

A CLOSER look

A breakdown of the teams in your area:

ARCHBISHOP WOOD

Coach: Charlie Stillwell (ninth year)

Last year: 3-6, sixth in PCL

Swimmers to watch: Sr. Billy Langlois (breaststroke, individual medley), Soph. Tom Whalen (breaststroke, sprint freestyle), Jr. Brendon McGhee (sprint freestyle)

The season: An experienced lineup and more depth than last year raise hopes for a winning record.

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BOYS SWIMMING

Archbishop Wood

Coach: Charlie Stillwell (eighth year)

2003-04 record: 3-6 (2-6 PCL)

Key performers: Billy Langlois (Sr., individual medley, breaststroke, butterfly, backstroke); David Zerumski (Sr., breaststroke, sprint freestyle); Jim Hurley (Jr., freestyle, IM); Sean Joyce (Jr., distance freestyle); Brendon McGhee (Jr., freestyle, backstroke); Tom Whelan (Jr., breaststroke, sprint freestyle).

Coach's quote: "This will be another good building year. Last year, even though we had a losing record, we were a lot more competitive in our meets. Losing five seniors will hurt, but our remaining swimmers excelled at the end of last year and will swim much better this year."

GIRLS SWIMMING

Archbishop Wood

Coach: Charlie Stillwell (eighth year)

2003-04 record: 6-2 (5-2 PCL)

Key performers: Jacqueline Morley (Sr., breaststroke, backstroke, freestyle); Monica Cymerman (Jr., freestyle); Megan Gannon (Jr., freestyle, butterfly, individual medley); Sharon Racine (Jr., freestyle); Jessica Rios (Jr., IM, backstroke, freestyle); Megan Donovan (So., breaststroke, IM); Nicole Lydon (So., butterfly, freestyle); Jacklyn Smith (So., backstroke, IM, freestyle).

Coach's quote: "Another big freshman class coming in will help with the loss of our great senior class. Once again, our girls will challenge for a top spot in the league. With only five seniors, we will be a young squad. We will have good depth and several girls will challenge for top spots at our league championship meet. Look for this to be an exciting year, with the girls getting better each meet."

Relay results

At the Central Bucks East Relays, Archbishop Wood's foursome of Billy Langlois, Jim Hurley, David Zerumski and Tom Whelan won the 200-yard breaststroke relay with a time of 2:03.37. The same four took third in the 400 medley relay (4:16.94).

In addition, William Tennent's Joe Dooling, Matt Preedy, Andy Bodner and John Cattell took third in the 200 backstroke relay (1:59.27).

Also, for Tennent, the duo of Shane Breen and Daniel Aichele had a combined score of 328.05 points to take second in boys diving, while Amanda Burke and Carrie Dougherty scored 370.50 to take second in girls diving.

Karen Sangillo can be reached at 215-949-4215 or ksangillo@phillyburbs.com.

Boys swimming notebook

By Bill Keen



Some athletes are inspired to succeed merely by a love of competition and others by a desire to challenge school records.

But some of the most driven of all athletes are those who had an older brother in the program.

At Archbishop Wood, Tom Whelan saw older brother Kevin — now swimming for the Explorers of La Salle University — make a name for himself during his days as a Viking, and would like nothing better than to eclipse Kevin's best times.

Wood coach Charlie Stillwell said the junior is well on his way to doing just that.

"Tom has already had some success in his own right," Stillwell said. "He was third in the Philadelphia Catholic League last season in the breaststroke. Kevin won the breaststroke at the league meet two years ago,

but Tommy's times are already better than Kevin's at the same point in their careers."

Considering that the younger Whelan has the rest of this season and all of his senior year to go, chances are excellent that there will be a new leader in the family's record books.

"I think he realizes what it takes to succeed," Stillwell said. "Because of his brother, Tommy knows what he needs to do to get to that level or to exceed it."

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The season: With only five seniors, the Vikings will be young, but they also have some promising freshmen who could provide good depth.

Philadelphia Catholic League: Archbishop Wood will definitely be in the hunt for the championship, getting tough competition from St.

Hubert and Cardinal O'Hara.

Inter-Ac: Germantown Academy is the heavy favorite, and it would be a major surprise if it does not run away with the title.

Heart-warming *tale*

Archbishop Wood swimmer Kyle
Atras won't let a heart transplant
keep him from competing.

By KAREN SANGILLO
COURIER TIMES

WARMINSTER — Archbishop Wood swimmer Kyle Atras was just 8½ months old when he had the most traumatic experience of his life.

He had a heart transplant.

Atras was diagnosed with a dilated cardiomyopathy (an enlarged heart) at the age of 3 months at the Children's Hospital of Philadelphia.

"At that time, they did not have a license to do transplants, and St. Christopher's had a license but no surgeon," said Atras, a Willow Grove resident, who is a sophomore at Wood. "So we had to go out of town. We chose to go to Johns Hopkins in Baltimore."

He received the transplant on Oct. 21, 1989, and it's been a life of check-ups ever since.

"I go every three months to make sure everything's fine," he said.

He was fine for awhile, but

suffered from post transplant lympho disorder, or PTLTD, a type of lymphoma caused by his medication.

"It leaves your immune system depressed," he said. "So, we lowered the dosage of the medicine, but now I have to go to the doctor more frequently."

This summer, Atras experienced some more problems associated with his medications and was in and out of Children's Hospital all summer after passing out in church on July 4.

"There's only three types of medicine for heart transplants and I've been on all three of them," he said. "We went down to Hopkins and got some tests. They said everything was fine, but when we got back to Children's, they said that with some of my numbers, Hopkins shouldn't have sent me home. I could have gone into heart failure at any time, so I feel very lucky."

Despite the challenges of his health, Atras was determined to remain on the swim team.

"Swimming helps me get in shape and stay in shape," he said. "I started swimming when I was 4 years old. It's something I've been doing all my life. It's hard to part with something like that."

"I thought about not coming out for the team this year, but I thought it would be a good thing for me to do. It gives me something to focus on, something to work at."

Atras used to play ice hockey, but gave it up.

"My size made that difficult to continue, so I'll watch it, but I don't play," he said. "That's what made keeping swimming so important. It's something that you can do at any size, at any age."

Atras swims during the sum-

See **SWIMMING**, 4D

Swimming: A heart-warming tale

From Page 1D

mer at the Naval Air Station in Willow Grove.

"I was used to summer swimming, so last year high school was a big adjustment," he said. "The practices are a lot harder. I swam a lot of unofficial races for Wood last year, but we had a lot of upperclassmen that were better swimmers, and they should have been swimming ahead of me. My turn will come."

Some of his classmates were unaware of his condition.

"I have to be careful of getting sick, so one of my math teachers told the class that if they were sick, they had to move away because someone had a heart transplant and everyone was look-

ing around, wondering who it was," he said. "I'd been in school with them for a year. I do everything everyone else my age does. They don't even notice."

"When I was in kindergarten, they told the teacher that there was a sick kid in the class, but not who it was. She tried to guess, and guessed wrong."

Atras isn't seriously looking at colleges yet, but would like to major in radio and television.

"I have so many options, and as a sophomore, I still have plenty of time to look around, so I'm having fun with that," he said.

This past summer, Atras participated in the U.S. Transplant Games, an Olympic-style athletic competition for

people with transplants, at the University of Minnesota. He competed in swimming, bowling, basketball and volleyball.

"That was a lot of fun," he said.

Wood swim coach Charlie Stillwell enjoys having Atras on the team.

"He's a great kid," he said. "He loves swimming and the kids really like him a lot."

"He doesn't hesitate. I can put him in anything and he just goes right out there and gives it his best. He comes to all the functions and does everything the others do. I think he just really likes being a part of the team."

Karen Sangillo can be reached at 215-949-4215 or ksangillo@phillyburbs.com.

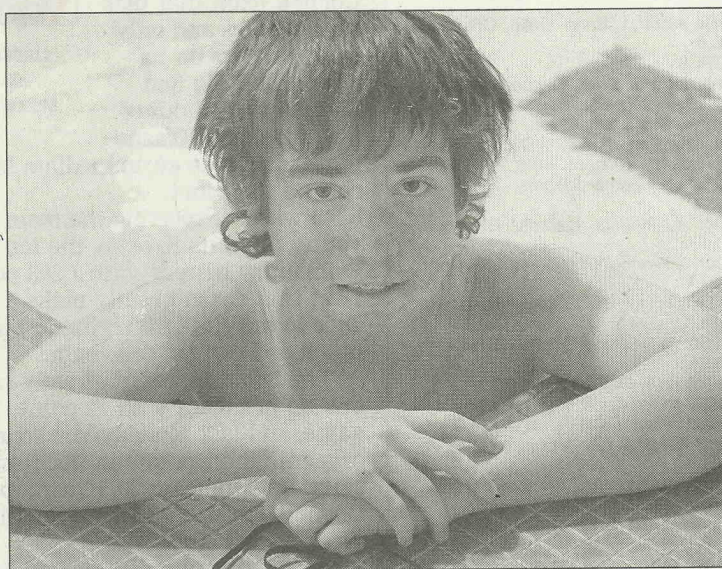
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He's a great kid. He loves swimming and the kids really like him a lot.

CHARLIE STILLWELL
WOOD SWIM COACH



Kyle Atras participated in the U.S. Transplant Games, an Olympic-style athletic competition for people with transplants, at the University of Minnesota this past summer. He competed in swimming, bowling, basketball and volleyball.
BILL JOHNSON / COURIER TIMES



Kyle Atras swims during the summer at the Naval Air Station in Willow Grove. **BILL JOHNSON / COURIER TIMES**

25 TO WATCH IN '05

With the dawn of a new year means a whole bunch of new storylines for everyone to follow. Here are just some of those that we think will take place in the upcoming year.

By KEVIN COONEY
COURIER TIMES

Auld acquaintance? Been forgot and never brought to mind.

In Lower Bucks history, 2004 was certainly one year to remember. There was the entire Smarty Jones excitement that unified not just this community, but the entire country. Locally, there were the runs of Holy Ghost Prep basketball and Neshaminy football to the state championship games. Two girls soccer teams, Council Rock-South and Villa Joseph Marie, won state championships.

But that's now yesterday's news with the coming of the New Year. And the flip of the calendar page to 2005 gives a chance to gaze ahead at some great new moments that are sure to lie ahead.

We have compiled 25 such trends and storylines to watch for as we head into 2005. They aren't predictions or resolutions as much as they are things to watch and keep in mind for the New Year.

They are given in no particular order of importance. Instead, they are broken down into categories that make things easier to understand and look for in the next 364 days.

ADMINISTRATIVE/ OTHER TRENDS

1) The Philadelphia Catholic League's Days of Decision

This is the first major event of 2005, starting on Tuesday with the vote of the Board of Governors that likely will strike down a change in football alignments. Other issues that are certain to follow include possible membership in the PIAA and eventual school closings seeming to draw closer every day.

2) The Public/Private issue in the PIAA

Some public schools feel emboldened to try and push this issue in the wake of the recent football championships and the possibility of the PCL joining in the near future. However, it's probably an issue that won't go away quickly... i.e. within 12 months.

3) District 12's impact on the PIAA basketball playoffs

In the fall, the Public League's original journey into the PIAA playoffs went unrewarded. No teams won a game at any level and Washington's football squad was the only one that seemed to be competitive. This year, that could change as the Pub appears to be the favorite to win three of the boys basketball classes.

4) Suburban One League football reshuffling?

Last season, teams like Harry S Truman complained that the new SOL setup didn't take into account how many players were coming out for teams, instead lumping schools like Truman (high enrollment, low football turnout) and North Penn (huge enrollment, huge football turnout) together in the same group. There will be more complaints, but there doesn't seem to be any groundswell of change movement coming forward at the present time. But it's something to keep an eye on.

5) Coaching carousel in the SOL

Truman already needs a new football coach. So does Central Bucks West after Randy Cuthbert left for Pennridge.

WINTER ON THE FIELD

6) Council Rock-North girls basketball

The Indians appear to be back on track, starting the season 8-2 and beating Downingtown East last week in the game that may carry huge ramifications when the Class AAAA seeding meeting takes place in six weeks. Should the Indians stay this hot, expect CR-North to gain a top three or four seed and advance to the state tournament.

7) Holy Ghost Prep boys basketball

Sure, the Firebirds lost five starters and a key reserve from last year's team that advanced to the state title game. But they have come out strong so far in 2004-2005 with some strong outside shooting and pressure defense. A District One title in Class AAA is well within their grasp.

8) Wood in the PCL Boys hoops

The Vikings won a post-season game for the first time in 2004. Behind Matt Spadafora, there is no reason to believe that Wood will not win the Northern Division in 2005 and become a legitimate contender when it gets to the later rounds.

9) Getting a grappling

In the winter, wrestling has emerged as the area's strongest sport by far. Five teams (Neshaminy, CR-South, Pennsbury, Truman and CR-North) are solid from top to bottom. And there are a lot of individuals that could do great things as we head towards Hershey and states.

10) Making a splash

Jen Betz, (sophomore diver from CR-North), Laura Rosenberg (CR-N senior swimmer) and C.J. Marck (Pennsbury senior swimmer) all have a possibility to medal at PIAA championships. Tom Whelan from Archbishop Wood could be a real threat in the PCL breaststroke.

11) What's this sport called?

It's looking more and more like the only way to see ice hockey in these parts this year could be from either the Phantoms/Titans and the local high school teams. Neshaminy and Pennsbury currently lead the Lower Bucks County Scholastic Hockey League, but Holy Ghost Prep and Father Judge look to be right in the hunt.

25 TO WATCH IN '05

12) Famous alumni

In college basketball, it's Jay Wright's turn on the hot seat. Some believe that if Villanova doesn't make a run at an NCAA tournament bid, the Council Rock grad could be in trouble. Meanwhile, Lower Bucks County Hockey League alumni Tony Voss (Archbishop Ryan) is among the leading scorers for the Phantoms of the AHL.

SPRING/SUMMER ON THE FIELD

13) Rocky II

On the heels of Smarty Jones' run in the Triple Crown last year, John Servis appears ready to come back with a vengeance with Rockport Harbor, a similar horse that will make the trip through Arkansas probably to Kentucky. It could make for another fun spring at Philadelphia Park, which draws closer to slot machines.

14) Neshaminy baseball

Last season, the Redskins got on a roll late in the season and found their way into the PIAA Championships. This year, with a lot of players returning, it wouldn't be shocking if Neshaminy ended up making another deep run in the tournament.

15) The softball rivalry between Pennsbury and Neshaminy

Last year, the Falcons had the bet-

ter of it thanks to the pitching of Lauren Cognigni. She is gone but Pennsbury has another solid pitcher in Rachel Crossin. The Falcons still

are one of the best in District One.

Neshaminy, meanwhile, should bounce back to make a run deep in districts.

16) Keeping track

Last year, Bensalem had one of the better boys teams in the state in the relays. This year, most of those runners are back and ready to make another move. There are also several girls teams that figure to fit into the district playoff race.

