

## 2026 Northern Lakes League

### Team Scores

2026 Northern Lakes League Swimming & Diving Championships  
January 8|10, 2026

#### Boys Cardinal Division

Team scores at the end of competition on Saturday, January 10, 2026.

Place	Team	Score
1	Fremont Ross	294.0
2	Napoleon	224.0
3	Oregon Clay	218.0
4	Bowling Green	167.0
5	Sylvania Southview	133.0
6	Holland Springfield	105.0

### Team Scores

2026 Northern Lakes League Swimming & Diving Championships  
January 8|10, 2026

#### Girls Cardinal Division

Team scores at the end of competition on Saturday, January 10, 2026.

Place	Team	Score
1	Napoleon	337.0
2	Bowling Green	259.0
3	Fremont Ross	237.0
4	Sylvania Southview	177.0
5	Holland Springfield	92.0
6	Oregon Clay	81.0

## Boys 50 Freestyle (Cardinal)

Psych Sheet | **Finals**

"Your life begins to end the day you become silent about things that matter." - Martin Luther King, Jr.

Record	Name	School	Time	Year
National	Maximus Williamson	Keller, TX	:19.08	2025
Ohio	Hudson Williams	Powell Olentangy Liberty	:19.55	2023
		All-American (A)	:20.38	

## Timed Final

Bowling Green State University

Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Logan Garza	Jr	Fremont Ross	:22.52
2	Will Meeker	Sr	Holland Springfield	:23.11
3	Colin Wanamakok	Jr	Holland Springfield	:23.68
4	Ethan Rozek	Sr	Sylvania Southview	:23.85
5	Mikey Stanford	Sr	Bowling Green	:24.05
6	Nick Nonekowski	Sr	Oregon Clay	:24.70
7	Xavier Lockhart	Sr	Oregon Clay	:24.79
8	Connor Koch	Fr	Sylvania Southview	:24.87
9	Cade Reineck	Sr	Fremont Ross	:25.20
10	Benny Aderman	So	Napoleon	:26.29
11	Brad Sokasits	Fr	Sylvania Southview	:26.78
12	Noah Crawford	So	Fremont Ross	:27.05
13	Jackson Delaney	Sr	Napoleon	:28.89
14	Carson Boehler	Fr	Bowling Green	:29.52
15	Collin Newman	Fr	Sylvania Southview	:29.78
16	Dave Flack	Jr	Holland Springfield	:31.33
17	Evan Price	Sr	Napoleon	:31.56
18	David Eckel	Jr	Holland Springfield	:32.26
19	Bentley Harder	Fr	Holland Springfield	:43.90

## Girls 50 Freestyle (Cardinal)

Psych Sheet | **Finals**

*"By failing to prepare, you are preparing to fail."* - Benjamin Franklin

Record	Name	School	Time	Year
National	Gretchen Walsh	Nashville Harpeth Hall, TN	:21.59	2020
Ohio	Margo Geer	Milford Center Fairbanks	:22.35	2010
	Ashley Volpenhein	Mason	:22.35	2015
		All-American (A)	:23.06	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Alayna Mahan	Jr	Bowling Green	:25.19
2	Brooklyn Berndt	So	Fremont Ross	:27.00
3	Emily Flowers	Fr	Napoleon	:27.14
4	Addy Thompson	Sr	Napoleon	:27.27
5	Brenah Parker	Sr	Fremont Ross	:27.92
6	Bea Blair	Sr	Bowling Green	:28.17
7	Leah Komperda	Fr	Sylvania Southview	:28.32
8	Anna Schultz	Fr	Holland Springfield	:28.83
9	Abigail Kurdziel	Sr	Holland Springfield	:28.89
10	Abbi Baker	So	Napoleon	:29.09
11	Kiara Knight	So	Sylvania Southview	:30.76
12	Genevieve Otting	Jr	Sylvania Southview	:31.32
13	Annabelle Hunyor	Sr	Oregon Clay	:31.66
14	Emmajean Talsma	Jr	Napoleon	:34.56
15	Ari Holbrook	So	Napoleon	:34.70
16	Annika Maher	Fr	Oregon Clay	:35.06
17	Gabby Martinez	Sr	Napoleon	:39.28
18	Emma Young	Fr	Fremont Ross	:51.83

