

Fremont relay wastes not time finding form

By **Matthew Horn**
Sports writer

Voltron Force has nothing on Megan Hawk, Meghan Moses, Haley Fisher and Morgan Waggoner of Fremont Ross.

"The goal in a relay is to make four girls become one," Hawk said.

The foursome are among the top swimmers in the nation. And it's never too early for a reminder.

Moses, Hawk, Waggoner and Fisher established school and district records in the 400-freestyle relay at 3 minutes, 29.87 seconds to earn all-American status last season.

They finished third in the event in 3:35.95 at the Ned Reeb Invitational last week.

"We didn't expect to be under consideration already, but we knew if we tried hard we could get close and it's nice to be un-



All-American swim team. SUBMITTED PHOTO

der consideration this early in the season," Hawk said. "It shows our hard work and dedication and teamwork."

Hawk, Waggoner, Fisher and Laura Duncan also were recognized all-American in the 200-

medley relay with a 1:46.32 at districts. Breaststroker Duncan, who swims at Kenyon College, is the only member of the relays to graduate.

"It's hard to grasp the fact that in two relays we swam, we

were in the top 100 in the country," Hawk said. "There are a lot of good girls. Olympians ..."

Talent is obviously a key factor in the girls' success in the pool, but unity is important as well.

"We have to each focus on our own race and remember it's four of us making up one race," Hawk said. "We trust each other to swim our best and we strive for better. We have big goals. We always support each other."

Hawk, Moses, Fisher and Duncan also qualified to state in the 200-freestyle relay as the Little Giants' girls were fifth overall for the best finish in program history.

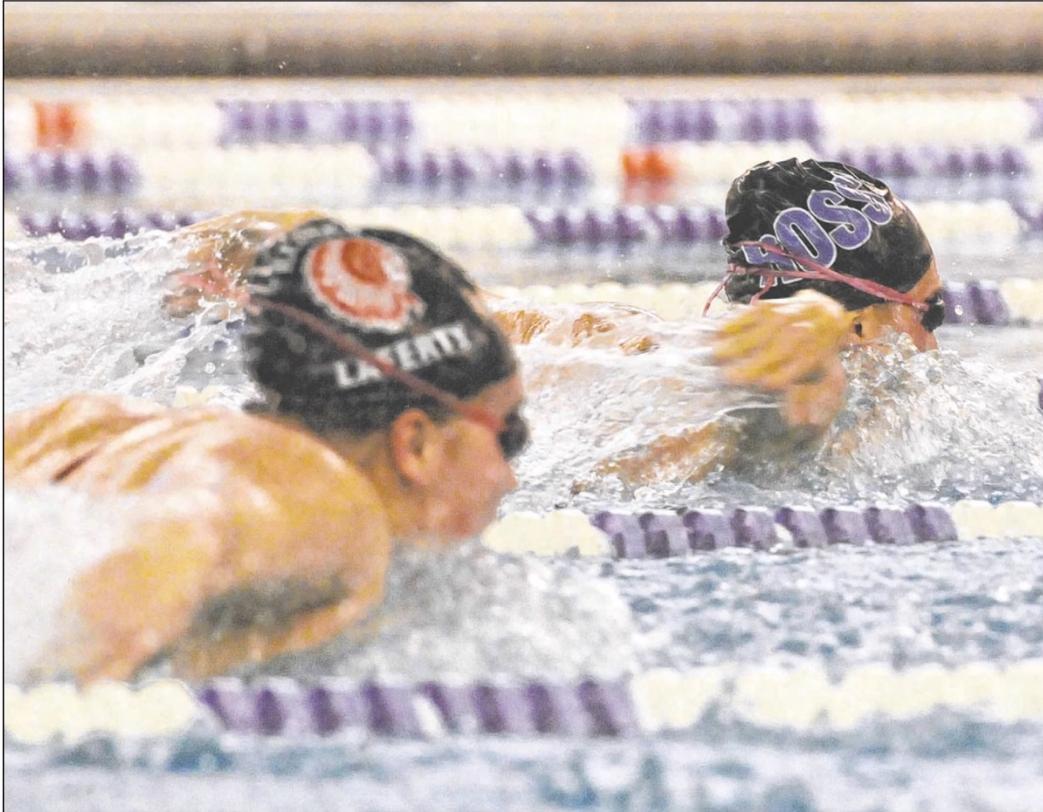
"With five of us going, it was cool to leave a mark," Hawk said.

Waggoner advanced to state in the 100 backstroke and 100 butterfly last season, Fisher in the 100 backstroke, and Moses the 50 and 100 freestyles.

"We want to stay positive and strive to do better than last year," Hawk said.

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Fremont Ross' Megan Hawk competes in the 100 yard butterfly during a swim meet at Fremont Ross on Wednesday. JONATHON BIRD/NEWS-MESSENGER PHOTOS

Little Giants sweep Port Clinton in pool

By Matthew Horn
Sports writer

Fremont Ross diving coach Corey Sorgen is extremely excited about the future.

The present doesn't look so bad either. Sorgen has four sophomore divers, two freshmen and one junior on his roster.

Junior Marquis Crawford won the diving portion of the boys meet Wednesday as the Little Giants topped Port Clinton 110-69.

"He missed his personal record by four points (at 185.95)," Sorgen said. "Everybody wasn't that far off. I've been coaching Marquis for four years and he's really come around with the caliber of dives he's doing. He's throwing some hard stuff."

"I get two more years to work with them. They're good for sophomores but by the time they're seniors they'll be great."

Trent Williams won the 100 and 200 freestyles, Nickolas Hoffman the 100 butterfly and 200 IM, and Hawk Smith the 500 freestyle for Ross. Williams, Smith,



Fremont Ross' Hawk Smith competes in the 500-yard freestyle event during a swim meet at Fremont Ross on Wednesday.

Hoffman and Nick Dorobek won the 200-medley relay while Williams, Hoffman, Dorobek and Lorenzo Zamora took the 400-freestyle relay.

"Our young guys took steps forward,"

Little Giants boys coach Phil Moran said. "It's about experience so the more they swim the better they'll be. There was a lot

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Pool

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of improvement (Wednesday) across the board. The experienced guys ... some swam faster than they did at Ned Reeb (last weekend).

“They were in the comfort of their own home. They like their walls. They know their turns.”

Morgan Waggoner won the 100 breaststroke and 200 freestyle, Meghan Moses the 200 IM and 500 freestyle, and Megan Hawk the 100 butterfly

as Ross’s girls won 106-82. Haley Fisher took the 100 backstroke.