17) Growth spurt

The one sport that continues to grow in the area more than any other is lacrosse. It will be interesting

to see if it continues and how much the level of play in the area improves.

18) Encore presentation

Council Rock-South's girls soccer team won the school's first PIAA Championship last June. A lot of players are back from the group, so a repeat would hardly be a shock. The team that may challenge them the most will be Council Rock-North.

19) Changing of the guard?

Last year, Falls upset Yardley Western to win the Lower Bucks County American Legion League championship. Could this be a sign of the end of Yardley's long dominance in the area — or just a blip on the radar screen.

20) Donofrio repeat?

One of the legitimate surprises of 2004 was the fact that a team filled with Bucks County all-stars found its way to the semifinals of the highly-acclaimed Albert C. Donofrio basketball tournament in an extremely

tough bracket with some of the city powers. Once is a fluke, but two would be a trend....

FALL ON THE FIELD

21) Another run for the Redskins?

One of the things that made the Neshaminy football teams run so remarkable in 2004 was the fact that they arrived a full year ahead of everybody's schedule. This year, they will not be able to sneak up on anybody and surprise. Neshaminy and North Penn — who played in this year's District One Class AAAA final — will be expected to go back to the district final and be the favorite for a trip to Hershey.

22) Viking ship sailing

It's tough to know exactly how the PCL will look by next football season, so projecting a potential championship for Wood is being a little ambitious. Still, if the current format comes back with Red and Blue, there is no doubt that having Chris Lorditch back will help the cause for the Vikings.

23) VJM repeat?

One of the main questions coming into 2004 was how the Jems would respond to a new coach after the departure of John McOwen. But Rich Finneyfrock's crew steamrolled to another state title and has a lot of performers coming back from last year. It all sets up for another fun time in Holland.

24) Expect Marvel-esque things.

Council Rock-North's Bethany Marvel has participated in a lot of national hockey tryouts and figures to be among the top recruits in the tri-state area next season in field hockey.

25) The unexpected

If there's one thing that sports has taught us all these years, it's trying to project into the future is a risky thing. Something will come out of the woodwork in one of these seasons and surprise us all.

Kevin Cooney can be reached at 215-949-4209 or kcooney@phillyburbs.com.

Girls swimming

Archbishop Wood 90, SS. Neumann-Goretti 54
(at Klinger Middle School)

200-yard medley relay: 1. Archbishop Wood (Amanda Horlacher, Megan Donovan, Nicole Lydon, Sharon Racine), 2:08.21; 2. AW, 2:09.49; 3. N-G, 2:42.28

200 freestyle: 1. Amy Finn (AW), 2:15.94; 2. Christina Rios (AW), 2:22.59; 3. Nicole Lydon (AW), 2:26.19

200 IM: 1. Megan Donovan (AW), 2:22.58; 2. Jacqueline Morley (AW), 2:48.10; 3. Erin Lynn (AW), 2:52.14

50 freestyle: 1. Monica Cymerman (AW), 28.68; 2. Sharon Racine (AW), 29.02; 3. Danielle Pote (AW), 30.53

100 butterfly: 1. Amy Finn (AW), 1:09.74; Nicole Lydon (AW), 1:10.50; 3. Bridget Gannon (AW), 1:21.25

100 freestyle: 1. Christina Rios (AW), 1:01.02; 2. Monica Cymerman (AW), 1:05.54; 3. Sharon Racine (AW), 1:09.69

500 freestyle: 1. Megan Donovan (AW), 5:36.01; 2. Elizabeth Bredin (AW), 7:22.84; 3. Christine Morley (AW), 7:33.0

200 freestyle relay: 1. SS Neumann-Goretti (Janine Namako, Maria Jannelli, Melissa Madgin, Dana Tompkins), 2:29.75;

100 backstroke: 1. Heather Sassani (N-G), 1:37.72; 2. Kellee Robinson (N-G), 1:51.35; 3. Marissa Ramos (N-G), 1:56.60

100 breaststroke: 1. Alyssa Namako (N-G), 1:49.46; 2. Janine Namako (N-G), 1:53.72

400 freestyle relay: 1. SS Neumann-Goretti (Maria Jannelli, Melissa Madgin, Marissa Ramos, Dana Tompkins), 6:10.81

Highlights: Wood finished 1-2-3 in six events.

Archbishop Wood 90, Neumann-Goretti

54—Wood had times fast enough to sweep every event but swam exhibition in the final four events, accounting for Neumann Goretti's 54 points last Friday.

Amy Finn and Megan Donovan each won a pair of events for the Vikings.

Finn took the 200 freestyle and the 100 butterfly in times of 2:15.94 and 1:09.74, respectively, while Donovan won the 200 individual medley and 500 freestyle in 2:22.58 and 5:36.01.

200 medley relay—Archbishop Wood (Amanda Horlacher, Megan Donovan, Nicole Lydon, Sharon Racine) 2:08.21; 200 freestyle—Amy Finn (AW) 2:15.94; 200 individual medley—Donovan (AW) 2:22.58; 50 freestyle—Monica Cymerman (AW) 28.68; 100 butterfly—Finn (AW) 1:09.74; 100 freestyle—Christina Rios (AW) 1:01.12; 500 freestyle—Donovan (AW) 5:36.01; 200 freestyle relay—Neumann-Goretti (Janine Namako, Maria Jannelli, Melissa Madgin, Dana Tompkins) 2:29.75; 100 backstroke—Heather Sassani (NG) 1:37.72; 100 breaststroke—Namako (NG) 1:49.46; 400 freestyle relay—Neumann-Goretti (Jannelli, Madgin, Marissa Ramos, Tompkins) 6:10.81.

Girls swimming

WOOD 90, NEUMANN-GORETTI 54

(200-yard medley relay: 1. Archbishop Wood (Amanda Horlacher, Megan Donovan, Nicole Lydon, Sharon Racine), 2:08.21; 2. AW, 2:09.49; 3. N-G, 2:42.28; 200 freestyle: 1. Amy Finn (AW), 2:15.94; 2. Christina Rios (AW), 2:22.59; 3. Nicole Lydon (AW), 2:26.19; 200 IM: 1. Megan Donovan (AW), 2:22.58; 2. Jacqueline Morley (AW), 2:48.10; 3. Erin Lynn (AW), 2:52.14; 50 freestyle: 1. Monica Cymerman (AW), 28.68; 2. Sharon Racine (AW), 29.02; 3. Danielle Pote (AW), 30.53; 100 butterfly: 1. Amy Finn (AW), 1:09.74; Nicole Lydon (AW), 1:10.50; 3. Bridget Gannon (AW), 1:21.25; 100 freestyle: 1. Christina Rios (AW), 1:01.02; 2. Monica Cymerman (AW), 1:05.54; 3. Sharon Racine (AW), 1:09.69; 500 freestyle: 1. Megan Donovan (AW), 5:36.01; 2. Elizabeth Bredin (AW), 7:22.84; 3. Christine Morley (AW), 7:33.0; 200 freestyle relay: 1. SS Neumann-Goretti (Janine Namako, Maria Jannelli, Melissa Madgin, Dana Tompkins), 2:29.75; 100 backstroke: 1. Heather Sassani (N-G), 1:37.72; 2. Kellee Robinson (N-G), 1:51.35; 3. Marissa Ramos (N-G), 1:56.60; 100 breaststroke: 1. Alyssa Namako (N-G), 1:49.46; 2. Janine Namako (N-G), 1:53.72; 400 freestyle relay: 1. SS Neumann-Goretti (Maria Jannelli, Melissa Madgin, Marissa Ramos, Dana Tompkins), 6:10.81.

Girls swimming

Archbishop Wood 90, Archbishop Carroll

80—Sophomore Jaclyn Smith won two individual events and was part of the winning 200 medley relay as Archbishop Wood edged Archbishop Carroll in Philadelphia Catholic League swimming action last Saturday.

Smith won the 200 individual medley and the 500 freestyle, while teaming with Christina Rios, Megan Donovan and Nicole Lydon to win the 200 medley relay.

Archbishop Wood 90, Archbishop Carroll 80

200 medley relay—Archbishop Wood (Christina Rios, Megan Donovan, Jaclyn Smith, Nicole Lydon) 2:04.87; 200 freestyle—Christina Rios (AW) 2:15.84; 200 individual medley—Jaclyn Smith (AW) 2:27.86; 50 freestyle—Jackie Kivitz (AC) 27.75; 100 butterfly—Jackie Kivitz (AC) 1:07.65; 100 freestyle—Megan Donovan (AW) 59.30; 500 freestyle—Jaclyn Smith (AW) 5:53.53; 200 freestyle relay—Archbishop Carroll (Corrine Gregoire, Jackie Kivitz, Mary Claire Kelly, Jackie Krizovensky) 1:51.70; 100 backstroke—Amanda Horlacher (AW) 1:14.08; 100 breaststroke—Megan Donovan (AW) 1:13.33; 400 freestyle relay—Archbishop Carroll (Corrine Gregoire, Mary Claire Kelly, Jackie Krizovensky, Melissa Burns) 4:12.87.

Cardinal O'Hara 99, Archbishop Wood

71—Megan Donovan won a pair of individual events during the Vikings loss to Cardinal O'Hara last Wednesday.

Donovan took top honors in the 200 individual medley with a time of 2:21.62 and in the 500 freestyle in 5:27.38.

Jaclyn Smith was Wood's only other individual event winner, taking the 100 free in 57.97.

200 medley relay—Cardinal O'Hara (Susan Horstmann, Caitlin Conway, Sarah Birkenmeier, Katie Erikson) 2:00.06; 200 freestyle—Kelly Fleagle (CO) 2:04.46; 200 individual medley—Megan Donovan (AW) 2:21.62; 50 freestyle—Erikson (CO) 26.40; 100 butterfly—Horstmann (CO) 1:02.55; 100 freestyle—Jaclyn Smith (AW) 57.97; 500 freestyle—Donovan (AW) 5:27.38; 200 freestyle relay—Cardinal O'Hara (Birkenmeier, Erikson, Kelly Cotton, Fleagle)

4:48.46; 100 backstroke—Horstmann (CO) 1:05.38; 100 breaststroke—Conway (CO) 1:16.88; 400 freestyle relay—Cardinal O'Hara (Cotton, Maddie Crowley, Katie Montgomery, Nikki Recchione) 4:18.31.

ARCH. RYAN 100, ARCH. WOOD 65

200-yd. medley relay: 1. AR (Kaitlin Slowey, Kim Kraczeck, Christine Swiker, Laura Stasiowski), 1:59.18; 2. AW, 2:03.16; 3. AR, 2:02.06. 200-yd. freestyle: 1. Jaclyn Smith, AW, 2:04.52; 2. Jessica Williams, AR, 2:04.41; 3. Bridgid Hennessey, AR, 2:05.09. 200-yd. individual medley: 1. Slowey, AR, 2:14.34; 2. Kellie Pastore, AR, 2:20.53; 3. Katie McDade, AR, 2:23.97. 50-yd. freestyle: 1. Stephanie Zielinski, AR, 26.40; 2. Kraczeck, AR, 27.09; 3. Christina Rios, AW, 27.13. 100-yd. butterfly: 1. Slowey, AR, 1:02.53; 2. Swiker, AR, 1:03.72; 3. Erin Searl, AR, 1:05.94. 100-yd. freestyle: 1. Zielinski, AR, 58.75; 2. Megan O'Malley, AR, 59.47; 3. Stasiowski, AR, 1:00.19. 500-yd. freestyle: 1. Megan Donovan, AW, 5:26.78; 2. J. Williams, AR, 5:29.00; 3. Kelly Williams, AR, 5:38.25. 200-yd. freestyle relay: 1. AR (Swiker, Kraczeck, Slowey, Zielinski), 1:48.00; 2. AR, 1:51.24; 3. AW, 1:55.44. 100-yd. backstroke: 1. Smith, AW, 1:04.66; 2. Searl, AR, 1:06.63; 3. Bridget Dwyer, AR, 1:11.17. 100-yd. breaststroke: 1. Donovan, AW, 1:12.87; 2. Erin Lynn, AW, 1:22.78; 3. Erin Olszak, AW, 1:25.60. 400-yd. freestyle relay: 1. AW (Smith, Donovan, Amy Finn, Rios), 4:02.44; 2. AW, 4:33.40.

Wednesday's meet

Cardinal O'Hara 99, Archbishop Wood 71

200-yard medley relay: 1. Cardinal O'Hara (Susan Horstmann, Caitlin Conway, Sarah Birkenmeier, Katie Erikson), 2:00.06; 2. Archbishop Wood, 2:02.13; 3. Archbishop Wood, 2:10.63

200 freestyle: 1. Kelly Fleagle (CO), 2:04.46; 2. Amy Finn (AW), 2:13.12; 3. Maddie Crowley (CO), 2:17.24

200 IM: 1. Megan Donovan (CO), 2:21.62; 2. Kelly Fleagle (CO), 2:26.22; 3. Caitlin Conway (OH), 2:41.18

50 freestyle: 1. Katie Erikson (CO), 26.40; 2. Christina Rios (AW), 26.75; 3. Sarah Birkenmeier (CO), 27.85

100 butterfly: 1. Susan Horstmann (CO), 1:02.55; 2. Katie Montgomery (CO), 1:09.47; 3. Nicole Lydon (AW), 1:10.78

100 freestyle: 1. Jaclyn Smith (AW), 57.97; 2. Katie Erikson (CO), 58.71; 3. Sarah Birkenmeier (CO), 58.75

500 freestyle: 1. Megan Donovan (AW), 5:27.38; 2. Kelly Fleagle (CO), 5:38.43; 3. Amy Finn (AW), 6:00.61

200 freestyle relay: 1. Cardinal O'Hara (Sarah Birkenmeier, Katie Erikson, Kelly Cotton, Kelly Fleagle), 1:48.46; 2. Archbishop Wood, 1:50.31; 3. Archibishop Wood, 1:55.24

100 backstroke: 1. Susan Horstmann (CO), 1:05.38; 2. Jaclyn Smith (AW), 1:06.13; 3. Erin Olszak (AW), 1:21.82

100 breaststroke: 1. Caitlin Conway (CO), 1:16.88; 2. Aileen Mattson (CO), 1:21.19; 3. Erin Olszak (AW), 1:21.82

400 freestyle relay: 1. Cardinal O'Hara (Kelly Cotton, Maddie Crowley, Katie Montgomery, Nikki Recchione), 4:18.31; 2. Archbishop Wood, 4:18.35; 3. Cardinal O'Hara, 4:26.28

Records: Archbishop Wood (2-2)

Archbishop Ryan 100, Archbishop Wood 65

200-yard medley relay: 1. Ryan (Kaitlin Slowey, Kim Kraczeck, Christine Swiker, Laura Stasiowski), 1:59.18; 2. Wood, 2:03.16; 3. Ryan, 2:02.06

200 freestyle: 1. Jaclyn Smith (AW), 2:04.52; 2. Jessica Williams (AR), 2:04.41; 3. Bridgid Hennessey (AR), 2:05.09

200 IM: 1. Slowey (AR), 2:14.34; 2. Kellie Pastore (AR), 2:20.53; 3. Katie McDade (AR), 2:23.97

50 freestyle: 1. Stephanie Zielinski (AR), 26.40; 2. Kraczeck (AR), 27.09; 3. Christina Rios (AW), 27.13

100 butterfly: 1. Slowey (AR), 1:02.53; 2. Swiker (AR), 1:03.72; 3. Erin Searl (AR), 1:05.94

100 freestyle: 1. Zielinski (AR), 58.75; 2. Megan O'Malley (AR), 59.47; 3. Stasiowski (AR), 1:00.19

500 freestyle: 1. Megan Donovan (AW), 5:26.78; 2. J. Williams (AR), 5:29.00; 3. Kelly Williams (AR), 5:38.25

200 freestyle relay: 1. Ryan (Swiker, Kraczeck, Slowey, Zielinski), 1:48.00; 2. Ryan, 1:51.24; 3. Wood, 1:55.44

100 backstroke: 1. Smith (AW), 1:04.66; 2. Searl (AR), 1:06.63; 3. Bridget Dwyer (AR), 1:11.17

100 breaststroke: 1. Donovan (AW), 1:12.87; 2. Erin Lynn (AW), 1:22.78; 3. Erin Olszak (AW), 1:25.60

400 freestyle relay: 1. Wood (Smith, Donovan, Amy Finn, Rios), 4:02.44; 2. Wood, 4:33.40.

