

**Capital High School**  
**Girls Swimming**

**Meet Results**

w/ North Thurston & Olympia 13-Oct-09 Yards  
Capital HS [CAP] Coach: Burke Anderson

Time	F/P/S	Relay			Place	Points	Improv
<b>Event # 1 Girls 200 Medley Relay Open</b>							
2:04.55Y	F	A Relay	Capital HS		2	4	
			Gwyn Browning (JR)	Megan Hoffman (FR)			Michelle Cordell (SO)
2:11.17Y	F	B Relay	Capital HS	Amanda Clark (JR)	3	2	
			Stella Willoughby (JR)	Lauren Hoffman (SR)			Hadley Kelley (SR)
2:27.02Y	F DQ	C Relay	Capital HS				---
			Rebekah Olson (SR)	Allison Hattell (SR)			Sarah Fondaw (JR)
				Nikki Lu (JR)			
<b>Event # 2 Girls 200 Free Open</b>							
2:08.43Y		F	Shelman, Katrina		2	4	0.04
2:18.53Y		F	Blea, Vanessa		3	3	-5.17
2:21.40Y		F	Coury, Josie		4	2	-3.03
<b>Event # 3 Girls 200 IM Open</b>							
2:17.66Y		F	Clark, Amanda		1	6	0.34
2:37.74Y		F	Willoughby, Stella		4	2	4.88
2:47.28Y		F	Hoffman, Lauren		5	1	7.06
<b>Event # 4 Girls 50 Free Open</b>							
26.82Y		F	Cordell, Michelle		3	3	0.05
27.34Y		F	Kelley, Hadley		4	2	0.76
29.38Y		F	Cordell, Chelsea		5	1	-0.11
30.59Y		F	Toomey, Emily		---	---	-1.28
31.23Y		F	Hattell, Allison		---	---	1.46
31.50Y		F	Fondaw, Sarah		---	---	0.06
32.89Y		F	Ledy, Anna		---	---	0.08
34.06Y		F	Olson, Rebekah		---	---	0.83
34.37Y		F	Lu, Nikki		---	---	2.44
36.49Y		F	Cundiff, Sarah Joy		---	---	0.41
36.75Y		F	Orwoll, Nina		---	---	-2.16
38.21Y		F	Presnell, Rileigh		---	---	-2.02
38.25Y		F	Latch, Shira		---	---	-0.94
38.75Y		F	McQuiston, Cassidy		---	---	-1.69
<b>Event # 6 Girls 100 Fly Open</b>							
1:02.48Y		F	Clark, Amanda		1	6	0.36
1:10.96Y		F	Kelley, Hadley		4	2	0.36
1:24.80Y		F	Hoffman, Megan		6	---	3.61
<b>Event # 7 Girls 100 Free Open</b>							
57.02Y		F	Willoughby, Hansi		1	6	-1.69
1:00.41Y		F	Shelman, Katrina		4	2	0.14
1:01.03Y		F	Willoughby, Stella		5	1	1.50
1:10.81Y		F	Toomey, Emily		---	---	-4.88
1:13.93Y		F	Pozzanghera, Emmy		---	---	-0.60
1:15.43Y		F	Lu, Nikki		---	---	4.14
1:15.68Y		F	Ledy, Anna		---	---	-7.13
1:24.66Y		F	Cundiff, Sarah Joy		---	---	-2.25
1:25.20Y		F	Orwoll, Nina		---	---	-8.93
1:28.21Y		F	McQuiston, Cassidy		---	---	-4.45

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1:32.00Y	F	Presnell, Raleigh	---	---	-3.46
<b>Event # 8 Girls 500 Free Open</b>					
5:45.08Y	F	Browning, Gwyn	2	4	-4.46
6:38.44Y	F	Coury, Josie	4	2	6.11
7:21.31Y	F	Fondaw, Sarah	6	---	-9.41
<b>Event # 9 Girls 200 Free Relay Open</b>					
1:49.83Y	F	A Relay	Capital HS	2	4
			Hadley Kelley (SR)		
			Katrina Shelman (SR)		Chelsea Cordell (SR)
2:02.66Y	F	B Relay	Capital HS	3	2
			Emily Toomey (JR)		Megan Hoffman (FR)
			Capital HS		Allison Hattell (SR)
2:10.12Y	F	DQ	C Relay	---	---
			Sarah Fondaw (JR)		Rebekah Olson (SR)
			Nikki Lu (JR)		Emmy Pozzanghera (SO)
<b>Event # 10 Girls 100 Back Open</b>					
1:05.13Y	F	Willoughby, Hansi	1	6	-5.44
1:09.66Y	F	Browning, Gwyn	3	3	-0.81
1:19.23Y	F	Hoffman, Lauren	6	---	8.45
<b>Event # 11 Girls 100 Breast Open</b>					
1:21.93Y	F	Hoffman, Megan	3	3	-0.66
1:24.64Y	F	Blea, Vanessa	4	2	-1.98
1:25.43Y	F	Cordell, Chelsea	5	1	1.98
1:51.43Y	F	Latch, Shira	---	---	-19.38
<b>Event # 12 Girls 400 Free Relay Open</b>					
3:56.18Y	F	A Relay	Capital HS	1	8
			Amanda Clark (JR)		Stella Willoughby (JR)
			Katrina Shelman (SR)		Hansi Willoughby (FR)
4:23.04Y	F	B Relay	Capital HS	3	2
			Josie Coury (JR)		Lauren Hoffman (SR)
			Capital HS		Gwyn Browning (JR)
4:51.41Y	F	DQ	C Relay	---	---
			Rebekah Olson (SR)		Sarah Fondaw (JR)
			Emily Toomey (JR)		Allison Hattell (SR)