Fisher, Waggoner, Hawk and Kaity Kelly won the 200 freestyle relay while Hawk, Moses, Fisher and Waggoner won the 400 freestyle relay.

“Everybody swam well,” Little Giants girls coach Tina Moses said. “A lot swam off events. We tried to mix it up and give some younger kids a chance to shine. They all swam well as a team. It was a great home opener.”

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Swimming: Ross vs. Sylvania Southview, Perkins

Morgan Waggoner won the 200 IM and 100 butterfly, Meghan Moses won the 200 freestyle and 100 backstroke and Megan Hawk won the 100 freestyle. Haley Fisher won the 500 freestyle.

Kaity Kelly, Moses, Emily Moyer and Waggoner took the 200 freestyle relay while Hawk, Waggoner, Moses and Fisher won the 400 freestyle relay.

Trent Williams won the 200 freestyle, Marquis Crawford the diving competition and Hawk Smith the 100 breastroke for the Little Giants' boys. Williams, Smith, Nick Hoffman and Lorenzo Zamora won the 200 medley relay.

SWIMMING

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FREMONT ROSS v. PERKINS

Girls Results

»Site: Hawk-Bucci Natatorium, Fremont.

»**200 medley relay:** 2, Holly Fisher, Haley Fisher, Megan Hawk, Kaity Kelly, FR, 2:00.98; 5, Kortney Lagrou, Morgan Hawk, Alaina Klingman, Abby Sweeney, FR, 2:16.50.

»**200 free:** 1, Meghan Moses, FR, 2:02; 5, Morgan Hawk, FR, 2:27.41; 8, Kit Wilson, FR, 2:39.53.

»**200 IM:** 1, Morgan Waggoner, FR, 2:19.18; 7, Kelly, FR, 2:38.37; 8, Jones, FR, 2:49.68.

»**50 free:** 2, Megan Hawk, FR, 26.14; 3, Emily Moyer, FR, 28.11; 5, Klingman, 29.05.

»**1M diving:** 3, Amber Otermat, FR, 148.25; 4, Sweeney, FR, 145.05; 5, Emily Burmeister, FR, 131.6.

»**100 butterfly:** 1, Mo. Waggoner, FR, 59.87; 6, Mo. Hawk, FR, 1:26.83.

» **100 free:** 1, Me. Hawk, FR, 57.01; 2, Kelly, FR, 1:00.48; 3, Ho. Fisher, FR, 1:02.25.

»**500 free:** 1, Ha. Fisher, FR, 5:24.56; 4, Klingman, FR, 5:56.97; 5, Moyer, FR, 6:26.19.

»**200 free relay:** 1, Kelly, Moses, Moyer, Waggoner, FR, 1:44.19; 3, Lagrou, Wilson, Mo. Hawk, Sweeney, FR, 2:02.24.

»**100 backstroke:** 1, Moses, FR, 1:04.94; 6, Ho. Fisher, FR, 1:11.02; 8, Wilson, FR, 1:22.53.

»**100 breaststroke:** 2, Ha. Fisher, FR, 1:10.52; 4, Ward, FR, 1:30.02; 7, Barston, FR, 1:36.79.

»**400 free relay:** 1, Me. Hawk, Waggoner, Moses, Fisher, FR, 3:48.28; 4, Lagrou, Moyer, Klingman, Ho. Fisher, FR, 4:16.24.

Boys Results

»**200 medley relay:** 1, Trent Williams, Hawk Smith, Nickolas Hoffman, Lorenzo Zamora, FR, 1:50.00; 5, Nick Christiansen, Garrett Smith, Braydn Klein, Andrew Colston, FR, 2:09.67.

»**200 free:** 1, Williams, FR, 1:52.30; 4, Zamora, FR, 2:05.90; 8, Smith, FR, 2:43.16.

»**200 IM:** 2, Hoffman, FR, 2:13.93; 4, Smith, FR, 2:21.46.

»**50 free:** 4, Klein, FR, 25:95; 7, Christiansen, FR, 27.11; 8, Colston, FR, 28.57.

»**1M diving:** 1, Marquise Crawford, FR, 208.25; 3, Manuel Gutierrez, FR, 122.15; 4, Darrion Walker, FR, 104.1.

»**100 butterfly:** 2, Hoffman, FR, 58.72; 7, Nick Dorobek, FR, 1:07.86.

» **100 free:** 3, Zamora, FR, 56.16; 7, Bo Tong, FR, 1:09.34.

»**500 free:** 2, Williams, FR, 5:08.90; 4, Klein, FR, 5:47.72; 7, Colston, FR, 6:31.59.

»**200 free relay:** 2, Ha. Smith, Dorobek, Christiansen, Klein, FR, 1:43.86; 5, Bo Tong, Ryan Farrier, Austin Risner, Ra'Kquan Heidelberg, FR, 2:02.67.

»**100 backstroke:** 3, Dorobek, FR, 1:11.07; 4, Christiansen, FR, 1:11.89; 5, Heidelberg, FR, 1:13.5.

»**100 breaststroke:** 1, Ha. Smith, FR, 1:11.39; 6, Farrier, FR, 1:26.26; 7, Ga. Smith, FR, 1:26.97.

»**400 free relay:** 2, Williams, Hoffman, Dorobek, Zamora, FR, 3:34.09; 5, Colston, Heidelberg, Ga. Smith, Tong, FR, 4:37.18.

SWIMMING



Ross' Trent Williams swims in the 400 yard freestyle relay at the Daniel H. Lease Little Giant Invitational. DOUG HISE/NEWS-MESSENGER CORRESPONDENT

Ross girls win title at Little Giant Invite

Little Giants finish second to Findlay on the boys side

By Kevin Shields
Sports writer

FREMONT — Ross' Morgan Waggoner set a pretty high bar for herself as a freshman, earning all-state honors in four events.

With that success came expectations, which Waggoner herself, said have been a little nerve-racking and daunting at times. But there have been no signs of a sophomore slump early in the 2013-14 sea-

son. If anything, what's been seen from her in the first two months of the season, leads her to believe she could be in store for an exciting and rewarding February.

Waggoner won the 100 yard butterfly in 59.80 seconds and was first in the 100 backstroke at 1:02.00 as the Ross girls won Saturday's Daniel H. Lease Little Giant Invitational held at Hawk-Bucci Natatorium. The girls, with 486 points, beat second-

place Delaware Hayes by 65 points.