Girls swimming

Archbishop Ryan 100, Archbishop Wood

65—Megan Donovan won a pair of events as the Vikings lost to Archbishop Ryan on Tuesday.

Megan Donovan won the 500 freestyle in a time of 5:26.78 and the 100 breaststroke in a time of 1:12.87.

Archbishop Ryan 100, Archbishop Wood 65

200 medley relay—Archbishop Ryan (Kaitlin Slowey, Kim Kraczeck, Christina Swiker, Laura Stasiowski) 1:59.18; 200 freestyle—Jaclyn Smith (AR) 2:04.52; 200 individual medley—Slowey (AR) 2:14.34; 50 freestyle—Stephanie Zielinski (AR) 26.40; 100 butterfly—Slowey (AR) 1:02.53; 100 freestyle—Zielinski (AR) 58.75; 500 freestyle—Megan Donovan (AW) 5:26.78; 200 freestyle relay—Archbishop Ryan (Swiker, Kraczeck, Slowey, Zielinski) 1:48.00; 100 backstroke—Smith (1:04.66; 100 breaststroke—Donovan (AW) 1:12.87; 400 freestyle relay—Archbishop Wood (Smith, Donovan, Amy Finn, Christina Rios) 4:02.44.

Boys swimming

LaSalle 61, Archbishop Wood 31—

The Vikings posted wins in each of the final two events — the 100 breaststroke and 400 freestyle relay — but it wasn't

enough to beat highly touted LaSalle in their own pool on Tuesday.

Thomas Whelan and William Langlois won individual events for the Vikings. Whelan won the 100 breaststroke in 1:04.99 and Langlois won the 100 butterfly in 58.61.

Both swimmers participated on the team's winning 400 freestyle relay team.

Brennan Hagy, Garrett Gallagher and Todd Domaski were all double winners for the Explorers.

Hagy won the 100 freestyle in 52.40, Gallagher won the 200 freestyle in 1:57.67 and Todd Domaski won the 100 backstroke in 1:03.27. All three were also part of a winning relay team.

200 medley relay—LaSalle (Todd Domaski, Greg Woods, Brennan Hagy, George Walters) 1:48.37; 200 freestyle—Garrett Gallagher (L) 1:57.67; 200 individual medley—Mike Hughes (L) 2:23.34; 50 freestyle—Kevin Hylinski (L) 22.96; 100 butterfly—William Langlois (AW) 58.61; 100 freestyle—Hagy (L) 52.40; 500 freestyle—Conor Doherty (L) 5:15.18; 200 freestyle relay—LaSalle (Gallagher, Trey Ciametti, Chris Driscoll, George Walters) 1:34.89; 100 backstroke—Domaski (L) 1:03.27; 100 breaststroke—Thomas Whelan (AW) 1:04.99; 400 freestyle relay—Archbishop Wood (Brendon McGhee, James Hurley, Whelan, Langlois) 3:46.91.

Boys swimming

(Tuesday's meet)

La Salle 61, Archbishop Wood 31
(at La Salle)

200-yd. medley relay: 1. LS (Todd Domaski, Greg Woods, Brennan Hagy, George Walters), 1:48.37; 2. LS, 1:54.85; 3. AW, 2:02.69.

200 freestyle: 1. Garrett Gallagher (LS), 1:57.67; 2. Paul Bonnevill (LS), 1:59.30; 3. Sean Joyce (AW), 2:10.38.

200 individual medley: 1. Mike Hughes (LS), 2:23.34; 2. James Hurley (AW), 2:24.12; 3. Brandon Ward (LS), 2:24.38.

50 freestyle: 1. Kevin Hylinski (LS), 22.98; 2. George Walters (LS), 23.63; 3. Thomas Whelan (AW), 24.76.

100 butterfly: 1. William Langlois (AW), 58.61; 2. Brendan Wills (LS), 59.01; 3. Joyce (AW), 1:06.13.

100 freestyle: 1. Hagy (LS), 52.40; 2. Walters (LS), 52.66; 3. Brendon McGhee (AW), 55.06.

500 freestyle: 1. Conor Doherty (LS), 5:15.18; 2. Hughes (LS), 6:14.46; 3. Hurley (AW), 6:27.51.

200 freestyle relay: 1. LS (Gallagher, Trey Ciametti, Chris Driscoll, Walters), 1:34.89; 2. LS, 1:42.42; 3. AW, 1:49.03.

100 backstroke: 1. Domaski (LS), 1:03.27; 2. Woods (LS), 1:03.94; 3. Dave Keller (AW), 1:11.48.

100 breaststroke: 1. Whelan (AW), 1:04.99; 2. Langlois (AW), 1:09.00.

400 freestyle relay: AW (McGhee, Hurley, Whelan, Langlois), 3:46.91; 2. AW, 4:33.07.

Records: La Salle (1-0 PCL), Wood (0-1 PCL).

LA SALLE 61, ARCHBISHOP WOOD 31

200-yd. medley relay: 1. LS (Todd Domaski, Greg Woods, Brennan Hagy, George Walters), 1:48.37; 2. LS, 1:54.85; 3. AW, 2:02.69. 200-yd. freestyle: 1. Garrett Gallagher, LS, 1:57.67; 2. Paul Bonnevill, LS, 1:59.30; 3. Sean Joyce, AW, 2:10.38. 200-yd. individual medley: 1. Mike Hughes, LS, 2:23.34; 2. James Hurley, AW, 2:24.12; 3. Brandon Ward, LS, 2:24.38. 50-yd. freestyle: 1. Kevin Hylinski, LS, 22.98; 2. George Walters, LS, 23.63; 3. Thomas Whelan, AW, 24.76. 100-yd. butterfly: 1. William Langlois, AW, 58.61; 2. Brendan Wills, LS, 59.01; 3. Joyce, AW, 1:06.13. 100-yd. freestyle: 1. Hagy, LS, 52.40; 2. Walters, LS, 52.66; 3. Brendon

McGhee, AW, 55.06. 500-yd. freestyle: 1. Conor Doherty, LS, 5:15.18; 2. Hughes, LS, 6:14.46; 3. Hurley, AW, 6:27.51. 200-yd. freestyle relay: 1. LS (Gallagher, Trey Ciametti, Chris Driscoll, Walters), 1:34.89; 2. LS, 1:42.42; 3. AW, 1:49.03. 100-yd. backstroke: 1. Domaski, LS, 1:03.27; 2. Woods, LS, 1:03.94; 3. Dave Keller, AW, 1:11.48. 100-yd. breaststroke: 1. Whelan, AW, 1:04.99; 2. Langlois, AW, 1:09.00. 400-yd. freestyle relay: AW (McGhee, Hurley, Whelan, Langlois), 3:46.91; 2. AW, 4:33.07.

LEADERS

BOYS

(Through Tuesday)

200 MEDLEY RELAY: Council Rock-North (Jacob Torok, Brandon Hall, Mike Stoloski, Kevin Albanese), 1:43.57

200 FREESTYLE: C.J. Marck, Pennsbury, 1:53.42

200 INDIVIDUAL MEDLEY: C.J. Marck, Pennsbury, 2:03.93

50 FREESTYLE: Kevin Albanese, Council Rock-North, 22.75

DIVING: David Giambra, Pennsbury, 259.05 pts.

100 BUTTERFLY: C.J. Marck, Pennsbury, 53.89

100 FREESTYLE: Kevin Albanese, Council Rock-North, 50.95

500 FREESTYLE: Jake Lewing, Pennsbury, 5:01.13

200 FREESTYLE RELAY: Pennsbury (Joe Pocetti, Dan Widdifield, Jake Lewing, C.J. Marck), 1:34.85

100 BACKSTROKE: Jake Lewing, Pennsbury, 57.75

100 BREASTSTROKE: Tom Whelan, Archbishop Wood, 1:04.99

400 FREESTYLE RELAY: Council Rock-North (Brandon Hall, Jacob Torok, Andrew Alborn, Kevin Albanese), 3:25.43

GIRLS

(Through Tuesday)

200 MEDLEY RELAY: Council Rock-North (Laura Rosenberg, Paige Iversen, Lindsey DeForrest, Jenna Nowicke), 1:53.98

200 FREESTYLE: Lindsey DeForrest, Council Rock-North, 1:57.79

200 INDIVIDUAL MEDLEY: Laura Rosenberg, Council Rock-North, 2:12.18

50 FREESTYLE: Carleen Caldwell, Neshaminy, 25.00

DIVING: Jen Betz, Council Rock-North, 272.90 pts.

100 BUTTERFLY: Laura Rosenberg, Council Rock-North, 1:01.71

100 FREESTYLE: Lindsey DeForrest, Council Rock-North, 53.94

500 FREESTYLE: Laura Rosenberg, Council Rock-North, 5:12.91

200 FREESTYLE RELAY: Council Rock-North (Laura Rosenberg, Carly Finkboner, Jenna Nowicke, Lindsey DeForrest), 1:43.69

100 BACKSTROKE: Laura Rosenberg, Council Rock-North, 1:02.62

100 BREASTSTROKE: Jessica Saloky, Neshaminy, 1:10.20

400 FREESTYLE RELAY: Pennsbury (Sarah Keith, Carolyn Quinn, Andrea Griffith, Ashley Bergman), 4:01.45

Boys swimming

Archbishop Wood 97, Archbishop Carroll 66—Thomas Whelan and William Langlois won two individual events each to power Archbishop Wood past Archbishop Carroll in last Saturday's Philadelphia Catholic League meet.

Whelan won the 200 freestyle and 100 butterfly, while Langlois captured the 50 freestyle and the 500 freestyle.

Archbishop Wood 97, Archbishop Carroll 66
200 medley relay—Archbishop Wood (William Langlois, Thomas Whelan, James Hurley, Brendon McGhee) 1:52.17; 200 freestyle—Thomas Whelan (AW) 2:02.70; 200 individual medley—Brian Puliti (AC) 2:20.98; 50 freestyle—William Langlois (AW) 23.62; 100 butterfly—Thomas Whelan (AW) 1:02.31; 100 freestyle—Brendon McGhee (AW) 55.25; 500 freestyle—William Langlois (AW) 5:26.72; 200 freestyle relay—Archbishop Wood (William Langlois, Brendon McGhee, David Keller, Thomas Whelan) 1:37.96; 100 backstroke—Brian Puliti (AC) 1:05.72; 100 breaststroke—James Hurley (AW) 1:12.18; 400 freestyle relay—Archbishop Carroll (Brian Puliti, John Tull, Andrew Szejko, Domenick D'Orazio) 3:55.44.

Archbishop Wood 97, Roman Catholic 73—Tom Whelan won four events to help the Vikings defeat North Catholic last Thursday.

Whelan won the 50 freestyle in 24.36 and the 100 breaststroke in 1:06.66. He also swam on a pair of winning relay team.

William Langlois won three events for the Vikings. He took home first in two relays and won the 200 freestyle in a time of 2:00.28

200 medley relay—Archbishop Wood (David Keller, Thomas Whelan, William Langlois, Brendon McGhee) 1:49.31; 200 freestyle—Langlois (AW) 2:00.28; 200 individual medley—Anthony Gillespie (RC) 2:11.92; 50 freestyle—Whelan (AW) 24.36; 100 butterfly—Mike Gliniski (RC) 56.44; 100 freestyle—Gliniski (RC) 50.94; 500 freestyle—Sean Joyce (AW) 5:49.66; 200 freestyle relay—Archbishop Wood (Whelan, McGhee, James Hurley, Langlois) 1:38.33; 100 backstroke—Andrew Gillespie (RC) 1:00.26; 100 breaststroke—Whelan (AW) 1:06.66; 400 freestyle relay—Archbishop Wood (Joyce, Keller, John Wright, Hurley) 3:53.31.

Cardinal O'Hara 98, Archbishop Wood 71—

The Vikings took first place in just two events during a loss to Cardinal O'Hara last Wednesday.

Wood opened the meet with a win in the 200 medley relay. The team of Brendon McGhee, Thomas Whelan, William Langlois and James Hurley won the event in a time of 1:50.18.

Hurley picked up a win in the 100 breaststroke in a time of 1:10.23.

200 medley relay—Archbishop Wood (Brendon McGhee, Thomas Whelan, William Langlois, James Hurley) 1:50.18; 200 freestyle—Michael Cancila (CO) 2:00.24; 200 individual medley—Steve Hartman (CO) 2:14.05; 50 freestyle—Ryan McShay (CO) 24.84; 100 butterfly—Thomas Hawkins (CO) 58.05; 100 freestyle—Langlois (AW) 51.91; 500 freestyle—Andrew Buemi (CO) 5:31.98; 200 freestyle relay—Cardinal O'Hara (Hartman,

McShay, Hawkins, Cancila) 1:36.03; 100 backstroke—Hawkins (CO) 1:01.56; 100 breaststroke—James Hurley (AW) 1:10.23; 400 freestyle relay—Cardinal O'Hara (Jimmy Kane, Matt MacNeal, Frank Ottey, Shawn Lamb) 3:55.41.

Girls swimming notebook

By Stuart London



Better late than never for Archbishop Wood seniors Erin Lynn and Kristen Pollock.

Vikings coach Charlie Stilwell expected to have just one senior on his team this year, Jacqueline Morley, but, when practice began, Lynn and Pollock showed up.

