

**Capital High School
Girls Swimming**

Meet Results

w/ Timberline 08-Oct-09 Yards
Capital HS [CAP] Coach: Burke Anderson

Time	F/P/S	Relay		Place	Points	Improv
Event # 1 Girls 200 Medley Relay Open						
2:06.65Y	F	A Relay	Capital HS	1	8	
			Hansi Willoughby (FR)			
			Stella Willoughby (JR)			
			Hadley Kelley (SR)			
2:21.42Y	F	B Relay	Capital HS	3	2	
			Megan Hoffman (FR)			
			Chelsea Cordell (SR)			
			Lauren Hoffman (SR)			
2:29.42Y	F	C Relay	Capital HS	5	---	
			Josie Coury (JR)			
			Rebekah Olson (SR)			
			Allison Hattell (SR)			
			Emily Toomey (JR)			
Event # 2 Girls 200 Free Open						
2:01.54Y		F	Clark, Amanda	1	6	-0.46
2:09.62Y		F	Shelman, Katrina	2	4	1.23
2:11.84Y		F	Browning, Gwyn	3	3	0.57
Event # 3 Girls 200 IM Open						
2:35.62Y		F	Willoughby, Stella	1	6	2.76
2:41.41Y		F	Blea, Vanessa	2	4	-11.56
2:49.88Y		F	Hoffman, Lauren	3	3	9.66
Event # 4 Girls 50 Free Open						
26.89Y		F	Cordell, Michelle	1	6	0.12
27.39Y		F	Willoughby, Hansi	2	4	-1.15
27.67Y		F	Kelley, Hadley	3	3	1.09
30.94Y		F	Mason, Leah	---	---	-0.28
31.46Y		F	Fondaw, Sarah	---	---	0.02
31.57Y		F	Hattell, Allison	---	---	1.80
32.09Y		F	Toomey, Emily	---	---	0.22
33.29Y		F	Lu, Nikki	---	---	1.36
34.61Y		F	Ledy, Anna	---	---	1.80
36.08Y		F	Cundiff, Sarah Joy	---	---	-0.56
40.23Y		F	Presnell, Raleigh	---	---	-0.65
40.44Y		F	McQuiston, Cassidy	---	---	-0.09
41.25Y		F	Latch, Shira	---	---	2.06
Event # 6 Girls 100 Fly Open						
1:20.36Y		F	Cordell, Chelsea	1	6	2.53
1:22.03Y		F	Hattell, Allison	2	4	1.76
1:34.61Y		F	Pozzanghera, Emmy	4	2	-5.61
1:38.19Y		F	Toomey, Emily	---	---	---
2:11.49Y		F	McQuiston, Cassidy	---	---	---
2:18.02Y		F	Presnell, Raleigh	---	---	---
2:21.68Y		F	Latch, Shira	---	---	---
Event # 7 Girls 100 Free Open						
58.71Y		F	Willoughby, Hansi	1	6	---
1:00.27Y		F	Shelman, Katrina	2	4	-0.71
1:01.07Y		F	Browning, Gwyn	3	3	-1.41
1:05.59Y		F	Coury, Josie	---	---	0.68
1:12.20Y		F	Fondaw, Sarah	---	---	-0.67
1:12.84Y		F	Mason, Leah	---	---	1.88
1:26.91Y		F	Cundiff, Sarah Joy	---	---	-2.90

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Event # 8 Girls 500 Free Open

5:20.34Y	F	Clark, Amanda	1	6	-3.60
6:16.91Y	F	Willoughby, Stella	3	3	1.54
6:17.16Y	F	Hoffman, Megan	4	2	---

Event # 9 Girls 200 Free Relay Open

1:48.86Y	F	A Relay	Capital HS		1	8
			Hansi Willoughby (FR)	Hadley Kelley (SR)	Amanda Clark (JR)	
2:02.11Y	F	B Relay	Capital HS		2	4
			Gwyn Browning (JR)	Lauren Hoffman (SR)	Sarah Fondaw (JR)	Chelsea Cordell (SR)
2:11.91Y	F	C Relay	Capital HS		5	---
			Anna Leady (JR)	Emily Toomey (JR)	Leah Mason (JR)	Emmy Pozzanghera (SO)

Event # 10 Girls 100 Back Open

1:18.74Y	F	Hoffman, Lauren	2	4	7.96
1:18.97Y	F	Coury, Josie	3	3	0.08
1:21.14Y	F	Lu, Nikki	---	---	---
1:21.75Y	F	Blea, Vanessa	4	2	-1.02
1:28.89Y	F	Leady, Anna	---	---	---

Event # 11 Girls 100 Breast Open

1:22.59Y	F	Hoffman, Megan	1	6	-2.74
1:27.27Y	F	Cordell, Chelsea	3	3	3.82
1:38.30Y	F	Pozzanghera, Emmy	5	1	-4.77

Event # 12 Girls 400 Free Relay Open

4:01.74Y	F	A Relay	Capital HS		1	8
			Katrina Shelman (SR)	Stella Willoughby (JR)	Gwyn Browning (JR)	Amanda Clark (JR)
4:13.87Y	F	B Relay	Capital HS		2	4
			Josie Coury (JR)	Michelle Cordell (SO)	Vannessa Blea (SO)	Hadley Kelley (SR)
4:55.69Y	F	C Relay	Capital HS		5	---
			Allison Hattell (SR)	Nikki Lu (JR)	Sarah Fondaw (JR)	Leah Mason (JR)