"I think I did pretty well today considering we're going thru 'hell week' right now," Waggoner said. "My fly is actually faster than it was last year, so I'm excited for that, and our relays look like they're doing really good. We're working well as a team right now."

Waggoner teamed with Meghan Moses, Haley Fisher and freshman Kaity Kelly for a second-place swim in the 200 medley relay, while she, Fisher, Megan Hawk and Emily Moyer were runners-up in the 400 free relay. Hawk

added a first-place in the 200 free (2:04.78). Moses contributed a pair of runner-up swims in the 50 and 100 free races.

"I think our relays are going to be the events to watch out for," Waggoner said. "Our relays are really looking strong thus far."

Ross' Trent Williams won the 100 backstroke (56.37) and was second in the 50 free (22.62) to Delaware Hayes' Anthony Hinton (22.19) in the 50 free. The Little Giants finished second to Findlay in the boys meet, 596-410. Hayes

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Swimming

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was a distant third with 347 ½ points.

“Training has been pretty hard and the team is doing great,” said Williams, a sophomore who went to state as a freshman on Ross’ 200 free relay team. “I would kind of like to be a little bit faster. I’m almost right on my taper time from last year, which is great. But hopefully with all the dual meets coming up, we can all do better.”

Williams is the lone state qualifier back for a young boys team. He, Hawk Smith, Nickolas Hoffman and Braydn Klein were third in Saturday’s 200 medley relay. He, Hoffman, Lorenzo Zamora and Nick Dorobek finished the meet with a third-place swim in the 400 free relay.

“Yeah, I feel like the guys look up to me, which is great,” said Williams, asked if he’s had to take on a leadership role having gone to state a year ago. “I like being a leader. But there’s a lot of leaders on this squad. We got a pretty well-rounded group.

“This year, I’m definitely focusing on technique more. I’m not out there just swimming the strokes, I’m actually paying more attention to the technical aspect of the swims.”

Hoffman, a junior that experienced a lot of success as a sophomore, had a pair of second-place swims in the 100 fly and 200 IM.

Zamora added a fifth-place effort in the 500 free.

The 500 free is where some of the best overall efforts came from the Little Giants on the girls side. Juniors Libby Jones and Marissa Miller each dropped over 20 seconds from their swim times earlier in the season.

“That’s an amazing time drop, especially considering that we’re doing 13,000 yards a day right now,” Ross girls coach Tina Moses said. “Their bodies are tired and hurting. For those girls to do that is amazing.

“Alaina Klingman and Kortni Lagrou also had good time drops. Alaina dropped 10 seconds in hers and Kortni dropped eight and they’re faster, so those were significant improvements.”

Meghan Moses, Hawk, Moey and Kelly were second in the 200 free relay for Ross. Haley Fisher was third in the 200 IM and fourth in the 100 free.

Ross will host a pair of 11 a.m. meets on Friday and Saturday when they face Perrysburg and Findlay respectively in dual meets.

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SWIMMING

Ross 113, Findlay 75 (Girls); Findlay 128, Ross 61 (Boys)

FREMONT — Ross' Haley Fisher, Meghan Moses and Morgan Waggoner won or were part of four winning events on Saturday as the Little Giant girls topped their rivals in a dual meet at the Hawk-Bucci Natatorium.

Fisher, Moses, Waggoner and Megan Hawk swam on the winning 200 medley relay (1:54.23). Individually, Fisher won the 200 IM (2:13.22) and the 500 freestyle (5:24.53). Moses earned individual wins in the 200 free (2:01.78) and 100 free (54.80), while Waggoner won the 100 butterfly (59.52) and 100 backstroke (1:02.16).

Moses and Waggoner also swam on the winning 400 free relay (3:57.68) with Kaity Kelly and Alaina Klingman. Hawk won the 50 free (26.43), and she, Fisher, Emily Moyer and Kaity Kelly won the 200 free relay (1:47.20).

Trent Williams was the lone winner for the Little Giants in the boys meet, winning the 100 backstroke in 57.17 seconds.

LOCAL SPORTS ROUNDUP

Swimming

» Fremont Ross 112, Notre Dame Academy 77 (Girls)

Meghan Moses won the 200 and 500 freestyles, Haley Fisher the 200 IM and 100 butterfly, and Morgan Waggoner the 50 freestyle and 100 backstroke for Ross's girls. Megan Hawk won the 100 freestyle.

Kaity Kelly, Fisher, Hawk and Emily Moyer won the 200 medley relay while Waggoner, Moyer, Hawk and Moses took the 200 freestyle relay. Kelly, Moses, Fisher and Waggoner won the 400 freestyle relay.

» Ross 116, St. John's Jesuit 60 (Boys)

Lorenzo Zamora won the 200 freestyle, Nickolas Hoffman the 200 IM and Braydn Klein the 50 and 500 freestyles for the Little Giants' boys. Trent Williams took the 100 freestyle and 100 backstroke while Hawk Smith won the 100 breaststroke.

Williams, Smith, Hoffman and Zamora won the 200 medley and 400 freestyle relays.

Boys Results

FREMONT ROSS 116 ST. JOHN'S JESUIT 60

» **200 medley relay:** 1, Fremont Ross High School 'A' (Williams, Trent E SO, Smith, Hawk SO, Hoffman, Nickolas J JR, Zamora, Lorenzo SR), 1:48.34. 2, Fremont Ross High School 'B' (Christiansen, Nick JR, Smith, Garrett SO, Dorobek, Nick FR, Klein, Braydn JR), 2:04.54. 3, St. John's Jesuit HS Academy-OH 'A' (Wohl, Timothy SO, Gorman, Patrick FR, Waldron, Derek JR, Strbik, Thomas JR), 2:14.48. 4, St. John's Jesuit HS Academy-OH 'B' (Hasselbach, Jacob SO, Huntermark, Clint FR, Martindale, Aedan SO, Yassine, Bilal SO), 2:42.57.

» **200 free:** 1, Zamora, Lorenzo, Fremont, 2:04.73. 2, Benham, Chandler, St. John's-OH, 2:10.20. 3, Strbik, Thomas, St. John's-OH, 2:23.08. 4, Tong, Bo, Fremont, 2:24.41. 5, Heidelberg, Ra'Kquan, Fremont, 2:31.02. 6, Risner, Austin, Fremont, x2:32.95. 7, Parson, Andrew, St. John's-OH, 2:41.14.

