

# Swimming Previews

## Archbishop Wood

- **Coach:** Charlie Stillwell (11th year)
- **Last year's record:** 1-7
- **Key returnees:** Dave Keller, senior, freestyle/backstroke
- **Others to watch:** Gregory Opredek, sophomore, freestyle/breaststroke; Robert Cohen, freshman, backstroke/freestyle
- **Strengths:** Stillwell believes that most of his swimmers will improve their times this year, but will face a difficult task in competing with the rest of the Philadelphia Catholic League.
- **Question marks:** Wood fields a small team with only eight competitors, and it hopes that its young swimmers can build experience and confidence for the future.
- **Outlook:** Five of the team's eight swimmers are either freshmen or sophomores. The Vikings' three seniors, Keller, Joseph Greim and Eric Reuter will have to show their young teammates the ropes. "The new swimmers will be counted on to jump right in and get the needed experience through on-the-job training," Stillwell said.
- **Coach says:** "The team will remain small but could be a better overall team than last year."

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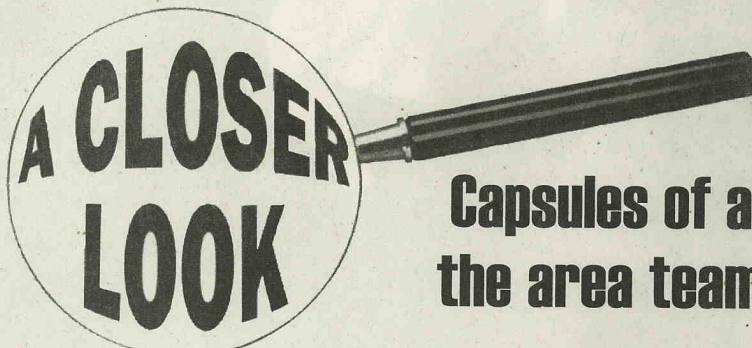
## Archbishop Wood

**Coach:** Charlie Stillwell (11th year)

**2006-07 record:** 6-1 (5-1 PCL)

**Key performers:** Grace Cochrane (Fr., butterfly, sprint freestyle, individual medley); Alyse Davis (Jr., individual medley, breaststroke); Amy Finn (Sr., butterfly, distance freestyle); Bridget Gannon (Sr., sprint freestyle, butterfly); Rachael Gnias (Sr., distance freestyle); Taylor Kane (Fr., distance freestyle, breaststroke, individual medley); Christina Rios (Sr., backstroke, sprint freestyle); Emily Smith (So., breaststroke, freestyle).

**Coach's quote:** "With the loss of two of the best swimmers in the Catholic League, a fantastic freshman class will help the team keep going strong. While finishing second last year, our team had its goal set on rising to the challenge and swimming to a first place finish in the league this year. While the task will be difficult, a strong senior class will lead the way. If great things are to come to us this year it will definitely be a team effort. If we can improve enough in the freestyle events and get the effort from our middle swimmers, we will be in the race all the way to the end."



A CLOSER  
LOOK

## Capsules of all the area teams

### Archbishop Wood

**Coach:** Charlie Stillwell (11th year)

**Last year's overall record:** 6-1

**Swimmers to watch:** Sr. Christina Rios (sprints, backstroke, freestyle), Sr. Amy Finn (butterfly, freestyle), Jr. Alyse Davis (IM, breaststroke), Soph. Emily Smith (breaststroke, freestyle).

**The season:** "With the loss of the top two swimmers in the Catholic League, a fantastic freshman class will keep us going," Stillwell said. "We finished second in the league last year, but our fine senior class is focused on winning it this year."

### Archbishop Wood

**Coach:** Charlie Stillwell (11th year)

**Last year's record:** 1-7

**Swimmers to watch:** Sr. Dave Keller (sprint free, backstroke), Soph. Greg Opredek (breaststroke), Fr. Robert Cohen (breaststroke, free)

**The season:** The Crusaders will be small in numbers but nobody will outwork them in practice nor deter them from their goal of peaking for the post season.

**Hatboro-Horsham at  
Central Bucks East  
Wednesday, Dec. 19,  
3:30 p.m.**


The Continental Conference foes go at it early in the season.

**Germantown Academy at  
Peddie School  
Wednesday, Jan. 9, 4 p.m.**

Against the powerful Falcons, who defeated GA by 46 points at the Eastern Championships last season, expect the Patriots to have all of their top swimmers on hand and in their featured events.

**Archbishop Wood at  
Archbishop Ryan  
Tuesday, Jan. 15, 3:15 p.m.**

The Vikings take another crack at the four-time defending Philadelphia Catholic League champions to whom they finished second last season.



## Meets to watch

**Souderton at North Penn  
Friday, Feb. 1, 3:45 p.m.**

This ranks among the top rivalries in the area. The Indians and Maidens are familiar with each other because they compete in water polo during the summer and fall as well as go at each other during aquatics club season and the high school season. Expect some pool records to fall.

**Emmaus at North Penn  
Tuesday, Feb. 5,  
3:45 p.m.**

Four days after North Penn hosts Souderton, it flops down the welcome mat for the Green Hornets, the defending Class AAA state champions who handed the Maidens their only loss last season.

— Phil Gianficaro

## Archbishop Wood

**Coach:** Charlie Stillwell (11th year)

**2006-07 record:** 1-7 overall and PCL

**Key performers:** Robert Cohen (Fr., backstroke, sprint freestyle); Dave Keller (Sr., sprint freestyle, backstroke); Gregory Oprendeck (So., all strokes).

**Coach's quote:** "The team will remain small but could be a better overall team than last year. With the loss of our half our team to graduation we realistically have a brand new team. The new swimmers will be counted on to jump right in and get the needed experience through on the job training. Overall, I look for a better year than last year with our times, but around the same record as last year."

When a school has deep roster, it is tough for some extremely talented individuals to crack the lineup. Those athletes consider themselves lucky to get a chance to swim one event let along the four they're allowed.

That is not a problem at **Archbishop Wood**, where coach Charlie Stillwell has no trouble seeing that each swimmer competes in four races — because the Vikings roster includes just six boys.

There is senior Dave Keller, sophomores Andre DelValle and Greg Oprendeck, and freshmen Robert Cohen, Gary Bone and Andrew Gnias. That's the whole roster.

But ask Stillwell about this Dedicated Half Dozen, and his voice brightens.

"You know something," he asked rhetorically. "This probably is my best team simply because of their attitude."

**Bill Keen can be reached at (215) 957-8158 or bkeen@phillyburbs.com.**

## Boys' Swimming

**Roman Catholic 92, Archbishop Wood 57**—Robert Cohen won both the 200 individual medley and the 100 breaststroke and was also a member of the winning 400 freestyle relay team last Wednesday in the Vikings' 92-57 loss to Roman Catholic. Another member of that relay team, David Keller, finish second in both the 100 backstroke and the 50 freestyle.

### Roman Catholic 92, Archbishop Wood 57

200 medley relay—Roman Catholic (Gillespie, Lahann, Sheridan, Keown), 1:56.88; 200 freestyle—Steve Metzinger (RC) 23.98; 200 individual medley—Robert Cohen (AW) 2:19.16; 50 freestyle—Andrew Gillespie (RC) 23.98; 100 butterfly—Rich Mahan (RC) 1:00.63; 100 freestyle—Gabe Keown (RC) 54.90; 500 freestyle—Luke Lahann (RC) 5:50.89; 200 freestyle relay—Roman Catholic (Metzinger, Keown, Gillespie, Mahan), 1:43.68; 100 backstroke—Avery Sheridan (RC) 1:04.90; 100 breaststroke—Robert Cohen (AW) 1:20.78; 400 freestyle relay—Archbishop Wood (Keller, Oprendeck, Cohen, Gnias), 4:06.70.

### La Salle 57, Archbishop

**Wood 31**—La Salle swimmers captured nine of 12 events in last Saturday's dual meet against Archbishop Wood. For the Vikings, senior David Keller won the 100 freestyle, freshman Gregory Oprendeck won the 100 breaststroke, and a four-man team (Keller, Gary Bone, Andrew Gnias, Andre Delvalle) won the 400 freestyle relay.

### La Salle 57, Archbishop Wood 31

200 medley relay—La Salle (Rhoads Worster, Greg Woods, Phil LeTeavage, Brendan McGoldrick) 1:43.92; 200 freestyle—Ted Walker (LS) 1:53.67; 200 individual medley—Michael McGee (LS) 2:13.15; 50 freestyle—Todd Domanski (LS) 23.48; 100 butterfly—James Mahoney (LS) 58.39; 100 freestyle—David Keller (AW) 57.71; 500 freestyle—Ted Walker (LS) 5:19.29; 200 freestyle relay—La Salle (James Mahoney, Kyle Finlay, Conor Bracken, Paul McGee) 1:36.71; 100 backstroke—Rhoads Worster (LS) 59.04; 100 breaststroke—Gregory Oprendeck (AW) 1:09.40; 400 freestyle relay—Archbishop Wood (David Keller, Gary Bone, Andrew Gnias, Andre Delvalle) 4:32.08.

### ROMAN CATHOLIC 92, ARCHBISHOP WOOD 57

200-yard medley relay: 1. RC (Andrew Gillespie, Luke Lahann, Avery Sheridan, Gabe Keown), 1:56.88; AW, 2:03.38; 3. RC, 2:14.72. 200 freestyle: 1. Steve Metzinger, RC, 2:13.54; 2. Andrew Thum, RC, 2:20.90; 3. Andrew Gnias, AW, 2:24.28. 200 individual medley: 1. Robert Cohen, AW, 2:19.16; 2. Rich Mahan, RC, 2:25.81; 3. Nikolay Vladimirov, RC, 2:59.57. 50 freestyle: 1. Gillespie, RC, 23.98; 2. David Keller, AW) 25.06; 3. Greg Oprendeck, AW, 26.02. 100 butterfly: 1. Mahan, RC, 1:00.63; 2. Oprendeck, AW, 1:01.31; 3. Tyler Perry, RC, 1:19.09. 100 freestyle: 1. Keown, RC, 54.90; 2. Sheridan, RC, 57.90; 3. Brown, RC, 1:03.92. 500 freestyle: 1. Lahann, RC, 5:50.89; 2. Andre Delvalle, AW, 6:07.89; 3. Thum, RC, 7:00.30. 200 freestyle relay: 1. RC (Metzinger, Keown, Gillespie, Mahan), 1:43.68; 2. AW, 1:55.54; 3. RC, 1:56.48. 100 backstroke: 1. Sheridan, RC, 1:04.90; 2. Keller, AW, 1:05.83; 3. Metzinger, RC, 1:05.84. 100 breaststroke: 1. Cohen, AW, 1:20.78; 2. Delvalle, AW, 1:28.02. 400 freestyle relay: 1. AW (Keller, Oprendeck, Cohen, Gnias), 4:06.70.

## Boys swimming

### CR-NORTH 130.5, ARCHBISHOP WOOD 45.5

200-yard medley relay: 1. CRN (Chris Pittler, David Brown, Erick Convery, David Boodey), 1:47.41; 2. AW, 1:56.10; 3. CRN, 2:04.33. 200 freestyle: 1. Convery, CRN, 1:57.86; 2. Robert Cohen, AW, 2:09.86; 3. Jake Meyers, CRN, 2:12.02. 200 individual medley: 1. Brown, CRN, 2:08.29; 2. Boodey, CRN, 2:11.68; 3. Adam McLane, CRN, 2:26.41. 50 freestyle: 1. Dave Keller, AW, 24.66; 2. Ryan Garven, CRN, 25.04; 3. Ryan Dolan, CRN, 28.54. Diving: unavailable. 100 butterfly: 1. Kevin Harrington, CRN, 1:01.85; 2. Greg Oprendeck, AW, 1:03.45; 3. Nathan Spector, CRN, 1:05.72. 100 freestyle: 1. Rob Wexler, CRN, 52.54; 2. Keller, AW, 55.87; 3. Gary Bone, AW, 1:01.63. 500 freestyle: 1. Kevin Dolan, CRN, 5:44.71; 2. Andy Brask, CRN, 6:05.76; 3. (tie) Sean Nyquist, CRN, and Andre Deluacie, AW, 6:15.77. 200 freestyle relay: 1. CRN (Vlad Karchevsky, Pittler, Boodey, Harrington), 1:38.00; 2. CRN, 1:43.69; 3. AW, 1:53.53. 100 backstroke: 1. Pittler, CRN, 1:02.71; 2. Cohen, AW, 1:02.91; 3. Garven, CRN, 1:13.49. 100 breaststroke: 1. James Sturmer, CRN, 1:07.14; 2. Oprendeck, AW, 1:09.12; 3. Karchevsky, CRN, 1:13.86. 400 freestyle relay: 1. CRN (Spector, Rob Albanese, Nyquist, Wexler), 3:45.94; 2. CRN, 3:57.26; 3. AW, 4:05.88.

## Boys swimming

### LA SALLE 57, ARCHBISHOP WOOD 31

200-yard medley relay: 1. LS (Rhoads Worster, Greg Woods, Phil LeTeavage, Brendan McGoldrick), 1:43.92; 2. LS, 1:56.57; 3. AW, 2:09.86. 200 freestyle: 1. Ted Walker, LS, 1:53.67; 2. Joe Houldin, LS, 1:57.35; 3. David Keller, AW, 2:11.56. 200 individual medley: 1. Michael McGee, LS, 2:13.15; 2. Gregory Oprendeck, AW, 2:14.05; 3. Conor Bracken, LS, 2:18.07. 50 freestyle: 1. Todd Domanski, LS, 23.48; 2. Paul McGee, LS, 25.62; 3. Gary Bone, AW, 29.05. 100 butterfly: 1. James Mahoney, LS, 58.39; 2. Robert Cohen, AW, 1:05.01; 3. Kyle Finlay, LS, 1:05.31. 100 freestyle: 1. Keller, AW, 57.71; 2. Tim Jeffers, LS, 58.02; 3. Brendan Stone, LS, 59.01. 500 freestyle: 1. Walker, LS, 5:19.29; 2. Tom Knab, LS, 5:21.09; 3. Andre Delvalle, AW, 6:35.09. 200 freestyle relay: 1. LS (Mahoney, Finlay, Bracken, P. McGee), 1:36.71; 2. AW, 1:49.98. 100 backstroke: 1. Worster, LS, 59.04; 2. Domanski, LS, 59.17; 3. Cohen, AW, 1:04.78. 100 breaststroke: 1. Oprendeck, AW, 1:09.40; 2. Andrew Gnias, AW, 1:29.11. 400 freestyle relay: 1. AW (Keller, Bone, Gnias, Delvalle), 4:32.08.

### Cardinal O'Hara 92, Archbishop Wood 51

200-yard medley relay: 1. O'Hara, 1:54.63; 2. AW, 2:03.60; 3. N/A.

200 freestyle: 1. Tom Dinit (CO), 2:06.35; 2. Anrew Gnias (AW), 2:20.41; 3. Pasquale Cippoloni (CO), 2:24.94.

200 individual medley: 1. Ryan Mattson (CO), 2:33.91; 2. Andre DelValle (AW), 2:35.13; 3. N/A.

50 freestyle: 1. Nate Oropollo (CO), 23.95; 2. Dave Keller (AW), 24.56; 3. Casey Strus (CO), 24.90.

Diving: no diving

100 butterfly: 1. Tom Hawkins (CO), 58.74; 2. Gregory Oprendeck (AW), 1:01.59; 3. Thomas Dinit (CO), 1:05.47.

100 freestyle: 1. Nate Oropollo (CO), 58.16; 2. Gary Bone (AW), 1:00.94; 3. Pasquale Cippoloni (CO), 1:05.28.

500 freestyle: 1. Andrew DelValle (AW), 6:03.41; 2. James Bulicki (CO), 6:14.47; 3. Kevin Connolly (CO), 7:43.03.

200 freestyle relay: 1. O'Hara, 1:45.47; 2. AW, 1:52.12; 3. O'Hara, 2:01.50.

100 backstroke: 1. Tom Hawkins (CO), 59.11; 2. Casey Strus (CO), 1:03.63; 3. Gregory Oprendeck (AW), 1:05.69.

100 breaststroke: 1. Dave Keller (AW), 1:11.27; 2. Ryan Mattson (CO), 1:14.06; 3. Kevin Connolly (CO), 1:40.03.

