

**Capital High School  
Girls Swimming**

**Meet Results**

w/Sumner 17-Sep-09 Yards  
Capital HS [CAP] Coach: Burke Anderson

Time	F/P/S	Relay	Place	Points
<b>Event # 1 Girls 200 Medley Relay Open</b>				
2:06.18Y	F DIST	A Relay Capital HS	2	4
		Stella Willoughby (JR) Lauren Hoffman (SR) Amanda Clark (JR) Hadley Kelley (SR)		
		33.50 37.86 28.96 25.86		
2:11.60Y	F DIST	B Relay Capital HS	3	2
		Gwyn Browning (JR) Megan Hoffman (FR) Allison Hattell (SR) Michelle Cordell (SO)		
		32.18 37.08 36.18 26.16		
2:23.00Y	F	C Relay Capital HS	---	---
		Rebekah Olson (SR) Leah Mason (JR) Sarah Fondaw (JR) Josie Coury (JR)		
		36.07 40.93 1:06.00		
<b>Event # 2 Girls 200 Free Open</b>				
2:08.39Y	DIST	F Shelman, Katrina	1	6
		29.36 31.83 33.45 33.75		
2:10.07Y	DIST	F Willoughby, Hansi	2	4
		30.19 32.80 33.97 33.11		
2:29.84Y		F Cordell, Chelsea	6	---
		33.52 37.41 39.84 39.07		
<b>Event # 3 Girls 200 IM Open</b>				
2:31.41Y	DIST	F Browning, Gwyn	1	6
		31.93 37.42 45.94 36.12		
2:40.22Y		F Hoffman, Lauren	2	4
		32.95 40.94 47.56 38.77		
3:10.53Y		F Mason, Leah	5	1
		41.31 46.99 55.24 46.99		
<b>Event # 4 Girls 50 Free Open</b>				
26.85Y	DIST	F Clark, Amanda	3	3
27.68Y	DIST	F Kelley, Hadley	4	2
28.22Y		F Willoughby, Stella	5	1
30.05Y		F Blea, Vanessa	---	---
31.44Y		F Fondaw, Sarah	---	---
32.22Y		F Pozzanghera, Emmy	---	---
32.74Y		F Toomey, Emily	---	---
32.81Y		F Leady, Anna	---	---
36.84Y		F Cundiff, Sarah Joy	---	---
38.91Y		F Orwoll, Nina	---	---
39.19Y		F Latch, Shira	---	---
40.53Y		F McQuiston, Cassidy	---	---
40.88Y		F Presnell, Raleigh	---	---
<b>Event # 6 Girls 100 Fly Open</b>				
1:11.77Y	DIST	F Willoughby, Hansi	2	4
		45.16 26.61		
1:21.19Y		F Hoffman, Megan	4	2
		37.28 43.91		
1:30.50Y		F Lu, Nikki	5	1
		31.49 59.01		

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Time	F/P/S	Relay	Place	Points	
<b>Event # 7 Girls 100 Free Open</b>					
1:00.43Y	DIST	F Willoughby, Stella	2	4	
	28.43	32.00			
1:04.91Y		F Coury, Josie	3	3	
	30.97	33.94			
1:09.13Y		F Hattell, Allison	5	1	
	32.37	36.76			
1:12.87Y		F Fondaw, Sarah	---	---	
1:13.19Y		F Mason, Leah	---	---	
1:14.53Y		F Pozzanghera, Emmy	---	---	
1:18.38Y		F Toomey, Emily	---	---	
1:29.48Y		F Latch, Shira	---	---	
1:29.81Y		F Cundiff, Sarah Joy	---	---	
1:33.40Y		F McQuiston, Cassidy	---	---	
1:34.13Y		F Orwoll, Nina	---	---	
1:35.46Y		F Presnell, Raleigh	---	---	
<b>Event # 8 Girls 500 Free Open</b>					
5:34.48Y	DIST	F Clark, Amanda	1	6	
	45.80	52.37			
		5:34.48			
6:15.28Y	DIST	F Hoffman, Lauren	3	3	
	35.79	38.83 20.59			
		6:15.28			
6:24.48Y		F Blea, Vanessa	4	2	
	44.04	49.52			
		6:24.48			
<b>Event # 9 Girls 200 Free Relay Open</b>					
1:47.70Y	F DIST	A Relay	Capital HS	1	8
	Hadley Kelley (SR)		Michelle Cordell (SO)	Hansi Willoughby (FR)	Katrina Shelman (SR)
	27.42	25.91	27.18 27.19		
2:05.17Y	F	B Relay	Capital HS	3	2
	Josie Coury (JR)		Allison Hattell (SR)	Leah Mason (JR)	Vannessa Blea (SO)
	30.10	32.05	33.06 29.96		
2:09.08Y	F	C Relay	Capital HS	5	---
	Sarah Fondaw (JR)		Emmy Pozzanghera (SO)	Emily Toomey (JR)	Nikki Lu (JR)
	32.04	32.67	32.46 31.91		
<b>Event # 10 Girls 100 Back Open</b>					
1:10.73Y	DIST	F Browning, Gwyn	2	4	
	34.18	36.55			
1:14.59Y		F Hoffman, Megan	3	3	
	35.94	38.65			
1:17.02Y		F Cordell, Chelsea	4	2	
	37.82	39.20			
1:23.66Y		F Olson, Rebekah	---	---	
<b>Event # 11 Girls 100 Breast Open</b>					

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1:21.27Y	DIST	F	Shelman, Katrina	1	6
	39.68		41.59		
1:34.94Y		F	Lu, Nikki	4	2
	44.21		50.73		
1:37.94Y		F	Leady, Anna	---	---
1:40.28Y		F	Hattell, Allison	5	---
	47.00		53.28		

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

4:01.27Y	F	DIST	A Relay	Capital HS		1	8
				Hadley Kelley (SR)	Katrina Shelman (SR)		Amanda Clark (JR)
				28.99	31.58	28.81	32.43
				29.22	31.35	28.23	30.66
4:18.98Y	F	DIST	B Relay	Capital HS		2	4
				Megan Hoffman (FR)	Hansi Willoughby (FR)		Gwyn Browning (JR)
				29.77	33.15	32.62	36.36
				31.83	34.77	28.97	31.51
4:46.04Y	F		C Relay	Capital HS		5	---
				Emmy Pozzanghera (SO)	Nikki Lu (JR)		Josie Coury (JR)
				31.76	35.30	34.89	40.48
				36.40	41.28	31.15	34.78