At this time last year, Lynn was on the varsity basketball team, and in the fall played soccer. Pollock was strictly a volleyball player and did not have a winter sport.

"People look at our roster and see we have three seniors, but two of them are brand new," said Stilwell. "I think Erin is going to play soccer (in college) and wanted to do this to keep in shape."

"It's surprising how many juniors and seniors come out for the team for the first time. I'm like 'Where have you been?' I'd love to have worked with Erin for four years."

Both Lynn and Pollock helped the Vikings in its 87-83 win over St. Hubert on Thursday. The victory pretty much assured Wood of third place in the Philadelphia Catholic League standings, behind Archbishop Ryan and Cardinal O'Hara.

Lynn came in fifth in the 100 butterfly and was part of Wood's 200 freestyle relay team that finished second.

The meet came down to the final event, the 400 freestyle relay. To win it, the Vikings needed its "A" team to come in first and its "B" team to beat the Bambies' "B" team and come in at least third.

Wood's "A" won the relay and, with Pollock swimming the second leg, the "B" team finished 0.85 seconds ahead of its St. Hubert counterpart to seal the meet victory.

Boys swimming notebook

By Bill Keen



Some swimmers have all the potential in the world but never realize it.

Archbishop Wood senior Billy Langlois always had the potential, and this season, he is definitely living up to it.

"He's always had such a natural stroke, a beautiful stroke," said Vikings coach Charlie Stilwell, adding that at times it looks like he's going slower than he is. "That's because he's so smooth in the water. It doesn't look like he's trying because with his ability, it's almost effortless."

This season Langlois has been swimming exceptionally. His times have been better than they were last season at the Philadelphia Catholic League championships.

"I've put him in situations where he has a chance to step up, and he's done it because I think he's realized how good he really is," Stilwell said. "He wants it this year; he's happy."

"He was always somewhat on

the quiet side but this season, being a captain, it's been a huge difference. Everything has worked out for him this year. He's been phenomenal."

Archbishop Wood 94, Little Flower 61—Archbishop Wood improved their record to 2-0 with a win over Little Flower last Thursday. Monica Cymerman, Amy Finn, Jaclyn Smith, Rachael Gniass and Christina Rios won individual events for the Vikings.

Archbishop Wood 94, Little Flower 61 200 medley relay—Archbishop Wood (Laura Nelling, Christine Morley, Kristen Pollock, Nicole Lydon) 2:26.66; 200 freestyle—Monica Cymerman (AW) 2:27.59; 200 individual medley—Amy Finn (AW) 2:41.07; 50 freestyle—Amy Lees (LF) 29.19; 100 butterfly—Jaclyn Smith (AW) 1:09.50; 100 freestyle—Rachael Gniass (AW) 1:09.37; 500 freestyle—Christine Rios (AW) 6:15.89; 200 freestyle relay—Archbishop Wood (Sharon Racine, Cymerman, Megan Donovan, Smith) 1:57.37; 100 backstroke—Bryana Houck (LF) 1:38.56; 100 breaststroke—Ali McCrossen (LF) 1:32.49; 400 freestyle relay—Little Flower (Kathleen Glacken, Nina Kauffman, Jackie McNamee, Amy Lees) 4:48.17.

Boys swimming

ARCHBISHOP WOOD 97,
ARCHBISHOP CARROLL 66

200-yard medley relay: 1. AW (William Langlois, Thomas Whelan, James Hurley, Brendon McGhee), 1:52.17; 2. AC Carroll; 3. AW. 200 freestyle: 1. Whelan, AW, 2:02.70; 2. Hurley, AW, 2:05.47; 3. Domenick D'Orazio, AC, 2:08.93. 200 IM: 1. Brian Puliti, AC, 2:20.98; 2. David Keller, AW, 2:24.04; 3. Sean Joyce, AW, 2:24.75. 50 freestyle: 1. Langlois, AW, 23.62; 2. David Puliti, AC, 23.72; 3. Andrew Moran, AC, 24.37. 100 butterfly: 1. Thomas Whelan, AW, 1:02.31; 2. Andrew Szalejko, AC, 1:03.88; 3. Joyce, AW, 1:04.97. 100 freestyle: 1. McGhee, AW, 55.25; 2. D. Puliti, AC, 55.84; 3. Moran, AC, 57.47. 500 freestyle: 1. Langlois, AW, 5:26.72; 2. John Wright, AW, 6:26.44; 3. John Tull, AC, 6:42.00. 200 freestyle relay: 1. AW (Langlois, McGhee, Keller, Whelan), 1:37.96; 2. AC, 1:40.84; 3. AC, 1:49.61. 100 backstroke: 1. Brian Puliti, AC, 1:05.72; 2. Keller, AW, 1:08.84; 3. Tull, AC, 1:12.81. 100 breaststroke: 1. Hurley, AW, 1:12.18; 2. David Zerumski, AW, 1:13.28; 3. Timothy Miller, AW, 1:16.56. 400 freestyle relay: 1. AC (B. Puliti, Tull, Szalejko, D'Orazio), 3:55.44.

CB WEST 99, LOWER MORELAND 81

Girls swimming

ARCHBISHOP WOOD 90,
ARCHBISHOP CARROLL 80

200-yard medley relay: 1. AW (Christina Rios, Megan Donovan, Jaclyn Smith, Nicole Lydon), 2:04.87; 2. AC, 2:07.16; 3. AW, 2:10.31. 200 freestyle: 1. C. Rios, AW, 2:15.84; 2. Jackie Krizovensky, AC, 2:21.34; 3. Sharon Racine, AW, 2:21.94. 200 IM: 1. Smith, AW, 2:27.86. 2. Corrine Gregoire, AC, 2:34.00; 3. Mary Claire Kelly, AC, 2:37.84. 50 freestyle: 1. Jackie Kivitz, AC, 27.75; 2. Amy Finn, AW, 28.72; 3. Monica Cymerman, AW, 28.75. 100 butterfly: 1. Kivitz, AC, 1:07.65; 2. Finn, AW, 1:09.09; 3. Gregoire, AC, 1:10.28. 100 freestyle: 1. Donovan, AW, 59.30; 2. Kelly, AC, 1:02.07; 3. Racine, AW, 1:02.88. 500 freestyle: 1. Smith, AW, 5:53.53; 2. Lydon, AW, 6:27.50; 3. Jacqueline Morley, AW, 6:42.72. 200 freestyle relay: 1. AC (Gregoire, Kivitz, Kelly, Krizovensky), 1:51.70; 2. AW; 3. AW. 100 backstroke: 1. Amanda Horlacher, AW, 1:14.08; 2. Christa Rossi, AC, 1:15.21; 3. Jessica Rios, AW, 1:15.53. 100 breaststroke: 1. Donovan, AW, 1:13.33; 2. Melissa Burns, AC, 1:17.06; 3. Kelly Dougherty, AC, 1:20.60. 400 freestyle relay: 1. AC (Gregoire, Kelly, Krizovensky, Burns), 4:12.87; 2. AC, 4:42.36; 3. AC, 5:08.87.

(Thursday's meet)

Archbishop Wood 87, St. Hubert 83

200-yard medley relay: 1. Wood (Jaclyn Smith, Nicole Lydon, Megan Donovan, Christina Rios), 2:01.71; 2. St. Hubert, 2:03.62; 3. St. Hubert, 2:07.95. 200 freestyle: 1. Smith (AW), 2:04.87; 2. Andrea Parissi (SH), 2:05.53; 3. Allison Petrosky (SH), 2:12.46. 200 IM: 1. Donovan (AW), 2:22.53; 2. Bridget Fitzgerald (SH), 2:34.24; 3. Meghan McCann (SH), 2:36.60. 50 freestyle: 1. Rios (AW), 26.47; 2. Maureen Keenan (SH), 26.50; 3. Sharon Racine (AW), 28.02. 100 butterfly: 1. Parissi (SH), 1:07.18; 2. Amy Finn (AW), 1:08.49; 3. Lydon (AW), 1:09.29. 100 freestyle: 1. Rios (AW), 58.71; 2. A. Petrosky (SH), 1:00.38; 3. Racine (AW), 1:01.24. 500 freestyle: 1. Finn (AW), 5:51.59; 2. Maria Petrosky (SH), 6:10.31; 3. Gina Montanaro (SH), 6:13.21. 200 freestyle relay: 1. St. Hubert (Jen Salwach, Parissi, A. Petrosky, Keenan), 1:50.53; 2. Wood, 1:53.57; 3. St. Hubert, 1:54.98. 100 backstroke: 1. Smith (AW), 1:08.03; 2. M. Petrosky (SH), 1:10.06; 3. Fitzgerald (SH), 1:11.82. 100 breaststroke: 1. Donovan (AW), 1:11.84; 2. Keenan (SH), 1:12.22; 3. Alycia Tramchitella (SH), 1:19.33. 400 freestyle relay: 1. Wood (Rios, Donovan, Finn, Smith), 3:55.09; 2. St. Hubert, 4:10.31; 3. Wood, 4:14.99.

Records: Wood (4-2); St. Hubert (N/A).

Archbishop Wood boys, girls swim past Archbishop Carroll

Archbishop Wood won nine of 12 events to capture a 97-66 win over Archbishop Carroll in a Philadelphia Catholic League boys swimming meet Saturday night at Radnor High School.

Double individual-event winners for the Vikings (2-4) were Thomas Whelan (200-yard freestyle, 100 butterfly) and William Langlois (50 and 500 freestyles).

Archbishop Wood 97, Archbishop Carroll 66 (at Radnor HS)

200-yard medley relay: 1. Archbishop Wood (William Langlois, Thomas Whelan, James Hurley, Brendon McGhee), 1:52.17; 2. Archbishop Carroll; 3. Archbishop Wood.

200 freestyle: 1. Thomas Whelan (AW), 2:02.70; 2. James Hurley (AW), 2:05.47; 3. Domenick D'Orazio (AC), 2:08.93.

200 IM: 1. Brian Puliti (AC), 2:20.98; 2. David Keller (AW), 2:24.04; 3. Sean Joyce (AW), 2:24.75.

50 freestyle: 1. William Langlois (AW), 23.62; 2. David Puliti (AC), 23.72; 3. Andrew Moran (AC), 24.37.

Diving: not contested

100 butterfly: 1. Thomas Whelan (AW), 1:02.31; 2. Andrew Szalejko (AC), 1:03.88; 3. Sean Joyce (AW), 1:04.97.

100 freestyle: 1. Brendon McGhee (AW), 55.25; 2. David Puliti (AC), 55.84; 3. Andrew Moran (AC), 57.47.

500 freestyle: 1. William Langlois (AW), 5:26.72; 2. John Wright (AW), 6:26.44; 3. John Tull (AC), 6:42.00.

200 freestyle relay: 1. Archbishop Wood (William Langlois, Brendon McGhee, David Keller, Thomas

Roundup

Whelan), 1:37.96; 2. Archbishop Carroll, 1:40.84; 3. Archbishop Carroll, 1:49.61.

100 backstroke: 1. Brian Puliti (AC), 1:05.72; 2. David Keller (AW), 1:08.84; 3. John Tull (AC), 1:12.81.

100 breaststroke: 1. James Hurley (AW), 1:12.18; 2. David Zerumski (AW), 1:13.28; 3. Timothy Miller (AW), 1:16.56.

400 freestyle relay: 1. Archbishop Carroll (Brian Puliti, John Tull, Andrew Szalejko, Domenick D'Orazio), 3:55.44.

Records: Archbishop Wood (2-4).

Girls swimming

(Saturday's meet)

Archbishop Wood 90, Archbishop Carroll 80 (at Radnor HS)

200-yard medley relay: 1. Archbishop Wood (Christina Rios, Megan Donovan, Jaclyn Smith, Nicole Lydon), 2:04.87.

2. Archbishop Carroll, East, 2:07.16; 3. Archbishop Wood, 2:10.31.

200 freestyle: 1. Christina Rios (AW), 2:15.84; 2. Jackie Krizovensky (AC), 2:21.34; 3. Sharon Racine (AW), 2:21.94.

200 IM: 1. Jaclyn Smith (AW), 2:27.86; 2. Corrine Gregoire (AC), 2:34.00; 3. Mary Claire Kelly (AC), 2:37.84.

50 freestyle: 1. Jackie Kivitz (AC), 27.75; 2. Amy Finn (AW), 28.72; 3. Monica Cymerman (AW), 28.75.

Diving: not contested

100 butterfly: 1. Jackie Kivitz (AC), 1:07.65; 2. Amy Finn (AW), 1:09.09; 3. Corrine Gregoire (AC), 1:10.28.

100 freestyle: 1. Megan Donovan (AW), 59.30; 2. Mary Claire Kelly (AC), 1:02.07; 3. Sharon Racine

(AW), 1:02.88.

500 freestyle: 1. Jaclyn Smith (AW), 5:53.53; 2. Nicole Lydon (AW), 6:27.50; 3. Jacqueline Morley (AW), 6:42.72.

200 freestyle relay: 1. Archbishop Carroll (Corrine Gregoire, Jackie Kivitz, Mary Claire Kelly, Jackie Krizovensky), 1:51.70; 2. Archbishop Wood; 3. Archbishop Wood.

100 backstroke: 1. Amanda Horlacher (AW), 1:14.08; 2. Christa Rossi (AC), 1:15.21; 3. Jessica Rios (AW), 1:15.53.

100 breaststroke: 1. Megan Donovan (AW), 1:13.33; 2. Melissa Burns (AC), 1:17.06; 3. Kelly Dougherty (AC), 1:20.60.

400 freestyle relay: 1. Archbishop Carroll (Corrine Gregoire, Mary Claire Kelly, Jackie Krizovensky, Melissa Burns), 4:12.87; 2. Archbishop Carroll, 4:42.36; 3. Archbishop Carroll, 5:08.87.

Records: Archbishop Wood (3-2).

Winter Swim Classic

Archbishop Wood's Jaclyn Smith won the 200-yard freestyle in 2:02.56 and took second in the 500 freestyle (5:38.61) and 100 backstroke (1:05.18), and Megan Donovan won the 500 freestyle (5:30.34) and was second in the 200 individual medley (2:20.76) and 100 breaststroke (1:15.00) at the Winter Swim Classic, hosted by Stroudsburg High School.

Nicole Lydon took third in the 100 butterfly (1:07.85).

Smith, Donovan, Lydon and Christina Rios took second in the 200 medley relay (2:02.21), and Donovan, Amy Finn, Smith and Rios took third in the 400 freestyle relay (4:15.50).

For Wood's boys, Billy Langlois took second in the 100 butterfly (57.82) and third in the 200 individual medley (2:16.06).

Langlois and Jim Hurley, Brendon McGhee and Tom Whelan won the 400 freestyle relay (3:39.06).

The girls return to PCL action on Tuesday, hosting Archbishop Prendergast at 6 p.m., while the boys next swim on Thursday at St. Joseph's Prep at 4 p.m.