400 freestyle relay: exhibition

## Boys swimming

### Archbishop Ryan 78, Archbishop Wood 54

**200-yard medley relay:** 1. Ryan (Angeny, Wilkinson, Conallen, Zelinski), 1:54.69; 2. Ryan, 2:06.53; 3. Wood, 2:06.56  
**200 freestyle:** 1. James Wilkinson (AR), 2:08.72; 2. Andrew Gniass (AW), 2:22.15; 3. Timothy Berger (AR), 2:33.00  
**200 individual medley:** 1. Kevin Mack (AR), 2:19.53; 2. Robert Cohen (AW), 2:19.85; 3. Jimmy Frino (AR), 2:42.40  
**50 freestyle:** 1. Paul Lindinger (AR), 24.25; 2. David Keller (AW), 24.65; 3. Conner Boyle (AR), 26.94  
**100 butterfly:** 1. Bill Conallen (AR), 1:03.50; 2. Robert Cohen (AW), 1:08.32; 3. Jimmy Frino (AR), 1:18.03  
**100 freestyle:** 1. Brandon Rapone (AR), 54.25; 2. David Keller (AW), 56.44; 3. Brian Wolf (AR), 1:05.47  
**500 freestyle:** 1. Conner Boyle (AR), 5:59.53; 2. Andre Delvalle (AW), 6:00.06; 3. Brian McCrane (AR), 6:14.28  
**200 freestyle relay:** 1. Wood (Keller, Gniass, Delvalle, Bone), 1:55.13  
**100 backstroke:** 1. Gary Bone (AW), 1:22.04  
**100 breaststroke:** 1. Andrew Gniass (AW), 1:29.68  
**400 freestyle relay:** 1. Wood (Bone, Delvalle, Cohen, Keller), 4:07.65.

### Roman Catholic 92, Archbishop Wood 57

**200-yard medley relay:** 1. Roman Catholic (Andrew Gillespie, Luke Lahann, Avery Sheridan, Gabe Keown), 1:56.88; Archbishop Wood, 2:03.38; 3. Roman Catholic, 2:14.72  
**200 freestyle:** 1. Steve Metzinger (RC), 2:13.54; 2. Andrew Thum (RC), 2:20.90; 3. Andrew Gniass (AW), 2:24.28  
**200 individual medley:** 1. Robert Cohen (AW), 2:19.16; 2. Rich Mahan (RC), 2:25.81; 3. Nikolay Vladimirov (RC), 2:59.57  
**50 freestyle:** 1. Gillespie (RC), 23.98; 2. David Keller (AW), 25.06; 3. Greg Oprendek (AW), 26.02  
**100 butterfly:** 1. Mahan (RC), 1:00.63; 2. Oprendek (AW), 1:01.31; 3. Tyler Perry (RC), 1:19.09  
**100 freestyle:** 1. Keown (RC), 54.90; 2. Sheridan (RC), 57.90; 3. Brown (RC), 1:03.92  
**500 freestyle:** 1. Lahann (RC), 5:50.89; 2. Andre DelValle (AW), 6:07.89; 3. Thum (RC), 7:00.30  
**200 freestyle relay:** 1. Roman Catholic (Metzinger, Keown, Gillespie, Mahan), 1:43.68; 2. Archbishop Wood, 1:55.54; 3. Roman Catholic, 1:56.48  
**100 backstroke:** 1. Sheridan (RC), 1:04.90; 2. Keller (AW), 1:05.83; 3. Metzinger (RC), 1:05.84  
**100 breaststroke:** 1. Cohen (AW), 1:20.78; 2. DelValle (AW), 1:28.02  
**400 freestyle relay:** 1. Archbishop Wood (Keller, Oprendek, Cohen, Gniass), 4:06.70  
**Record:** AW (0-3)

## Boys swimming

### ARCHBISHOP RYAN 78, ARCHBISHOP WOOD 54

**200-yard medley relay:** 1. AR (Angeny, Wilkinson, Conallen, Zelinski), 1:54.69; 2. AR, 2:06.53; 3. AW, 2:06.56  
**200 freestyle:** 1. James Wilkinson, AR, 2:08.72; 2. Andrew Gniass, AW, 2:22.15; 3. Timothy Berger, AR, 2:33.00  
**200 individual medley:** 1. Kevin Mack, AR, 2:19.53; 2. Robert Cohen, AW, 2:19.85; 3. Jimmy Frino, AR, 2:42.40  
**50 freestyle:** 1. Paul Lindinger, AR, 24.25; 2. David Keller, AW, 24.65; 3. Conner Boyle, AR, 26.94  
**100 butterfly:** 1. Bill Conallen, AR, 1:03.50; 2. Robert Cohen, AW, 1:08.32; 3. Jimmy Frino, AR, 1:18.03  
**100 freestyle:** 1. Brandon Rapone, AR, 54.25; 2. David Keller, AW, 56.44; 3. Brian Wolf, AR, 1:05.47  
**500 freestyle:** 1. Boyle, AR, 5:59.53; 2. Andre Delvalle, AW, 6:00.06; 3. Brian McCrane, AR, 6:14.28  
**200 freestyle relay:** 1. AW (Keller, Gniass, Delvalle, Bone), 1:55.13  
**100 backstroke:** 1. Gary Bone, AW, 1:22.04  
**100 breaststroke:** 1. Gniass, AW, 1:29.68  
**400 freestyle relay:** 1. Wood (Bone, Delvalle, Cohen, Keller), 4:07.65.

### (Thursday's meet)

#### St. Joe's Prep 59, Archbishop Wood 26

**200-yard medley relay:** 1. SJP (Olson, Collison, Lynch, McGonigal), 1:55.74; 2. SJP, 1:59.43; 3. AW, 1:59.46  
**200 freestyle:** 1. Andrew Kelly (SJP), 2:00.13; 2. Gregory Oprendek (AW), 2:01.60; 3. John Cunningham (SJP), 2:07.10  
**200 individual medley:** 1. Michael Flanagan (SJP), 2:12.95; 2. Steve Lezynski (SJP), 2:14.06; 3. Andre Delvalle (AW), 2:36.60  
**50 freestyle:** 1. Mike Kelly (SJP), 23.97; 2. David Keller (AW), 25.09; 3. Cunningham (SJP), 25.64  
**100 butterfly:** 1. Lezynski (SJP), 59.63; 2. Robert Cohen (AW), 1:05.81; 3. Andrew Gogola (SJP), 1:06.43  
**100 freestyle:** 1. Greg Mahon (SJP), 49.90; 2. Christopher Smith (SJP), 52.62; 3. Oprendek (AW), 55.34  
**500 freestyle:** 1. Kevin Savage (SJP), 5:29.87; 2. Colin O'Neill (SJP), 5:50.96; 3. Alexander Lihmann (SJP), 5:46.73  
**200 freestyle relay:** 1. SJP (Campbell, Flanagan, Buckley, Gordon), 1:40.07; 2. AW, 1:47.73; 3. SJP, 1:50.37  
**100 backstroke:** 1. Delvalle (AW), 1:14.17; 2. Andrew Gniass (AW), 1:27.31  
**100 breaststroke:** 1. Collison (SJP), 1:08.19; 2. Keller (AW), 1:13.97; 3. Griffin (SJP), 1:16.15  
**400 freestyle relay:** 1. SJP (Gordon, Kelly, Lihmann, Thomas), 3:39.07; 2. SJP, 3:50.87; 3. AW, 4:03.01

## Boys swimming

### ST. JOE'S PREP 59, ARCHBISHOP WOOD 26

**200-yard medley relay:** 1. SJP (Olson, Collison, Lynch, McGonigal), 1:55.74; 2. SJP, 1:59.43; 3. AW, 1:59.46  
**200 freestyle:** 1. Andrew Kelly, SJP, 2:00.13; 2. Gregory Oprendek, AW, 2:01.60; 3. John Cunningham, SJP, 2:07.10  
**200 individual medley:** 1. Michael Flanagan, SJP, 2:12.95; 2. Steve Lezynski, SJP, 2:14.06; 3. Andre Delvalle, AW, 2:36.60  
**50 freestyle:** 1. Mike Kelly, SJP, 23.97; 2. David Keller, AW, 25.09; 3. Cunningham, SJP, 25.64  
**100 butterfly:** 1. Lezynski, SJP, 59.63; 2. Robert Cohen, AW, 1:05.81; 3. Andrew Gogola, SJP, 1:06.43  
**100 freestyle:** 1. Greg Mahon, SJP, 49.90; 2. Christopher Smith, SJP, 52.62; 3. Oprendek, AW, 55.34  
**500 freestyle:** 1. Kevin Savage, SJP, 5:29.87; 2. Colin O'Neill, SJP, 5:50.96; 3. Alexander Lihmann, SJP, 5:46.73  
**200 freestyle relay:** 1. SJP (Campbell, Flanagan, Buckley, Gordon), 1:40.07; 2. AW, 1:47.73; 3. SJP, 1:50.37  
**100 backstroke:** 1. Delvalle, AW, 1:14.17; 2. Andrew Gniass, AW, 1:27.31  
**100 breaststroke:** 1. Collison, SJP, 1:08.19; 2. Keller, AW, 1:13.97; 3. Griffin, SJP, 1:16.15  
**400 freestyle relay:** 1. SJP (Gordon, Kelly, Lihmann, Thomas), 3:39.07; 2. SJP, 3:50.87; 3. AW, 4:03.01

### (Wednesday meet)

#### MONSIGNOR BONNER 91, WOOD 61

**200-yard medley relay:** 1. MB (Horn, McDevitt, Rothenbach, Steinle), 1:52.77; 2. MB, 1:58.88; 3. AW, 2:13.49  
**200 freestyle:** 1. Christian Baxter, MB, 2:01.26; 2. Gregory Oprendek, AW, 2:03.18; 3. Ciaran Curran, MB, 2:13.38  
**200 individual medley:** 1. Pat McDevitt, MB, 2:08.36; 2. David Keller, AW, 2:22.02; 3. Sal Paschall, MB, 2:27.50  
**50 freestyle:** 1. Chris Steinle, MB, 26.19; 2. Gary Bone, AW, 27.53; 3. Andrew Aurilio, MB, 27.62  
**100 butterfly:** 1. Jay McDevitt, MB, 1:01.82; 2. Robert Cohen, AW, 1:05.82; 3. Tim Rothenbach, MB, 1:13.41  
**100 freestyle:** 1. Bob Horn, MB, 52.93; 2. Cohen, AW, 58.06; 3. Steinle, MB, 58.81  
**500 freestyle:** 1. Oprendek, AW, 5:34.36; 2. Curran, MB, 6:03.53; 3. John Rothenbach, MB, 6:07.72  
**200 freestyle relay:** 1. AW (Cohen, Oprendek, Keller, Delvalle), 1:46.07; 2. MB, 1:50.87; 3. MB, 2:09.31  
**100 backstroke:** 1. Horn, MB, 1:00.42; 2. J. McDevitt, MB, 1:01.75; 3. Baxter, MB, 1:07.63  
**100 breaststroke:** 1. Keller, AW, 1:11.63; 2. Andrew Gniass, AW, 1:32.13  
**400 freestyle relay:** 1. AW (Oprendek, Cohen, Gniass, Bone), 4:07.07.

## Boys swimming

### Council Rock North 130.5, Archbishop Wood 45.5

**200-yard medley relay:** 1. CRN (Chris Pitler, David Brown, Erick Convery, David Boodey), 1:47.41; 2. AW, 1:56.10; 3. CRN, 2:04.33  
**200 freestyle:** 1. Convery (CRN), 1:57.86; 2. Robert Cohen (AW), 2:09.86; 3. Jake Meyers (CRN), 2:12.02  
**200 individual medley:** 1. Brown (CRN), 2:08.29; 2. Boodey (CRN), 2:11.68; 3. Adam McLane (CRN), 2:26.41  
**50 freestyle:** 1. Dave Keller, AW, 24.66; 2. Ryan Garven, CRN, 25.04; 3. Ryan Dolan, CRN, 28.54  
**Diving:** unavailable  
**100 butterfly:** 1. Kevin Harrington (CRN), 1:01.85; 2. Greg Oprendek (AW), 1:03.45; 3. Nathan Spector (CRN), 1:05.72  
**100 freestyle:** 1. Rob Wexler (CRN), 52.54; 2. Keller (AW), 55.87; 3. Gary Bone (AW), 1:01.63  
**500 freestyle:** 1. Kevin Dolan (CRN), 5:44.71; 2. Andy Brask (CRN), 6:05.76; 3. (tie) Sean Nyquist (CRN) and Andre Deluacie (AW), 6:15.77  
**200 freestyle relay:** 1. CRN (Vlad Karchevsky, Pitler, Boodey, Harrington), 1:38.00; 2. CRN, 1:43.69; 3. AW, 1:53.53  
**100 backstroke:** 1. Pitler (CRN), 1:02.71; 2. Cohen (AW), 1:02.91; 3. Garven (CRN), 1:13.49  
**100 breaststroke:** 1. James Sturmer (CRN), 1:07.14; 2. Oprendek (AW), 1:09.12; 3. Karchevsky (CRN), 1:13.86  
**400 freestyle relay:** 1. CRN (Spector, Rob Albanese, Nyquist, Wexler), 3:45.94; 2. CRN, 3:57.26; 3. AW, 4:05.88.

## Boys swimming

### Father Judge 96, Archbishop Wood 55

**200-yard medley relay:** 1. Archbishop Wood (David Keller, Greg Oprendek, Robert Cohen, Gary Bone), 1:55.64; 2. Father Judge, 2:01.28; 3. Father Judge, 2:04.90  
**200 freestyle:** 1. Joe Konicki (FJ), 2:02.88; 2. Shawn Mitkus (FJ), 2:06.13; 3. Matt Hirst (FJ), 2:08.03  
**200 individual medley:** 1. Oprendek (AW), 2:14.09; 2. Evan Field (FJ), 2:21.78; 3. Jim Long (FJ), 2:30.84  
**50 freestyle:** 1. Keller (AW), 24.79; 2. Brian Milligan (FJ), 25.12; 3. Bone (AW), 27.22  
**100 butterfly:** 1. Steven Petrosky (FJ), 1:00.34; 2. Oprendek (AW), 1:01.97; 3. Tyler Cameron (FJ), 1:08.40  
**100 freestyle:** 1. Keller (AW), 55.96; 2. Bryan McHale (FJ), 57.56; 3. Joe Ferry (FJ), 1:01.29  
**500 freestyle:** 1. Mike Lawley (FJ), 5:32.86; 2. Mitkus (FJ), 5:55.75; 3. Andre Delvalle (AW), 6:02.03  
**200 freestyle relay:** 1. Father Judge (Konicki, Mike Jonas, Milligan, Petrosky), 1:42.99; 2. Father Judge, 1:48.81; 3. Archbishop Wood, 1:49.81  
**100 backstroke:** 1. Cohen (AW), 1:05.03  
**100 breaststroke:** 1. Andrew Gniass (AW), 1:23.57; 2. Rob Crossley (FJ), 1:50.03  
**400 freestyle relay:** 1. Father Judge (Long, Cameron, Joe O'Brien, Hirst), 3:54.23; 2. Father Judge, 3:55.18; 3. Father Judge, 4:08.15  
**Highlight:** Considering they only have six swimmers, the Vikings had a great meet, taking first in five individual events and the 200 medley relay. David Keller won the 50 and 100 free and was a member of the winning relay.

## Girls' Swimming

**Archbishop Wood 107, Archbishop Ryan 63**—Archbishop Wood's Grace Cochrane won the 200 individual medley and 100 butterfly events to lead the Vikings past Archbishop Ryan Tuesday. With the win, the Vikings improved to 3-1 overall and 3-0 in the Philadelphia Catholic League.

**Archbishop Wood 107, Archbishop Ryan 63**—200 medley relay—Archbishop Wood (Rios, Davis, Kerins, Gannon) 1:59.07; 200 freestyle—Taylor Kane (AW) 2:01.38; 200 individual medley—Grace Cochrane (AW) 2:18.88; 50 freestyle—Allison Chardio (AR) 26.84; 100 butterfly—Grace Cochrane (AW) 1:02.65; 100 freestyle—Christina Rios (AW) 57.15; 500 freestyle—Taylor Kane (AW) 5:25.75; 200 freestyle relay—Archbishop Wood (Davis, Gannon, Kane, Cochrane) 1:48.22; 100 backstroke—Christina Rios (AW) 1:03.22; 100 breaststroke—Julianne Suskel (AR) 1:15.72; 400 freestyle relay—Archbishop Wood (Finn, Rios, Kane, Cochrane) 3:54.29.

**Archbishop Wood 94, Little Flower 74**—Archbishop Wood's Colleen Gannon edged Little Flower's Jennifer Foley by one one-hundredth of a second in the 50 freestyle event to help the Vikings beat the Sentinels last Friday.

