

Capital High School
Girls Swimming

Meet Results

@ Auburn Mountain View 22-Sep-09 Yards
Capital HS [CAP] Coach: Burke Anderson

| Time | F/P/S | Relay | | Place | Points | Improv |
|--|-------|---------|------------------------|-------|--------|--------|
| Event # 1 Girls 200 Medley Relay Open | | | | | | |
| 2:06.18Y | F | A Relay | Capital HS | 1 | 8 | |
| | | | Stella Willoughby (JR) | | | |
| | | | Lauren Hoffman (SR) | | | |
| | | | Amanda Clark (JR) | | | |
| 2:23.00Y | F | B Relay | Capital HS | 3 | 2 | |
| | | | Gwyn Browning (JR) | | | |
| | | | Megan Hoffman (FR) | | | |
| | | | Allison Hattell (SR) | | | |
| | | | Michelle Cordell (SO) | | | |
| | | | DQ F | | | |
| | | | Capital HS | | | |
| | | | Leah Mason (JR) | | | |
| | | | Sarah Fondaw (JR) | | | |
| | | | Josie Coury (JR) | | | |
| Event # 2 Girls 200 Free Open | | | | | | |
| 2:06.99Y | | F | Clark, Amanda | 1 | 6 | 4.99 |
| 2:11.19Y | | F | Shelman, Katrina | 2 | 4 | 2.80 |
| 2:20.10Y | | F | Willoughby, Stella | 3 | 3 | 6.91 |
| Event # 3 Girls 200 IM Open | | | | | | |
| 2:39.41Y | | F | Hoffman, Megan | 1 | 6 | -3.79 |
| 2:42.96Y | | F | Hoffman, Lauren | 2 | 4 | 2.74 |
| 2:45.69Y | | F | Coury, Josie | 3 | 3 | -5.45 |
| 3:02.65Y | | F | Hattell, Allison | --- | --- | 8.71 |
| 3:09.68Y | | F | Leady, Anna | --- | --- | --- |
| DQ | | F | Olson, Rebekah | --- | --- | --- |
| Event # 4 Girls 50 Free Open | | | | | | |
| 26.77Y | | F | Cordell, Michelle | 1 | 6 | -0.65 |
| 29.07Y | | F | Willoughby, Stella | 3 | 3 | 0.85 |
| 29.49Y | | F | Cordell, Chelsea | 4 | 2 | -0.62 |
| 31.85Y | | F | Fondaw, Sarah | --- | --- | 0.41 |
| 31.87Y | | F | Toomey, Emily | --- | --- | -0.87 |
| 32.31Y | | F | Mason, Leah | --- | --- | 1.09 |
| 32.74Y | | F | Pozzanghera, Emmy | --- | --- | 0.52 |
| 36.64Y | | F | Cundiff, Sarah Joy | --- | --- | -0.20 |
| 41.27Y | | F | Latch, Shira | --- | --- | 2.08 |
| 42.48Y | | F | McQuiston, Cassidy | --- | --- | 1.95 |
| Event # 6 Girls 100 Fly Open | | | | | | |
| 1:10.56Y | | F | Browning, Gwyn | 1 | 6 | 2.03 |
| 1:17.83Y | | F | Cordell, Chelsea | 2 | 4 | -3.67 |
| 1:28.87Y | | F | Coury, Josie | 3 | 3 | 2.85 |
| Event # 7 Girls 100 Free Open | | | | | | |
| 59.69Y | | F | Clark, Amanda | 1 | 6 | 2.14 |
| 1:02.50Y | | F | Kelley, Hadley | 2 | 4 | 0.23 |
| 1:06.06Y | | F | Blea, Vanessa | 3 | 3 | -0.12 |
| 1:10.96Y | | F | Mason, Leah | --- | --- | -0.33 |
| 1:15.69Y | | F | Toomey, Emily | --- | --- | -2.69 |
| 1:15.82Y | | F | Pozzanghera, Emmy | --- | --- | 1.29 |
| 1:22.81Y | | F | Leady, Anna | --- | --- | -2.19 |
| 1:37.80Y | | F | Presnell, Raleigh | --- | --- | 2.34 |
| Event # 8 Girls 500 Free Open | | | | | | |
| 5:54.57Y | | F | Shelman, Katrina | 1 | 6 | -1.38 |

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| | | | | | |
|----------|---|-------------------|---|-----|--------|
| 6:00.28Y | F | Willoughby, Hansi | 2 | 4 | -12.91 |
| 7:30.72Y | F | Fondaw, Sarah | 6 | --- | -15.08 |

Event # 9 Girls 200 Free Relay Open

| | | | | | | | |
|----------|---|---------|----------------------|--------------------|------------------------|---|-----|
| 1:51.43Y | F | A Relay | Capital HS | | | 1 | 8 |
| | | | Chelsea Cordell (SR) | Hadley Kelley (SR) | Amanda Clark (JR) | | |
| 2:03.87Y | F | B Relay | Capital HS | | | 2 | 4 |
| | | | Josie Coury (JR) | Megan Hoffman (FR) | Lauren Hoffman (SR) | | |
| 2:48.46Y | F | C Relay | Capital HS | | | 5 | --- |
| | | | Nina Orwoll (SO) | Shira Latch (JR) | Cassidy McQuiston (FR) | | |

Event # 10 Girls 100 Back Open

| | | | | | |
|----------|---|--------------------|-----|-----|------|
| 1:10.47Y | F | Browning, Gwyn | 1 | 6 | --- |
| 1:10.57Y | F | Willoughby, Hansi | 2 | 4 | --- |
| 1:26.18Y | F | Hattell, Allison | 5 | 1 | 1.38 |
| 2:01.56Y | F | McQuiston, Cassidy | --- | --- | --- |

Event # 11 Girls 100 Breast Open

| | | | | | |
|----------|---|-----------------|-----|-----|-------|
| 1:25.33Y | F | Hoffman, Megan | 2 | 4 | -1.02 |
| 1:26.62Y | F | Blea, Vanessa | 3 | 3 | -1.75 |
| 1:26.63Y | F | Hoffman, Lauren | 4 | 2 | 3.76 |
| 2:10.81Y | F | Latch, Shira | --- | --- | --- |
| 2:11.49Y | F | Orwoll, Nina | --- | --- | --- |

Event # 12 Girls 400 Free Relay Open

| | | | | | | | |
|----------|---|---------|----------------------|-----------------------|--------------------|---|---|
| 4:10.93Y | F | A Relay | Capital HS | | | 1 | 8 |
| | | | Hadley Kelley (SR) | Katrina Shelman (SR) | Amanda Clark (JR) | | |
| 4:28.33Y | F | B Relay | Capital HS | | | 2 | 4 |
| | | | Chelsea Cordell (SR) | Hansi Willoughby (FR) | Gwyn Browning (JR) | | |