CCS

THURSDAY, MAY 25, 1989
@ SJCC

STATE

FRIDAY & SATURDAY
JUNE 2 & 3, 1989

THURSDAY, APRIL 13, 1989

CARLMONT @ CAPUCHINO
HILLSDALE @ MENLO ATHERTON
MILLS @ SEQUOIA
SAN MATEO @ WOODSIDE
BURLINGAME @ ARAGON

THURSDAY, APRIL 20, 1989

CARLMONT @ MILLS
MENLO ATHERTON @ SAN MATEO
SEQUOIA @ ARAGON
WOODSIDE @ BURLINGAME
CAPUCHINO @ HILLSDALE

NOTES: 1. All meets are scheduled for 3:15 PM unless otherwise noted and authorized by the PAL Board of Managers or the Principals involved.

2. Teams or individuals may NOT practice on Sundays.

3. Dual meet season champion is to be determined by league record in five meets scheduled: 3/23 thru 4/27. (In the case of a tie there will be a co-championship) EXCEPTION: If teams have met each other during the league season that meet winner will be declared the league champion.

PRELIMINARY SCHEDULE

CARLMONT TRACK & FIELD 1989

3/2	CARLMONT VS. ST. FRANCIS/GUNN	AWAY
3/9	CARLMONT VS. H.M.B.	AWAY
3/16	CARLMONT VS. SAN MATEO	HOME
3/30	CARLMONT VS. WOODSIDE	HOME
4/6	CARLMONT VS. SEQUOIA	HOME
4/13	CARLMONT VS. CAPRACHINO	AWAY
4/20	CARLMONT VS. MILLS	AWAY
4/27	CARLMONT VS. MENLO ATHERTON	HOME
5/4	BYE WEEK	
5/9, 5/11	P.A.L.	TRIALS & FINALS
5/16, 5/18	REGION	TRIALS & FINALS
5/25	C.C.S.	TRIALS & FINALS
6/2, 6/3	STATE MEET	L.A.

* THERE ARE A NUMBER OF SATURDAY MEETS SCHEDULED. THESE INCLUDE:
FRESNO RELAYS, STANFORD INVITATIONAL & FOOTHILL INVITATIONAL.

* NOTE: BE RESPONSIBLE, NO PRACTICE UNTIL CLEARED.

ELLINGSEN #364-3494

SAN MATEO HIGH SCHOOL

506 north delaware street, san mateo, california 94401 348-8050

1989 TRACK AND FIELD SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>MEET</u>	<u>TIME</u>	<u>PLACE</u>
Friday	March 3	Overfelt & South San Francisco	3:15	San Mateo
Thursday	March 9	El Camino	3:00	El Camino
Saturday	March 11	Peninsula/Jefferson Relays	9:00	Jefferson
Thursday	March 16	Carlmont	3:15	Carlmont
Saturday	March 18	All City	9:30	Serra
Thursday	March 23	Aragon	3:15	San Mateo
Saturday	March 25	Stanford Invitational	9:00	Stanford
Monday	March 27-31	Spring Recess (AM Practices)		
Saturday	April 1	St. Francis-Foothill Invitational	9:00	Foothill J.C.
Thursday	April 6	Capuchino	3:15	San Mateo
Saturday	April 8	Gilroy Invitational	9:00	Gilroy
Thursday	April 13	Woodside	3:15	Woodside
Saturday	April 15	Jenner Invitational	9:00	San Jose J.C.
		Frosh-Soph "Top-8" Qualifying	4:00	Los Gatos
Thursday	April 20	Menlo Atherton	3:15	San Mateo
Saturday	April 22	County "Top-7"	9:00	Serra
Thursday	April 27	Burlingame	3:15	Burlingame
Saturday	April 29	"Top-8" Invitational	3:00	Los Gatos
Tuesday	May 9	PAL Trials	3:00	C.S.M.
Thursday	May 11	PAL Finals	3:00	C.S.M.
Wednesday	May 17	Region I Trials	3:00	C.S.M.
Friday	May 19	Region I Finals	2:00	C.S.M.
Thursday	May 25	C.C.S.	1:00	San Jose J.C.
Friday	June 2	C.I.F. State Trials	2:00	Cerritos J.C.
Saturday	June 3	C.I.F. State Fianls	4:00	Cerritos J.C.

(We will not go to all listed invitationals)

Principal: Mr. Gary Poulos
Athletic Director: Mr. Art Andrews
School Colors: Orange & Black
School Mascot: Bearcat

Head Coach: Mr. Don Dooley
Assistant Coaches: Mr. Bud Carvey
Mr. John Jackson
Mr. Arv Niemi

TO: San Mateo Faculty and Staff
FROM: Don Dooley
DATE: March 7, 1989
RE: 1989 SAN MATEO HIGH SCHOOL TRACK ROSTER

Here is your copy of our 1989 Bearcat Track Roster. Please retain this copy for your records and for future dismissal notices. I would appreciate being notified if any of these track athletes are having academic/behavioral problems.