### Archbishop Wood 94, Little Flower 74

200 medley relay—Archbishop Wood (Horlacher, Finn, Davis, Rios) 2:04.60; 200 freestyle—Grace Cochrane (AW) 2:08.21; 200 individual medley—Emily Thomas (LF) 2:35.74; 50 freestyle—Colleen Gannon (AW) 28.30; 100 butterfly—Emily Thomas (LF) 1:10.21; 100 freestyle—Jennifer Foley (LF) 1:04.70; 500 freestyle—Rachel Gnias (AW) 5:54.88; 200 freestyle relay—Archbishop Wood (Nelling, Basgill, Ruzicka, Gannon) 1:59.88; 100 backstroke—Na'Shea Charles (LF) 1:15.52; 100 breaststroke—Lindsey Holmes (LF) 1:22.07; 400 freestyle relay—Little Flower (Hall, Buonviso, DeNofa, Foley) 4:50.00.

## Girls swimming

**ARCHBISHOP WOOD 94, LITTLE FLOWER 74**  
200-yard medley relay: 1. AW (Amanda Horlacher, Alyse Davis, Amy Finn, Christina Rios), 2:04.60; 2. AW, 2:14.22; 3. LF, 2:19.07. 200 freestyle: 1. Grace Cochrane, AW, 2:08.21; 2. Finn, AW, 2:11.15; 3. Nina Kauffman, LF, 2:33.00. 200 individual medley: 1. Emily Thomas, LF, 2:35.74; 2. Bridget Gannon, AW, 2:36.10; 3. Na'Shea Charles, LF, 2:53.84. 50 freestyle: 1. Colleen Gannon, AW, 28.30; 2. Jennifer Foley, LF, 28.31; 3. Laura Nelling, AW, 28.87. 100 butterfly: 1. Thomas, LF, 1:10.21; 2. B. Gannon, AW, 1:12.56; 3. Angela Yeung, AW, 1:18.96. 100 freestyle: 1. Foley, LF, 1:04.70; 2. Megan Basgill, AW, 1:05.13; 3. Nelling, AW, 1:05.53. 500 freestyle: 1. Rachael Gnias, AW, 5:54.88; 2. Emily Smith, AW, 6:00.19; 3. MariKate Cook, AW, 6:09.47. 200 freestyle relay: 1. AW (Nelling, Basgill, Ruzicka, Gannon), 1:59.88; 2. LF, 2:17.75; 3. AW, 2:18.09. 100 backstroke: 1. Charles, LF, 1:15.52; 2. Megan McCurdy, LF, 1:19.28; 3. Colleen Jacob, AW, 1:21.46. 100 breaststroke: 1. Lindsey Holmes, LF, 1:22.07; 2. Olivia Mannino, AW, 1:25.32; 3. Jennifer Whelan, AW, 1:27.37. 400 freestyle relay: 1. LF (Hall, Buonviso, DeNofa, Foley), 4:50.00; 2. LF, 4:50.12.

■ Archbishop Wood finished 10th in girls team scoring with 87 at the National Catholic championships at Villanova University. Taylor Kane was fifth in the 200-yard freestyle in 2:00.28 and seventh in the 500 freestyle (5:18.58). Grace Cochrane was seventh in the 100 butterfly (1:01.70) and 15th in the 200 individual medley (2:20.98, 2:19.87 preliminaries). Christina Rios was 12th in the 100 freestyle (56.63). The 400 freestyle relay of Rios, Amy Finn, Kane and Cochrane was sixth (3:50.12), the 200 medley relay of Rios, Alyse Davis, Cochrane and Bridget Gannon was 10th (1:59.84) and the 200 freestyle relay of Gannon, Davis, Kane and Emily Smith was 16th (1:49.75, 1:49.26 preliminaries).

■ The Archbishop Wood boys 400 freestyle relay of Gregory Oprendeck, David Keller, Andre Delvalle and Gary Bone was 14th (3:52.90) at the National Catholic championships. This is the last time that Wood will compete in this meet. The Vikings are joining the PIAA next season and this is not a PIAA-sanctioned event.

### Archbishop Wood 94, Little Flower 74

200-yard medley relay: 1. AW (Amanda Horlacher, Alyse Davis, Amy Finn, Christina Rios), 2:04.60; 2. AW, 2:14.22; 3. LF, 2:19.07.  
200 freestyle: 1. Grace Cochrane (AW), 2:08.21; 2. Finn (AW), 2:11.15; 3. Nina Kauffman (LF), 2:33.00.  
200 individual medley: 1. Emily Thomas (LF), 2:35.74; 2. Bridget Gannon (AW), 2:36.10; 3. Na'Shea Charles (LF), 2:53.84.

## Girls Swimming

50 freestyle: 1. Colleen Gannon (AW), 28.30; 2. Jennifer Foley (LF), 28.31; 3. Laura Nelling (AW), 28.87.  
100 butterfly: 1. Thomas (LF), 1:10.21; 2. B. Gannon (AW), 1:12.56; 3. Angela Yeung (AW), 1:18.96.  
100 freestyle: 1. Foley (LF), 1:04.70; 2. Megan Basgill (AW), 1:05.13; 3. Nelling (AW), 1:05.53.  
500 freestyle: 1. Rachael Gnias (AW), 5:54.88; 2. Emily Smith (AW), 6:00.19; 3. MariKate Cook (AW), 6:09.47.  
200 freestyle relay: 1. AW (Nelling, Basgill, Ruzicka, Gannon), 1:59.88; 2. LF, 2:17.75; 3. AW, 2:18.09.  
100 backstroke: 1. Charles (LF), 1:15.52; 2. Megan McCurdy (LF), 1:19.28; 3. Colleen Jacob (AW), 1:21.46.  
100 breaststroke: 1. Lindsey Holmes (LF), 1:22.07; 2. Olivia Mannino (AW), 1:25.32; 3. Jennifer Whelan (AW), 1:27.37.  
400 freestyle relay: 1. LF (Hall, Buonviso, DeNofa, Foley), 4:50.00; 2. LF, 4:50.12.

### Archbishop Wood 93, Cardinal O'Hara 75

200-yard medley relay: 1. Archbishop Wood (Tina Rios, Alyse Davis, Grace Cochrane, Bridget Kerins), 2:00.89; 2. CO, 2:06.03; 3. AW, 2:08.29.  
200 freestyle: 1. Amy Finn (AW), 2:08.49; 2. Rachel Gnias (AW), 2:10.37; 3. Courtney Relly (CO), 2:13.16.  
200 individual medley: 1. Kelly Fleagald (CO), 2:19.52; 2. Taylor Kane (AW), 2:20.97; 3. K. McGrory (CO), 2:30.16.  
50 freestyle: 1. Kate Erikson (CO), 27.18; 2. Grace Cochrane (AW), 27.26; 3. Kate Harnisky (CO), 27.57.  
Diving: no diving  
100 butterfly: 1. Grace Cochrane (AW), 1:02.95; 2. Bridget Kerins (AW), 1:07.35; 3. Danielle Hassord (CO), 1:09.07.  
100 freestyle: 1. Tina Rios (AW), 58.77; 2. Courtney Relly (CO), 1:00.28; 3. Katie Harnisky (CO), 1:00.44.  
500 freestyle: 1. Taylor Kane (AW) 5:27.54; 2. Amy Finn (AW), 5:50.53; 3. Rachel Gnias (AW), 5:52.30.  
200 freestyle relay: 1. Archbishop Wood (Rios, Davis, Kane, Cochrane), 1:47.70; 2. CO, 1:49.59; 3. AW, 1:53.66.  
100 backstroke: 1. Tina Rios (AW), 1:06.35; 2. Sam Greiner (CO), 1:10.25; Amdana Hurlacher (AW), 1:12.56.  
100 breaststroke: 1. Kelly Fleagald (CO), 1:13.99; 2. Alyse Davis (AW), 1:16.94; 3. Emily Smith (AW), 1:19.47.  
400 freestyle relay: exhibition

## Boys swimming

### ARCHBISHOP CARROLL 89, ARCHBISHOP WOOD 70

200-yard medley relay: 1. AC, 1:53.09; 2. AW, 1:55.69; 3. AC, 2:12.00. 200 freestyle: 1. Michael Maerz, AC, 2:00.30; 2. Andre Delvalle, AW, 2:14.29; 3. Scott Hunt, AC, 2:18.09. 200 individual medley: 1. Gregory Oprendeck, AW, 2:12.34; 2. John Howard, AC, 2:17.44; 3. Patrick Sabol, AC, 2:50.19. 50 freestyle: 1. Domenick D'Orazio, AC, 25.22; 2. Gary Bone, AW, 27.10; 3. Chris Mulligan, AC, 27.85. 100 butterfly: 1. Oprendeck, AW, 1:04.02; 2. Robert Cohen, AW, 1:04.22; 3. Michael Barkofski, AC, 1:12.06. 100 freestyle: 1. David Keller, AW, 56.31; 2. D'Orazio, AC, 58.25; 3. Hunt, AC, 1:02.09. 500 freestyle: 1. Howard, AC, 5:30.27; 2. Delvalle, AW, 6:02.28; 3. Thomas Giacomucci, AC, 6:07.28. 200 freestyle relay: 1. AW (Keller, Cohen, Gnias, Bone), 1:48.47; 2. AC, 1:52.44; 3. AC, 2:03.38. 100 backstroke: 1. Maerz, AC, 1:03.06; 2. Cohen, AW, 1:05.21; 3. Barkofski, AC, 1:13.59. 100 breaststroke: 1. Keller, AW, 1:11.62; 2. Nick Szalejko, AC, 1:12.34; 3. Andrew Gnias, AW, 1:25.03. 400 freestyle relay: 1. AW (Oprendeck, Delvalle, Gnias, Bone), 4:12.78.

## Girls swimming

### ARCHBISHOP WOOD 90, ARCHBISHOP CARROLL 75

200-yard medley relay: 1. AC (Walsh, Barkofski, Thorne, Corliss), 2:03.87; 2. AW, 2:04.13; 3. AW, 2:17.65. 200 freestyle: 1. Taylor Kane, AW, 2:03.49; 2. Amy Finn, AW, 2:07.97; 3. Rachael Gnias, AW, 2:12.69. 200 individual medley: 1. Grace Cochrane, AW, 2:24.18; 2. Alyse Davis, AW, 2:30.44; 3. Jennifer Barkofski, AC, 2:31.53. 50 freestyle: 1. Mollie Walsh, AC, 26.56; 2. Megan Corliss, AC, 27.25; 3. Bridget Kerins, AW, 27.92. 100 butterfly: 1. Cochrane, AW, 1:03.96; 2. Kerins, AW, 1:07.91; 3. Jaclyn Krizovensky, AC, 1:15.69. 100 freestyle: 1. Christina Rios, AW, 57.94; 2. Emily Smith, AW, 1:00.06; 3. Walsh, AC, 1:02.35. 500 freestyle: 1. Kane, AW, 5:25.18; 2. Finn, AW, 5:51.97; 3. MariKate, Cook, AW, 6:06.37. 200 freestyle relay: 1. AW (Rios, Davis, Cochrane, Kane), 1:49.53; 2. AC, 1:51.82; 3. AC, 1:55.82. 100 backstroke: 1. Rios, AW, 1:07.55; 2. Amanda Horlacher, AW, 1:12.32; 3. Krizovensky, AC, 1:16.50. 100 breaststroke: 1. Julie Parke, AC, 1:22.56; 2. Corliss, AC, 1:24.59; 3. Laura Markopoulos, AC, 1:40.75. 400 freestyle relay: 1. AC (D'Orazio, Krizovensky, Ciampoli, Collington), 4:29.01; 2. AC, 5:27.16.

## Meet of the Week

Archbishop Wood travels to Archbishop Ryan for a key Philadelphia Catholic League girls matchup today.

Karen Sangillo can be reached at [karensangillo@aol.com](mailto:karensangillo@aol.com).

# Wood cruises past St. Hubert

Emily Smith and Grace Cochrane won two individual events apiece Friday, helping Archbishop Wood defeat St. Hubert, 96-74, in a Philadelphia Catholic League girls swim meet.

Smith prevailed in the 200-yard individual medley and 500 freestyle, and Cochrane won the 100 free and 100 backstroke.

## Archbishop Wood 96, St. Hubert 74

**200-yard medley relay:** 1. Archbishop Wood (Christina Rios, Alyse Davis, Bridget Kerins, Bridget Gannon), 2:01.56; 2. St. Hubert, 2:03.31; 3. Archbishop Wood, 2:11.75

**200 freestyle:** 1. Amy Finn (AW), 2:08.09; 2. Rachael Gnias (AW), 2:11.35; 3. Megan Basgil (AW), 2:18.15  
**200 individual medley:** 1. Emily Smith (AW), 2:30.94; 2. MariKate Cook (AW), 2:33.35; 3. Amanda Spaeder (SH), 2:34.90

**50 freestyle:** 1. Rios (AW), 26.55; 2. Tara Robinson (SH), 26.87; 3. Davis (AW), 27.97

**100 butterfly:** 1. Robinson (SH), 1:08.22; 2. Kerins (AW), 1:08.66; 3. Gannon (AW), 1:11.34

**100 freestyle:** 1. Grace Cochrane (AW), 58.79; 2. Finn (AW), 1:01.53; 3. Erin Kistner (SH), 1:03.25

**500 freestyle:** 1. Smith (AW), 5:59.24; 2. Cook (AW), 6:08.28; 3. Kim McErlan (SH), 6:10.10

**200 freestyle relay:** 1. Archbishop Wood (Gannon, Gnias, Kerins, Smith), 1:53.63; 2. St. Hubert, 1:54.13; 3. St. Hubert, 2:06.22

**100 backstroke:** 1. Cochrane (AW), 1:07.32; 2. Rios (AW), 1:08.47; 3. Spaeder (SH), 1:11.13

**100 breaststroke:** 1. Kelsey Homont (SH), 1:15.99; 2. Jess McGarry (SH), 1:20.60; 3. Kelsey Konrad (SH), 1:25.41

**400 freestyle relay:** 1. St. Hubert (McErlan, McGarry, Colleen Toner, Spaeder), 4:22.72; 2. St. Hubert, 4:44.15.

## (Wednesday meet)

### WOOD 103, ARCHBISHOP PRENDERGAST 67

**200-yard medley relay:** 1. AW (Davis, Kane, Cochrane, Whelan), 2:06.50; 2. AW, 2:06.51; 3. AP, 2:06.56. **200 freestyle:** 1. Rachael Gnias, AW, 2:13.48; 2. MariKate Cook, AW, 2:19.16; 3. Megan Basgil, AW, 2:20.94. **200 individual medley:** 1. Mackenzie Stewart, AP, 2:41.16; 2. Bridget Fenning, AP, 2:43.16; 3. Olivia Martino, AW, 2:54.22. **50 freestyle:** 1. Laura Nelling, AW, 20.09; 2. Colleen Gannon, AW, 28.99; 3. Caitlin McDonough, AP, 29.59. **100 butterfly:** 1. Alyse Davis, AW, 1:11.90; 2. Daniella Damico, AP, 1:13.34; 3. Amy Finn, AW, 1:14.00. **100 freestyle:** 1. McDonough, AP, 1:04.96; 2. Gannon, AW, 1:05.65; 3. Nelling, AW, 1:08.34. **500 freestyle:** 1. Gnias, AW, 6:02.90; 2. Cook, AW, 6:15.32; 3. Basgil, AW, 6:20.72. **200 freestyle relay:** 1. AP (Stewart, Sciubba, Fenning, Damico), 1:59.00; 2. AW, 2:00.79; 3. AW, 2:05.28. **100 backstroke:** 1. Fenning, AP, 1:17.48; 2. Emily Smith, AW, 1:20.34; 3. Kristen Sciubba, AP, 1:20.57. **100 breaststroke:** 1. Stewart, AP, 1:17.92; 2. Martino, AW, 1:25.65; 3. Jennifer Whelan, AW, 1:36.05. **400 freestyle relay:** 1. AW (Finn, Gannon, Gnias, Rios), 4:09.60; 2. AW, 4:30.94; 3. AP, 4:32.50.

## Swimming

# Wood tops Ryan

Archbishop Wood won every event but two in storming to a 107-63 Philadelphia Catholic League girls swimming win over host Archbishop Ryan Tuesday.

## Roundup

Christina Rios, Grace Cochrane and Taylor Kane were all quadruple winners for the Vikings, who improved to 3-0 in the PCL and 3-1 overall.

