

Capital High School
Girls Swimming

Meet Results

West Central District III, 3A Champs 06-Nov-09 to 07-Nov-09 Yards
Capital HS [CAP] Coach: Burke Anderson

| Time | F/P/S | Relay | | | Place | Points | Improv |
|--|-------|---------|------------------------|--------------------|-------|-----------------------|--------|
| Event # 1 Girls 200 Medley Relay Open | | | | | | | |
| 2:08.58Y | P | A Relay | Capital HS | | | --- | |
| | | | Stella Willoughby (JR) | | | | |
| | | | Vannessa Blea (SO) | Gwyn Browning (JR) | | Michelle Cordell (SO) | |
| 2:09.92Y | F | A Relay | Capital HS | | 8 | --- | |
| | | | Stella Willoughby (JR) | | | | |
| | | | Gwyn Browning (JR) | Vannessa Blea (SO) | | Hadley Kelley (SR) | |
| Event # 2 Girls 200 Free Open | | | | | | | |
| 2:00.77Y | | P | Clark, Amanda | | --- | --- | -0.77 |
| 2:01.98Y | | F | Clark, Amanda | | 2 | --- | 0.44 |
| 2:06.56Y | | P | Shelman, Katrina | | --- | --- | -1.83 |
| 2:08.29Y | | F | Shelman, Katrina | | 6 | --- | -0.10 |
| 2:18.91Y | | P | Blea, Vannessa | | 25 | --- | 0.42 |
| 2:21.70Y | | P | Coury, Josie | | 28 | --- | 0.30 |
| Event # 4 Girls 50 Free Open | | | | | | | |
| 26.37Y | | P | Cordell, Michelle | | --- | --- | -0.40 |
| 26.77Y | | F | Cordell, Michelle | | 6 | --- | --- |
| 27.59Y | | P | Kelley, Hadley | | 16 | --- | 1.01 |
| Event # 6 Girls 100 Fly Open | | | | | | | |
| 1:08.68Y | | P | Browning, Gwyn | | 14 | --- | 0.15 |
| Event # 7 Girls 100 Free Open | | | | | | | |
| 57.31Y | | P | Willoughby, Hansi | | --- | --- | 0.29 |
| 57.95Y | | F | Willoughby, Hansi | | 6 | --- | 0.93 |
| 1:00.11Y | | P | Willoughby, Stella | | --- | --- | 0.58 |
| 1:01.74Y | | F | Willoughby, Stella | | 12 | --- | 2.21 |
| Event # 8 Girls 500 Free Open | | | | | | | |
| 5:19.15Y | | P | Clark, Amanda | | --- | --- | -1.19 |
| 5:20.02Y | | F | Clark, Amanda | | 2 | --- | -0.32 |
| 5:48.14Y | | P | Shelman, Katrina | | --- | --- | -0.65 |
| 5:55.15Y | | F | Shelman, Katrina | | 6 | --- | 6.36 |
| 6:23.89Y | | P | Hoffman, Megan | | 20 | --- | 10.57 |
| 6:24.30Y | | P | Hoffman, Lauren | | 21 | --- | 11.96 |
| Event # 9 Girls 200 Free Relay Open | | | | | | | |
| 1:46.20Y | F | A Relay | Capital HS | | 3 | --- | |
| | | | Amanda Clark (JR) | | | | |
| | | | Hansi Willoughby (FR) | Hadley Kelley (SR) | | Michelle Cordell (SO) | |
| 1:46.37Y | P | A Relay | Capital HS | | | --- | |
| | | | Amanda Clark (JR) | | | | |
| | | | Hansi Willoughby (FR) | Hadley Kelley (SR) | | Michelle Cordell (SO) | |
| Event # 10 Girls 100 Back Open | | | | | | | |
| 1:04.34Y | | P | Willoughby, Hansi | | --- | --- | -0.79 |
| 1:06.87Y | | F | Willoughby, Hansi | | 6 | --- | 1.74 |
| 1:09.91Y | | P | Browning, Gwyn | | 18 | --- | 0.94 |
| Event # 11 Girls 100 Breast Open | | | | | | | |
| 1:23.65Y | | P | Hoffman, Megan | | 20 | --- | 1.72 |
| 1:24.82Y | | P | Blea, Vannessa | | 24 | --- | 3.98 |

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Event # 12 Girls 400 Free Relay Open

| | | | | |
|-------------------|---------|------------------------|----------------------|-----------------------|
| 3:55.70Y P | A Relay | Capital HS | | --- |
| Amanda Clark (JR) | | Stella Willoughby (JR) | Katrina Shelman (SR) | Hansi Willoughby (FR) |
| 3:58.03Y F | A Relay | Capital HS | | 2 --- |
| Amanda Clark (JR) | | Stella Willoughby (JR) | Katrina Shelman (SR) | Hansi Willoughby (FR) |