(Thursday's meet)

Father Judge 99, Archbishop Wood 71

200-yard medley relay: 1. Judge (Justin Donahue, Matt Harner, John Nicklous, Mike Rosenello), 1:48.18; 2. Wood, 1:50.34; 3. Wood, 2:00.96.

200 freestyle: 1. Al Yerkes (FJ) 2:03.70; 2. James Hurley (AW) 2:05.29; 3. Wes Hutchins (FJ) 2:08.93.

200 IM: 1. Chris Prybella (FJ) 2:09.71; 2. Matt Smart (FJ) 2:16.02; 3. Donohue (FJ) 2:23.10.

50 freestyle: 1. Harner (FJ) 23.28; 2. Joe Parker (FJ) 23.74; 3. Tom Whelan (AW) 24.37.

100 butterfly: 1. Billy Langlois (AW) 57.31; 2. Smart (FJ) 58.07; 3. Nicklous (FJ) 58.44.

100 freestyle: 1. Parker (FJ) 52.78; 2. Brendon McGhee (AW) 54.58; Hurley (AW) 55.28.

500 freestyle: 1. Langlois (AW) 5:28.90; 2. Sean Joyce (AW) 5:48.63; 3. Tim O'Driscoll (FJ) 6:05.37.

200 freestyle relay: 1. Wood (Whelan, McGhee, Hurley, Langlois), 1:35.71; 2. Judge, 1:35.82; 3. Judge, 1:36.34.

100 backstroke: 1. Donohue (FJ) 1:04.12; 2. Yerkes (FJ) 1:08.55; 3. David Keller (AW), 1:09.84.

100 breaststroke: 1. Harner (FJ) 1:02.81; 2. Whelan (AW), 1:04.19; 3. David Zerumski (AW), 1:13.52.

400 freestyle relay: 1. Judge (Prybella, Parker, Mike Rosenello, Yerkes), 3:30.44; 2. Wood, 3:49.42; 3. Judge, 4:03.87.

Records: AW (2-5)

Archbishop Ryan 86, Archbishop Wood 84 (at Ryan)

200-yard medley relay: 1. AW (David Keller, Thomas Whelan, William Langlois, Brandon McGhee), 1:49.45; 2. AR; 3. AW.

200 freestyle: 1. Kevin Muldoon (AR), 2:01.14; 2. Kieran Boyle (AR); 3. Whelan (AW).

200 IM: 1. Chris Park (AR), 2:17.52; 2. James Hurley (AW); 3. David Zermuski (AW).

50 freestyle: 1. Paul Lindinger (AR), 23.97; 2. McGhee (AW); 3. Scott Williams (AW).

100 butterfly: 1. Langlois (AW), 58.74; 2. Vince Postoro (AR); 3. Joe Morelli (AR).

100 freestyle: 1. McGhee (AW), 54.84; 2. Muldoon (AR); 3. Keller (AW).

500 freestyle: 1. Langlois (AW), 5:28.03; 2. Boyle (AR); 3. Chris Park (AR).

200 freestyle relay: 1. AR (Muldoon, Park, Paul Lindinger, John Konieczny), 1:41.26; 2. AW; 3. AW.

100 backstroke: 1. Joe Berger (AR), 1:04.28; 2. Keller (AW); 3. Lindinger (AR).

100 breaststroke: 1. Whelan (AW), 1:10.64; 2. Zerumski (AW); 3. Timothy Miller (AW).

400 freestyle relay: 1. AW (Langlois, McGhee, Hurley, Whelan), 3:35.93; 2. AR; 3. AR.

Records: Ryan (N/A); Wood (0-2).

Where are they now?

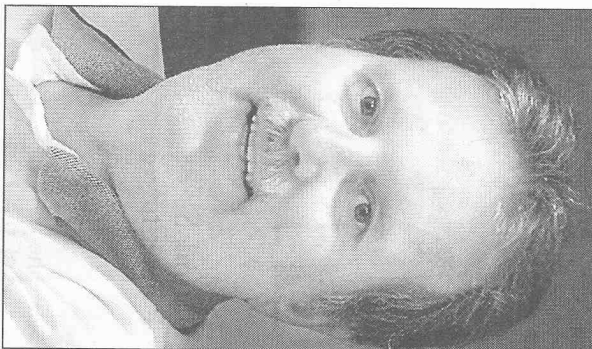
THEN

High school: Council Rock (Class of 1971)

College: University of Florida, Temple University (liberal arts degree in 1978), Trenton State College (health and physical education degree in 1989)

High school athletic career: Won six gold medals and two bronze medals in an era when swimmers were allowed to compete in only two events per year. He won the 200-yard freestyle and 400 freestyle three times apiece. As a senior, he broke the state record in the 200 freestyle. A Churchville native, he traces his success to the training he received at the former Philadelphia Aquatic Club on Grant Avenue in Northeast Philadelphia.

College athletic career: Was an All-American swimmer at Florida on teams that twice finished seventh at the NCAA championships and placed 10th another year. A teammate, Tim McKee, a Malvern Prep graduate, won three Olympic silver medals.



Frank Lichtner

NOW

Age: 51

Lives: Warrington

Family: Wife, Jennifer, a former field hockey player at William Tennent; sons Gregory, 18, and Graham, 11; daughter Daphne, 8.

Works: As a health and physical education teacher at La Salle High School

Coaching career: Was working for a paper company when he decided to go back to school to earn a teaching degree. He is in his 15th season as head coach of the La Salle High School swimming team. "I found my niche," The Explorers have won the Philadelphia Catholic League championship every year he's been there and are favored to capture the title this season. La Salle won five of the last nine National Catholic Swimming Championships. The Explorers last year won the Eastern Interscholastic Swimming and Diving Championships over powerhouses such as Germantown Academy and Peddie School (N.J.), with times good enough to win the PIAA Class AAA title. That team was ranked 19th in the nation. He's thankful for having smart, talented, hard-working and motivated swimmers and is grateful for everyone's help, from his assistants to team managers to parents.

Catholic Nationals

Archbishop Wood's Megan Donovan finished ninth in the 500-yard freestyle in 5:25.08 at the National Catholic championships, held at Villanova University. She was 15th in the 100 breaststroke (1:14.11).

Jaclyn Smith was 12th in the 100 butterfly (1:04.93) and 100 backstroke (1:05.54).

Donovan, Christina Rios, Amy Finn and Smith were ninth in the 400 freestyle relay (3:55.27), Smith, Donovan, Nicole Lydon and Rios were 10th in the 200 medley relay (2:01.60) and Monica Cymeran, Lydon, Sharon Racine and Finn were 13th in the 200 freestyle relay (1:52.61).

Tom Whelan was 12th in the 100 breaststroke (1:04.28) and Billy Langlois was 16th in the 100 butterfly (58.98).

Brendan McGhee, Langlois, Jim Hurley and Whelan were 12th in the 400 freestyle relay (3:35.14), David Keller, Whelan, Langlois and McGhee were 15th in the 200 medley relay (1:49.71) and McGhee, Hurley, Keller and Whelan were 15th in the 200 freestyle relay (1:38.07).

St. Joseph's Prep 59, Archbishop Wood 33 (at SJP)

200-yard medley relay: 1. SJP (Dan Pierson, Jim Penningham, Tom Harker, John McGrath), 1:49.83; 2. AW; 3. SJP.

200 freestyle: 1. Christopher Smith (SJP), 2:01.36; 2. Ryan Tipping (SJP); 3. James Hurley (AW).

200 IM: 1. Terrence Mahon (SJP), 2:14.71; 2. William Langlois (AW); 3. Colin Francesco (SJP).

Swimming

50 freestyle: 1. Tom Harker (SJP), :24.47; 2. James McGlone (SJP); 3. Brendon McGhee (AW).

100 butterfly: 1. Peter Nolan (SJP), :59.54; 2. Pierson (SJP); 3. Hurley (AW).

100 freestyle: 1. Colin McKenna (SJP), :53.51; 2. Mashon (SJP); 3. Thomas Whelan (AW).

500 freestyle: 1. Eric Hager (SJP), 5:50.99; 2. Whelan (SW); 3. Tom O'Donnell (SJP).

200 freestyle relay: 1. SJP (Harker, Smith, McKenna, Mahon), 1:38.85; 2. AW; 3. SJP.

100 backstroke: 1. McGlone (SJP), 1:01.66; 2. McGrath (SJP); 3. Keller (AW).

100 breaststroke: 1. Langlois (AW), 1:07.93; 2. David Zarumski (AW); 3. Brian Gilligan (SJP).

400 freestyle relay: 1. AW (Whelan, Hurley, McGhee, Langlois), 3:46.40; 2. AW; 3. SJP.

Records: SJP (N/A); AW (0-3).

Fondest memories: Council Rock built a pool in 1970, and the Indians went undefeated to win the Lower Bucks County League his senior year. His younger brother, Steve, was on the squad, which had a lot of depth. "We had a very nice team. Swimming for my high school was the most important thing. That was my school." He was also ranked in the top 25 in the world in three events and competed at the United States Olympic Swimming Trials. "I fell a little short."

People who had the greatest impact: Will Reeser, his high school coach. Reeser also encouraged him to become a teacher and a coach, and Lichtner was a student teacher under his former coach. "He taught me the idea of team, which is my No. 1 philosophy at La Salle. Nobody is bigger than the team, including the coach." Dick Shoulberg, the legendary Germantown Academy swimming coach whom Lichtner assisted for a year. Eddie Reese, the University of Texas and 2004 U.S. Olympic swimming coach who was an assistant when Lichtner was at Florida. And Mike Burton, a three-time Olympic gold medalist who coached him at the Philadelphia Aquatic Club.

Tom Waring

Wednesday's meet

Cardinal O'Hara 99, Archbishop Wood 71

200 medley relay: 1. Archbishop Wood (Brendon McGee, Thomas Whelan, William Langlois, James Hurley), 1:50.16; 2. Cardinal O'Hara, 1:50.75; 3. Archbishop Wood, 1:58.34
200 freestyle: 1. Michael Cancila (CO), 2:00.24; 2. Matt MacNeal (CO), 2:05.63; 3. David Keller (AW), 2:06.71
200 IM: 1. Steve Hartman (CO), 2:14.05; 2. William Langlois (AW), 2:14.34; 3. Thomas Whelan (AW), 2:20.94
50 freestyle: 1. Ryan McShay (CO), 24.84; 2. James Hurley (AW), 24.84; 3. John Wright (AW), 26.41
100 butterfly: 1. Thomas Hawkins (CO), 58.05; 2. Thomas Whelan (AW), 1:03.94; 3. Ted Ottey (CO), 1:03.90
100 freestyle: 1. William Langlois (AW), 51.91; 2. Steve Hartman (CO), 52.03; 3. Michael Cancila (CO), 56.92
500 freestyle: 1. Andrew Buemi (CO), 5:31.98; 2. Sean Joyce (AW), 5:47.38; 3. Jimmy Kane (CO), 5:49.87
200 freestyle relay: 1. Cardinal O'Hara (Steve Hartman, Ryan McShay, Thomas Hawkins, Michael Cancila), 1:36.03; 2. Archbishop Wood, 1:36.41; 3. Cardinal O'Hara, 1:49.09
100 backstroke: 1. Thomas Hawkins (CO), 1:01.55; 2. Patrick Trio (CO), 1:06.41; 2. Shawn Lamb (CO), 1:07.38
100 breaststroke: 1. James Hurley (AW), 1:10.23; 2. Andrew Buemi (CO), 1:10.69; 3. David Zerumski (AW), 1:11.97
400 freestyle relay: 1. Cardinal O'Hara (Jimmy Kane, Matt MacNeal, Frank Ottey, Shawn Lamb), 3:55.41; 2. Archbishop Wood, 3:59.93; 3. Archbishop Wood, 4:20.31

Archbishop Ryan 86, Archbishop Wood 84

—Despite winning two out of three relays Archbishop Wood lost their second dual meet of the year 86-84 to Archbishop Ryan last Thursday at Archbishop Ryan.
William Langlois was the Vikings' only double individual event winner, taking the 100 butterfly in 58.74 and the 500 freestyle in 5:28.03.
Thomas Whelan and Chris McGhee also won an individual event for Wood. Whelan won the 100 breaststroke in 1:10.64 while McGhee took first in the 100 freestyle in 54.84.
Both swimmers also swam on winning relay teams.

Archbishop Ryan 86, Archbishop Wood 84

200 medley relay—Archbishop Wood (David Keller, Thomas Whelan, William Langlois, Brandon McGhee) 1:49.45; **200 freestyle—Kevin Muldoon** (AR) 2:01.14; **200 individual medley—Chris Park** (AR) 2:17.52; **50 freestyle—Paul Lindinger** (AR) 23.97; **100 butterfly—Langlois** (AW) 58.74; **100 freestyle—McGhee** (AW) 54.84; **500 freestyle—Langlois** (AW) 5:28.03; **200 freestyle relay—Archbishop Ryan** (Muldoon, Park, Lindinger, John Konieczny) 1:41.26; **100 backstroke—Joe Berger** (AR) 1:04.28; **100 breaststroke—Whelan** (AW) 1:10.64; **400 freestyle relay—Archbishop Wood** (Langlois, McGhee, Hurley, Whelan) 3:35.93.

ARCH WOOD 97, ROMAN CATHOLIC 73

200-yd. medley relay: AW (David Keller, William Langlois, Thomas Whelan, Brendon McGhee), 1:49.31; 2. RC, 1:52.25; 3. AW, 2:03.44. **200-yd. freestyle:** 1. Langlois, AW, 2:00.28; Rich Mahan III, RC, 2:01.57; 3. Sean Joyce, AW, 2:08.94. **200-yd. individual medley:** 1. Andrew Gillespie, RC, 2:11.92; 2. David Zerumski, AW, 2:25.50; 3. Timothy Miller, AW, 2:35.81. **50-yd. freestyle:** 1. Whelan, AW, 24.36; 2. Brendan Morgan, RC, 24.85; 3. McGhee, AW, 25.31. **100-yd. butterfly:** 1. Mark Glinski, RC, 56.44; 2. Langlois, AW, 59.22; James Hurley, AW, 1:04.44. **100-yd. freestyle:** 1. Glinski, RC, 50.94; Morgan, RC, 54.34; 3. McGhee, AW, 54.91. **500-yd. freestyle:** 1. Joyce, AW, 5:49.66; 2. Andrew Thomas, RC, 6:10.94; 3. Miller, AW, 6:17.93. **200-yd. freestyle relay:** 1. AW (Whelan, McGhee, Hurley, Langlois), 1:38.33; 2. RC, 1:41.00; 3. RC, 1:44.50. **100-yd. backstroke:** 1. Gillespie, RC, 1:00.26; 2. Keller, AW, 1:07.97; 3. Kerrin Brown, RC, 1:12.25. **100-yd. breaststroke:** 1. Whelan, AW, 1:06.66; 2. Zerumski, AW, 1:12.41; 3. Sean McKenzie, AW, 1:17.82. **400-yd. freestyle relay:** 1. AW (Joyce, John Wright, Keller, Hurley), 3:53.81; 2. RC, 4:05.57; 3. AW, 4:14.12.