» **200 IM:** 1, Hoffman, Nickolas J, Fremont, 2:13.93. 2, Dorobek, Nick, Fremont, 2:26.98. 3, DiSalle, Robert, St. John's-OH, 2:28.86. 4, Gorman, Patrick, St. John's-OH, 2:30.23. 5, Waldron, Derek, St. John's-OH, 2:45.56. 6, Smith, Garrett, Fremont, 2:55.75.

» **50 free:** 1, Klein, Braydn, Fremont, 25.11. 2, Wheeler, Jason, St. John's-OH, 26.85. 3, Colston, Andrew, Fremont, 27.12. 4, Hoffman, Tristan, St. John's-OH, 27.36. 5, Risner, Austin, Fremont, 29.13. 6, Hasselbach, Jacob, St. John's-OH, 29.37. 7, DuBois, Christopher, St. John's-OH, x29.53. 8, Huntermark, Clint, St. John's-OH, x33.87. 9, Miller, Cole, Fremont, x34.09. 10, Assaly, Omar, St. John's-OH, x43.97.

» **1M diving:** 1, Layman, Mitchell, SJJ, 247.55. 2, Layman, Andrew, SJJ, 214.40. 3, Dzierzak, Tommy, SJJ, 191.00. 4, Crawford, Marquise, Fremont, 187.60. 5, Parrulli, Alessandro, SJJ, x165.75. 6, Walker, Darrion, Fremont, 122.65. 7, Gutierrez, Niko, Fremont, 118.55.

» **100 butterfly:** 1, Layman, Mitchell, SJJ, 247.55. 2, Layman, Andrew, SJJ, 214.40. 3, Dzierzak, Tommy, SJJ, 191.00. 4, Crawford, Marquise, Fremont, 187.60. 5, Parrulli, Alessandro, SJJ, x165.75. 6, Walker, Darrion, Fremont, 122.65. 7, Gutierrez, Niko, Fremont, 118.55.

» **100 free:** 1, Williams, Trent E, Fremont, 49.70. 2, Smith, Hawk, Fremont, 56.19. 3, Christiansen, Nick, Fremont, 58.24. 4, Wheeler, Jason, St. John's-OH, 1:00.47. 5, Wohl, Timothy, St. John's-OH, 1:04.94. 6, Hasselbach, Jacob, St. John's-OH, 1:08.79. 7, Farrier, Ryan, Fremont, x1:08.98. 8, DuBois, Christopher, St. John's-OH, x1:14.21. 9, Assaly, Omar, St. John's-OH, x1:34.41.

» **500 free:** 1, Klein, Braydn, Fremont, 5:38.37. 2, Zamora, Lorenzo, Fremont, 5:38.49. 3, Colston, Andrew, Fremont, 6:13.55. 4, Strbik, Thomas, St. John's-OH, 6:26.75. 5, Parson, Andrew, St. John's-OH, 7:14.45.

» **200 free relay:** 1, St. John's Jesuit HS Academy-OH 'A' (Perino, Jake JR, Wheeler, Jason SO, Benham, Chandler JR, DiSalle, Robert SO), 1:43.82. 1, Fremont Ross High School 'A' (Dorobek, Nick FR, Christiansen, Nick JR, Colston, Andrew FR, Klein, Braydn JR), 1:43.82. 3, St. John's Jesuit HS Academy-OH 'B' (Hasselbach, Jacob SO, Gorman, Patrick FR, Parson, Andrew FR, Dzierzak, Tommy JR), 1:56.69. 4, Fremont Ross High School 'B' (Smith, Garrett SO, Heidelberg, Ra'Kquan SO, Risner, Austin FR, Farrier, Ryan SO), 2:00.61. 5, St. John's Jesuit HS Academy-OH 'C' (Huntermark, Clint FR, Li, Yuanqiao SO, Yassine, Bilal SO, Martindale, Aedan SO), x2:08.06.

» **100 backstroke:** 1, Williams, Trent E, Fremont, 56.97. 2, Perino, Jake, St. John's-OH, 1:06.79. 3, Christiansen, Nick, Fremont, 1:14.52. 4, Wohl, Timothy, St. John's-OH, 1:19.94. 5, Huntermark, Clint, St. John's-OH, 1:41.52. 6, Miller, Cole, Fremont, 1:46.65.

» **100 breaststroke:** 1, Smith, Hawk, Fremont, 1:11.04. 2, Dzierzak, Tommy, St. John's-OH, 1:15.79. 3, Gorman, Patrick, St. John's-OH, 1:17.74. 4, Smith, Garrett, Fremont, 1:23.81. 5, Farrier, Ryan, Fremont, 1:26.54. 6, Hoffman, Tristan, St. John's-OH, 1:27.44.

» **400 free relay:** 1, Fremont Ross High School 'A' (Williams, Trent E SO, Hoffman, Nickolas J JR, Zamora, Lorenzo SR, Smith, Hawk SO), 3:40.60. 2, St. John's Jesuit HS Academy-OH 'A' (Benham, Chandler JR, Wheeler, Jason SO, Perino, Jake JR, DiSalle, Robert SO), 3:57.59. 3, Fremont Ross High School 'B' (Colston, Andrew FR, Risner, Austin FR, Heidelberg, Ra'Kquan SO, Tong, Bo SO), 4:23.76. 4, St. John's Jesuit HS Academy-OH 'B' (Waldron, Derek JR, Parson, Andrew FR, Wohl, Timothy SO, Strbik, Thomas JR), 4:33.29.

LOCAL SPORTS SWIMMING

FREMONT ROSS RESULTS

» Site: Hawk-Bucci Natatorium, Fremont.

Girls Results

FREMONT ROSS 112 NOTRE DAME ACADEMY 77

» **200 medley relay:** 1, Fremont Ross High School 'A' (Kelly, Kaity FR, Fisher, Haley A JR, Hawk, Megan SR, Moyer, Emily SR), 2:01.04. 2, Fremont Ross High School 'B' (Fisher, Holly B JR, Hawk, Morgan FR, Jones, Libby JR, Schwochow, Alyssa JR), 2:14.07. 3, Notre Dame Academy-OH 'B' (Hoellrich, Allison FR, Kalies, Ashley SR, Ryder, Natalie FR, Huffman, Madi JR), 2:15.42. 4, Notre Dame Academy-OH 'C' (Kasper, Courtney JR, Meads, Meredith SR, Hiltner, Tia SO, Filas, Ely SO), 2:19.22. 5, Fremont Ross High School 'C' (Miller, Marissa P JR, Ward, Parker SO, Barston, Veronica SO, Sweeney, Abby SO), x2:33.24.