## Boys 100 Freestyle (Cardinal)

Psych Sheet | **Finals**

"Nothing is impossible to a willing heart." - Unknown

Record	Name	School	Time	Year
National	Maximus Williamson	Keller, TX	:41.54	2025
Ohio	Hudson Williams	Powell Olentangy Liberty	:42.98	2023
		All-American (A)	:44.69	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Cooper Lutz	Sr	Oregon Clay	:49.08
2	Will Meeker	Sr	Holland Springfield	:50.37
3	Rob Hoffman	Jr	Napoleon	:52.51
4	Ethan Rozek	Sr	Sylvania Southview	:52.63
5	Mikey Stanford	Sr	Bowling Green	:53.15
6	Beckett Walkup	Sr	Sylvania Southview	:55.30
7	Nick Nonekowski	Sr	Oregon Clay	:56.24
8	Cade Reineck	Sr	Fremont Ross	:57.58
9	Blake Henry	Jr	Fremont Ross	:58.01
10	Blake Reimund	So	Napoleon	:58.07
11	Henry Brewis	So	Holland Springfield	:58.38
12	Lucas Williamson	So	Napoleon	1:01.52
13	Noah Crawford	So	Fremont Ross	1:02.92
14	Jackson Delaney	Sr	Napoleon	1:03.22
15	Rowen Lockhart	So	Oregon Clay	1:05.22
16	Maddox Ford	Fr	Napoleon	1:06.59
17	Collin Newman	Fr	Sylvania Southview	1:07.61
18	David Eckel	Jr	Holland Springfield	1:14.95
19	Evan Price	Sr	Napoleon	1:17.01
20	Bentley Harder	Fr	Holland Springfield	1:43.34

## Girls 100 Freestyle (Cardinal)

Psych Sheet | **Finals**

"It is only as you help to develop others that you will permanently succeed." - Harvey Firestone

Record	Name	School	Time	Year
National	Rylee Erisman	Windemere, FL	:46.73	2025
Ohio	Margo Geer	Milford Center Fairbanks	:48.45	2010
		All-American (A)	:50.13	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Brooklyn Berndt	So	Fremont Ross	:58.68
2	Emily Flowers	Fr	Napoleon	:59.72
3	Peyton Burill	Sr	Napoleon	1:01.19
4	Maura Desmond	Jr	Bowling Green	1:01.37
5	Leah Komperda	Fr	Sylvania Southview	1:01.65
6	Bea Blair	Sr	Bowling Green	1:02.06
7	Anna Schultz	Fr	Holland Springfield	1:03.23
8	Abigail Kurdziel	Sr	Holland Springfield	1:06.65
9	Genevieve Otting	Jr	Sylvania Southview	1:08.89
10	Francesca Gernert	Jr	Oregon Clay	1:08.92
11	Kiara Knight	So	Sylvania Southview	1:09.47
12	Annabelle Hunyor	Sr	Oregon Clay	1:12.20
13	Hayley Baker	So	Bowling Green	1:14.89
14	Emmajean Talsma	Jr	Napoleon	1:17.22
15	Ari Holbrook	So	Napoleon	1:17.83
16	Gabby Martinez	Sr	Napoleon	1:28.75
17	Emma Young	Fr	Fremont Ross	1:59.77

## Boys 200 Freestyle (Cardinal)

Psych Sheet | **Finals**

"Well done is better than well said." - Benjamin Franklin

Record	Name	School	Time	Year
National	Maximus Williamson	Keller, TX	1:30.46	2025
Ohio	Carson Foster	Cincinnati Sycamore	1:32.99	2019
		All-American (A)	1:37.93	

## Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Cooper Lutz	Sr	Oregon Clay	1:49.17
2	Lucas Garza	Jr	Fremont Ross	1:54.89
3	Ebon Root	So	Fremont Ross	1:57.85
4	Rob Hoffman	Jr	Napoleon	1:58.53
5	Aidan Jacks	Jr	Bowling Green	2:04.39
6	Evan Bilow	Fr	Napoleon	2:05.70
7	Braylen Blue	Jr	Napoleon	2:06.42
8	Ian Christensen	Jr	Oregon Clay	2:08.02
9	Brody Thompson	So	Napoleon	2:20.15
10	Garrett Ruffell	Sr	Bowling Green	3:03.30