### Archbishop Wood 107, Archbishop Ryan 63

**200-yard medley relay:** 1. Archbishop Wood (Christina Rios, Alyse Davis, Bridget Kerins, Bridget Gannon), 1:59.07; 2. Archbishop Ryan, 1:59.59; 3. Archbishop Wood, 2:08.08

**200 freestyle:** 1. Taylor Kane (AW), 2:01.38; 2. Amy Finn (AW), 2:05.53; 3. Rachael Gnias (AW), 2:08.57

**200 individual medley:** 1. Grace Cochrane (AW), 2:18.88; 2. Sara Kuhn (AR), 2:23.19; 3. Davis (AW), 2:31.68

**50 freestyle:** 1. Allison Chardio (AR), 26.84; 2. Gannon (AW), 27.44; 3. Kerins (AW), 27.75

**100 butterfly:** 1. Cochrane (AW), 1:02.65; 2. Bridget Hennessey (AR), 1:06.37; 3. Emily Smith (AW), 1:08.61

**100 freestyle:** 1. Rios (AW), 57.15; 2. Chardio (AR), 1:00.18; 3. Gannon (AW), 1:01.91

**500 freestyle:** 1. Kane (AW), 5:25.75; 2. Hennessey (AR), 5:37.63; 3. Amy Finn (AW), 5:38.06

**200 freestyle relay:** 1. Archbishop Wood (Davis, Gannon, Kane, Cochrane), 1:48.22; 2. Archbishop Ryan, 1:51.69; 3. Archbishop Wood, 1:51.91

**100 backstroke:** 1. Rios (AW), 1:03.22; 2. Sara Kuhns (AR), 1:03.47; 3. Kim Lidinger (AR), 1:08.62

**100 breaststroke:** 1. Julianne Staskel (AR), 1:15.72; 2. Davis (AW), 1:15.81; 3. Smith (AW), 1:18.216

**400 freestyle relay:** 1. Archbishop Wood (Finn, Rios, Kane, Cochrane), 3:54.29; 2. Archbishop Ryan, 3:59.44; 3. Archbishop Ryan, 4:14.22

**Record:** AW (3-1, 3-0 PCL)

## The sprint lane

Archbishop Wood won the overall girls team title at the Stroudsburg Winter Swim Classic. The Vikings scored 390 points to outdistance host Stroudsburg High School, which came in second with 216.5. Taylor Kane won the 200-yard freestyle in 2:00.12, bettering the meet record of 2:00.94 set in 1993. She also won the 500 freestyle (5:22.23). Grace Cochrane won the 200 individual medley (2:20.03), 100 butterfly (1:02.66) and 100 freestyle (57.10) while Christina Rios was first in the 100 backstroke (1:05.90), second in the 50 freestyle (26.47) and third in the 100 freestyle (57.96). Amy Finn took second in the 200 freestyle (2:06.88). Rios, Alyse Davis, Bridget Kerins and Emily Smith won the 200 medley relay (2:01.86) and Finn, Bridget Gannon, Kane and Cochrane won the 400 freestyle relay (3:56.59).

The Wood boys team was sixth overall at the Stroudsburg competition with 68 points. Greg Oprendeck finished third for the Vikings in the 100 breaststroke (1:09.44).

## Girls swimming

### Council Rock North 124, Archbishop Wood 59

**200-yard medley relay:** 1. AW (Christina Rios, Alyssa Davis, Grace Cochrane, Bridget Gannon), 1:59.79; 2. CRN, 2:00.60; 3. CRN, 2:05.48.

**200 freestyle:** 1. Taylor Kane (AW), 2:00.41; 2. Tori Hall (CRN), 2:04.27; 3. Sarah Wells (CRN), 2:04.99.

**200 individual medley:** 1. Kate Dillione (CRN), 2:20.22; 2. Melanie Craig (CRN), 2:23.20; 3. Sarah Rowlan (CRN), 2:30.25.

**50 freestyle:** 1. Maggie Dillione (CRN), 25.79; 2. Jenna Nowicke (CRN), 26.39; 3. Cochrane (AW), 26.87.

**Diving:** 1. Sierra Finn (CRN); 2. Mandy Lohse (CRN); 3. Callie Crew (CRN).

**100 butterfly:** 1. K. Dillione (CRN), 1:00.86; 2. Cochrane (AW), 1:03.96; 3. Keirsten Winkeler (CRN), 1:08.37.

**100 freestyle:** 1. Jessica Rauchut (CRN), 57.19; 2. Rios (AW), 57.49; 3. Abby Mitchell (CRN), 57.67.

**500 freestyle:** 1. Kane (AW), 5:21.05; 2. Bizzy Millen (CRN), 5:23.05; 3. M. Dillione (CRN), 5:27.58.

**200 freestyle relay:** 1. CRN (Hall, B. Millen, K. Dillione, M. Dillione), 1:43.03; 2. AW, 1:51.10; 3. CRN, 1:51.58.

**100 backstroke:** 1. Hall (CRN), 1:04.40; 2. Rios (AW), 1:06.05; 3. Wells (CRN), 1:07.36.

**100 breaststroke:** 1. M. Craig (CRN), 1:14.05; 2. Nowicke (CRN), 1:14.17; 3. Alex Minsky (CRN), 1:16.58.

**400 freestyle relay:** 1. CRN (Rauchut, B. Millen,

K. Dillione, M. Dillione), 3:49.40; 2. AW, 3:50.47; 3. CRN, 4:03.65.



**THE CATHOLIC**  
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## Sports notes from across the Archdiocese

**Sports Columnist**  
**By John Knebel**

Cleaning out a notebook on a cold winter day ...

There must be something nutritious in the water up in Bucks County.

For the first time in eight years, Archbishop Wood's girls' swimming team defeated Archbishop Ryan. The 107-63 Catholic League victory had Wood's 11-year coach Charlie Stillwell beaming.

"They did a great job," said Stillwell, a Wood graduate. "I don't think you could have asked them for any more. I'm really proud of what they accomplished."

Leading the way for the high school from Warminster was senior Christina Rios. In addition to helping the 200 medley and 400 freestyle medley teams finish first, Rios also captured the 100-yard backstroke and the 100-yard freestyle events.

Stillwell said a performance such as Rios' displayed the leadership by an upperclassman that is so necessary in any sport, particularly in swimming.

"Confidence is so important," said Stillwell. "When you believe in your ability, it feeds off from one swimmer to the others."

Meanwhile, Conwell-Egan of Levittown kept itself alive in the Catholic League Northern Division boys' basketball playoff race Monday night with an exciting, 52-50 victory over Father Judge.

In defeating the Crusaders on the road for the first time in seven seasons, the Eagles improved their league record to 4-4 while the Crusaders dropped to 5-3. A loss would have dealt a severe blow to the Eagles' chances of reaching the post-season.

Hayk Gyokchyan buoyed the victors by scoring a game-high 21 points. But it was teammate Jonas Skovdal who nailed the game-winning shot with 12 seconds left in regulation to finish with 12 points.

Not to be outdone, Archbishop Wood's boys' basketball team celebrated its first league victory of the season thanks to a 55-49 triumph over Bishop McDevitt. Tim Fahy's 20 points – 12 on four three-point shots – proved to be the major difference in the Vikings' second-half comeback. Teammate Sean McCartney contributed three treys and 16 points to the win, and Dan Comas added 11 points and nine rebounds.

Finally, Holy Ghost Prep of Bensalem eked out a huge 54-52, Bicentennial League win over host Girard College in a contest between two teams that had entered undefeated in league play and with superb overall records of 15-2 and 12-2, respectively.

The Firebirds seemed to be heading toward an easy victory before Girard erased a 13-point deficit in the final four minutes of the fourth quarter.

But Bob Lantzy saved the day for Holy Ghost when he took a feed from Mike Byrne and banked home a game-winning shot with two seconds left in regulation play.

"Coach (Tony Chapman) told me to go to the basket, and that's what I did," said Lantzy, who received a hero's embrace by players and fans after the buzzer. "I thought I might get fouled, so I just took it strong." Chapman deflected any coaching praise back to his players.

"Our kids are smart and know what to do," said Chapman. "We really don't have someone you would call a 'go-to guy.' If they're open, they know they can take the shot."

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## PCL SWIMMING

# Wood girls seek first title since 1991

BY KAREN SANGILLO  
COURIER TIMES

**WARMINSTER** — The Archbishop Wood girls swim team is poised to win its first Philadelphia Catholic League title since 1991.

The Vikings finished the regular season at 6-1 overall, 6-0 in the PCL, including a 107-63 win over five-time defending PCL titlist Archbishop Ryan — the first time in eight years that they have defeated the Ragdolls in a dual meet. Wood's only loss was to Council Rock-North, 124-59, in a nonleague season opener.

The PCL championships are scheduled for this weekend, with trials on Saturday at Widener University, boys at 8 a.m. and girls at noon. The finals are on Sunday at La Salle University, beginning at 11 a.m.

"We definitely feel that there's pressure," team member Alyse Davis said. "We beat Ryan, and we're undefeated, but we know that everyone else is going to be fired up to swim well and we'll be the team everyone is looking to beat."

"We're trying not to think about it too much and to just be happy that we're in this position and to not be cocky and act

like we already have it in the bag, because we don't. We like our chances, and we want to go out there and swim with confidence and not be intimidated, but we definitely know that we still have to do it in the pool."

Coach Charlie Stillwell also likes his team's chances.

"This team is different from any other team I've coached," he said. "They're so motivated. The only thing I do is train them; they do all the motivating themselves."

"They're a fantastic group of kids to work with. I'm really looking forward to championships. It's going to be really exciting."

The Vikings are hoping to parlay their success at the Eastern Interscholastic Swimming and Diving Championships last weekend at La Salle into a triumph in the PCL championships.

At the Eastern meet, Taylor Kane finished 10th in the 500 freestyle in 5:16.49 and 11th in the 200 freestyle (2:00.20). Grace Cochrane was 11th in the 100 butterfly (1:02.07) and 18th in the 200 individual medley (2:21.76).

The 400 freestyle relay of Christina Rios, Cochrane, Amy Finn and Kane finished 12th (3:51.77). The 200 medley relay of Rios, Davis, Bridget Kerins and Bridget Gannon was 15th (2:00.85), and the 200 freestyle relay of Gannon, Kane, Davis and Cochrane was 18th (1:47.98).

The Eastern meet is one of the oldest and most prestigious in the country and is the largest prep school aquatic event in the United States.

"It's really upsetting that this was our last Eastern meet," said Davis, a junior. "We love going there because it's such a fun meet, and I know I'm going to miss swimming there next year."

"We don't go into that meet with any big expectations. Mostly, we want to swim there because it's at La Salle and that's where the Catholic League finals are, so it gives us a chance to swim in the same pool before the PCL meet."

"I know things are changing and next year is going to be really different for us, but we'll have to just accept it and see how it goes."

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## Boys swimming

(Friday meet)

FATHER JUDGE 96, ARCHBISHOP WOOD 55

200-yard medley relay: 1. AW (David Keller, Gregory Oprendek, Robert Cohen, Gary Bone), 1:55.64; 2. FJ, 2:01.28; 3. FJ, 2:04.90. 200 freestyle: 1. Joseph Konicki, FJ, 2:02.88; 2. Shawn Mitkus, FJ, 2:06.13; 3. Matt Hirst, 2:08.03. 200 individual medley: 1. Oprendek, AW, 2:14.09; 2. Evan Field, FJ, 2:21.78; 3. Jim Long, FJ, 3:30.84. 50 freestyle: 1. Keller, AW, 24.79; 2. Brian Milligan, FJ, 25.12; 3. Bone, AW, 27.22. 100 butterfly: 1. Steven Petrosky, FJ, 1:00.34; 2. Oprendek, AW, 1:01.97; 3. Tyler Cameron, FJ, 2:01.29. 100 freestyle: 1. Keller, AW, 55.96; 2. Bryan McHale, FJ, 57.56; 3. Cameron, FJ, 1:08.40. 500 freestyle: 1. Mike Lawley, FJ, 5:32.86; 2. Mitkus, FJ, 5:55.75; 3. Andre Delvalle, AW, 6:02.03. 200 freestyle relay: 1. FJ (Konicki, Jonas, Milligan, Petrosky), 1:42.99; 2. FJ, 1:48.81; 3. AW, 1:49.81. 100 backstroke: 1. Cohen, AW, 1:05.03. 100 breaststroke: 1. Andrew Gnias, AW, 1:23.57; 2. Rob Crossley, FJ, 1:50.03. 400 freestyle relay: 1. FJ (Long, Cameron, O'Brien, Hirst), 3:54.23; 2. FJ, 3:55.18; FJ, 4:08.15.

## Girls swimming

(Friday meet)

ARCHBISHOP WOOD 96, ST. HUBERT 74

200-yard medley relay: 1. AW (Christina Rios, Alyse Davis, Bridget Kerins, Bridget Gannon), 2:01.56; 2. SH, 2:03.31; 3. AW, 2:11.75. 200 freestyle: 1. Amy Finn, AW, 2:08.09; 2. Maria Petrosky, SH, 2:20.16; 3. Rachael Gnias, AW, 2:11.35. 200 individual medley: 1. Emily Smith, AW, 2:30.94; 2. MariKate Cook, AW, 2:33.35; 3.

Amanda Spaeder, SH, 2:34.90. 50 freestyle: 1. Rios, AW, 26.55; 2. Tara Robinson, SH, 26.87; 3. Davis, AW, 27.97. 100 butterfly: 1. Robinson, SH, 1:08.22; 2. Kerins, AW, 1:08.66; 3. Gannon, AW, 1:11.34. 100 freestyle: 1. Grace Cochrane, AW, 58.79; 2. Finn, AW, 1:01.53; 3. Erin Kistner, SH, 1:03.25. 500 freestyle: 1. Smith, AW, 5:59.24; 2. Cook, AW, 6:08.28; 3. Kim McEneaney, SH, 6:10.10. 200 freestyle relay: 1. AW (Gannon, Gnias, Kerins, Smith), 1:53.63; 2. SH, 1:54.13; 3. SH, 2:06.72. 100 backstroke: 1. Cochrane, AW, 1:07.32; 2. Rios, AW, 1:08.47; 3. Spaeder, SH, 1:11.13. 100 breaststroke: 1. Kelsey Hormont, SH, 1:15.99; 2. Jessica McGarry, SH, 1:20.60; 3. Kelsey Konrad, SH, 1:25.41. 400 freestyle relay: 1. SH (McEneaney, McGarry, Toner, Spaeder), 4:22.72; 2. SH, 4:44.15; 3. SH, 5:06.50.

## Girls swimming

CR-NORTH 124, ARCHBISHOP WOOD 59

200-yard medley relay: 1. AW (Christina Rios, Alyssa Davis, Grace Cochrane, Bridget Gannon), 1:59.79; 2. CRN, 2:00.60; 3. CRN, 2:05.48. 200 freestyle: 1. Taylor Kane, AW, 2:00.41; 2. Tori Hall, CRN, 2:04.27; 3. Sarah Wells, CRN, 2:04.99. 200 individual medley: 1. Kate Dillione, CRN, 2:20.22; 2. Melanie Craig, CRN, 2:23.20; 3. Sarah Rowlan, CRN, 2:30.25. 50 freestyle: 1. Maggie Dillione, CRN, 25.79; 2. Jenna Nowicke, CRN, 26.39; 3. Cochrane, AW, 26.87. Diving: 1. Sierra Finn, CRN; 2. Mandy Lohse, CRN; 3. Callie Crew, CRN. 100 butterfly: 1. K. Dillione, CRN, 1:00.86; 2. Cochrane, AW, 1:03.96; 3. Keirsten Winkler, CRN, 1:08.37. 100 freestyle: 1. Jessica Rauchut, CRN, 57.19; 2. Rios, AW, 57.49; 3. Abby Mitchell, CRN, 57.67. 500 freestyle: 1. Kane, AW, 5:21.05; 2. Bizzy Millen, CRN, 5:23.05; 3. M. Dillione, CRN, 5:27.58. 200 freestyle relay: 1. CRN (Hall, B. Millen, K. Dillione, M. Dillione), 1:43.03; 2. AW, 1:51.10; 3. CRN, 1:51.58. 100 backstroke: 1. Hall, CRN, 1:04.40; 2. Rios, AW, 1:06.05; 3. Wells, CRN, 1:07.36. 100 breaststroke: 1. M. Craig, CRN, 1:14.05; 2. Nowicke, CRN, 1:14.17; 3. Alex Minsky, CRN, 1:16.58. 400 freestyle relay: 1. CRN (Rauchut, B. Millen, K. Dillione, M. Dillione), 3:49.40; 2. AW, 3:50.47; 3. CRN, 4:03.65.