» **200 free:** 1, Moses, Meghan L, Fremont, 2:00.29. 2, Kale, Spenser, Notre Dame-OH, 2:07.02. 3, Lagrou, Kortni, Fremont, 2:08.80. 4, Hoellrich, Allison, Notre Dame-OH, 2:21.66. 5, Schwochow, Alyssa, Fremont, 2:25.28. 6, Jones, Libby, Fremont, x2:26.23. 7, Filas, Ely, Notre Dame-OH, 2:28.97. 8, Hiltner, Tia, Notre Dame-OH, x2:30.81.

» **200 IM:** 1, Fisher, Haley A, Fremont, 2:15.36. 2, Ledrick, Gwyn, Notre Dame-OH, 2:27.35. 3, Klingman, Alaina G, Fremont, 2:30.97. 4, Kalies, Ashley, Notre Dame-OH, 2:38.87. 5, Ryder, Natalie, Notre Dame-OH, 2:39.34. 6, Moyer, Emily, Fremont, 2:43.09. 7, Huffman, Madi, Notre Dame-OH, x2:51.81. 8, Meads, Meredith, Notre Dame-OH, x2:52.57.

» **50 free:** 1, Waggoner, Morgan R, Fremont, 24.91. 2, Smale, Avery, Notre Dame-OH, 26.12. 3, Kelly, Kaity, Fremont, 26.92. 4, Walter, Natalie, Notre Dame-OH, 27.58. 5, Konczal, Madi, Notre Dame-OH, 28.16. 6, Hawk, Morgan, Fremont, 30.63. 7, Bush, Codie, Fremont, x32.90. 8, Grana, Madison, Notre Dame-OH, x33.13. 9, Barston, Veronica, Fremont, x33.64. 10, Spinazze, Maria, Notre Dame-OH, x34.01.

» **1M diving:** 1, Wilson, Taylor, Notre Dame-OH, 206.00. 2, Smyth, Maddy, Notre Dame-OH, 164.45. 3, Jacobs, Sam, Notre Dame-OH, 149.20. 4, Shook, Lexi, Notre Dame-OH, x145.95. 5, Sweeney, Abby, Fremont, 140.95. 6, Otermat, Amber, Fremont, 140.00. 7, Burmeister, Emily, Fremont, 127.30. 8, Relling, Ally, Fremont, x102.05.

» **100 butterfly:** 1, Fisher, Haley A, Fremont, 1:00.28. 2, Klingman, Alaina G, Fremont, 1:11.01. 3, Hickey, Maureen, Notre Dame-OH, 1:11.26. 4, Ryder, Natalie, Notre Dame-OH, 1:15.80. 5, Jones, Libby, Fremont, 1:15.88. 6, Jones, Morgan, Notre Dame-OH, 1:20.69.

» **100 free:** 1, Hawk, Megan, Fremont, 56.42. 2, Smale, Avery, Notre Dame-OH, 57.00. 3, Lagrou, Kortni, Fremont, 1:00.22. 4, Walter, Natalie, Notre Dame-OH, 1:01.84. 5, Moyer, Emily, Fremont, 1:02.21. 6, Konczal, Madi, Notre Dame-OH, 1:02.27. 7, Filas, Ely, Notre Dame-OH, x1:08.22. 8, Chambers, Erica, Fremont, x1:17.04. 9, Bush, Codie, Fremont, x1:17.79. 10, Spinazze, Maria, Notre Dame-OH, x1:22.95.

» **500 free:** 1, Moses, Meghan L, Fremont, 5:30.94. 2, Fisher, Holly B, Fremont, 5:57.67. 3, Hoellrich, Allison, Notre Dame-OH, 5:58.21. 4, Kelly, Kaity, Fremont, 6:12.98. 5, Jones, Morgan, Notre Dame-OH, 6:17.30. 6, Hiltner, Tia, Notre Dame-OH, 6:39.28.

» **200 free relay:** Fremont Ross High School 'A' (Waggoner, Morgan R SO, Moyer, Emily SR, Hawk, Megan SR, Moses, Meghan L SO), 1:43.74. 2, Notre Dame Academy-OH 'A' (Kale, Spenser SO, Walter, Natalie JR, Konczal, Madi SO, Ledrick, Gwyn FR), 1:49.84. 3, Fremont Ross High School 'B' (Klingman, Alaina G SO, Hawk, Morgan FR, Schwochow, Alyssa JR, Lagrou, Kortni JR), 1:56.88. 4, Notre Dame Academy-OH 'B' (Ryder, Natalie FR, Meads, Meredith SR, Huffman, Madi JR, Kalies, Ashley SR), 1:57.18. 5, Fremont Ross High School 'C' (Miller, Marissa P JR, Sweeney, Abby SO, Ward, Parker SO, Bush, Codie SR), x2:07.42. 6, Fremont Ross High School 'D' (Reinke, Josefina SR, Chambers, Erica FR, Colston, McKenzie SR, Barston, Veronica SO), x2:20.89. 7, Notre Dame Academy-OH 'C' (Sherman, Stephanie SO, Presser, Cynthia JR, Carpenter, Bryttini SO, Spinazze, Maria SR), x2:23.85.

» **100 backstroke:** 1, Waggoner, Morgan R, Fremont, 1:01.99. 2, Kale, Spenser, Notre Dame-OH, 1:05.27. 3, Fisher, Holly B, Fremont, 1:11.13. 4, Hickey, Maureen, Notre Dame-OH, 1:15.79. 5, Kasper, Courtney, Notre Dame-OH, 1:19.21. 6, Miller, Marissa P, Fremont, 1:29.20. 7, Colston, McKenzie, Fremont, x1:32.56. 8, Carpenter, Bryttini, Notre Dame-OH, x1:45.44.

» **100 breaststroke:** 1, Ledrick, Gwyn, Notre Dame-OH, 1:14.11. 2, Hawk, Megan, Fremont, 1:17.22. 3, Hawk, Morgan, Fremont, 1:21.37. 4, Kalies, Ashley, Notre Dame-OH, 1:22.77. 5, Meads, Meredith, Notre Dame-OH, 1:25.70. 6, Ward, Parker, Fremont, 1:26.84. 7, Reinke, Josefina, Fremont, x1:42.52.

