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## Girls Swimming: North Penn reclaims SOL Continental title

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WARRINGTON — Some girls swim teams would give just about anything to win one Suburban One League title.

Then there is North Penn.

When the Maidens carried home the trophy from Saturday's Suburban One League Continental Conference championships at Central Bucks South, it was a little like the Yankees winning another World Series.

Still, as North Penn junior Jan Ikeda said, this one really was a little extra special because one year ago, Souderton's powerhouse team was the one doing the celebrating.

"We were really determined," said Ikeda, the team's lone individual winner in the 100-yard butterfly. "We knew we could do it and we just wanted to show how good we actually are. We can use that momentum to carry through into districts, and hopefully we'll be the best again."

The PIAA District One Class AAA meet is March 5-6 at La Salle University. To win the team title there as well, he Maidens will have to slow down Souderton, which had more first-place finishes Saturday.

Missy Doll was a double winner in the 100 and 200 freestyles, Chloe Thomas won the 50 free, and Mariel Kush took the gold in the 500 free. Kush also joined Doll and freshmen Erica Witoslawski and Laureana Zrada to win the 400-yard freestyle relay, when Doll swam a furious anchor leg to catch North Penn's Sam Deana in the closing yards.

"In the first 50, (Deana) was winning and I didn't know if I could do it," Doll said. "But when you breathe and see the entire team standing up and cheering for you, it just makes keep going. At 100 (yards), that last lap is all heart because you're tired, so I just (gave) everything I had."

For a few moments, the Indians were part of one of the sport's rarest occurrences when they and North Penn finished in a first-place dead heat in the 200 free relay. However, meet officials ruled one of the Souderton girls left the blocks early, and the false start disqualified the team.

Central Bucks South also had a double gold medalist in junior Lauren Ahrens. She won the 100 backstroke in 1 minute, 1.15 seconds, while her 2:10.92 blew away the field in the 200 individual medley and was just off the pool record, 2:10.83, set by William Tennent's Melanie Busch in 2008.

"That was my goal, getting (the record), but I'm still happy with how I did," Ahrens said. "Going in, I knew (North Penn's Ikeda) was really going to fly, so she would take it out really fast, and (Central Bucks East's) Katie Dempster on my other side is one of my really good friends, and I knew how she's a breaststroker.

"So I had to take it out fast to stay with (Ikeda), keep my lead for the breaststroke ... and give everything I had in the freestyle."

### Suburban One League Continental Conference Girls Swimming Championships

(at CB South)

**Team standings:** 1. North Penn (NP) 444; 2. Souderton (S) 344; 3. Central Bucks East (CBE) 333; 4. Central Bucks South (CBS) 269; 5. Central Bucks West (CBW) 245; 6. Hatboro-Horsham (H-H) 211; 7. Pennridge (P) 155; 8. Quakertown (Q) 58.

**200-yard medley relay:** 1. North Penn (Colleen Stiles, Sarah Hannings, Jan Ikeda, Mary Morris), 1:53.20; 2. Souderton, 1:54.35; 3. CB East, 1:54.37; **200 freestyle:** 1. Missy Doll (S), 1:56.76; 2. Melissa Ross (CBS), 1:58.19; 3. Ali Roth (CBW), 2:01.49; **200 IM:** 1. Lauren Ahrens (CBS), 2:10.92; 2. Katie Dempster (CBE), 2:16.67; 3. Mackenzie Hubing (CBE), 2:18.40; **50 freestyle:** 1. Chloe Thomas (S), 25.12; 2. Sam Deana (NP), 25.33; 3. Casey O'Neill (NP), 25.60; **100 butterfly:** 1. Ikeda (NP), 1:00.47; 2. Mariel Kush (S), 1:00.70; 3. Ali Roth (CBW), 1:01.90; **100 freestyle:** 1. Doll (S), 53.39; Thomas (S), 54.35; 3. O'Neill (NP), 55.97; **500 freestyle:** 1. Kush (S), 5:12.62; 2. Ross (CBS), 5:16.38; 3. Stiles (NP), 5:22.69; **200 freestyle relay:** 1. North Penn (Deana, Hannings, Morris, O'Neill), 1:39.54; 2. CB West, 1:43.54; 3. CB East, 1:44.07; **100 backstroke:** 1. Ahrens (CBS), 1:01.15; 2. Hubing (CBE), 1:02.08; 3. Deana (NP), 1:02.55; **100 breaststroke:** 1. Dempster (CBE), 1:09.05; 2. Kathryn Viola (CBE), 1:09.64; 3. Alyssa Guminski (H-H), 1:10.95; **400 freestyle relay:** 1. Souderton (Erica Witoslawski, Kush, Laureana Zrada, Doll), 3:40.80; 2. North Penn, 3:41.18; 3. CB South, 3:47.82.

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