Boys

Archbishop Wood 97, Roman Catholic 73

200-yard medley relay: 1. Archbishop Wood (David Keller, Thomas Whelan, William Langlois, Brendon McGee), 1:49.31; 2. Roman Catholic, 1:52.25; 3. Archbishop Wood, 2:03.44
200 freestyle: 1. William Langlois (AW), 2:00.28; 2. Rich Mahan (RC), 2:01.57; 3. Sean Joyce (AW), 2:08.94
200 IM: 1. Andrew Gillespie (RC), 2:11.92; 2. David Zerumski (AW), 2:25.50; 3. Timothy Miller (AW), 2:35.81
50 freestyle: 1. Thomas Whelan (AW), 24.36; 2. Brendan Morgan (RC), 24.85; 3. Brendon McGee (AW), 25.31
100 butterfly: 1. Mike Glinski (RC), 56.44; 2. William Langlois (AW), 59.22; 3. James Hurley (AW), 1:04.44
100 freestyle: 1. Mark Glinski (RC), 50.94; 2. Brendan Morgan (RC), 54.34; 3. Brendon McGee (AW), 54.91
500 freestyle: 1. Sean Joyce (AW), 5:49.66; 2. Andrew Thomas (RC), 6:10.94; 3. Timothy Miller (AW), 6:17.93
200 freestyle relay: 1. Archbishop Wood (Thomas Whelan, Brendon McGhee, James Hurley, William Langlois), 1:38.33; 2. Roman Catholic, 1:41.00; 3. Roman Catholic, 1:41.00
100 backstroke: 1. Andrew Gillespie (RC), 1:00.26; 2. David Keller (AW), 1:07.97; 3. Kerrin Brown (RC), 1:12.25
100 breaststroke: 1. Thomas Whelan (AW), 1:06.66; 2. David Zerumski (AW), 1:12.41; 3. Sean McKenzie (AW), 1:17.82
400 freestyle relay: 1. Archbishop Wood (Sean Joyce,

David Keller, John Wright, James Hurley), 3:53.81; 2. Roman Catholic, 4:05.57; 3. Archbishop Wood, 4:14.12
Records: Archbishop Wood (1-4)

Boys swimming

Father Judge 99, Archbishop Wood 71—

William Langlois won two individual and one relay event during the Vikings loss to Father Judge last Thursday.
Langlois won the 100 butterfly in a time of 57.31 and the 500 freestyle in 5:28.90.
Langlois also anchored the Vikings 200 freestyle relay team that took first place in a time of 1:35.71.

200 medley relay—Father Judge (Justin Donohue, Matt Harner, John Nicklous, Mike Rosenello) 1:48.18; **200 freestyle—Al Yerkes** (FJ) 2:03.70; **200 individual medley—Chris Prybella** (FJ) 2:09.71; **50 freestyle—Harner** (FJ) 23.28; **100 butterfly—William Langlois** (AW) 57.31; **100 freestyle—Joe Parker** (FJ) 52.78; **500 freestyle—Langlois** (AW) 5:28.90; **200 freestyle relay—Archbishop Wood** (Tom Whelan, Brendon McGhee, James Hurley, Langlois) 1:35.71; **100 backstroke—Donohue** (FJ) 1:04.12; **100 breaststroke—Harner** (FJ) 1:02.81; **400 freestyle relay—Father Judge** (Prybella, Parker, Rosenello, Yerkes) 3:30.44.

Girls swimming

Archbishop Wood 87, St. Hubert 83—

Jaclyn Smith, Megan Donovan and Christina Rios each won a pair of individual events as the Vikings beat St. Hubert last Thursday.
Smith took the 200 freestyle in 2:04.87 and the 100 backstroke in 1:08.03; Donovan took the 200 individual medley in 2:22.53 and the 100 breaststroke in 1:11.84; and Rios won the 100 freestyle in 58.71 and the 50 freestyle in 26.47.
All three swimmers also swam on winning relay teams.

200 medley relay—Archbishop Wood (Jacklyn Smith, Nicole Lydon, Megan Donovan, Christina Rios) 2:01.71; **200 freestyle—Smith** (AW) 2:04.87; **200 individual medley—Donovan** (AW) 2:22.53; **50 freestyle—Rios** (AW) 26.47; **100 butterfly—Andrea Parissi** (SH) 1:07.18; **100 freestyle—Rios** (AW) 58.71; **500 freestyle—Amy Finn** (AW) 5:51.59; **200 freestyle relay—St. Hubert** (Jen Salwach, Parissi, Allison Petroskey, Maureen Keenan) 1:50.53; **100 backstroke—Smith** (AW) 1:08.03; **100 breaststroke—Donovan** 1:11.84; **400 freestyle relay—Archbishop Wood** (Rios, Donovan, Finn, Smith) 3:55.09.

Boys swimming

Monsignor Bonner 90, Archbishop Wood 78—Archbishop Wood failed to win an event until the 200 freestyle relay and lost, 90-78, to Monsignor Bonner on Wednesday at Klinger Middle School.

William Langlois was the Vikings only individual event winner, taking the 100 breaststroke in 1:08.26.

200 medley relay—Monsignor Bonner (Dan English, Dan McDevitt, Tom Markopoulos, Myles Huf) 1:48.00; **200 freestyle—Paul Mattson** (MB) 1:59.65; **200 individual medley—English** (MB) 2:16.34; **50 freestyle—Gabe Oropollo** (MB) 23.13; **100 butterfly—Pete Farrell** (MB) 57.58; **100 freestyle—Oropollo** (MB) 51.93; **500 freestyle—Buck Ryan** (MB) 5:58.32; **200 freestyle relay—Archbishop Wood** (Thomas Whelan, James Hurley, Brendon McGhee, William Langlois) 1:37.62; **100 backstroke—English** (MB) 1:01.84; **100 breaststroke—**

Langlois (AW) 1:08.26; **400 freestyle relay—Archbishop Wood** (Sean Joyce, David Zerumski, John Wright, Hurley) 3:52.24.

Girls swimming

Archbishop Wood 93, Archbishop

Prendergast 69—Jaclyn Smith won a pair of individual events as the Vikings defeated Archbishop Prendergast, 93-69, on Wednesday
Smith took the 200 individual medley in a time of 2:26.01 and the 100 butterfly in 1:06.17.
Nicole Lydon, Sharon Racine and Christina Rios also won individual events for Archbishop Wood.

200 medley relay—Archbishop Wood (Christina Rios, Jaclyn Smith, Meghan Donovan, Monica Cymerman) 2:02.68; **200 freestyle—Nicole Lydon** (AW) 2:18.05; **200 individual medley—Smith** (AW) 2:26.01; **50 freestyle—Sharon Racine** (AW) 28.34; **100 butterfly—Smith** (AW) 1:06.17; **100 freestyle—Rios** (AW) 58.65; **500 freestyle—Donovan** (AW) 5:34.37; **200 freestyle relay—Archbishop Wood** (Cymerman, Smith, Amy Finn, Donovan) 1:53.62; **100 backstroke—Caitlin Schivane** (AP) 1:19.22; **100 breaststroke—Stewart** (AP) 1:17.03; **400 freestyle relay—Prendergast** (Schivane, Caitlin Nilan, Lisa Licatzi, Caitlin Friel) 4:35.55.

The Philadelphia Catholic League swimming championships were held Sunday at La Salle University and Archbishop Wood finished sixth in the team standings.

Tom Whelan was the Vikings' top finisher, second in the 100 breaststroke (1:02.12). He and gold medalist Matt Harner of Father Judge are juniors, so they'll renew that feud next season.

Wood's Billy Langlois (1:03.69) finished fourth in the breaststroke added a fourth in the 100 butterfly (56.01).

Whelan and Langlois joined Dave Keller and Brendon McGhee to finish fourth (1:47.90) in the 200 medley relay. With McGhee and Jim Hurley, they were sixth in the 400 free relay (3:34.72).

Bill Keen is a staff writer for The Intelligencer. He can be reached at (215) 957-8158 or bkeen@phillyburbs.com.

SWIMMING NOTES

By KAREN SANGILLO
COURIER TIMES

Better late than never

Better late than never for Archbishop Wood seniors Erin Lynn and Kristen Pollock.

Vikings coach Charlie Stillwell expected to have just one senior on his team this year, Jacqueline Morley, but, when practice began, Lynn and Pollock showed up.

At this time last year, Lynn was on the varsity basketball team, and in the fall played soccer. Pollock was strictly a volleyball player and did not have a winter sport.

"People look at our roster and see we have three seniors, but two of them are brand new," said Stillwell. "I think Erin is going to play soccer (in college) and wanted to do this to keep in shape.

"It's surprising how many juniors and seniors come out for the team for the first time. I'm like 'Where have you been?' I'd love to have worked with Erin for four years."

Both Lynn and Pollock helped the Vikings in its 87-83 win over St. Hubert on Thursday. The victory pretty much assured Wood of third place in the Philadelphia Catholic League standings, behind Archbishop Ryan and Cardinal O'Hara.

Lynn came in fifth in the 100 butterfly and was part of Wood's 200 freestyle relay team that finished second.

The meet came down to the final event, the 400 freestyle relay. To win it, the Vikings needed their "A" team to come in first and their "B" team to beat the Bambies' "B" team and come in at least third.

Wood's "A" won the relay and, with Pollock swimming the second leg, the "B" team finished 0.85 seconds ahead of its St. Hubert counterpart to seal the meet victory.

Stuart London of the Intelligencer contributed to this story.

Karen Sangillo can be reached at 215-949-4215 or ksangillo@phillyburbs.com.

SWIMMING NOTES

Wood looks forward to PCL meet

By KAREN SANGILLO
COURIER TIMES

The Philadelphia Catholic League championships are slated to begin on Saturday with the trials at Widener University. The boys trials begin at 8 a.m. and the girls at 1 p.m. The championship finals will be held on Sunday at La Salle University at 11 a.m.

The top 18 swimmers at the preliminaries will come back to swim at the finals.

La Salle has won the last 16 boys titles.

Wood boys finished sixth last year. The team is looking to move up in the standings, but will have to fight it out with Archbishop Ryan and Father Judge.

Archbishop Ryan is the defending girls champ. Wood girls were third last season.

Wood coach Charlie Stillwell is looking forward to the competition.

"I think we have a chance to have some real good swims," said Stillwell, who coaches both the boys and girls teams.

"This is always such a fun meet, and such a competitive one."

Some people to watch for the Vikings are Megan Donovan in the 500-yard freestyle and Jaclyn Smith in the 100 backstroke. Both girls should finish near the top in the 100 breaststroke.

Other girls to keep an eye on include Christina Rios (50 freestyle, 100 backstroke), Amy Finn (100 butterfly, 500 freestyle) and Nicole Lydon (100 butterfly).

The girls 200 medley relay and 400 freestyle relay should both be in the hunt.

The boys team should show particular strength in the 100 breaststroke, with Billy Langlois, Tom Whelan, Jim Hurley, David Zerumski and Tim Miller competing in that event.

Whelan finished third in the breaststroke last year and is hoping to improve on that finish.

Langlois will also compete in the 100 butterfly, Whelan in the 500 freestyle and Hurley in the 200 freestyle, where they all hope to factor into the scoring.

Eastern results

Archbishop Wood's four-some of Christina Rios, Jaclyn Smith, Megan Donovan and Amy Finn finished 13th in the 400-yard freestyle relay in 3:54.52 at the Eastern Interscholastic Swimming and Diving competition, held last Friday and Saturday at La Salle University's Kirk Natatorium.

Smith, Donovan, Finn and Rios also took 16th in the 200 medley relay (2:01.60).

Smith was 17th in the 200 freestyle (2:06.15).

Host Germantown Academy won both the boys and girls team competitions with 417 and 619 team points, respectively.

The Easterns is the largest prep school aquatic event in the United States for both boys and girls swimming and diving competitions.

Boys swimming

Monsignor Bonner 90, Archbishop Wood 78
(at Klinger Middle School)

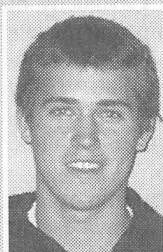
200-yard medley relay: 1. Bonner (Dan English, Dan McDevitt, Tom Markopoulos, Myles Huf), 1:48.00; 2. Wood, 1:51.97; 3. Wood, 2:15.90
200 freestyle: 1. Paul Mattson (MB), 1:59.65; 2. Brendon McGhee (AW), 2:09.59; 3. Ian Baxter (MB), 2:25.03
200 IM: 1. English (MB), 2:16.34; 2. James Hurley (AW), 2:20.47; 3. Pat McDevitt (MB), 2:25.03
50 freestyle: 1. Gabe Oropollo (MB), 23.13; 2. Thomas Whelan (AW), 24.40; 3. Huf (MB), 25.60
100 butterfly: 1. Pete Farrell (MB), 57.58; 2. William Langlois (AW), 57.87; 3. D. McDevitt (MB), 1:06.40
100 freestyle: 1. Oropollo (MB), 51.93; 2. Mattson (MB), 53.75; 3. Whelan (AW), 54.53
500 freestyle: 1. Buck Ryan (MB), 5:58.32; 2. Baxter (MB), 6:19.06; 3. Bob Lamb (MB), 6:20.06
200 freestyle relay: 1. Wood (Whelan, Hurley, McGhee, Langlois), 1:37.62; 2. Bonner, 1:38.50; 3. Wood, 1:49.19
100 backstroke: 1. English (MB), 1:01.84; 2. Farrell (MB), 1:03.00; 3. P. McDevitt (MB), 1:07.50
100 breaststroke: 1. Langlois (AW), 1:08.26; 2. Hurley (AW), 1:10.75; 3. David Zerumski (AW), 1:13.53
400 freestyle relay: 1. Wood (Sean Joyce, Zerumski, John Wright, Hurley), 3:52.24; 2. Wood, 4:24.50
Records: Wood (2-6).

Athletes of the Week

• **Who he is:** Thomas Whelan is a junior on the Archbishop Wood boys' swimming team.

• **What he did:** Whelan recorded the Vikings' boys' team's top individual finish with his second place time of 1:02.12 in the 100 breaststroke. Whelan, who swam a best time in his qualifying race at Widener University on Saturday, lost by .64 to Father Judge's Matt Harner in the finals at LaSalle University's Kirk Natatorium on Sunday. He also swam on a pair of Wood relay teams that finished in the top-six.

• **What he said:** "I think I swam well," said Whelan. "I think the excitement of swimming in the sec-



**THOMAS
WHELAN**

ond day really helped me. I was really pumped up to swim that race."

• **What his coach said:** "I thought he was fantastic this weekend," said coach Charlie Stillwell. "His

brother won the event two years ago and he has really been focused on trying to follow in his footsteps. He keeps improving year after year and I expect nothing less from him in the future."

