

# Wood girls shine at PCLs

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Sportswriter

The Philadelphia Catholic League Swimming Championships took place this past weekend at La Salle University, and Montgomery County was represented well with La Salle winning the boys' meet and Archbishop Wood taking second place in the girls' division.

For the Explorers winning the PCL championship has almost become routine and is a nice way to end the season. La Salle won its 19th consecutive championship and 17th since Frank Lichtner has been the coach. Lichtner believes the remedy to his team's consistent success in the PCL stems from a competitive non-league schedule.

"After my second year as coach or so, we started looking for teams that were much better than us," Lichtner said. "When you keep going after the best competition, you're going to get better. This year was the hardest non-league schedule we had."

The Explorers competed with several swim factories from different states as well as North Penn and Malvern Prep.

"When you swim those schools year after year it helps you tremendously in the league," Lichtner added.

It also helps if you have a 6-foot-3 shredder like La Salle sophomore Ted Walker. He dominated in only his second PCL championship, placing first in the four events he competed in winning the 200 freestyle (1:45.85), 100 freestyle (47.83) and serving as the anchor in the 200 (1:28.92) and 400 (3:13.28) relays.

Walker was the only Explorer to earn individual first place finishes and was the deciding factor between La Salle, and a hungry St. Joe's Prep team.

"Ted is a very intelligent swimmer," Lichtner said. "He understands his body, and seems to know exactly what his competition is. He was a huge rallying point for us. St. Joe's had a good team this year, and I think they thought they had a chance to get us, but they didn't."

Lichtner believes that Walker's recent performances of late bodes great for the Explorers' future.

"He's becoming 'the man' as

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only a sophomore," Lichtner said. "He seems to love to be in that situation. He can handle the pressure and we are so glad to have him for two more years."

La Salle won the PCL championship with a team score of 960. St. Joe's finished second with 721.

In the girls meet, Archbishop Wood's Megan Donovan and Jaelyn Smith brought home plenty of gold, with each swimmer winning two individual events as a member of the 200 freestyle relay team. Donovan won the 200 individual medley (2:15.08) and the 500 freestyle (5:20.04).

Smith placed first in the 200 freestyle (1:58.54), 100 freestyle (55.53), and the 200 freestyle relay (1:45.74). However, the first place finishes were not enough for Wood to take home the PCL championship, as Ryan led the way with a team score of 700. Wood finished second with 595 points.

## Boys Swimming

Team scores: La Salle (L) 960; St. Joe's Prep (SJP) 721; Archbishop Ryan (AR) 298; Monsignor Bonner (MB) 283; Cardinal O'Hara (COH) 256; Father Judge (FJ) 209; Roman Catholic (RC) 183; Archbishop Carroll (AC) 107; Archbishop Wood (AW) 104

## Individual scores

200 medley relay—St. Joe's Prep, 1:36.55; La Salle 1:38.47; Archbishop Ryan 1:45.21; 200 freestyle—Ted Walker (L) 1:45.85; James McGlone (SJP) 1:47.89; John Holt (L) 1:48.27;

200 IM—Greg Mahon (SJP) 1:59.63; Carey O'Donnell (SJP) 2:00.73; Greg Woods (L) 2:02.08; 50 freestyle—Jim Fenningham (SJP) 22.44; Brendan Willis (L) 22.46; Garrett Gallagher (L) 22.47; 100 butterfly—Greg Mahon (SJP) 52.93; Brendan Willis (L) 52.94; Vince Levito (L) 53.96; 100 freestyle—Ted Walker (L) 47.83; Terence Mahon (SJP) 48.24; James McGlone (SJP) 48.59; 500 freestyle—Matt Belacanech (SJP) 4:43.25; Ryan Belacanech (SJP) 4:51.37; Brian Jeffers (L) 4:56.15; 200 freestyle relay—La Salle 1:28.92; St. Joe's Prep 1:31.39; Cardinal O'Hara 1:32.68; 100 backstroke—Gillespie (RC) 52.92; M. Belacanech (SJP) 55.47; T. Mahon (COH) 56.55; 100 breaststroke—Jim Fenningham (SJP) 1:00.13; R. Belacanech (SJP) 1:01.79; Blasé Szyszko (L) 1:02.25; 400 freestyle relay—La Salle 3:13.28; St. Joe's Prep 3:14.15; Cardinal O'Hara (COH) 3:28.20

## Girls Swimming

Team scores: Archbishop Ryan (AR) 700; Archbishop Wood (AW) 595; Cardinal O'Hara (COH) 447; Archbishop Carroll (AC) 356; St. Hubert (SH) 351; Archbishop Predergast (AP) 173; Little Flower (LF) 118

## Individual scores

200 medley relay—Archbishop Ryan 1:55.07; Archbishop Wood (Christina Rios, Megan Donovan, Bridget Kerins, Bridget Gannon) 1:57.93; Archbishop Carroll 1:59.26; 200 freestyle—Jaelyn Smith (AW) 1:58.54; Kelly Feagle (COH) 1:59.99; Sara Kuhn (AR) 2:03.27; 200 IM—Megan Donovan (AW) 2:15.08; Mollie Walsh (AC) 2:20.99; Laura Mastrangelo (AR) 2:22.40; 50 freestyle—Kim Krzaczek (AR) 25.66; Katie Erikson (COH) 25.93; Megan Corliss (AC) 26.10; 100 butterfly—Kelly Feagle (COH) 1:02.38; Bridget Hennessy (AR) 5:28.87; Kelly Williams (AR) 1:05.57; 100 freestyle—Jaelyn Smith (AW) 55.53; Christina Rios (AW) 56.88; Chardo (AR) 57.75; 500 freestyle—Megan Donovan (AW) 5:20.04; Bridget Hennessy (AR) 5:28.87; Amy Finn (AW) 5:37.26; 200 freestyle relay—Archbishop Wood (Christina Rios, Bridget Gannon, Alyse Davis, Jaelyn Smith) 1:45.74; Cardinal O'Hara 1:46.96; Archbishop Carroll 1:46.76; 100 backstroke—Sara Kuhn (AR) 1:02.58; Mollie Walsh (AC) 1:04.55; Christina Rios (AW) 1:04.71; 100 breaststroke—Kim Krzaczek (AR) 1:07.97; Viola (AP) 1:10.46; Caitlin Conway (COH) 1:16.03; 400 freestyle relay—Archbishop Ryan 3:45.82; Archbishop Wood (Amy Finn, Jaelyn Smith,