» **400 free relay:** 1, Fremont Ross High School 'A' (Kelly, Kaity FR, Moses, Meghan L SO, Fisher, Haley A JR, Waggoner, Morgan R SO), 3:51.69. 2, Notre Dame Academy-OH 'A' (Hickey, Maureen JR, Hoellrich, Allison FR, Kale, Spenser SO, Smale, Avery JR), 4:08.84. 3, Fremont Ross High School 'B' (Fisher, Holly B JR, Schwochow, Alyssa JR, Klingman, Alaina G SO, Lagrou, Kortni JR), 4:10.26. 4, Notre Dame Academy-OH 'B' (Kasper, Courtney JR, Hiltner, Tia SO, Filas, Ely SO, Huffman, Madi JR), 4:34.69. 5, Fremont Ross High School 'C' (Barston, Veronica SO, Ward, Parker SO, Jones, Libby JR, Miller, Marissa P JR), x4:50.95.

Swimming: Ross girls and boys sweep 6-team dual

FREMONT — Nickolas Hoffman and Trent Williams both won their individual races and were part of two winning relays on Tuesday as the Ross boys swept Tiffin Calvert, Tiffin Columbian, St. Joseph Central Catholic and Oak Harbor in a meet held at the Hawk-Bucci Natatorium.

Hoffman won the 200 IM and the 100 butterfly, while Williams won the 100 free and the 100 backstroke. Both were on the winning 200 medley relay and 400 free relay squads. Hawk Smith won the 100 breaststroke and was the winning 200 medley relay team, along with Lorenzo Zamora who added a win in the 500 free. Bradyn Klein and Zamora rounded out the 400 free relay team.

The Ross girls swept all three relay races, and finished the year undefeated in dual competition with four wins as well.

Kaity Kelly, Haley Fisher, Megan Hawk and Alaina Klingman won the 200 medley relay, while Klingman, Morgan Waggoner, Parker Ward and Meghan Moses won the 200 free relay. Waggoner, Hawk, Morgan Hawk and Moses won the 400 free relay.

Individually, Fisher won the 100 breaststroke, Megan Hawk the 500 free, Waggoner the 200 free and Kortni Lagrou won the 50 free.

Ben Dresser won the boys 200 freestyle and Bryce Buderer won the one-meter diving as the Oak Harbor boys went 3-1.

Makenzie Pluto won the girls one-meter diving as the Rocket girls had the same results.

Alec Adams was fourth in boys 100 backstroke for SJCC, which beat Calvert. Cameron Wasson was fourth in the breaststroke.

Boys Results

» **200 medley relay:** 1, Fremont Ross High School 'A' (Williams, Trent E SO, Smith, Hawk SO, Hoffman, Nickolas J JR, Zamora, Lorenzo SR), 1:48.06. 2, Fremont Ross High School 'B' (Christiansen, Nick JR, Smith, Garrett SO, Dorobek, Nick FR, Klein, Braydn JR), 2:03.59. 3, Oak Harbor High School-OH 'A' (Heintz, Alex SR, Bodnar, Isaac JR, Priesman, Curtis SR, Decant, Ryan JR), 2:03.74. 4, Oak Harbor High School-OH 'B' (Price, Zach FR, Hess, Zach FR, Sievert, Trevor SO, Heintz, Nick JR), 2:13.09.

» **200 free:** 1, Dresser, Ben, OHA-OH, 1:54.20. 2, Gates, Chris, TCO-OH, 1:54.63. 3, Smith, Hawk, Fremont, 2:01.76. 4, Young, Adam, TCO-OH, 2:06.32. 5, Johnson, Tyler, OHA-OH, 2:07.50. 6, Zamora, Lorenzo, Fremont, 2:08.12. 7, Boyer, Matt, SJCC, 2:16.19. 8, Drown, Dillion, SJCC, 2:27.67.

» **200 IM:** 1, Hoffman, Nickolas J, Fremont, 2:14.54. 2, Lewis, Isaac, TCO-OH, 2:22.45. 3, Dorobek, Nick, Fremont, 2:26.67. 4, Lafountain, Michael, OHA-OH, 2:27.23. 5, Price, Zach, OHA-OH, 2:37.52. 6, Smith, Garrett, Fremont, 2:56.14.

» **50 free:** 1, Kuhn, Braden, TCO-OH, 24.61. 2, Klein, Braydn, Fremont, 25.10. 3, Heintz, Alex, OHA-OH, 25.30. 4, Decant, Ryan, OHA-OH, 25.50. 5, Schwartz, Justin, TCO-OH, 25.86. 6, Traxler, Anthony, TCA-OH, 26.38. 7, Colston, Andrew, Fremont, 27.03. 8, Michelsen, Mathias, SJCC, 28.02. 9, Hammer, Dan, SJCC, 34.57.

» **1M diving:** 1, Buderer, Bryce, OHA-OH, 229.95. 2, Hicks, Cooper, OHA-OH, 221.15. 3, Crawford, Marquis, Fremont, 188.45. 4, Walker, Darrion, Fremont, 144.60. 5, Gutierrez, Manuel, Fremont, 124.25.

» **100 butterfly:** 1, Hoffman, Nickolas J, Fremont, 58.12. 2, Ramsdell, Nate, TCO-OH, 1:05.85. 3, Bodnar, Isaac, OHA-OH, 1:06.46. 4, Dorobek, Nick, Fremont, 1:09.08. 5, Decant, Ryan, OHA-OH, 1:18.17.

» **100 free:** 1, Williams, Trent E, Fremont, 49.38. 2, Dresser, Ben, OHA-OH, 51.12. 3, Kuhn, Braden, TCO-OH, 53.85. 4, Lewis, Isaac, TCO-OH, 53.96. 5, Johnson, Tyler, OHA-OH, 57.02. 6, Christiansen, Nick, Fremont, 58.55. 7, Boyer, Matt, SJCC, 58.73. 8, Traxler, Anthony, TCA-OH, 59.73. 9, Adams, Alec, SJCC, 59.78.

» **500 free:** 1, Zamora, Lorenzo, Fremont, 5:29.56. 2, Lafountain, Michael, OHA-OH, 5:40.28. 3, Young, Adam, TCO-OH, 5:43.90. 4, Heintz, Nick, OHA-OH, 5:56.96. 5, Colston, Andrew, Fremont, 6:03.94.