## Girls 200 Freestyle (Cardinal)

Psych Sheet | **Finals**

*"The most difficult thing is the decision to act, the rest is merely tenacity." - Amelia Earhart*

Record	Name	School	Time	Year
National	Katie Ledecky	Bethesda Stone Ridge, MD	1:41.55	2015
Ohio	Emily Brown	Dublin Coffman	1:45.88	2023
		All-American (A)	1:48.81	

## Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Melanie Long	Sr	Bowling Green	2:05.41
2	Mackenzie Spring	Sr	Napoleon	2:08.01
3	Yardley Decker	Fr	Fremont Ross	2:08.14
4	Layla Mendoza	Jr	Fremont Ross	2:11.12
5	Autumn Sowinski	Sr	Holland Springfield	2:13.61
6	McKenna Gaertner	Jr	Sylvania Southview	2:15.13
7	Katelyn Hoover	Jr	Napoleon	2:19.71
8	Julia Bocik	Fr	Sylvania Southview	2:23.28
9	Emma Espinoza	Jr	Napoleon	2:28.17
10	Kathryn Stearns	So	Napoleon	2:29.07
11	Macy Odom	Jr	Holland Springfield	2:32.47
12	Francesca Gernert	Jr	Oregon Clay	2:38.34
13	Sam Kozey	Jr	Bowling Green	2:59.11
14	Sydney Bushman	So	Bowling Green	3:06.76

## Boys 500 Freestyle (Cardinal)

Psych Sheet | **Finals**

"Don't let what you can't do interfere with what you can do." - Unknown

Record	Name	School	Time	Year
National	Luka Mijatovic	Pleasanton Foothill, CA	4:11.91	2025
Ohio	Grant House	Cincinnati St. Xavier	4:19.15	2017
		All-American (A)	4:27.94	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Lucas Garza	Jr	Fremont Ross	5:08.78
2	Cooper Speiser	Sr	Napoleon	5:26.43
3	Ebon Root	So	Fremont Ross	5:29.09
4	Ian Christensen	Jr	Oregon Clay	5:34.66
5	Evan Bilow	Fr	Napoleon	5:39.40
6	Jackson Fallis	So	Bowling Green	5:44.51
7	Colin Rich	Jr	Fremont Ross	5:51.10
8	Braylen Blue	Jr	Napoleon	5:51.43
9	Brody Thompson	So	Napoleon	6:09.01
10	Isaiah Kinn	Sr	Oregon Clay	6:33.60

## Girls 500 Freestyle (Cardinal)

Psych Sheet | **Finals**

"Whoever is winning at the moment will always seem to be invincible." - George Orwell

Record	Name	School	Time	Year
National	Katie Ledecky	Bethesda Stone Ridge, MD	4:26.58	2015
Ohio	Alyssa Kiel	Gates Mills Hawken	4:42.15	2004
		All-American (A)	4:53.01	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Melanie Long	Sr	Bowling Green	5:31.42
2	Yardley Decker	Fr	Fremont Ross	5:43.15
3	Layla Mendoza	Jr	Fremont Ross	5:44.08
4	Mackenzie Spring	Sr	Napoleon	5:45.17
5	Estere Doston	Jr	Napoleon	5:57.69
6	Izzy Henry	Sr	Napoleon	6:11.53
7	Julia Bocik	Fr	Sylvania Southview	6:17.13
8	Emma Espinoza	Jr	Napoleon	6:46.11
9	Addison Stine	Fr	Oregon Clay	7:21.09
10	Sam Kozey	Jr	Bowling Green	7:49.97
11	Kylie Doust	Fr	Bowling Green	9:00.20

## Boys 100 Backstroke (Cardinal)

Psych Sheet | **Finals**

*"The will to prepare is as important as the will to win."* - Bud Wilkinson

Record	Name	School	Time	Year
National	Will Modglin	Zionsville, IN	:45.08	2023
Ohio	Carson Foster	Cincinnati Sycamore	:46.28	2019
		All-American (A)	:48.90	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Trent Casey	Sr	Oregon Clay	1:00.43
2	Andrew Tooman	Jr	Fremont Ross	1:02.51
3	Stone Chamberlin	So	Bowling Green	1:03.50
4	Beckett Walkup	Sr	Sylvania Southview	1:03.89
5	Mason Vandenberghe	So	Napoleon	1:09.49
6	Ryan Berrie	Jr	Sylvania Southview	1:10.54
7	Henry Brewis	So	Holland Springfield	1:10.77
8	Alex Bashor	Fr	Napoleon	1:10.88
9	Colin Rich	Jr	Fremont Ross	1:11.53
10	Lucas Williamson	So	Napoleon	1:12.12
11	Rowen Lockhart	So	Oregon Clay	1:15.02
12	Dave Flack	Jr	Holland Springfield	1:35.62
13	Garrett Ruffell	Sr	Bowling Green	1:38.14
--	Carson Boehler	Fr	Bowling Green	DQ