Donovan also swam on two of Wood's relay teams that finished in the top three places.

• **What she said:** "I was seventh in both my events last year so I was happy that I was able to come back and be all-Catholic in both this year," said Donovan. "I was pretty happy with my swim in the 500. I went out a little too fast and started to slow up at the end but it ended up working out well."

• **What her coach said:** "As soon as she came into practice this season you could tell her freestyle had just taken off," said Wood coach Charlie Stillwell. "She has just been dominant in the event this year. She hasn't lost a 500 freestyle race all year."



**MEGAN
DONOVAN**

• **Who she is:** Megan Donovan is a sophomore swimmer on the Archbishop Wood girls' swimming team.

• **What she did:** Donovan took first place in the 500 freestyle at the Philadelphia Catholic League swimming championships on Sunday at LaSalle University's Kirk Natatorium. She swam a time of 5:25.53 for first in the 500 and went 1:11.66 to take fourth in the 100 breaststroke.

SWIMMING NOTES

GS, AW set for Eastern competition

By **KAREN SANGILLO**
COURIER TIMES

The Eastern Interscholastic Swimming and Diving competition will be held Friday and Saturday at La Salle University's Kirk Natatorium.

George School and Archbishop Wood will be sending swimmers to the meet.

George School has four girls swimming in individual events. They are Gioia DiMicco, Caroline Marris, Clare Nakajima and Tenley Fread. The girls are also entered in the 200 medley relay and 200 freestyle relay.

George School boys who will be competing in individual events are Ben Goldberg, Mike Halpin, Seth Kallen, Sean Rigby and Luke Sacherman. The boys are also entered in the 200 medley and 400 freestyle relays.

For Wood, Sean Joyce, Jim Hurley, Billy Langlois, Tom Whelan, Brendon McGhee, John Wright, Dave Keller, Dave Zerumski and Tim Miller will be competing in individual events for the boys. The boys are also entered in the 200 medley relay, 200 freestyle relay and 400 freestyle relay.

Wood girls in individual events include Jaclyn Smith, Amy Finn, Megan Donovan, Christina Rios, Sharon Racine, Megan Gannon, Monica Cymerman, Nicole Lydon, Erin Olszak, Erin Lynn and Emily Andrews. Wood girls are also competing in the 200 medley relay, 200 freestyle relay and 400 freestyle relay.

The Easterns is the largest prep school aquatic event in the United States for both boys and girls swimming and diving competitions.



FITLIFE
TOTAL PERFORMANCE

ATHLETES OF THE WEEK

BOYS ATHLETE OF THE WEEK



CHAZ NARWICZ

HOLY GHOST PREP

SWIMMING

WHAT HE DID: Captured first in the 100 breaststroke, third in the 200 individual medley, fourth in the 200 medley relay and 10th in the 200 freestyle relay at the District One Class AA championships.

WHAT HE SAYS: "My feelings were shock when I first won it. I looked at the scoreboard and I couldn't believe. It's a good feeling that I'm still pumped about. And I'm really excited for states."

GPA: 3:2

FAVORITE ATHLETE: Kyle Harrison (a lacrosse player)

FAVORITE TEAM: Eagles

FAVORITE TV SHOW: SportsCenter

FAVORITE MOVIE: Lord of The Rings

COLLEGE LIST: Loyola (Md.), Bucknell, Salisbury, North Carolina

CAREER CHOICE: Would like to become a teacher.

GIRLS ATHLETE OF THE WEEK



MEGEN DONOVAN

ARCHBISHOP WOOD

SWIMMING

WHAT SHE DID: Finished first in the 500 freestyle, fourth in the 100 breaststroke, second in the 200 medley relay and third in the 400 freestyle relay at the PCL championships.

WHAT SHE SAYS: "When I was finishing, there wasn't many people around. But it was a very intoxicating type of feeling. Right now, I still feel great. I had a feeling I would place in All-Catholic [top six], but I had no idea I was going to win it."

GPA: 3.5

FAVORITE ATHLETE: Amanda Beard

FAVORITE TEAM: Eagles

FAVORITE TV SHOW: Everwood

FAVORITE MOVIES: Stepmom, Pirates of the Caribbean

COLLEGE LIST: Will start looking at colleges next year

CAREER CHOICE: Would like to go into journalism

Honorable mention

SWIMMING

Tom Whelan, Archbishop Wood: Won the 200 freestyle and 100 butterfly and on the winning 200 medley and 200 freestyle relays in a victory over Archbishop Carroll; on the winning 200 freestyle relay in a loss to Father Judge.

BASKETBALL

Dan Loftus, Bensalem: Scored 15 points in an upset victory over Souderton in the first round of the PIAA District One Class AAAA tournament.

Honorable mention

SWIMMING

Jaclyn Smith, Archbishop Wood: Won the 200 IM and 100 backstroke and on the winning 200 medley relay in a win over Archbishop Carroll; won the 200 freestyle and 100 backstroke and on the winning 200

medley and 400 freestyle relays in a win over St. Hubert.

BOWLING

Danielle Presto, Bensalem: Bowled a 560 series in a win over Abington.

Athletes of the Week receive two free weeks of sports specific strength and conditioning from FitLife Total Performance. FitLife and Bucks Physical Therapy, the ultimate training team in Bucks County, are located at 100 Almshouse Road, Richboro. Call (215) 357-2000 for appointments.

Wood girls finish third in PCL

Wood sophomore gets win in 500 freestyle

By KAREN SANGILLO

The Intelligencer

PHILADELPHIA — Megan Donovan of Archbishop Wood had a banner day at the Philadelphia Catholic League swimming championships Sunday at La Salle University's Kirk Natatorium.

Swimming

Donovan, a sophomore, picked up a victory in the 500-yard freestyle in a time of 5 minutes, 25.53 seconds.

"I worked so hard all season long, so I can see it pays off," said Donovan, who was also fourth in the 100 breaststroke (1:11.66). "I was kind of hoping to be a little faster, but I'm pleased that I placed well. It's my best time, so I have to be happy with that."

"I'm already looking ahead to next year. That's what I do. I'm already thinking about what I want to do."

Also for Wood, Jaclyn Smith took third in the 200 freestyle (2:03.87) and fourth in the 100 backstroke (1:05.11), and Christina Rios was third in the 50 freestyle (25.96) and fifth in the 100 backstroke (1:05.97).

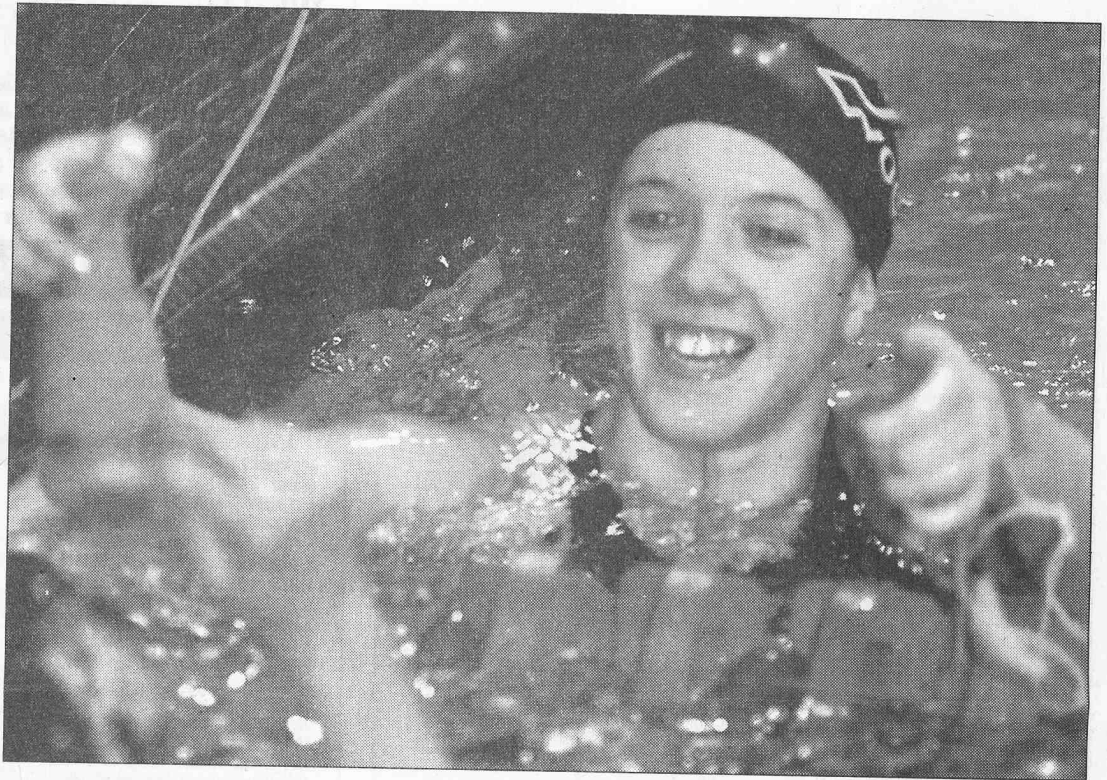
Smith, Donovan, Nicole Lydon and Rios were second in the 200 medley relay (1:59.50), while Smith, Donovan, Amy Finn and Rios were third in the 400 freestyle relay (3:58.27). Megan Gannon, Sharon Racine, Monica Cymerman and Finn were fifth in the 200 freestyle relay (1:51.13).

The girls took third in the team competition.

"I'm really happy with third place," Donovan said. "That's what we were shooting for."

For the boys, Tom Whelan took second in the 100 breaststroke (1:02.12).

"I would have liked to win, but I still have next year," said Whelan, a junior who took third in this event last year. "He's (Matt Harner of Father Judge, the winner in 1:01.48) a junior, too, so hopefully, this will be another good race next year."



Gian Luiso/The Intelligencer

Wood swimmer Megan Donovan had reason to smile after winning the 500-yard freestyle in the Philadelphia Catholic League Championships in 5 minutes, 23.53 seconds.

"I look forward to those close, challenging races. It's better than blowing someone out or getting blown out. It gives you something to work for."

Billy Langlois was fourth in both the 100 butterfly (56.01) and 100 breaststroke (1:03.69).

Dave Keller, Whelan, Langlois and Brendon McGhee were fourth in the 200 medley relay (1:47.90), and Whelan, McGhee, Jim Hurley and Langlois were sixth in the 400 freestyle relay (3:34.72).

The boys finished sixth in team scoring (200 points).

"We beat Roman by one point," Whelan said. "Ryan beat us in the dual meet, so I'm happy to finish ahead of them. That was our goal, to beat those two teams, and we did that."

La Salle won the boys team competition, the 17th consecutive PCL title for the Explorers.

Ryan repeated as girls champs.

PHILADELPHIA CATHOLIC LEAGUE BOYS CHAMPIONSHIPS (at La Salle University)

Team scores: 1. La Salle, 904 points; 2. St. Joseph's Prep, 486.50; 3. Monsignor Bonner, 394; 4. Father Judge, 344.50; 5. Cardinal O'Hara, 299; 6. Archbishop Wood, 200; 7. Roman Catholic, 199; 8. Archbishop Ryan, 160; 9. Archbishop Carroll, 89.

Individual results

200-yard medley relay: 1. La Salle, 1:42.19; 2. Cardinal O'Hara, 1:42.21; 3. St. Joseph's Prep, 1:44.68; 4. Archbishop Wood, 1:47.09; 5. Roman Catholic, 1:47.14; 6. Father Judge, 1:48.87.

500 freestyle: 1. Shawn McDavitt, MB, 1:43.99; 2. John Holt, LS, 1:50.55; 3. Eric Prendergast, LS, 1:50.61; 4. Pete Farrell, MB, 1:51.15; 5. Brennan Hagy, LS, 1:51.53; 6. Brian Jeffers, LS, 1:54.25.

200 individual medley: 1. Pat Jeffer, LS, 2:03.42; 2. Matt Harner, FJ, 2:04.22; 3. Andrew Gillespie, RC, 2:05.80; 4. Andrew Buemi, COH, 2:08.36; 5. Brendan Wills, LS, 2:09.03; 6. Ben Deardon, LS, 2:11.56.

50 freestyle: 1. Gabe Oropollo, MB, 21.91; 2. Garrett Gallagher, LS, 22.32; 3. Steve Hartman, COH, 22.34; 4. Kevin Hyllinski, LS, 22.78; 5. Chris Prybella, FJ, 22.85; 6. George Walters, LS, 22.98.

100 butterfly: 1. Deardon, LS, 54.86; 2. Mark Gilinski, RC, 55.03; 3. Hagy, LS, 55.29; 4. Billy Langlois, AW, 56.01; 5. Farrell, MB, 56.17; 6. Vince Levito, LS, 56.83.

100 freestyle: 1. Oropollo, MB, 48.75; 2. Gilinski, RC, 49.40; 3. Walters, 50.04; 4. Prybella, FJ, 50.09; 5. Gallagher, LS, 50.64; 6. Joe Parker, FJ, 51.19.

500 freestyle: 1. McDavitt, MB, 4:59.89; 2. B. Jeffers, LS, 5:03.09; 3. Dan English, MB, 5:03.90; 4. Conor Doherty, LS, 5:06.92; 5. Prendergast, LS, 5:06.56; 6. P. Jeffers, LS, 5:12.15.

200 freestyle relay: 1. LaSalle, 1:29.32; 2. Father Judge, 1:29.63; 3. Monsignor Bonner, 1:30.40; 4. Cardinal O'Hara, 1:31.68; 5. St. Joseph's Prep, 1:35.54; 6. Archbishop Ryan, 1:37.57.

100 backstroke: 1. Hartman, COH, 54.23; 2. Gillespie, RC, 55.43; 3. Terence Mahon, SJP, 55.91; 4. Thomas Hawkins, COH, 58.62; 5. English, MB, 59.63; 6. Todd Domanski, LS, 1:00.18.

100 breaststroke: 1. Harner, FJ, 1:01.48; 2. Tom Whelan, AW, 1:01.12; 3. Hyllinski, LS, 1:03.53; 4. Langlois, AW, 1:03.69; 5. James Fenningham, SJP, 1:05.10; 6. Steve Augustyn, SJP, 1:05.56.

400 freestyle relay: 1. Monsignor Bonner, 3:19.82; 2. LaSalle, 3:20.13; 3. Father Judge, 3:22.11; 4. St. Joseph's Prep, 3:24.88; 5. Roman Catholic, 3:29.89; 6. Archbishop Wood, 3:34.72.

PHILADELPHIA CATHOLIC LEAGUE GIRLS CHAMPIONSHIPS (at La Salle University)

Team scores: 1. Archbishop Ryan, 982; 2. Cardinal O'Hara, 555; 3. Archbishop Wood, 411; 4. St. Hubert, 341; 5. Archbishop Carroll, 242; 6. Archbishop Prendergast, 172; 7. Little Flower, 89; 8. Neumann-Goretti, 68.