» **200 free relay:** 1, Tiffin Columbian-OH 'A' (Gates, Chris SR, Schwartz, Justin SR, Lewis, Isaac SO, Kuhn, Braden SR), 1:37.22. 2, Oak Harbor High School-OH 'A' (Dresser, Ben JR, Decant, Ryan JR, Johnson, Tyler SR, Lafountain, Michael SR), 1:38.39. 3, Fremont Ross High School 'A' (Klein, Braydn JR, Christiansen, Nick JR, Smith, Hawk SO, Dorobek, Nick FR), 1:42.07. 4, Tiffin Columbian-OH 'B' (Ramsdell, Nate JR, Widman, Eline SR, Panuto, Gus FR, Young, Adam SR), 1:52.98. 5, St Joe 'A' (Adams, Alec, Wasson, Cameron, Drown, Dillion, Boyer, Matt), 1:53.09. 6, Fremont Ross High School 'B' (Farrier, Ryan SO, Risner, Austin FR, Tong, Bo SO, Colston, Andrew FR), 1:55.76. 7, Oak Harbor High School-OH 'B' (Priesman, Curtis SR, Heintz, Nick JR, Hess, Zach FR, Sievert, Trevor SO), 1:58.23.

» **100 backstroke:** 1, Williams, Trent E, Fremont, 58.06. 2, Gates, Chris, TCO-OH, 59.26. 3, Bodnar, Isaac, OHA-OH, 1:06.90. 4, Adams, Alec, SJCC, 1:10.02. 5, Schwartz, Justin, TCO-OH, 1:14.69. 6, Christiansen, Nick, Fremont, 1:16.23. 7, Sievert, Trevor, OHA-OH, 1:19.04. 8, Risner, Austin, Fremont, 1:38.30.

» **100 breaststroke:** 1, Smith, Hawk, Fremont, 1:10.62. 2, Smith, Garrett, Fremont, 1:21.51. 3, Gregilla, Lucas, OHA-OH, 1:26.53. 4, Wasson, Cameron, SJCC, 1:27.16. 5, Hess, Zach, OHA-OH, 1:27.29. 6, Widman, Eline, TCO-OH, 1:30.35.

» **400 free relay:** 1, Fremont Ross High School 'A' (Hoffman, Nickolas J JR, Klein, Braydn JR, Zamora, Lorenzo SR, Williams, Trent E SO), 3:29.66. 2, Oak Harbor High School-OH 'A' (Dresser, Ben JR, Heintz, Alex SR, Johnson, Tyler SR, Lafountain, Michael SR), 3:42.07. 3, Oak Harbor High School-OH 'B' (Priesman, Curtis SR, Price, Zach FR, Heintz, Nick JR, Bodnar, Isaac JR), 4:09.18. 4, Tiffin Columbian-OH 'A' (Ramsdell, Nate JR, Prenzlin, Damon SR, Schwartz, Justin SR, Young, Adam SR), 4:10.21. 5, St Joe 'A' (Boyer, Matt, Wasson, Cameron, Drown, Dillion, Adams, Alec), 4:24.12. 6, Fremont Ross High School 'B' (Colston, Andrew FR, Farrier, Ryan SO, Risner, Austin FR, Tong, Bo SO), 4:24.49.

SWIMMING

5-TEAM DUAL

» Site: Hawk-Bucci Natatorium, Fremont.

Girls Results

» **200 medley relay:** 1, Fremont Ross High School 'A' (Kelly, Kaity FR, Fisher, Haley A JR, Hawk, Megan SR, Klingman, Alaina G SO), 2:00.45. 2, Fremont Ross High School 'B' (Waggoner, Morgan R SO, Fisher, Holly B JR, Moses, Meghan L SO, Lagrou, Kortni JR), 2:01.48. 3, Oak Harbor High School-OH 'A' (Hablitzal, Elyse SR, Priesman, Paige FR, Tice, Brooke JR, Mizelle, Abby FR), 2:08.27. 4, Tiffin Columbian-OH 'A' (Young, Lindsay SO, Cooper, Bre SO, Howard, Natalie JR, Desjardins, Alexis E SO), 2:10.68. 5, Oak Harbor High School-OH 'B' (Schroeder, Allison SO, Weborg, Taylor JR, Petersen, Noelle FR, Brandt, Callie JR), 2:12.73. 6, St Joe 'A' (Oddo, Abby, Michael, Madison, Millitello, Sophie, Franks, Sarah), 2:35.22. 7, Calvert High School-OH 'A' (Burks, Amber JR, Brodman, Emma SR, Fabrizio, Carmella SR, Traxler, Amanda SR), 2:38.15.

» **200 free:** 1, Waggoner, Morgan R, Fremont, 2:00.35. 2, Harris, Corinne, TCA-OH, 2:01.46. 3, Tiell, Katie, TCA-OH, 2:09.53. 4, Lazenby, Amber, OHA-OH, 2:14.54. 5, Byington, Taylor, OHA-OH, 2:14.92. 6, Jarrett, Jordan A, TCO-OH, 2:18.63. 7, Schwochow, Alyssa, Fremont, 2:23.29. 8, Vallery, Lydia M, TCO-OH, 2:34.46.

» **200 IM:** 1, Moses, Meghan L, Fremont, 2:22.67. 2, Fisher, Holly B, Fremont, 2:33.75. 3, Priesman, Paige, OHA-OH, 2:34.58. 4, Hanf, Tracey, OHA-OH, 2:40.06. 5, Desjardins, Alexis E, TCO-OH, 2:53.84. 6, Millitello, Sophie, SJCC, 2:57.13. 7, Brodman, Emma, TCA-OH, 3:04.17.

» **50 free:** 1, Lagrou, Kortni, Fremont, 26.97. 2, Mizelle, Abby, OHA-OH, 27.26. 3, Moyer, Emily, Fremont, 28.88. 4, Brandt, Callie, OHA-OH, 28.93. 5, Cooper, Bre, TCO-OH, 30.35. 6, Traxler, Amanda, TCA-OH, 30.65. 7, Stephey, Eden, TCO-OH, 30.68. 8, Franks, Sarah, SJCC, 31.89. 9, Baez, Daniela, SJCC, 34.87. 10, Fabrizio, Carmella, TCA-OH, 35.62.

» **1M diving:** 1, Pluto, Makenzie, OHA-OH, 175.90. 2, Branum, Kara, OHA-OH, 174.90. 3, Sweeney, Abby, Fremont, 165.80. 4, Otermat, Amber, Fremont, 145.10. 5, Burmeister, Emily, Fremont, 127.80. 6, Relling, Allie, Fremont, 110.90.

» **100 butterfly:** 1, Howard, Natalie, TCO-OH, 1:03.96. 2, Tice, Brooke, OHA-OH, 1:12.33. 3, Moyer, Emily, Fremont, 1:12.88. 4, Jones, Libby, Fremont, 1:17.19. 5, Petersen, Noelle, OHA-OH, 1:21.22.

