

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)				Hadley Kelley (SR)
			Gwyn Browning (JR)	Vannessa Blea (SO)			
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)				Michelle Cordell (SO)
			Hansi Willoughby (FR)	Hadley Kelley (SR)			
1:46.37Y	P	A Relay	Capital HS			---	
			Amanda Clark (JR)				Michelle Cordell (SO)
			Hansi Willoughby (FR)	Hadley Kelley (SR)			
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)