Individual results

200-yard medley relay: 1. Archbishop Ryan, 1:55.95; 2. Archbishop Wood, 1:59.50; 3. Cardinal O'Hara, 2:00.85; 4. St. Hubert, 2:04.00; 5. Archbishop Carroll, 2:04.92; 6. Archbishop Prendergast, 2:07.32.

200 freestyle: 1. Susan Horstmann, COH, 1:55.50; 2. Kely Fleagle, COH, 2:01.34; 3. Jaclyn Smith, AW, 2:03.87; 4. Bridget Hennessey, AR, 2:05.14; 5. Laura Mastrangelo, AR, 2:05.39; 6. Andrea Parissi, SH, 2:07.60.

200 individual medley: 1. Jessica Williams, AR, 2:14.43; 2. Kellie Pastore, AR, 2:16.83; 3. Katie McDade, AR, 2:17.21; 4. Christine Swiker, AR, 2:19.55; 5. Kelly Cotton, COH, 2:20.44; 6. Christine Wagner, AR, 2:27.59.

50 freestyle: 1. Stephanie Zielinski, AR, 25.19; 2. Katie Erikson, COH, 25.42; 3. Christina Rios, 25.96; 4. Jackie Kivitz, AC, 26.32; 5. Sarah Birkenmeier, COH, 26.35; 6. Maureen Keenan, SH, 27.26.

100 butterfly: 1. Kaitlin Slowey, AR, 59.09; 2. J. Williams, AR, 1:01.60; 3. Erin Searl, AR, 1:01.97; 4. Swiker, AR, 1:02.71; 5. Kivitz, AC, 1:05.14; 6. Jessica Hemingway, AR, 1:07.64.

100 freestyle: 1. Horstmann, COH, 53.15; 2. Zielinski, AR, 55.83; 3. Birkenmeier, COH, 56.89; 4. Erikson, COH, 56.92; 5. Meghan O'Malley, AR, 57.94; 6. Mastrangelo, AR, 58.43.

500 freestyle: 1. Megan Donovan, AW, 5:25.53; 2. Hennessey, AR, 5:29.99; 3. Cotton, COH, 5:31.90; 4. Kelley Williams, AR, 5:33.16; 5. Parissi, SH, 5:42.15; 6. Laura Stasiowski, AR, 5:48.70.

200 freestyle relay: 1. Cardinal O'Hara, 1:40.96; 2. Archbishop Ryan, 1:42.30; 3. Archbishop Carroll, 1:49.50; 4. St. Hubert, 1:50.49; 5. Archbishop Wood, 1:51.13; 6. Archbishop Prendergast, 1:55.40.

100 backstroke: 1. Slowey, AR, 1:00.55; 2. Fleagle, COH, 1:03.29; 3. Searl, AR, 1:04.50; 4. Smith, AW, 1:05.41; 5. C. Rios, AW, 1:05.97; 6. Allison Morrison, AR, 1:08.76.

100 breaststroke: 1. Pastore, AR, 1:07.35; 2. McDade, AR, 1:10.57; 3. Kim Krzaczk, AR, 1:11.12; 4. Donovan, AW, 1:11.66; 5. Stephanie Viola, AR, 1:12.86; 6. Caitlin Conway, COH, 1:15.05.

400 freestyle relay: 1. Cardinal O'Hara, 3:42.79; 2. Archbishop Ryan, 3:42.99; 3. Archbishop Wood, 3:58.27; 4. Archbishop Carroll, 4:09.92; 5. St. Hubert, 4:12.04; 6. Archbishop Prendergast, 4:27.57.

Karen Sangillo can be reached at (215) 949-4215 or ksangillo@phillyburbs.com.

Wood girls third in PCL meet

By Louis Williams
Sportswriter

Sunday was just another day at the office for the La Salle College High School swimming team, who won its 17th straight Philadelphia Catholic League title.

The Explorers nearly doubled up second place finisher St. Joe's Prep with their PCL title score of 904 points. Their total accounted for better than a quarter of the total of 3,076 team points in the meet that concluded at La Salle University's Kirk Natatorium on Sunday.

"The boys just came in here and swam tough," said La Salle coach Frank Lichtner. "But that has always been characteristic of this team. They are confident and swam some very good times."

The Explorers won two out of three relays and took top honors in two individual events on their way to the team title.

The Explorers opened the meet with a victory in the 200 medley relay, where they touched out Cardinal O'Hara by .02 seconds, winning the race in a time of 1:42.19.

Junior Pat Jeffers dropped more than two seconds from his seed time to win the 200 individual medley in a time of 2:03.42 and junior Ben Deardon won the 100 butterfly in 54.86 before the Explorers' 200 freestyle relay team won by .31 over Father Judge, gaining an important 40 points.

But this was not a meet won by a few top swimmers, the

Explorers used their whole team to take home the meet.

After losing a large number of seniors following last season, this year's final result was as much in doubt as any other and a complete team effort would be needed to repeat as PCL champs.

"We are a team that, luckily, never has to rely on one or two people," said Lichtner. "We have a tremendous amount of team depth and they all get in and contribute. The fact that it was a team effort is what makes this so gratifying for everyone."

The Explorers had at least one swimmer finish in the top three in all but one individual event and had two swimmers in the top three of both the 200 freestyle and the 100 butterfly.

"A lot of people doubted we would be able to do it again and we came out and proved them wrong," said senior captain Kevin Hylinski, who took fourth in the 50 freestyle and third in the 100 breaststroke. "To be able go undefeated for the second straight year, win the PCL and prove everyone wrong was just awesome."

"We always want to win this meet," said senior Brennan Hagy, who finished fifth in the 200 freestyle and third in the 100 butterfly. "Especially for us seniors because we don't want to let anyone down and end the streak."

Paced by strong finishes from a pair of breaststrokers, Archbishop Wood had one of the strongest performances at the

PCL championships in the 9-year tenure of coach Charlie Stillwell.

Wood's boys' team finished in sixth place out of nine teams with 200 total points and the Vikings' girls took third place overall with 411 points.

"This whole weekend was awesome," said Stillwell. "This is the best my kids have swam as a team since I have been here. All the kids I wanted to make it in to the finals made it in and we had almost all best times."

The Vikings' only individual event winner was sophomore Megan Donovan, who took top honors in the 500 freestyle. Donovan won the 20-lap event by more than four seconds with her time of 5:25.53.

"You can always swim better but I was pretty happy with the way that I swam," said Donovan.

Donovan also swam the 100 breaststroke, where she took fourth place in a time of 1:11.66 as well as a pair of Wood relays.

Junior Thomas Whelan also garnered solid team points with his finish in the 100 breaststroke event. Whelan dropped .47 from his seed time to take second place with a time of 1:02.12.

Whelan also swam the 50 freestyle, where he took 10th in a time of 23.62 as well as two relays.

Girls

Final team standings: Archbishop Ryan (AR) 982; Cardinal O'Hara (CO) 555; Archbishop Wood (AW) 411; Saint Hubert (SH) 341; Archbishop Carroll (AC) 242; Archbishop Prendergast (AP) 172; Little Flower (LF) 89; Saint Maria (SM) 68.

200 medley relay—Archbishop Ryan 1:55.95; Archbishop Wood 1:59.50; Cardinal O'Hara 2:00.85; 200 freestyle—Susan Horstmann (CO) 1:55.50; Kelly Fleagle (CO) 2:01.34; Jaclyn Smith (AW) 2:03.87; 200 individual medley—Jessica Williams (AR) 2:14.43; Kellie Pastore (AR) 2:16.83; Katie McDade (AR) 2:17.21; 50 freestyle—Stephanie Zielinski (AR) 25.19; Katie Erikson (CO) 25.42; Christina Rios (AW) 25.96; 100 butterfly—Kaitlin Slowey (AR) 59.09; Williams (AR) 1:01.60; Erin Searl (AR) 1:01.97; 100 freestyle—Horstmann (CO) 53.15; Zielinski (AR) 55.83; Sarah Brickenmeier (CO) 56.89; 500 freestyle—Megan Donovan (AW) 5:25.53; Bridget Hennessey (AR) 5:29.99; Kelly Cotton (CO) 5:31.90; 200 freestyle relay—Cardinal O'Hara 1:40.96; Archbishop Ryan 1:42.30; Archbishop Carroll 1:49.50; 100 backstroke—Slowey (AR) 1:00.56; Fleagle (CO) 1:03.29; Searl (AR) 1:04.50; 100 breaststroke—Pastore (AR) 1:07.35; McDade (AR) 1:10.57; Kim Krzaczk (AR) 1:11.12; 400 freestyle relay—Cardinal O'Hara 3:42.79; Archbishop Ryan 3:42.99; Archbishop Wood 3:58.27.

Boys

Final team standings: LaSalle (LS) 904; Saint Joseph's Prep (SJP) 486.5; Monsignor Bonner (MB) 394; Father Judge (FJ) 344.5; Cardinal O'Hara (CO) 299; Archbishop Wood (AW) 200; Roman Catholic (RC) 199; Archbishop Ryan 160; Archbishop Carroll (AC) 89.

200 medley relay—LaSalle 1:42.19; Cardinal O'Hara 1:42.21; Saint Joseph's Prep 1:44.68; 200 freestyle—Shawn McDevitt (MB) 1:49.33; John Holt (LS) 1:50.55; Eric Prendergast (LS) 1:50.61; 200 individual medley—Pat Jeffers (LS) 2:03.42; Matt Harner (FJ) 2:04.22; Andrew Gillespie (RC) 2:05.80; 50 freestyle—Gabe Oropollo (MB) 21.91; Garrett Gallagher (LS) 22.32; Steve Hartman (CO) 22.34; 100 butterfly—Ben Deardon (LS) 54.86; Mark Gilinski (RC) 55.03; Brennan Hagy (LS) 55.29; 100 freestyle—Oropollo (MB) 48.75; Gilinski (RC) 49.40; George Walters (LS) 50.04; 500 freestyle—Shawn McDevitt (MB) 4:59.89; Brian Jeffers (LS) 5:03.09; Dan English (MB) 5:03.90; 200 freestyle relay—LaSalle 1:29.32; Father Judge 1:29.63; Monsignor Bonner 1:30.40; 100 backstroke—Hartman (CO) Gillespie (RC) 55.42; Terence Marilton (SJP) 55.91; 100 breaststroke—Harner (FJ) 1:01.48; Tom Whelan (AW) 1:02.12; Kevin Hylinski (LS) 1:03.53; 400 freestyle relay—Monsignor Bonner 3:19.82; LaSalle 3:20.13; Father Judge 3:22.11.

PCL SWIMMING CHAMPIONSHIPS

Wood takes third in team competition

By KAREN SANGILLO
COURIER TIMES

PHILADELPHIA — Megan Donovan of Archbishop Wood had a banner day at the Philadelphia Catholic League swimming championships, held Sunday at La Salle University's Kirk Natatorium.

Donovan, a sophomore, clocked in at 5:25.53 to win the 500-yard freestyle.

"I worked so hard all season long, so I can see it pays off," said Donovan, who was also fourth in the 100 breaststroke (1:11.66). "I was kind of hoping to be a little faster, but I'm pleased that I placed well. It's my best time, so I have to be happy with that.

"I'm already looking ahead to next year. That's what I do. I'm already thinking about what I want to do."

Also for Wood, Jaclyn Smith took third in the 200 freestyle (2:03.87) and fourth in the 100 backstroke (1:05.11) and Christina Rios was third in the 50 freestyle (25.96) and fifth in the 100 backstroke (1:05.97).

Smith, Donovan, Nicole Lydon and Rios were second in the 200 medley relay (1:59.50), Smith, Donovan, Amy Finn and Rios were third in the 400 freestyle relay (3:58.27) and Megan Gannon, Sharon Racine, Monica Cymerman and Finn were fifth in the 200 freestyle relay (1:51.13).

The girls took third in team competition with 411 points.

"I'm really happy with third place," Donovan said. "That's what we were shooting for."

For the boys, Tom Whelan took second in the 100 breaststroke (1:02.12).

"I would have liked to win, but I still have next year," said Whelan, a junior who took third in this event last year. "He's [Matt Harner of Father Judge, the winner in 1:01.48] a junior, too, so hopefully, this will be another good race next year.

"I look forward to those close, challenging races. It's better than blowing someone out or getting blown out. It gives you something to work for."

Billy Langlois was fourth in both the 100 butterfly (56.01) and 100 breaststroke (1:03.69).

Dave Keller, Whelan, Langlois and Brendon McGhee were fourth in the 200 medley relay (1:47.90) and Whelan, McGhee, Jim Hurley and Langlois were sixth in the 400 freestyle relay (3:34.72).

The boys finished sixth in team scoring (200 points).

LaSalle won the boys team competition with 904 points.

Archbishop Ryan repeated as girls champs (982 points).

Karen Sangillo can be reached at 215-949-4215 or ksangillo@phillyburbs.com.

Girls swimming

Archbishop Wood 93, Archbishop Prendergast 69
(at Klinger Middle School)

200-yard medley relay: 1. Wood (Christina Rios, Jaclyn Smith, Megan Donovan, Monica Cymerman), 2:02.68; 2. Wood, 2:09.38; 3. Prendergast, 2:11.37

200 freestyle: 1. Nicole Lydon (AW), 2:18.05; 2. Sharon Racine (AW), 2:20.22; 3. Jacqueline Morley (AW), 2:22.32

200 IM: 1. Smith (AW), 2:26.01; 2. Jaci Getty (AP), 2:34.57; 3. Mackenzie Stewart (AP), 2:40.40

50 freestyle: 1. Racine (AW), 28.34; 2. Cymerman (AW), 29.28; 3. Natalie Tidmarsh (AP), 30.03

100 butterfly: 1. Smith (AW), 1:06.17; 2. Amy Finn (AW), 1:09.12; 3. Erin Lynn (AW), 1:11.66

100 freestyle: 1. Rios (AW), 58.65; 2. Getty (AP), 1:02.69; 3. Cymerman (AW), 1:03.62

500 freestyle: 1. Donovan (AW), 5:34.37; 2. Finn (AW), 5:53.22; 3. Lydon (AW), 6:22.41

200 freestyle relay: 1. Wood (Cymerman, Smith, Finn, Donovan), 1:53.62; 2. Prendergast, 1:57.81; 3. Wood, 1:59.35

100 backstroke: 1. Caitlin Schivane (AP), 1:19.22; 2. Sarah Robb (AP), 1:20.18; 3. Courtney Crawford (AP), 1:33.22

100 breaststroke: 1. Stewart (AP), 1:17.03; 2. Ashley Maguire (AP), 1:26.44; 3. Jackie Prince (AP), 1:31.56

400 freestyle relay: 1. Prendergast (Schivane, Caitlin Nilan, Lisa Licatzi, Caitlin Friel), 4:35.55; 2. Prendergast, 5:07.65

Records: Wood (5-2).