

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

**Meet Results**

**@ Peninsula 24-Sep-09 SC Meters**  
**Capital HS [CAP] Coach: Burke Anderson**

Time	F/P/S	Relay		Place	Points	Improv
<b>Event # 1 Girls 200 Medley Relay Open</b>						
2:20.29S	F	A Relay	Capital HS	2	4	
			Gwyn Browning (JR)			Michelle Cordell (SO)
2:26.32S	F	B Relay	Capital HS	3	2	
			Hansi Willoughby (FR)			Vannessa Blea (SO)
2:49.70S	F	C Relay	Capital HS	5	---	
			Emmy Pozzanghera (SO)			Emily Toomey (JR)
			Katrina Shelman (SR)			Hadley Kelley (SR)
			Megan Hoffman (FR)			Chelsea Cordell (SR)
			Allison Hattell (SR)			Sarah Fondaw (JR)
<b>Event # 2 Girls 200 Free Open</b>						
2:26.55S		F	Shelman, Katrina	2	4	---
2:41.83S		F	Hoffman, Lauren	3	3	---
3:03.35S		F	Olson, Rebekah	5	1	---
<b>Event # 2J Girls 200 Free Open</b>						
3:39.28S		F	Orwoll, Nina	3	---	---
3:48.34S		F	McQuiston, Cassidy	4	---	---
3:51.91S		F	Presnell, Raleigh	5	---	---
3:52.62S		F	Latch, Shira	6	---	---
<b>Event # 3 Girls 200 IM Open</b>						
2:39.91S		F	Clark, Amanda	2	4	7.25
2:47.68S		F	Willoughby, Hansi	3	3	---
3:08.34S		F	Blea, Vannessa	5	1	---
<b>Event # 4 Girls 50 Free Open</b>						
30.23S		F	Cordell, Michelle	1	6	-1.49
30.92S		F	Kelley, Hadley	3	3	-1.55
33.88S		F	Hoffman, Lauren	4	2	---
<b>Event # 4J Girls 50 Free Open</b>						
35.32S		F	Mason, Leah	1	---	-2.69
35.41S		F	Toomey, Emily	2	---	---
37.96S		F	Leady, Anna	9	---	---
41.04S		F	Cundiff, Sarah Joy	12	---	---
43.57S		F	Orwoll, Nina	14	---	---
46.84S		F	Latch, Shira	15	---	---
47.93S		F	Presnell, Raleigh	16	---	---
<b>Event # 6 Girls 100 Fly Open</b>						
1:16.75S		F	Browning, Gwyn	1	6	-4.10
1:28.60S		F	Hoffman, Megan	3	3	---
1:34.58S		F	Blea, Vannessa	5	1	---
<b>Event # 7 Girls 100 Free Open</b>						
1:08.37S		F	Willoughby, Stella	1	6	---
1:18.63S		F	Hattell, Allison	5	1	5.30
1:19.20S		F	Mason, Leah	6	---	---
<b>Event # 7J Girls 100 Free Open</b>						
1:22.14S		F	Fondaw, Sarah	2	---	-4.76

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1:45.97S	F	Leady, Anna	8	---	---
2:03.77S	F	Cundiff, Sarah Joy	9	---	---
2:16.77S	F	McQuiston, Cassidy	11	---	---

**Event # 8 Girls 400 Free Open**

4:52.82S	F	Clark, Amanda	1	6	10.19
5:39.98S	F	Coury, Josie	2	4	---
5:57.94S	F	Cordell, Chelsea	3	3	---

**Event # 9 Girls 200 Free Relay Open**

2:03.21S	F	A Relay	Capital HS	1	8	
			Michelle Cordell (SO)	Stella Willoughby (JR)	Amanda Clark (JR)	Hadley Kelley (SR)
2:15.89S	F	B Relay	Capital HS	2	4	
			Allison Hattell (SR)	Josie Coury (JR)	Vannessa Blea (SO)	Lauren Hoffman (SR)
2:24.80S	F	C Relay	Capital HS	4	---	
			Sarah Fondaw (JR)	Emmy Pozzanghera (SO)	Emily Toomey (JR)	Leah Mason (JR)

**Event # 9J Girls 200 Free Relay Open**

2:55.75S	F	A Relay	Capital HS	4	---	
			Sarah Joy Cundiff (SO)	Cassidy McQuiston (FR)	Raleigh Presnell (FR)	Anna Leady (JR)

**Event # 10 Girls 100 Back Open**

1:14.92S	F	Willoughby, Hansi	1	6	---
1:18.16S	F	Browning, Gwyn	3	3	---
1:26.91S	F	Cordell, Chelsea	4	2	---

**Event # 11 Girls 100 Breast Open**

1:30.92S	F	Shelman, Katrina	2	4	---
1:34.56S	F	Hoffman, Megan	3	3	---
1:49.94S	F	Olson, Rebekah	6	---	---

**Event # 12 Girls 400 Free Relay Open**

4:35.55S	F	A Relay	Capital HS	1	8	
			Stella Willoughby (JR)	Hadley Kelley (SR)	Katrina Shelman (SR)	Amanda Clark (JR)
4:57.10S	F	B Relay	Capital HS	3	2	
			Lauren Hoffman (SR)	Chelsea Cordell (SR)	Hansi Willoughby (FR)	Gwyn Browning (JR)
5:32.05S	F	C Relay	Capital HS	4	---	
			Leah Mason (JR)	Sarah Fondaw (JR)	Emmy Pozzanghera (SO)	Rebekah Olson (SR)