## Girls swimming

(Wednesday meet)

ARCHBISHOP WOOD 93, CARDINAL O'HARA 75

200-yard medley relay: 1. AW (Christina Rios, Alyse Davis, Grace Cochrane, Bridget Kerins), 2:00.89; 2. CO, 2:06.03; 3. AW, 2:08.29. 200 freestyle: 1. Amy Finn, AW, 2:08.49; 2. Rachael Gnias, AW, 2:10.37; 3. Courtney Rely, CO, 2:13.16. 200 individual medley: 1. Kelly Fleagald, CO, 2:19.52; 2. Taylor Kane, AW, 2:20.97; 3. K. McGrory, CO, 2:30.16. 50 freestyle: 1. Kate Erikson, CO, 27.18; 2. Cochrane, AW, 27.26; 3. Kate Harnisky, CO, 27.57. 100 butterfly: 1. Cochrane, AW, 1:02.95; 2. Kerins, AW, 1:07.35; 3. Danielle Hassord, CO, 1:09.07. 100 freestyle: 1. Rios, AW, 58.77; 2. Rely, CO, 1:00.28; 3. Katie Harnisky, CO, 1:00.44. 500 freestyle: 1. Kane, AW, 5:27.54; 2. Finn, AW, 5:50.53; 3. Gnias, AW, 5:52.30. 200 freestyle relay: 1. AW (Rios, Davis, Kane, Cochrane), 1:47.70; 2. CO, 1:49.59; 3. AW, 1:53.66. 100 backstroke: 1. Rios, AW, 1:06.35; 2. Sam Greiner, CO, 1:10.25; Amanda Hurlacher, AW, 1:12.56. 100 breaststroke: 1. Fleagald, CO, 1:13.99; 2. Davis, AW, 1:16.94; 3. Emily Smith, AW, 1:19.47. 400 freestyle relay: exhibition.

## Sports Notebook

# PCL swim final is likely to be end of an era

By Don Beideman  
INQUIRER STAFF WRITER

La Salle is heavily favored to win its 20th consecutive Catholic League swim championship next weekend, continuing one of the longest league championship runs in Southeastern Pennsylvania.

But the league title likely will be the last in its present form. As a result of the league's move to District 12 next year, the two-day Catholic League championship format may not work.

"Because of deadlines for the District 12 championships, we may have to move some things back," in terms of the dual-meet season, said La Salle coach Frank Lichtner, president of the league's coaches' association. "We may not be able to find the facilities for a two-day meet.

"There are tons of fields for football playoffs, but we have to scramble to find a pool for two days," said Lichtner, whose Explorers have not lost a league dual meet in two decades.

As it is, the league is holding the championship meet at two different locations this year. The trials will be March 1 at Drexel University, with the boys swimming at 9 a.m. and the girls at 1 p.m. The finals will begin the next day at 11 a.m. at La Salle University.

The league has used Widener for its championship meet, but the Widener facility is unavailable.

"It will absolutely change things," Lichtner said, referring to the shift to District 12. "The big meet has been the Catholic League championships. Now it will be the district meet, with the hope of going on to the state championship."

La Salle and the other Catholic League schools that have competed in the National Catholic Championships at Villanova and the Eastern Interscholastic championships at La Salle are expected to bypass those meets next year. La Salle, which is competing in the Eastern meet today and tomorrow, finished third in the National Catholic meet this year.

## Boys swimming

### LA SALLE 57, ARCHBISHOP WOOD 31

200-yard medley relay: 1. LS (Rhoads Worster, Greg Woods, Phil LeTeavage, Brendan McGoldrick), 1:43.92; 2. LS, 1:56.57; 3. AW, 2:09.86. 200 freestyle: 1. Ted Walker, LS, 1:53.67; 2. Joe Houldin, LS, 1:57.35; 3. David Keller, AW, 2:11.56. 200 individual medley: 1. Michael McGee, LS, 2:13.15; 2. Gregory Oprendeck, AW, 2:14.05; 3. Conor Bracken, LS, 2:18.07. 50 freestyle: 1. Todd Domanski, LS, 23.48; 2. Paul McGee, LS, 25.62; 3. Gary Bone, AW, 29.05. 100 butterfly: 1. James Mahoney, LS, 58.39; 2. Robert Cohen, AW, 1:05.01; 3. Kyle Finlay, LS, 1:05.31. 100 freestyle: 1. Keller, AW, 57.71; 2. Tim Jeffers, LS, 58.02; 3. Brendan Stone, LS, 59.01. 500 freestyle: 1. Walker, LS, 5:19.29; 2. Tom Knab, LS, 5:21.09; 3. Andre Delvalle, AW, 6:35.09. 200 freestyle relay: 1. LS (Mahoney, Finlay, Bracken, P. McGee), 1:36.71; 2. AW, 1:49.98. 100 backstroke: 1. Worster, LS, 59.04; 2. Domanski, LS, 59.17; 3. Cohen, AW, 1:04.78. 100 breaststroke: 1. Oprendeck, AW, 1:09.40; 2. Andrew Gnias, AW, 1:29.11. 400 freestyle relay: 1. AW (Keller, Bone, Gnias, Delvalle), 4:32.08.

## The results

### GIRLS

**Team scoring:** Archbishop Wood 694, Cardinal O'Hara 571, Archbishop Ryan 563, Archbishop Carroll 324, St. Hubert 274, Little Flower 161, Archbishop Prendergast 144.

**200-yard Medley Relay:** 1. Archbishop Ryan (Sara Kuhn, Julianne Staskel, Bridget Hennessey, Allison Chiardio), 1:57.37. 2. Wood, 1:57.68. 3. Carroll, 2:01.52.

**200 Freestyle:** 1. Taylor Kane, Archbishop Wood, 1:59.28. 2. Amy Finn, Wood, 2:05.45. 3. Emily Smith, Wood, 2:08.97.

**200 IM:** 1. Sara Kuhn, Archbishop Ryan, 2:16.24. 2. Kelly Fleagle, O'Hara, 2:17.34. 3. Grace Cochrane, Wood, 2:18.90.

**50 Freestyle:** 1. Katie Erikson, Cardinal O'Hara, 25.91. 2. Megan Corliss, Carroll, 26.07. 3. Allison Chiardio, Ryan, 26.66.

**100 Butterfly:** 1. Grace Cochrane, Archbishop Wood, 1:00.87. 2. Mollie Walsh, Carroll, 1:03.20. 3. Bridget Hennessey, Ryan, 1:04.22.

**100 Freestyle:** 1. Christina Rios, Archbishop Wood, 56.16. 2. Emily Smith, Wood, 57.72. 3. Katie Erikson, O'Hara, 58.58.

**500 Freestyle:** 1. Taylor Kane, Archbishop Wood, 5:17.95. 2. Bridget Hennessey, Ryan, 5:25.72. 3. Amy Finn, Wood, 5:40.71.

**200 Freestyle Relay:** 1. Cardinal O'Hara (Katie Erikson, Jamie Seifried, Katie Harnish, Kelly Fleagle), 1:45.16. 2. Carroll, 1:45.20. 3. Wood, 1:46.60.

**100 Backstroke:** 1. Sara Kuhn, Archbishop Ryan, 1:00.69. 2. Christina Rios, Wood, 1:01.59. 3. Samantha Greiner, O'Hara, 1:07.08.

**100 Breaststroke:** 1. Kelly Fleagle, Cardinal O'Hara, 1:13.27. 2. Kelsey Homont, St. Hubert, 1:13.62. 3. Julianne Staskel, Ryan, 1:13.88.

**400 Freestyle Relay:** 1. Archbishop Wood (Amy Finn, Grace Cochrane, Taylor Kane, Christina Rios), 3:49.89. 2. O'Hara, 3:52.12. 3. Ryan, 3:56.93.

### BOYS

**Team scoring:** La Salle 965, St. Joseph's Prep 625.5, Archbishop Ryan 294.5, Father Judge 285, Monsignor Bonner 253, Roman Catholic 230, Cardinal O'Hara 185, Archbishop Carroll 170, Archbishop Wood 94.

**200-yard Medley Relay:** 1. La Salle (Rhodes Worster, Blase Szyzsko, Phil Letcavage, James Mahoney), 1:37.94. 2. St. Joseph's Prep, 1:41.16. 3. Father Judge, 1:44.22.

**200 Freestyle:** 1. Ted Walker, La Salle, 1:45.23. 2. Michael McGee, La Salle, 1:47.82. 3. Andrew Gogola, St. Joseph's Prep, 1:49.36.

**200 IM:** 1. Greg Mahon, St. Joseph's Prep, 1:56.91. 2. Greg Woods, La Salle, 2:00.40. 3. Andrew Gillespie, Roman Catholic, 2:01.99.

**50 Freestyle:** 1. James Mahoney, La Salle, 21.75. 2. Andrew Sideras, La Salle, 22.21. 3. Todd Domanski, La Salle, 22.23.

**100 Butterfly:** 1. Phil Letcavage, La Salle, 53.92. 2. Andrew Kelly, St. Joseph's Prep, 54.00. Andrew Speese, La Salle, 54.25.

**100 Freestyle:** 1. Ted Walker, La Salle, 47.10. 2. Andrew Sideras, La Salle, 48.97. 3. Andrew Gogola, St. Joseph's Prep, 49.38.

**500 Freestyle:** 1. Michael McGee, La Salle, 4:54.44. 2. Tom O'Neill, La Salle, 4:59.87. 3. Brandon Rapone, Ryan, 5:00.15.

**200 Freestyle Relay:** 1. La Salle (Andrew Sideras, James Mahoney, Ted Walker, Todd Domanski), 1:26.61. 2. St. Joseph's Prep, 1:31.60. 3. O'Hara, 1:34.68.

**100 Backstroke:** 1. Greg Mahon, St. Joseph's Prep, 53.06. 2. Andrew Gillespie, Roman Catholic, 53.24. 3. Pat McDevitt, Monsignor Bonner, 55.76.

**100 Breaststroke:** 1. Blase Szyzsko, La Salle, 59.77. 2. Greg Woods, La Salle, 1:00.84. 3. Michael Maerz, Carroll, 1:03.64.

**400 Freestyle Relay:** 1. La Salle (Andrew Sideras, Kyle Finlay, Todd Domanski, Ted Walker), 3:15.06. 2. St. Joseph's Prep, 3:17.32. 3. Monsignor Bonner, 3:24.33.

## Boys swimming

(Wednesday meet)

### CARDINAL O'HARA 92, ARCHBISHOP WOOD 51

200-yard medley relay: 1. CO, 1:54.63; 2. AW, 2:03.60. 200 freestyle: 1. Tom Dinit, CO, 2:06.35; 2. Andrew Gnias, AW, 2:20.41; 3. Pasquale Cippoloni, CO, 2:24.94. 200 individual medley: 1. Ryan Mattson, CO, 2:33.91; 2. Andre Delvalle, AW, 2:35.13. 50 freestyle: 1. Nate Oropollo, CO, 23.95; 2. Dave Keller, AW, 24.56; 3. Casey Strus, CO, 24.90. 100 butterfly: 1. Tom Hawkins, CO, 58.74; 2. Gregory Oprendeck, AW, 1:01.59; 3. Dinit, CO, 1:05.47. 100 freestyle: 1. Oropollo, CO, 58.16; 2. Gary Bone, AW, 1:00.94; 3. Cippoloni, CO, 1:05.28. 500 freestyle: 1. Delvalle, AW, 6:03.41; 2. James Bulicki, CO, 6:14.47; 3. Kevin Connolly, CO, 7:43.03. 200 freestyle relay: 1. CO, 1:45.47; 2. AW, 1:52.12; 3. CO, 2:01.50. 100 backstroke: 1. Hawkins, CO, 59.11; 2. Strus, CO, 1:03.63; 3. Oprendeck, AW, 1:05.69. 100 breaststroke: 1. Keller, AW, 1:11.27; 2. Mattson, CO, 1:14.06; 3. Connolly, CO, 1:40.03. 400 freestyle relay: exhibition.



## SWIMMING NOTES

# Final lap for Wood in PCL

By KAREN SANGILLO  
COURIER TIMES

This is Archbishop Wood's final season before the Philadelphia Catholic League enters the PIAA in the 2008-09 school year.

For the girls team, this is the last try to win the PCL title before switching over to a new postseason.

"It's really important that we go out strong," senior Bridget Gannon said. "As seniors we want to try to win it, and we also want to win the last Catholic League title before everything changes.

"There will still be a Catholic League and a championship, but I don't think it's ever going to be the same."

Some seniors rue missing the opportunity to swim in the PIAA.

"In a way I am sorry that I won't be here for the move because it'll be different and a new challenge," said senior Kellina Keown. "But we still have this season to swim, and hopefully we'll win the league."

The team lost some good swimmers to graduation.

"We're still going to do well, I think," senior Amy Finn said. "We feel that we're really strong. Who we lost is made up by the freshmen we got in. I think all of us are going to step up our game, and this could be our best year."

Last year the Vikings lost just one dual meet, to Archbishop Ryan.

"We did really well last year, and even though we lost to Ryan we didn't hand it to them," senior Rachael Gnias said. "We put up a great fight.

"That's been such a great rivalry for us. We're not specifically focused on beating Ryan this year, although, of course, we'd love to do that. We're focusing on every meet we have because it's important to swim well at all of them.

"This year even if we don't win it all, our goal is to make a lasting impression. If we can do that, it will have been a good season."

The Wood girls team opens the 2007-08 PCL season Wednesday, traveling to Archbishop Prendergast's home pool at Widener University's Schwartz Athletic Center. The boys will swim Monsignor Bonner at the same time to complete the double dual meet.

The teams swim a non-league double dual meet at Council Rock-North on Tuesday. It is the first meet of the year for the girls. The boys are 0-1 for the year, having lost to La Salle, 57-31, in their PCL opener.

## La Salle, GA take second

By Patrick Foy  
Sportswriter

Several local high schools tested their mettle against the top swimming programs on the East Coast last Friday and Saturday at the 108th Eastern Interscholastic Swimming and Diving Championships at La Salle University.

La Salle College High School and Germantown Academy each came away with successful weekends. La Salle finished second overall in the boys' team rankings, while the Germantown Academy girls' squad took the runner-up position in the girls' team standings.

The Patriots' team finish capped a terrific weekend for the Germantown Academy girls, amassing 276 team points, which fell just short of New Jersey power Peddie School with 290.

Senior Teresa Crippen set a school record in the 100-yard backstroke with her winning time of 54.16 seconds, and she tied school and Easterns records with her 54.60-second win in the 100 butterfly. Crippen's efforts earned her the Easterns' Outstanding Female Athlete award.

Fellow senior Katie Riefenstahl broke school and meet records as well when she won the 200 freestyle in 1:46.60.

Yet another school record was set in the 200 freestyle relay, with Crippen, Riefenstahl, Sarah Aemissegger, and Liza McDevitt completing the event in 1:34.41.

On the boys' side, the Patriots' small squad finished 14th with 59 points, but senior diver Jeff Cragg placed first overall with a score of 528.90 in the boys' diving competition.

For La Salle, the second-place result was a satisfying one for the Ex-

plorers, who were competing in the Easterns for the 19th and final time. As the Philadelphia Catholic League moves into the PIAA full-time next year, participation in District 12 and state meets will prevent the Explorers from competing in Easterns again.

La Salle also recorded times that met all-American standards in the 200 freestyle relay and 400 freestyle relay events. The Explorers' relay team consisted of Ted Walker, Todd Domanski, Andrew Sideras and James Mahoney.

Domanski fought off an illness to register a seventh-place finish in the 50 freestyle and 12th in the 100 freestyle.

Archbishop Wood, another school participating in its last Easterns meet, posted a respectable finish of 15th on the girls' side.

"I was very happy with the way they swam," Wood coach Charlie Stillwell said.

Vikings freshman Taylor Kane turned in a strong performance, finishing ninth in the 500 freestyle and 11th in the 200 freestyle.

In the preliminary 500 freestyle event, Kane posted a time of 5:13.53, besting her personal record by five seconds.

Meanwhile, Wood senior Christina Rios anchored a 15th-place group in the 200 medley relay; that group also featured Alyse Davis, Bridget Kerins and Bridget Gannon. Rios complemented that with finishes of 20th in the 100 freestyle and 22nd in the 100 backstroke. Freshman Grace Cochrane posted a time of 2:21.76 in the 200 individual medley, which was good for 18th, and followed that up with an 11th-place finish in the 100 butterfly.