» **100 free:** 1, Harris, Corinne, TCA-OH, 55.91. 2, Lagrou, Kortni, Fremont, 59.67. 3, Byington, Taylor, OHA-OH, 1:00.07. 4, Klingman, Alaina G, Fremont, 1:01.47. 5, Mizelle, Abby, OHA-OH, 1:03.58. 6, Stephey, Eden, TCO-OH, 1:11.78. 7, Kahler, Sagan, TCO-OH, 1:14.63. 8, Michael, Madison, SJCC, 1:20.78. 9, Baez, Daniela, SJCC, 1:22.15. 10, Burks, Amber, TCA-OH, 1:23.30.

» **500 free:** 1, Hawk, Megan, Fremont, 5:44.42. 2, Tiell, Katie, TCA-OH, 5:44.59. 3, Hanf, Tracey, OHA-OH, 6:01.29. 4, Brandt, Callie, OHA-OH, 6:14.17. 5, Jarrett, Jordan A, TCO-OH, 6:17.66. 6, Miller, Marissa P, Fremont, 6:39.69. 7, Vallery, Lydia M, TCO-OH, 6:55.84. 8, Fabrizio, Carmella, TCA-OH, 7:00.66.

» **200 free relay:** 1, Fremont Ross High School 'A' (Waggoner, Morgan R SO, Ward, Parker SO, Klingman, Alaina G SO, Moses, Meghan L SO), 1:46.94. 2, Fremont Ross High School 'B' (Lagrou, Kortni JR, Schwochow, Alyssa JR, Fisher, Holly B JR, Fisher, Haley A JR), 1:48.79. 3, Oak Harbor High School-OH 'A' (Hablitzal, Elyse SR, Schroeder, Allison SO, Brandt, Callie JR, Hanf, Tracey JR), 1:54.20. 4, Calvert High School-OH 'A' (Harris, Corinne SO, Brodman, Emma SR, Traxler, Amanda SR, Tiell, Katie SO), 1:55.71. 5, Tiffin Columbian-OH 'A' (Cooper, Bre SO, Young, Lindsay SO, Jarrett, Jordan A JR, Howard, Natalie JR), 1:55.92. 6, Oak Harbor High School-OH 'B' (Lazenby, Amber JR, Blunt, Mikenzie FR, Gregilla, Mary JR, Byington, Taylor FR), 1:56.75. 7, Tiffin Columbian-OH 'B' (McClellan, Claire JR, Stephey, Eden FR, Vallery, Lydia M SO, Desjardins, Alexis E SO), 2:06.25. 8, St Joe 'A' (Millitello, Sophie, Franks, Sarah, Oddo, Abby, Michael, Madison), 2:15.62.

» **100 backstroke:** 1, Howard, Natalie, TCO-OH, 1:07.24. 2, Kelly, Kaity, Fremont, 1:09.25. 3, Tice, Brooke, OHA-OH, 1:10.18. 4, Young, Lindsay, TCO-OH, 1:10.42. 5, Hablitzal, Elyse, OHA-OH, 1:15.26. 6, Oddo, Abby, SJCC, 1:30.87. 7, Burks, Amber, TCA-OH, 1:32.52. 8, Colston, McKenzie, Fremont, 1:34.19.

» **100 breaststroke:** 1, Fisher, Haley A, Fremont, 1:11.51. 2, Priesman, Paige, OHA-OH, 1:18.89. 3, Hawk, Morgan, Fremont, 1:21.29. 4, Fisher, Holly B, Fremont, 1:21.38. 5, Weborg, Taylor, OHA-OH, 1:22.28. 6, Cooper, Bre, TCO-OH, 1:25.69. 7, Barston, Veronica, Fremont, 1:31.39. 8, Michael, Madison, SJCC, 1:37.87. 9, Garrison, Katie, TCO-OH, 1:48.09.

» **400 free relay:** 1, Fremont Ross High School 'A' (Waggoner, Morgan R SO, Hawk, Megan SR, Hawk, Morgan FR, Moses, Meghan L SO), 3:57.16. 2, Fremont Ross High School 'B' (Moyer, Emily SR, Klingman, Alaina G SO, Kelly, Kaity FR, Fisher, Haley A JR), 4:00.31. 3, Calvert High School-OH 'A' (Tiell, Katie SO, Traxler, Amanda SR, Brodman, Emma SR, Harris, Corinne SO), 4:16.15. 4, Oak Harbor High School-OH 'B' (Lazenby, Amber JR, Gregilla, Mary JR, Petersen, Noelle FR, Schroeder, Allison SO), 4:26.60. 5, Tiffin Columbian-OH 'A' (Desjardins, Alexis E SO, Vallery, Lydia M SO, Young, Lindsay SO, Jarrett, Jordan A JR), 4:29.26. 6, Tiffin Columbian-OH 'B' (Garrison, Katie JR, Kahler, Sagan SO, McClellan, Claire JR, Stephey, Eden FR), 5:16.06. 7, St Joe 'A' (Millitello, Sophie, Oddo, Abby, Baez, Daniela, Michael, Madison), 5:24.21.

Swimming: Ken Gipe Relays

PORT CLINTON — The Minions, otherwise known as the Fremont Ross girls had four winning relays on Saturday to capture first place as a group at the annual Ken Gipe Relays, besting Notre Dame Academy 76-58.

The Little Giants' Megan Hawk, Morgan Waggoner, Meghan Moses and Haley Fisher won the 850 crescendo relay (8:52.04). Fisher, Moses and Alaina Klingman won the 300 individual medley relay (3:19.28), while Hawk, Waggoner, Kortni Lagrou and Emily Moyer won the 400 freestyle relay (3:59.30). Holly Fisher, Morgan Hawk, Moyer and Klingman won the 200 medley relay (2:05.34).

The Princess, normally known as the Ross boys, took second to Olentangy (60-50) and featured the winning 200 medley relay of Hawk Smith, Nickolas Hoffman, Trent Williams and Bradyn Klein (1:49.33). The same four were second in the boys 850 crescendo relay.

Oak Harbor, 10th in the boys standings, edged Ross in the boys one-meter diving.

Margaretta's Eric Ward, Luke Griffith, Casey Swartz and Trent Balduff won the boys 400 freestyle relay (3:39.72). The Polar Bears were third in the boys' meet.

Oak Harbor, third in the girls' meet, was second to Notre Dame in the girls one-meter diving and second in the 200 medley relay.

