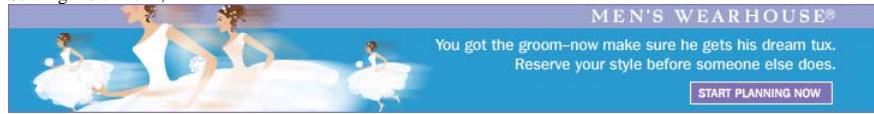


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Sports

GIRLS ATHLETE OF THE WEEK: Jan Ikeda

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By: The Reporter



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Who she is: Jan Ikeda, senior, North Penn swimming

What she's done: Ikeda won two individual events and was on a pair of first place relay teams as the Maidens topped Souderton 1114-72 in a Suburban One League Continental Conference meet last Tuesday at North Penn.

Ikeda claimed the fastest times in both the 200 individual medley (2:15.78) and 100 fly (58.35), while also competing on the winning 200 medley (1:51.67) and 400 free (3:42.53) relays.

What she said: "We went the best time we had all season as a relay by like two seconds," said Ikeda last Tuesday of North Penn's 200 medley relay. "So, it got us pumped up and ready to swim out or fastest in everything else we (were) doing.

"...I felt pretty good. I'm right where I need to be this time of the season."

What's next: North Penn (9-0, 6-0 conference) visits Central Bucks East 3:30 p.m. today.

Honorable Mention: Bianca Picard (Souderton basketball) scored a career-best 23 points in the Indians' 59-41 win over Hatboro-Horsham last Friday; Gabby Becattini (Methacton indoor track) won the triple jump with her mark of 37' 7" last Friday at the Delaware Valley Girls Track Coach Association meet at Lehigh Univeristy; Lauren Crisler (North Penn basketball) led all scorers with 14 points as the Maidens bested Central Bucks West 43-39 last Friday.

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