"They weren't afraid to swim," Stillwell said. "The seniors generally rose to the occasion."

## SWIMMING NOTES

# Pennsbury, Wood make big splash

By **KAREN SANGILLO**  
COURIER TIMES

Two area girls swimming teams scored important league victories last week.

Archbishop Wood notched its first win against host Archbishop Ryan in eight years with a 107-63 Philadelphia Catholic League triumph Tuesday over the Ragdolls. The Pennsbury posted a 96-90 SOL National Conference win Wednesday over defending champ North Penn.

Wood's last win over Ryan was a 90-80 victory on Jan. 12, 2000. Ryan is the five-time defending PCL champion. Wood won its only crown in 1991.

"In my 11 years as head coach this was the best any of my teams have ever swum in a meet, and I've had some very good teams over the years," Wood coach Charlie Stillwell said.

"When I scoped out the meet ahead of time, I had it coming out a tie and, as you can see, we did a heck of a lot better than that.

"I told the girls before the meet started and during practices that this could be their year; this could be the year they beat Ryan. They were really disappointed last year [a 98-72 home loss] and they listened to me and everybody did the best they could possibly do.

They were very, very excited going in because they've been pointing for this meet all year.



**Xceleration player Jen Whelan received the "Best Attacker" award in the 15-and-under age group at the Capitol Hill tournament.**

# La Salle makes it 20 in row; Wood captures girls' crown

The Explorers won 9 of the 11 events to win the title easily; The Vikings won four events, but team depth carried them.

By John Kopp  
INQUIRER STAFF WRITER

La Salle High enters each swimming season expecting to compete for the Catholic League boys' title.

The Archbishop Wood girls' swimming team may not have the tradition of La Salle, but it began the season with high hopes, too.

Both teams fulfilled their dreams yesterday at La Salle University's Kirk Pool, winning Catholic League championships. It was the Explorers' 20th straight league crown. The Vikings claimed their second title in school history.

La Salle scored 965 points to easily defeat St. Joseph's Prep (625.5) and third-place Archbishop Ryan (294.5).

"It's such an accomplishment," said Ted Walker, who helped the Explorers win four events. "I can't even believe it's been 20 years in a row. That's before I was even alive. It feels great to be a part of that, because we're just carrying something on for so long."

The Explorers won nine of the 11 events and were led by Walker, who won the 100- and 200-yard freestyle. He was also a part of the winning 200 and 400 freestyle relay teams.

La Salle's James Mahoney won the 50 freestyle, Phil Letcavage took the 100 butterfly, and Blase Szyszko captured the 100 breaststroke. Each contributed to winning relay teams.

Michael McGee won the 500 freestyle and took second in the 200 freestyle for the Explorers.

"Our coaches told us before the season that we're not just representing ourselves," McGee said. "[They said], 'You're representing every team that's won before you.' That's the kind of feel-



Archbishop Wood's Christina Rios (left) is embraced by teammate Emily Smith after the two finished one-two, respectively, in the 100 freestyle.

ing we have."

Wood's girls claimed their first title since 1991. With 694 points, the Vikings snapped a five-year championship run by Archbishop Ryan. Cardinal O'Hara (571) finished second and Ryan (563) was third.

Taylor Kane paced the Vikings, winning the 200 and 500 freestyle and swimming the third leg for the victorious 400 freestyle relay team.

"I knew I was swimming against seniors who really wanted to win, so I was a little nervous about that," the freshman said.

Christina Rios was the only other Viking to capture an individual event, topping the field in the 100 freestyle, but coach Charlie Stillwell pointed to the Vikings' depth: They claimed the top

five spots in the 200 freestyle and five of the top six in the 500 freestyle.

"To be honest with you, I've never had a team like this," Stillwell said.

"From the first meet that we had, they've just stepped up and shown that they really wanted to win."

## Swimmer of the Week

Christina Rios of Archbishop Wood helped the Vikings to a 107-63 win over Archbishop Ryan. The senior won the 100-yard freestyle and 100 backstroke and was on the winning 200 medley and 400 freestyle relays.

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## PHILADELPHIA CATHOLIC LEAGUE SWIMMING CHAMPIONSHIPS

"This is unbelievable. It was all the girls. I was lucky enough to be the one to tell them what to swim, but they did it all themselves. I'm so proud of them." — Charlie Stillwell, Archbishop Wood coach

# Wood girls drown PCL title drought

*Vikings win first championship since 1991*

BY KAREN SANGILLO  
THE INTELLIGENCER

PHILADELPHIA — The Archbishop Wood girls swim team broke a 17-year drought, winning the

Philadelphia Catholic League championship Sunday at LaSalle University's Kirk Natatorium.

The Vikings won their only other PCL title in 1991.

"That's a long time," senior captain Bridget Gannon said. "It feels so great to win one, and to win it my senior year is just amazing. This was our last chance. Everyone swam so well and we were really excited for the meet. We knew if we came in here and swam strong that we'd be the team to beat.

We didn't really feel much pressure; we knew what we could do, so it was just a matter of us doing it."

Wood's win broke Archbishop Ryan's five-year win streak.

"We beat Ryan in our dual meet, but we knew we couldn't take them lightly," senior captain Rachael Gniass said. "We had to come back and swim well here. We've seen Ryan's depth; we know what they can do. This was just a great way to finish the season. I think the seniors really appreciate

what it means to finally beat Ryan."

Three swimmers took first place in individual events.

Taylor Kane won the 200-yard freestyle in 1 minute, 59.28 seconds and the 500 freestyle (5:17.95). Grace Cochrane won the 200 butterfly (1:00.87) and Christina Rios won the 100 freestyle (56.16).

Wood also finished first in the 400 freestyle relay, with the team of Amy Finn, Cochrane, Kane and Rios clocking in at 3:49.89.

Also for the Vikings, Finn was second in the 200 freestyle (2:05.45) and third in the 500 freestyle (5:40.71). Emily Smith was second in the 100 freestyle (57.72) and third in the 200 freestyle (2:10.09). Rios was second in the 100 backstroke (1:01.59) and Cochrane was third in the 200 individual medley (2:18.90).

The team of Rios, Alyse Davis, Bridget Kerins and Gannon finished second in the 200 medley relay.

See **WOOD, Page B 3**

## Wood

Continued from Page B 1

(1:57.68) and the 200 freestyle relay of Smith, Cochrane, Kane and Gannon took third (1:46.60).

"This is unbelievable," Wood coach Charlie Stillwell said. "It was all the girls. I was lucky enough to be the one to tell them what to swim, but they did it all themselves. I'm so proud of them."

Greg Oprendeck was the top individual finisher for the Wood boys, taking 11th in both the 200 individual medley (2:13.27) and 100 breaststroke (1:09.16). Wood's 200 freestyle relay of David Keller, Oprendeck, Gary

Bone and Andrew Gniass finished seventh (1:42.03).

### PHILADELPHIA CATHOLIC LEAGUE CHAMPIONSHIPS

#### Girls

#### Team results

1. Archbishop Wood, 694 points; 2. Cardinal O'Hara, 571; 3. Archbishop Ryan, 563; 4. Archbishop Carroll, 324; 5. St. Hubert, 274; 6. Little Flower, 161; 7. Archbishop Prendergast, 144.

#### Individual results

200-yard medley relay: 1. Ryan, 1:56.37; 2. Wood (Christina Rios, Alyse Davis, Bridget Kerins, Bridget Gannon), 1:57.68; 3. Carroll, 2:01.52; 200 freestyle: 1. Taylor Kane, Wood, 1:59.28; 2. Amy Finn, Wood, 2:05.45; 3. Emily Smith, Wood, 2:08.97; 200 individual medley: 1. Sara Kuhn, Ryan, 2:16.24; 2. Kelly Fleagle, O'Hara, 2:17.34; 3. Grace Cochrane, Wood, 2:18.90; 500 freestyle: 1. Katie Erikson, O'Hara, 2:45.91; 2. Megan Corliss, Carroll, 2:45.07; 3. Allison Chiaradio, Ryan, 2:46.66; 100 butterfly: 1. Cochrane, Wood, 1:00.87; 2. Mollie Walsh, Carroll, 1:03.20; 3. Bridget Hennessy, Ryan, 1:04.22; 100-yard freestyle: 1. Rios, Wood, 56:16; 2. Smith, Wood, 57.72; 3. Erikson, O'Hara, 58.58; 500 freestyle: 1. Kane, Wood, 5:17.95; 2. Hennessy,

Ryan, 5:25.72; 3. Finn, Wood, 5:40.71; 200 freestyle relay: 1. O'Hara, 1:45:16.2; Carroll, 1:45:20; 3. Wood (Smith, Cochrane, Kane, Gannon), 1:46:00; 100 backstroke: 1. Kulin, Ryan, 1:00.69; 2. Rios, Wood, 1:01.59; 3. Samartha Greiner, O'Hara, 1:07.08; 100 breaststroke: 1. Fleagle, O'Hara, 1:13.27; 2. Kelsey Homont, St. Hubert, 1:13.62; 3. Juliame Staskel, Ryan, 1:13.88; 400 freestyle relay: 1. Wood (Finn, Cochrane, Kane, Rios), 3:49.89; 2. O'Hara, 3:52.12; 3. Ryan, 3:56.93.

#### Boys

#### Team results

1. LaSalle, 965 points; 2. St. Joe's Prep, 625.5; 3. Archbishop Ryan, 294.5; 4. Father Judge, 285; 5. Monsignor Bonner, 253; 6. Roman Catholic, 230; 7. Cardinal O'Hara, 185; 8. Archbishop Carroll, 170; 9. Archbishop Wood, 94.

#### Individual results

200-yard medley relay: 1. LaSalle, 1:37.94; 2. St. Joe's Prep, 1:41.16; 3. Father Judge, 1:44.22; 200 freestyle: 1. Ted Walker, LaSalle, 2:45.23; 2. Michael McGee, LaSalle, 1:47.82; 3. Andrew Gogola, St. Joe's Prep, 1:49.36; 200 individual medley: 1. Greg Mahon, St. Joe's Prep, 1:56.91; 2. Greg Woods, LaSalle, 2:00.40; 3. Andrew Gillespie, Roman Catholic, 2:01.99; 500 freestyle: 1. James Mahoney, LaSalle, 21:75; 2. Andrew Sideras, LaSalle, 22.21; 3. Todd Domanski, LaSalle, 22.23; 100 butterfly: 1.

Phil Letcavage, LaSalle, 53.92; 2. Andrew Kelly, St. Joe's Prep, 54.00; 3. Andrew Speese, LaSalle, 54.25; 100-yard freestyle: 1. Walker, LaSalle, 47.10; 2. Sideras, LaSalle, 48.97; 3. Gogola, St. Joe's Prep, 49.83; 500 freestyle: 1. McGee, LaSalle, 4:54.44; 2. Tom O'Neill, LaSalle, 4:59.87; 3. Brandon Rapone, Ryan, 5:00.15; 200 freestyle relay: 1. LaSalle, 1:26.61; 2. St. Joe's Prep, 1:31.60; 3. O'Hara, 1:34.68; 100 backstroke: 1. Mahon, St. Joe's Prep, 53.06; 2. Gillespie, Roman Catholic, 53.24; 3. Pat McDevitt, Bonner, 55.76; 100 breaststroke: 1. Blaise Szyzko, LaSalle, 59.77; 2. Greg Woods, LaSalle, 1:00.84; 3. Michael Maerz, Carroll, 1:03.64; 400 freestyle relay: 1. LaSalle, 3:15.06; 2. St. Joe's Prep, 3:22.11; 3. Bonner, 3:24.33.

## PCL SWIMMING

# Wood girls end title drought

By **KAREN SANGILLO**  
COURIER TIMES

**PHILADELPHIA** — The Archbishop Wood girls swim team broke a 17-year drought, winning the Philadelphia Catholic League championship Sunday at La Salle University's Kirk Natatorium.

The Vikings won their only other PCL title in 1991.

"That's a long time," senior captain Bridget Gannon said. "It feels so great to win one, and to win it my senior year is just amazing. This was our last chance.

"Everyone swam so well, and we were really excited for the meet. We knew if we came in here and swam strong that we'd be the team to beat. We didn't really feel much pressure; we knew what we could do, so it was

just a matter of us doing it."

Wood's win broke Archbishop Ryan's five-year winning streak.

"We beat Ryan in our dual meet, but we knew we couldn't take them lightly," senior captain Rachael Gniass said. "We had to come back and swim well here. We've seen Ryan's depth; we know what they can do.

"This was just a great way to finish the season. I think the seniors really appreciate what it means to finally beat Ryan."

Three swimmers took first place in individual events.

Taylor Kane won the 200-yard freestyle in 1:59.28 and the 500 freestyle (5:17.95), Grace Cochrane won the 200 butterfly (1:00.87), and Christina Rios won the 100 freestyle (56.16).

Wood also finished first in the 400 freestyle relay, with the team of Amy Finn, Cochrane, Kane and Rios clocking in at 3:49.89.

Also for the Vikings, Finn was second in the 200 freestyle (2:05.45) and third in the 500 freestyle (5:40.71), Emily Smith was second in the 100 freestyle (57.72) and third in the 200 freestyle (2:10.09), Rios was second in the 100 backstroke (1:01.59) and Cochrane was third in the 200 individual medley (2:18.90).

The team of Rios, Alyse Davis, Bridget Kerins and Gannon finished second in the 200 medley relay (1:57.68), and the 200 freestyle relay of Smith, Cochrane, Kane and Gannon took third (1:46.60).

"This is unbelievable," Wood coach Charlie Stillwell

said. "It was all the girls. I was lucky enough to be the one to tell them what to swim, but they did it all themselves. I'm so proud of them."

Greg Oprendeck was the top individual finisher for the Wood boys team, taking 11th in both the 200 individual medley (2:13.27) and 100 breaststroke (1:09.16). Wood's 200 freestyle relay of David Keller, Oprendeck, Gary Bone and Andrew Gniass finished seventh (1:42.03).

The Wood boys finished ninth in team scoring (94). La Salle won the team title for boys with 965 points, extending its winning streak to 20 consecutive league titles.

Karen Sangillo can be reached at [karensangillo@aol.com](mailto:karensangillo@aol.com).

## Girls swimming

### PHILADELPHIA CATHOLIC LEAGUE CHAMPIONSHIPS

#### Team results

1. Archbishop Wood, 694 points; 2. Cardinal O'Hara, 571; 3. Archbishop Ryan, 563; 4. Archbishop Carroll, 324; 5. St. Hubert, 274; 6. Little Flower, 161; 7. Archbishop Prendergast, 144.

#### Individual results

200-yard medley relay: 1. Archbishop Ryan, 1:56.37; 2. Archbishop Wood (Christina Rios, Alyse Davis, Bridget Kerins, Bridget Gannon), 1:57.68; 3. Archbishop Carroll, 2:01.52. 200 freestyle: 1. Taylor Kane, Archbishop Wood, 1:59.28; 2. Amy Finn, Archbishop Wood, 2:05.45; 3. Emily Smith, Archbishop Wood, 2:08.97. 200 individual medley: 1. Sara Kuhn, Archbishop Ryan, 2:16.24; 2. Kelly Fleagle, Cardinal O'Hara, 2:17.34; 3. Grace Cochrane, Archbishop Wood, 2:18.90. 50 freestyle: 1. Katie Erikson, Cardinal O'Hara, 25.91; 2. Megan Corliss, Archbishop Carroll, 26.07; 3. Allison Chiardio, Archbishop Ryan, 26.66. 100 butterfly: 1. Cochrane, Archbishop Wood, 1:00.87; 2. Mollie Walsh, Archbishop Carroll, 1:03.20; 3. Bridget Hennessey, Archbishop Ryan, 1:04.22. 100-yard freestyle: 1. Rios, Archbishop Wood, 56.16; 2. Smith, Archbishop

Wood, 57.72; 3. Erikson, Cardinal O'Hara, 58.58. 500 freestyle: 1. Kane, Archbishop Wood, 5:17.95; 2. Hennessey, Archbishop Ryan, 5:25.72; 3. Finn, Archbishop Wood, 5:40.71. 200 freestyle relay: 1. Cardinal O'Hara, 1:45.16. 2. Archbishop Carroll, 1:45.20; 3. Archbishop Wood (Smith, Cochrane, Kane, Gannon), 1:46.60. 100 backstroke: 1. Kuhn, Archbishop Ryan, 1:00.69; 2. Rios, 1:01.59; 3. Samantha Greiner, Cardinal O'Hara, 1:07.08. 100 breaststroke: 1. Fleagle, Cardinal O'Hara, 1:13.27; 2. Kelsey Homont, St. Hubert, 1:13.62; 3. Julianne Staskel, Archbishop Ryan, 1:13.88. 400 freestyle relay: 1. Archbishop Wood (Finn, Cochrane, Kane, Rios), 3:49.89; 2. Cardinal O'Hara, 3:52.12; 3. Archbishop Ryan, 3:56.93.