## Girls 100 Backstroke (Cardinal)

Psych Sheet | **Finals**

"Your life begins to end the day you become silent about things that matter." - Martin Luther King, Jr.

Record	Name	School	Time	Year
National	Claire Curzan	Raleigh Cardinal Gibbons, NC	:49.61	2022
Ohio	Maya Schweikert	Kings Mills Kings	:52.55	2025
		All-American (A)	:54.71	

## Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	Gr	School	Time
1	Mia Buff	Sr	Bowling Green	:56.29
2	Emily Moellenberg	Fr	Sylvania Southview	1:05.70
3	Abbi Baker	So	Napoleon	1:06.44
4	Elayna Gray	Jr	Fremont Ross	1:07.07
5	Aubrey Pfothhauer	Sr	Fremont Ross	1:10.06
6	McKenna Gaertner	Jr	Sylvania Southview	1:10.30
7	Pressli Krupp	Sr	Bowling Green	1:10.99
8	Estere Doston	Jr	Napoleon	1:11.12
9	Kathryn Stearns	So	Napoleon	1:17.04
10	Macy Odom	Jr	Holland Springfield	1:22.64
11	Annika Maher	Fr	Oregon Clay	1:29.72
12	Sydney Bushman	So	Bowling Green	1:38.48

## Boys 100 Breaststroke (Cardinal)

Psych Sheet | **Finals**

*"To change is not necessarily to lose one's identity; to change sometimes is to find it." - George Brown Tindall*

Record	Name	School	Time	Year
National	Reece Whitley	Philadelphia William Penn, PA	:51.16	2018
Ohio	Jude Banks	Cleveland St. Ignatius	:53.43	2026
		All-American (A)	:55.04	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Logan Garza	Jr	Fremont Ross	:57.89
2	Colin Wanamakok	Jr	Holland Springfield	1:05.80
3	Aidan Jacks	Jr	Bowling Green	1:08.38
4	Cooper Speiser	Sr	Napoleon	1:09.63
5	Mason Vandenberghe	So	Napoleon	1:14.24
6	Jacob Stine	Sr	Oregon Clay	1:15.75
7	Collin Mahan	Fr	Bowling Green	1:19.25
8	Brad Sokasits	Fr	Sylvania Southview	1:19.30
9	Evan Billett	So	Oregon Clay	1:22.18
10	Dylan Dempsey	Fr	Sylvania Southview	1:23.27
11	Blake Henry	Jr	Fremont Ross	1:23.72
12	Isaiah Kinn	Sr	Oregon Clay	1:26.13

## Girls 100 Breaststroke (Cardinal)

Psych Sheet | **Finals**

"He never said it would be easy. He only said it would be worth it." - Unknown

Record	Name	School	Time	Year
National	Kaitlyn Dobler	Beaverton Aloha, OR	:58.35	2020
Ohio	Hannah Bach	Brecksville-Broadview Heights	:59.29	2019
		All-American (A)	1:02.52	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Alayna Mahan	Jr	Bowling Green	1:11.37
2	Cecilia Downing	Jr	Oregon Clay	1:14.01
3	Emma Barricklow	Sr	Sylvania Southview	1:14.15
4	Autumn Sowinski	Sr	Holland Springfield	1:16.08
5	Katelyn Hoover	Jr	Napoleon	1:22.27
6	Peyton Burill	Sr	Napoleon	1:22.64
7	Gracie Rowe	So	Napoleon	1:28.27
8	Emily Vandenberghe	Sr	Napoleon	1:28.45
9	Emilia Burns	Fr	Fremont Ross	1:32.08
10	Hayley Baker	So	Bowling Green	1:32.22
11	Addison Stine	Fr	Oregon Clay	1:36.73
12	Kylie Doust	Fr	Bowling Green	1:51.84