GIRLS

SENIORS

Andrea Dossa
Jenny McCormick
Rebecca Prozan
Alex Saily
Charlotte Wickstrom

JUNIORS

Elena Cistruck
Amina Dieye
Darlene Hoffman
Darcy Jackson
Cathy May

SOPHOMORES

Sasheen Andregg
Debbie Booth
Tannya Boyd
Patty Descalzi
Katina Lewis
Jean Lorenat
Naoko Miyamoto
Joanne Saily
Jasveer Singh
Antoinette Turbes

FRESHMEN

Leslie Elias
Maureen Gutherie
Michaelene Heffernan
Kerri Muma
Meegan Podlech
Katie Preger
Megan Tichy
Danielle Washington
Trisha Weiland
Marianne Zippert

BOYS

SENIORS

Ed Baldwin
Jason Chang
Sean O'Reilly
Henry Postoor
Gregg Patner
Kurt Peterson
Ben Ricci
Ted Snyderman
Any TeSelle
Mike TeSelle
John Westmeyer

JUNIORS

Peter Brandenburger
Forest Brown
Paul Chou
Mark Charles
Russ Crandall
Omar Fields
Andrew Grey
Charlie Harger
Rob Hess
Kirby Hock
Eran Itelman
Paul Kavanaugh
Joe Musich
Steve Stewart
Derek Waxman
Aaron Wycke
Keelan Yang

SOPHOMORES

Alex Abad
Justin Anderson
Mike Arata
Chris Baerwaldt
Hong Cheng
Scott Denny
Chris Dick
Steve Gonzalez
John Hsu
Hans Huber
Gerald Kiger
John Labrado
Dan Mandell
Domenic Marcellii
Sean McKenna
Ryan Pasag
Allen Phillips
Steve Ramos
Todd Shiflett
Rod Smiley
Mike Stockton
John Taumoepeau
Matt Tillman
Marcel Weekes
Beau Weill
Herb Yaptinchay
John Zarehparvar

FRESHMEN

Mickey Alvarez
Omar Alvarez
Steve Carter
Tim Craig
Jess Duncan
Sam Fonua
Steve Galvez
Aaron Hendrickson
Cabot Kelly
Mark Lema
Jon Lyle
Brandon Nicholson
Brian Pais
Shon Ribera
Erik Sato
Jon Stone
Jose Vallejo
Chris Wallace
Mason Waxman

MANAGERS:

Donna DeIGrande (12)
Laura Galli (11)
Charlie Graham (9)
Janelle Lee (10)
David Stein (11)
Craig Tolchin (10)
Jon Wolff (11)

WOODSIDE HIGH SCHOOL
TRACK & FIELD SCHEDULE
1989



<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>CLASS EXCUSE</u>	<u>PARTICIPATING TEAMS</u>
March 1	Wednesday	Westmoor	Woodside	2:45 pm	2:05 pm	V-G-F/S
March 7	Tuesday	Half Moon Bay	Woodside	2:45 pm	2:05 pm	V-G-F/S
March 16	Thursday	Aragon	Aragon	2:45 pm	1:10 pm	V-G-F/S
** March 18	Saturday	Bellarmine Inv.	SJCC	9:00 am	-	V-G-F/S
March 20 - March 24SPRING BREAK.....		Practice	9:00 am	Monday through	Thursday
** March 25	Saturday	Stanford Inv.	Stanford	9:00 am	-	V-G
* March 30	Thursday	Carlmont	Carlmont	2:45 pm	1:10 pm	V-G-F/S
** April 1	Saturday	Foothill Inv.	Foothill	9:00 am	-	V-G-F/S
* April 6	Thursday	Menlo-Atherton	Woodside	2:45 pm	2:05 pm	V-G-F/S
** April 8	Saturday	Gilroy Inv.	Gilroy	9:00 am	-	V-G
* April 13	Thursday	San Mateo	Woodside	2:45 pm	2:05 pm	V-G-F/S
** April 15	Saturday	F/S Classic	Los Gatos	9:00 am	-	F/S
* April 20	Thursday	Burlingame	Burlingame	2:45 pm	1:10 pm	V-G-F/S
** April 22	Saturday	S. M. Co. "Top 7"	Serra	9:00 am	-	V-G-F/S
* April 27	Thursday	Sequoia	Sequoia	2:45 pm	1:10 pm	V-G-F/S
** April 29	Saturday	CCS Top 8	Los Gatos	6:00 pm	-	V-G
May 2-3	Tue.-Wed.	PAL Decath./Hept.	Woodside	2:45 pm	2:05 pm	V-G-F/S
May 9	Tuesday	PAL Trials	CSM	3:00 pm	1:10 pm	V-G-F/S
May 11	Thursday	PAL Finals	CSM	3:00 pm	1:10 pm	V-G-F/S
May 16	Tuesday	Region I Trials	CSM	3:00 pm	1:10 pm	V-G
May 17	Wednesday	Region I Finals	CSM	3:00 pm	1:10 pm	V-G
May 25	Thursday	CCS	SJCC	3:30 pm	1:10 pm	V-G
June 2-3	Fri.-Sat.	State Meet	Cerritos Coll.	TBA	-	V-G

* denotes PAL dual meet

** Saturday meets are invitational. Those athletes who have posted certain marks are allowed to enter. You will be notified if you qualify to compete.

Principal: Jerry Baker

Coaches: Pete Caryotakis
Hal Dunker
Jim Luttrell (Head)
Dave McFadden
Sue Wilson

V.....Varsity Boys
G.....Varsity Girls
F/S.....F/S Boys
School Colors.....Orange, White, Black
Mascot.....Wildcats

Note: Your teachers have the right to keep you in class during fifth and sixth periods(class excuse times) if you are not "keeping up"with your work.