## Boys swimming

### PHILADELPHIA CATHOLIC LEAGUE CHAMPIONSHIPS

#### Team results

1. LaSalle, 965 points; 2. St. Joe's Prep, 625.5; 3. Archbishop Ryan, 294.5; 4. Father Judge, 285; 5. Monsignor Bonner, 253; 6. Roman Catholic, 230; 7. Cardinal O'Hara, 185; 8. Archbishop Carroll, 170; 9. Archbishop Wood, 94.

#### Individual results

200-yard medley relay: 1. LaSalle, 1:37.94; 2. St. Joe's Prep, 1:41.16; 3. Father Judge, 1:44.22. 200 freestyle: 1. Ted Walker, LaSalle, 2:45.23; 2. Michael McGee, LaSalle, 1:47.82; 3. Andrew Gogola, St. Joe's Prep, 1:49.36. 200 individual medley: 1. Greg Mahon, St. Joe's Prep, 1:56.91; 2. Greg Woods, LaSalle, 2:00.40; 3. Andrew Gillespie, Roman Catholic, 2:01.99. 50 freestyle: 1. James Mahoney, LaSalle, 21.75; 2. Andrew Sideras, LaSalle, 22.21; 3. Todd Domanski, LaSalle, 22.23. 100 butterfly: 1. Phil Letcavage, LaSalle, 53.92; 2. Andrew Kelly, St. Joe's Prep, 54.00; 3. Andrew Speese, LaSalle, 54.25. 100-yard freestyle: 1. Walker, LaSalle, 47.10; 2. Sideras, LaSalle, 48.97; 3. Gogola, St. Joe's Prep, 49.83. 500 freestyle: 1. McGee, LaSalle, 4:54.44; 2. Tom O'Neil, LaSalle, 4:59.87; 3. Brandon Rapone, Archbishop Ryan, 5:00.15. 200 freestyle relay: 1. LaSalle, 1:26.61; 2. St. Joe's Prep, 1:31.60; 3. Cardinal O'Hara, 1:34.68. 100 backstroke: 1. Mahon, St. Joe's Prep, 53.06; 2. Gillespie, Roman Catholic, 53.24; 3. Pat McDavitt, Monsignor Bonner, 55.76. 100 breaststroke: 1. Blase Szyszko, LaSalle, 59.77; 2. Greg Woods, LaSalle, 1:00.84; 3. Michael Maerz, Archbishop Carroll, 1:03.64. 400 freestyle relay: 1. LaSalle, 3:15.06; 2. St. Joe's Prep, 3:22.11; 3. Monsignor Bonner, 3:24.33.

## Girls swimming

### ARCHBISHOP WOOD 107, ARCHBISHOP RYAN 63

200-yard medley relay: 1. AW (Christina Rios, Alyse Davis, Bridget Kerins, Bridget Gannon), 1:59.07; 2. AR, 1:59.59; 3. AW, 2:08.08. 200 freestyle: 1. Taylor Kane, AW, 2:01.38; 2. Amy Finn, AW, 2:05.53; 3. Rachael Gniass, AW, 2:08.57. 200 individual medley: 1. Grace Cochrane, AW, 2:18.88; 2. Sara Kuhn, AR, 2:23.19; 3. Davis, AW, 2:31.68. 50 freestyle: 1. Allison Chardio, AR, 26.84; 2. Gannon, AW, 27.44; 3. Kerins, AW, 27.75. 100 butterfly: 1. Cochrane, AW, 1:02.65; 2. Bridget Hennessey, AR, 1:06.37; 3. Emily Smith, AW, 1:08.61. 100 freestyle: 1. Rios, AW, 57.15; 2. Chardio, AR, 1:00.18; 3. Gannon, AW, 1:01.91. 500 freestyle: 1. Kane, AW, 5:25.75; 2. Hennessey, AR, 5:37.63; 3. Amy Finn, AW, 5:38.06. 200 freestyle relay: 1. AW (Davis, Gannon, Kane, Cochrane), 1:48.22; 2. AR, 1:51.69; 3. AW, 1:51.91. 100 backstroke: 1. Rios, AW, 1:03.22; 2. Sara Kuhns, AR, 1:03.47; 3. Kim Lidinger, AR, 1:08.62. 100 breaststroke: 1. Julianne Staskel, AR, 1:15.72; 2. Davis, AW, 1:15.81; 3. Smith, AW, 1:18.216. 400 freestyle relay: 1. AW (Finn, Rios, Kane, Cochrane), 3:54.29; 2. AR, 3:59.44; 3. AR, 4:14.22.

■ Archbishop Wood also participated in the CB East relays. The Vikings finished second in the girls 200 butterfly relay. Amy Finn, Bridget Kerns, Bridget Gannon and Grace Cochrane clocked in at 1:58.20. Alyse Davis, Christina Rios, Taylor Kane, Cochrane and Gannon took third in the 500 crescendo relay (4:52.25).

## WORLD TRANSPLANT GAMES

# Archbishop Wood grad looks for gold in two events

**Kyle Atras will take part in swimming and volleyball during the upcoming event in Bangkok, Thailand.**

**By KAREN SANGILLO**  
COURIER TIMES

Archbishop Wood graduate Kyle Atras will be competing in swimming and volleyball at the 2007 World Transplant Games Aug. 25-Sept. 2 in Bangkok, Thailand.

Atras, a resident of Willow Grove who graduated from Archbishop Wood on June 4, had a heart transplant when he was 8½ months old after a diagnosis of dilated cardiomyopathy at the age of 3 months at Children's Hospital of Philadelphia.

At the time, CHOP did not have a license to do transplants and St. Christopher's Hospital for Children, also in Philadelphia, had a license but no surgeon, so Atras had the transplant done at Johns Hopkins in Baltimore on October 29, 1989.

Although he has been to quite a few United States Transplant Games, this will be his first World Games.

"I can't wait," he said. "It looks

like a lot of fun. The chance to go to Bangkok doesn't come around every day so my family, and I decided to jump on the opportunity."

"This is my first time at an international competition, so I'm really excited about that," he said. "I expect really good competition there, and I'm looking forward to meeting athletes from other countries."

He heard about the event from other swimmers at the national games.

"Everyone told me how much fun it is and how fast the times are, so I thought it would be fun to do it myself," he said.

He will be joined on the trip by parents Matt and Betsy, brother Chris, age 12, and a family friend, Nancy Harmon.

"I'll have a big cheering section," he said.

Balancing two sports won't be difficult.

"They don't ever run on the same

days, so I think it's going to work out for me," he said. "I might have to miss a practice for one to compete in the other, but it's no big deal."

He has been to U.S. Games in Orlando, Fla., St. Paul, Minn., and Louisville, Ky. The next one is in Pittsburgh in 2008.

"That one's a lot closer, so I'm pretty sure I'll be going to that," he said. "The rumor is that the next World Games is going to be in Australia. That would be great to go to, but these things are expensive so I'll have to wait and see if I can swing it."

Atras lives his life without thinking too much about his transplant.

"I just do my thing," he said. "The only time I really think about it is when I'm in the doctor's office because that's why I'm there."

"I want to live my life with no limitations and do whatever I feel I can do. I've been really fortunate not to have any major problems and I hope it stays that way."

He was a four-year letter winner on the Wood swim team.

Wood swim coach Charlie Stillwell enjoyed having Atras on the squad.

"Kyle is a good team person," Stillwell said. "He worked hard and covered all of the events I needed him to cover without complaining. He understood that we had a small team and that he couldn't always swim where he wanted to."

"He almost always made practice and had fun. He was great to work with."

That team attitude will be an asset to Atras as he heads to Hood College, a Division III school in Frederick, Md., where he will major in broadcast journalism and plans to go out for the swim team.

"It's a small team that hasn't been around that long so I think I'll fit it," he said. "It's actually pretty similar to Wood. I'm used to swimming a lot of different events so hopefully that will help me."

Atras will miss the first week of classes due to the World Games.

"The school was completely fine with it," he said. "They actually encouraged me to go, because they saw it the way I do. This is going to be the experience of a lifetime."

Karen Sangillo can be reached at [karensangillo@aol.com](mailto:karensangillo@aol.com).



**Kyle Atras**

# SCOREBOARD

## HIGH SCHOOL

### Boys swimming

#### SUBURBAN ONE LEAGUE CONTINENTAL CONFERENCE ALL-LEAGUE TEAM

##### First team

200 medley relay: Sean Cook, Jr., Pierre LeCorre, Sr., Antonio Dovali, Sr., Evan Denard, Sr., CB West. 200 freestyle: Matt Stanton, Sr., Council Rock-South. 200 individual medley: Jeremy Frey, Sr., CB East. 50 freestyle: Joe Bickel, Sr., Hatboro-Horsham. Diving: Trevor Fitzgerald, Sr., Methacton. 100 butterfly: Andrew Gerland, Sr., Methacton. 200 freestyle relay: Haydon Wyatt, Jr., Will Brown, Sr., Ben Lohse, So., Andrew Gerland, Sr., Methacton. 100 freestyle: Joe Bickel, Sr., Hatboro-Horsham. 500 freestyle: Bill Bagdon, Sr., Council Rock-South. 100 backstroke: Jeremy Frey, Sr., CB East. 100 breaststroke: Tim Dorsch, Sr., Souderton. 400 freestyle relay: Joe Bickel, Sr., Josh Algaier, Sr., Matt Holland, Sr., Steve Topper, Sr., Hatboro-Horsham.

##### Second team

200 medley relay: Jake Radcliffe, Jr., Tim Dorsch, Sr., Alex Evers, Jr., Joe Reynolds, Jr., Souderton. 200 freestyle: Bill Bagdon, Sr., Council Rock-South. 200 individual medley: Matt Stanton, Sr., Council Rock-South. 50 freestyle: Evan Denard, Sr., CB West. Diving: T.J. Schenkel, Fr., Council Rock-South. 100 butterfly: Antonio Dovali, So., CB West. 200 freestyle relay: Joe Bickel, Sr., Josh Algaier, Sr., Steve Topper, Sr., Matt Holland, Sr., Hatboro-Horsham. 100 freestyle: Evan Denard, Sr., CB West. 500 freestyle: Jake Radcliffe, Jr., Souderton. 100 backstroke: Sean Cook, Jr., CB West. 100 breaststroke: Colson Ferrari, Jr., Jr., CB East. 400 freestyle relay: Pierre LeCorre, Sr., Evan Denard, Sr., Antonio Dovali, So., Sean Cook, Jr., CB West.

##### Third team

200 medley relay: Dan Bolstein, Sr., Eric Schaeffer, Sr., Josh Algaier, Sr., Steve Topper, Sr., Hatboro-Horsham. 200 freestyle: Andrew Gerland, Sr., Methacton. 200 individual medley: Pierre LeCorre, Sr., CB West. 50 freestyle: Will Brown, Sr., Methacton. Diving: Dan Aichele, Sr., William Tennent. 100 butterfly: Evan Denard, Sr., CB West. 200 freestyle relay: Paul DeWitt, Jr., Bill Bagdon, Sr., John Baxter, So., Matt Stanton, Sr., Council Rock-South. 100 freestyle: Matt Holland, Sr., Souderton. 500 freestyle: Pierre LeCorre, Sr., CB West. 100 backstroke: Joel Porter, Sr., Council Rock-South. 100 breaststroke: Sean Corcoran, So., Souderton. 400 freestyle relay: Alex Pfluger, Sr., Ben Lohse, So., Will Brown, Sr., Andrew Gerland, Sr., Methacton.

##### Honorable mention

200 medley relay: Jeremy Frey, Sr., Colson Ferrari, Jr., Mark DiLemmo, So., Ben Auteri, So., CB East. 200 freestyle: Jake Radcliffe, Jr., Souderton. 200 individual medley: Colson Ferrari, Jr., CB East. 50 freestyle: Ryan Habel, Jr., Council Rock-South. Diving: Greg Mulherin, Jr., William Tennent. 100 butterfly: Eric Schaffling, Jr., William Tennent. 200 freestyle relay: Lee Stiles, So., Matt Fadden, Jr., Sean Corcoran, So., Joe Reynolds, Jr., Souderton. 100 freestyle: Antonio Dovali, So., CB West. 500 freestyle: Alex Izewski, Fr., CB East. 100 backstroke: Dan Bolstein, Sr., Hatboro-Horsham. 100 breaststroke: Zack Busch, So., William Tennent. 400 freestyle relay: John Baxter, So., Bill Bagdon, Sr., Joel Porter, Sr., Matt Stanton, Sr., Council Rock-South.

Swimmer of the year: Jeremy Frey, Sr., CB East.

#### FRIENDS LEAGUE ALL-LEAGUE TEAM

##### First team

Sean Kirwin, So., Abington Friends; Mike McVeigh, Jr., Abington Friends; Will Strathmann, Jr., Shipley; Andy Wang, Sr., George School; Jiho Sohn, Jr., Westtown; Chris Hall, Sr., Friends Central; Max Gilbert, Jr., Friends Central; John Armstrong, Jr., Friends Central; Ryan McConnell, Fr., Friends Central; Joe Infantino, So., Westtown; Robert Rocha, Sr., Westtown.

##### Honorable mention

Shane Iosca, Sr., Moorestown Friends; Chris Lojek, Jr., Moorestown Friends; Wilson Sui, Sr., George School; Taylor Harman, Sr., Abington Friends; Keith Costa, Sr., Westtown.

#### PHILADELPHIA CATHOLIC ALL-LEAGUE TEAMS

##### First team

Archbishop Ryan: Brandon Rapone, Jr. Father Judge: Jarred Gettes, Fr.; Michael Lawley, So. Nick Moore, Jr.; Kevin Ozimkiewicz, Jr. LaSalle: Todd Domanski, Sr.; Kyle Finlay, Jr.; Phil LeTavage, So.; James Mahoney, Jr.; Michael McGhee, Jr.; Thomas O'Neill, Jr.; Andrew

Sideras, Jr.; Andrew Speese, Jr.; Blase Szyszko, Jr.; Ted Walker, Jr.; Rhoads Worster, So.; Greg Woods, Sr. Monsignor Bonner: Christian Baxter, So.; Robert Horn, Jr.; Jeremy McDevitt, So.; Pat McDevitt, Sr. Roman Catholic: Andrew Gillespie, Sr. St. Joe's Prep: Andrew Gogola, Sr.; Michael Gordon, Sr.; Andrew Kelly, Sr.; Michael Kelly, Sr.; Greg Mahon, Jr.; Patrick Olson, Fr.

##### Second team

Archbishop Carroll: Michael Maerz, Sr. Archbishop Ryan: Paul Lindinger, Sr. LaSalle: Tom Knab, So.; Brandon McGoldrick, So.; David Speese, Fr. St. Joe's Prep: Stephen Lezynski, So.; Christopher Smith, Sr.

### Girls swimming

#### SUBURBAN ONE LEAGUE NATIONAL CONFERENCE ALL-LEAGUE TEAM

##### First team

200 medley relay: Tori Hall, Melanie Craig, Kate Dillione, Maggie Dillione, Council Rock-North. 200 freestyle: Kate Dillione, Fr., Council Rock-North. 200 individual medley: Lauren Aherns, Fr., CB South. 50 freestyle: Samantha Deana, So., North Penn. Diving: Julia Tate, Jr., North Penn. 100 butterfly: Jan Ikeda, Fr., North Penn. 100 freestyle: Lauren French, Sr., North Penn. 500 freestyle: Kate Dillione, Fr., Council Rock-North. 200 freestyle relay: Morris, Nicole Dibonaventura, Samantha Deana, Lauren French, North Penn. 100 backstroke: Tori Hall, So., Council Rock-North. 100 breaststroke: Alli Ludwick, Jr., Pennsbury. 400 freestyle relay: Lauren French, Heather Fellmuth, Nicole Dibonaventura, Rebecca Hannings, North Penn.

##### Second team

200 medley relay: Morris, Ikeda, Hannings, Deana, North Penn. 200 freestyle: Nicole Dibonaventura, Jr., North Penn. 200 individual medley: Rebecca Hannings, Sr., North Penn.; Alli Ludwick, Jr., Pennsbury. 50 freestyle: Maggie Dillione, So., Council Rock-North. Diving: Laurie McLaughlin, Sr., North Penn. 100 butterfly: Lauren French, Sr., North Penn. 100 freestyle: Heather Fellmuth, So., North Penn. 500 freestyle: Nicole Dibonaventura, Jr., North Penn. 200 freestyle relay: Jenna Nowicke, Bizzy Millen, Kate Dillione, Maggie Dillione, Council Rock-North. 100 backstroke: Sam Deana, So., North Penn. 100 breaststroke: Melanie Craig, Sr., Council Rock-North. 400 freestyle relay: Tori Hall, Bizzy Millen, Jessica Rauchut, Jenna Nowicke, Council Rock-North.

##### Third team

200 medley relay: Maria Ciaralli, Madeline Barlow, Alli Ludwick, Erin Argentiari, Pennsbury. 200 freestyle: Catherine Reeves, Sr., Pennsbury. 200 individual medley: Jenna Nowicke, Sr., Council Rock-North. 50 freestyle: Erin Argentiari, Jr., Pennsbury. Diving: Emily Howard, So., Pennsbury. 100 butterfly: Madeline Barlow, Jr., Pennsbury. 100 freestyle: Maggie Dillione, So., Council Rock-North. 500 freestyle: Rebecca Hannings, Sr., North Penn. 200 freestyle relay: Erin Argentiari, Maria Ciaralli, Catherine Reeves, Nicole Pocetti, Pennsbury. 100 backstroke: Chelsea Perugini, Jr., Neshaminy. 100 breaststroke: Jenna Nowicke, Sr., Council Rock-North. 400 freestyle relay: Erin Argentiari, Kathryn Young, Nicole Pocetti, Catherine Reeves, Pennsbury.

##### Honorable mention

200 medley relay: Scamuffo, Chappell, Gergor, Ahrens, CB South. 200 freestyle: Kasey Campbell, Sr., Neshaminy. 200 individual medley: Melanie Craig, Jr., Council Rock-North. 50 freestyle: Tori Hall, So., Council Rock-North. Diving: Kayla Bauer, Jr., CB South. 100 butterfly: Christina Lysun, Sr., Neshaminy. 100 freestyle: Chelsea Perugini, Jr., Neshaminy. 500 freestyle: Bizzy Millen, Fr., Council Rock-North. 200 freestyle relay: Abby Miller, Chelsea Perugini, Alyssa Boeggeman, Kasey Campbell, Neshaminy. 100 backstroke: Colleen Stiles, So., North Penn. 100 breaststroke: Jessica Rauchut, Fr., Council Rock-North. 400 freestyle relay: Kasey Campbell, Abby Miller, Chelsea Perugini, Nicole Stead, Neshaminy.

#### CONTINENTAL CONFERENCE ALL-LEAGUE TEAM

##### First team

200 medley relay: Kim Detwiler, Jr., Rachel Vagnoni, Sr., Dana Glodek, Sr., Taylor Tomlinson, Sr., Norristown. 200 freestyle: Angela Severn, Jr., Souderton. 200 individual medley: Melanie Busch, Fr., William Tennent. 50 freestyle: Paige Whitmire, Jr., Souderton. Diving: Chelsea Adlam, Jr., Hatboro-Horsham. 100 butterfly: Dana Glodek, Sr., Norristown. 200 freestyle relay: Angela Severn, Jr., Missy Doll, So., Paige Whitmire, Jr., CJ Corcoran, Sr., Souderton.

200 freestyle: Angela Severn, Jr., Souderton. 500 freestyle: Mariel Kush, So., Souderton. 100 backstroke: Paige Whitmire, Jr., Souderton. 100 breaststroke: Blaire Kinsey, Fr., Methacton. 400 freestyle relay: Angela Severn, Jr., Mariel Kush, So., Missy Doll, So., Ashley Kichline, Jr., Souderton.

##### Second team

200 medley relay: Mackenzie Hubing, Fr., Katie Dempster, Fr., Carmen Shulman, Sr., Lindsey Miller, Sr., CB East. 200 freestyle: Courtney Beidler, So., Council Rock-South. 200 individual medley: Blaire Kinsey, Fr., Methacton. 50 freestyle: Kristen Rodman, Sr., Methacton. Diving: Kelsey Tennent, Jr., Hatboro-Horsham. 100 butterfly: Courtney Beidler, So., Council Rock-South. 200 freestyle relay: Blaire Kinsey, Fr., Erica Rodman, So., Michelle Konkoly, So., Kristen Rodman, Sr., Methacton. 100 freestyle: Kristen Rodman, Sr., Methacton. 500 freestyle: Angela Stoehr, So., CB West. 100 backstroke: Melanie Busch, Fr., William Tennent. 100 breaststroke: Katie Dempster, Fr., CB East. 400 freestyle relay: Blaire Kinsey, Fr., Erica Rodman, So., Michelle Konkoly, So., Kristen Rodman, Sr., Methacton.

##### Third team

200 medley relay: Angela Stoehr, So., Kelly Duggan, Sr., Sarah Staudenmeier, Fr., Erica Peters, Fr., CB West; Jessica Healy, Jr., Meghan Nellett, Sr., Nicole Rudnitsky, Fr., Devon Cohen, Hatboro-Horsham. 200 freestyle: Mariel Kush, So., Souderton. 200 individual medley: Lindsey Miller, Sr., CB East. 50 freestyle: Amanda Thomas, So., William Tennent. Diving: Lucy Burrage, Jr., CB West. 100 butterfly: Diana Kwacz, Sr., Council Rock-South. 200 freestyle relay: Amanda Thomas, So., Leanna Puls, So., Meghan Forlini, Jr., Melanie Busch, Fr., William Tennent. 100 freestyle: Dana Glodek, Sr., Norristown. 500 freestyle: Leanna Puls, So., William Tennent. 100 backstroke: Ashley Kichline, Jr., Souderton. 100 breaststroke: Megan Preedy, Jr., William Tennent. 400 freestyle relay: Amanda Thomas, So., Leanna Puls, So., Meghan Forlini, Jr., Melanie Busch, Fr., William Tennent.

##### Honorable mention

200 freestyle: Lindsey Miller, Sr., CB East. 200 individual medley: Ali Roth, So., CB West. 500 freestyle: Colleen MacMillan, Jr., CB West. Diving: Kirstin Ladas, Jr., CB East. 100 butterfly: Carmen Shulman, Sr., CB East. 200 freestyle relay: Rachel Vagnoni, Sr., Kim Detwiler, Jr., Taylor Tomlinson, Sr., Dana Glodek, Sr., Norristown. 100 freestyle: Missy Doll, So., Souderton. 500 freestyle: Meghan Forlini, Jr., William Tennent. 100 backstroke: Jess Healy, Jr., Hatboro-Horsham. 100 breaststroke: Rachel Vagnoni, Sr., Norristown. 400 freestyle relay: Ali Roth, So., Angela Stoehr, So., Ellie Nolan, Sr., Colleen MacMillan, Jr., CB West. Swimmer of the year: Angela Severn, Jr., Souderton.

#### FRIENDS LEAGUE ALL-LEAGUE TEAM

##### First team

Wendy Wolf, So., Westtown; Spenseer Shaffer, Jr., Westtown; Valerie Clark, So., Westtown; Andrea Onorato, Sr., Moorestown Friends; Caroline Marris, Sr., George School; Meghan Daley, So., Abington Friends; Anna Savage, Sr., Friends Select; Kelly Sullivan, So., Shipley; Sarah Shaw, So., Friends Central; Olivia Gillison, So., Friends Central; Mary Stroman, Sr., Friends Central.

##### Honorable mention

Laura Butera, Sr., Shipley; Rachel Goodman, Fr., Friends Central; Andie Luongo, Jr., Friends Central; Vivian Passell, Jr., Westtown; Candace Connolly, Jr., Westtown.

#### PHILADELPHIA CATHOLIC ALL-LEAGUE TEAMS

##### First team

Archbishop Carroll: Jennifer Barkotki, So.; Megan Corliss, Sr.; Joanna D'Orazio, So.; Samantha Thome, So.; Mollie Walsh, So. Archbishop Ryan: Allison Chardio, Sr.; Bridget Hennessey, Sr.; Sarah Kuhn, Jr. Julianne Staskel, Fr. Archbishop Wood: Grace Cochrane, Fr.; Alyse Davis, Jr.; Amy Finn, Sr.; Bridget Gannon, Sr.; Taylor Kane, Fr.; Bridget Kerins, So.; Christina Rios, Sr.; Emily Smith, So. Cardinal O'Hara: Katie Erikson, Sr.; Kelly Fleagle, Sr.; Samantha Greiner, So.; Katie Harnish, So.; Courtney Reiley, Fr.; Jamie Siefried, Jr. St. Hubert: Kelsey Homont, Jr.

##### Second team

Archbishop Prendergast: Mackenzie Stewart, Sr. Archbishop Ryan: Kim Lindinger, So.; Caitlin Panella, Jr. Archbishop Wood: Megan Basgij, Jr.; MariKate Cook, Jr.; Rachael Gnias, Sr.; Amanda Horlacher, Sr. Little Flower: Emily Thomas, Jr. St. Hubert, Tara Robinson, Jr.

**SECOND TEAM**

Event	Year	Name	School	Comment
200 medley relay	So.	Maria Ciaralli	Pennsbury	All-District first team
200 medley relay	Jr.	Alii Ludwick	Pennsbury	All-District first team
200 medley relay	Jr.	Madeline Barlow	Pennsbury	All-District first team
200 medley relay	Jr.	Erin Argentiari	Pennsbury	All-District first team
200 freestyle	So.	Catherine Reeves	Pennsbury	All-District honorable mention
200 IM	Fr.	Grace Cochrane	Arch. Wood	All-PCL first team
50 freestyle	So.	Bridget Kerins	Arch. Wood	All-PCL first team
Diving	So.	Valerie Smith	CR-South	10th at districts
100 butterfly	Fr.	Grace Cochrane	Arch. Wood	PCL champ
100 freestyle	Fr.	Jessica Rauchut	CR-North	PCL champ
500 freestyle	Fr.	Taylor Kane	Arch. Wood	Fourth at SOLs
200 freestyle relay	So.	Amanda Thomas	Arch. Wood	PCL champ
200 freestyle relay	So.	Leanna Puls	W. Tennent	All-SOL third team
200 freestyle relay	So.	Meghan Fortini	W. Tennent	All-SOL third team
200 freestyle relay	Jr.	Melanie Busch	W. Tennent	All-SOL third team
200 freestyle relay	Fr.	Melanie Busch	W. Tennent	All-SOL third team
100 backstroke	So.	Christina Rios	Arch. Wood	All-PCL first team
100 breaststroke	Fr.	Jessica Rauchut	CR-North	All-SOL honorable mention
400 freestyle relay	So.	Tori Hall	CR-North	All-SOL second team
400 freestyle relay	Fr.	Bizzy Millen	CR-North	All-SOL second team
400 freestyle relay	Fr.	Jessica Rauchut	CR-North	All-SOL second team
400 freestyle relay	Fr.	Jenna Nowicke	CR-North	All-SOL second team

**HONORABLE MENTION**

**Archbishop Wood:** Megan Basgill, Jr., 200 freestyle, 500 freestyle; MarkKate Cook, Jr., 200 individual medley; Alyse Davis, Jr., 200 individual medley, 100 breaststroke; Amy Finn, Sr., 200 freestyle, 500 freestyle; Bridget Gannon, Sr., 50 freestyle, 100 freestyle; Rachael Gniass, Sr., 200 freestyle, 500 freestyle; Amanda Hofbacher, Sr., 200 freestyle, 100 backstroke; Emily Smith, So., 200 freestyle, 100 freestyle; **Bensalem:** Ali Cunliffe, Jr., 50 freestyle; Brianna Hitley, Sr., 200 individual medley, 100 butterfly; Amanda Taylor, Sr., 100 freestyle; **Council Rock-North:** Sierra Finn, Sr. diving; Mandy Lohse, Fr. diving; Abby Mitchell, So., 100 butterfly, 100 freestyle; Jessica Teresky, So., 500 freestyle; Sarah Wells, Fr., 200 freestyle, 100 backstroke; Caitlin Wilson, So., 500 freestyle; **Council Rock-South:** Kelly Brangan, So. diving; Diana Kwacz, Sr., 200 freestyle, 100 butterfly; **George School:** Elliot Bassett-Cann, Jr., 50 freestyle; Sydney Burns, So., 200 individual medley, 500 freestyle; Kenishea Donaldson, So., 200 freestyle, 100 butterfly; Gabrielle Griffin, Fr., 100 butterfly; Sarah Lattai, So., 100 breaststroke; Caroline Marris, Sr., 100 freestyle, 100 backstroke; Lizzie Ross, Jr., 50 freestyle; **Neshaminy:** Kasey Campbell, Sr., 200 freestyle, 500 freestyle; Christina Lysun, Sr., 100 butterfly; Chelsea Perugini, Jr., 200 individual medley, 100 backstroke; Devon Perugini, Fr., 100 backstroke; **Pennsbury:** Danielle Bukowski, So., 200 individual medley, 500 freestyle; Victoria DeJampile, Sr., 500 freestyle; Alle Dickert, So., diving; Melanie Felkner, Fr., 500 freestyle; Whitney Gould, Fr., 200 individual medley, 100 butterfly; Darcy Norton, Sr., 100 butterfly, 200 backstroke; Nicole Poccetti, So., 100 freestyle; Caroline Quinn, Sr., 100 butterfly, 500 freestyle; Kathryn Young, Sr., 200 freestyle; **William Tennent:** Caitlyn McGrosky, Jr., 100 backstroke; Megan Preedy, Jr., 100 breaststroke; Allison Thomas, So., 100 breaststroke.

**COACH OF THE YEAR**

**Charlie Stillwell**

*Archbishop Wood*

En route to his first Philadelphia Catholic League title since 1991, Stillwell's Vikings were 6-1 overall, 6-0 PCL, including a 107-53 win over five-time defending champion Archbishop Ryan. It was the first time in eight years that Wood has defeated Ryan in a dual meet. The league title is only the second in program history.

— Karen Sangillo

**HONORABLE MENTION**

**Archbishop Wood:** Robert Cohen, Fr., 100 backstroke; David Keller, Sr., 100 breaststroke; Gregory Oprendek, So., 200 individual medley, 100 breaststroke. **Bensalem:** Tommy Konopko, Jr., 100 breaststroke. **Council Rock-North:** Kevin Dolan, Jr., 200 freestyle, 100 breaststroke. **Council Rock-South:** John Baxter, So., 200 freestyle; Paul DeWitt, Jr., 100 backstroke; Joel Porter, Sr., 100 butterfly, 100 backstroke; Jonathan Stanton, So., 200 freestyle. **George School:** Shannon Heilmann, So., 100 backstroke; Keith Irwin, Jr., 100 breaststroke; Justin Lee, So., 100 backstroke; Brian Park, So., 200 individual medley, 100 breaststroke; Sean Rigby, Sr., 200 freestyle, 100 breaststroke; Wilson 'Sui', Sr., 100 butterfly, 500 freestyle; Andy Wang, Sr., 50 freestyle, 100 butterfly; Leo Wang, Sr., 50 freestyle. **Holy Ghost Prep:** Brian Baleman, Sr., 200 individual medley, 500 freestyle; Chris Doherty, Fr., 100 butterfly; Shawn Entenman, Fr., 50 freestyle; Joe Esposito, Fr., diving; Daniel Gosek, Fr., 50 freestyle, 100 backstroke; Larry Kozakowski, Sr., 200 freestyle, 500 freestyle; Dominic Pody, Sr., 200 freestyle, 100 backstroke; Brian Wells, Sr., 200 butterfly. **Neshaminy:** Philip Green, Jr., 100 butterfly; Mike Keele, Jr., 100 freestyle. **Pennsbury:** Pat Griffin, Fr., 100 backstroke; Taylor Jeronis, Fr., 500 freestyle; Dylan Ludwick, Fr., 200 freestyle, 500 freestyle; Hyun Shim, Sr., 50 freestyle; Iittanoo Towsasakun, Jr., 100 breaststroke; Sean Zajdel, Sr., 100 backstroke. **William Tennent:** Dan Achele, Sr., diving; Zack Busch, So., 200 individual medley; Ryan Dooling, Jr., 200 freestyle, 500 freestyle; Greg Mulhern, Jr., diving.