## Boys 100 Butterfly (Cardinal)

Psych Sheet | **Finals**

"Good plans shape good decisions. That's why good planning helps to make elusive dreams come true." - Lester R. Bittel

Record	Name	School	Time	Year
National	Scotty Buff	Toledo St. Francis de Sales, OH	:44.97	2023
Ohio	Scotty Buff	Toledo St. Francis de Sales	:44.97	2023
		All-American (A)	:48.38	

## Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	Gr	School	Time
1	LJ Gabel	So	Fremont Ross	:56.72
2	Matthew Biddle	So	Fremont Ross	:58.78
3	Xavier Lockhart	Sr	Oregon Clay	:59.80
4	Stone Chamberlin	So	Bowling Green	1:01.85
5	Connor Koch	Fr	Sylvania Southview	1:03.32
6	Andrew Tooman	Jr	Fremont Ross	1:05.46
7	Ryan Berrie	Jr	Sylvania Southview	1:05.62
8	Collin Mahan	Fr	Bowling Green	1:09.78
9	Matthew Deblin	Jr	Napoleon	1:15.40
10	Maddox Ford	Fr	Napoleon	1:19.86
11	Dylan Dempsey	Fr	Sylvania Southview	1:27.97
12	Evan Billett	So	Oregon Clay	1:29.02

## Girls 100 Butterfly (Cardinal)

Psych Sheet | **Finals**

"Achievement lies within the reach of those who reach beyond themselves." - Unknown

Record	Name	School	Time	Year
National	Claire Curzan	Raleigh Cardinal Gibbons, NC	:49.24	2022
Ohio	Emily Brown	Dublin Coffman	:52.69	2024
		All-American (A)	:54.29	

## Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	Gr	School	Time
1	Mia Buff	Sr	Bowling Green	:56.84
2	Libby Hill	So	Napoleon	1:06.89
3	Aubrey Pfothenhauer	Sr	Fremont Ross	1:08.16
4	Emily Moellenberg	Fr	Sylvania Southview	1:08.19
5	Reese Wagner	Sr	Napoleon	1:09.31
6	Brenah Parker	Sr	Fremont Ross	1:11.28
7	Gracie Rowe	So	Napoleon	1:13.05
8	Isabel Jacks	Fr	Bowling Green	1:20.67

## Boys 200 Individual Medley (Cardinal)

Psych Sheet | **Finals**

"Teamwork is the fuel that allows common people to produce uncommon results." - Unknown

Record	Name	School	Time	Year
National	Maximus Williamson	Keller, TX	1:40.81	2024
Ohio	Jake Foster	Cincinnati Sycamore	1:43.99	2019
		All-American (A)	1:48.96	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	LJ Gabel	So	Fremont Ross	2:08.65
2	Trent Casey	Sr	Oregon Clay	2:10.55
3	Matthew Biddle	So	Fremont Ross	2:13.78
4	Jackson Fallis	So	Bowling Green	2:21.89
5	Alex Bashor	Fr	Napoleon	2:37.72
6	Matthew Deblin	Jr	Napoleon	2:42.65
7	Benny Aderman	So	Napoleon	2:47.09
8	Jacob Stine	Sr	Oregon Clay	2:48.66

## Girls 200 Individual Medley (Cardinal)

Psych Sheet | **Finals**

"Your life is an occasion - rise to it" - Mr. Magorium

Record	Name	School	Time	Year
National	Teagan O'Dell	Santa Margarita, CA	1:53.38	2023
Ohio	Emily Brown	Dublin Coffman	1:57.27	2024
		All-American (A)	2:01.47	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



Pl	Name	Gr	School	Time
1	Libby Hill	So	Napoleon	2:21.61
2	Emma Barricklow	Sr	Sylvania Southview	2:26.24
3	Cecilia Downing	Jr	Oregon Clay	2:34.37
4	Reese Wagner	Sr	Napoleon	2:34.92
5	Izzy Henry	Sr	Napoleon	2:37.69
6	Maura Desmond	Jr	Bowling Green	2:38.77
7	Pressli Krupp	Sr	Bowling Green	2:40.38
8	Isabel Jacks	Fr	Bowling Green	2:43.90
9	Emily Vandenberghe	Sr	Napoleon	2:44.09
10	Emilia Burns	Fr	Fremont Ross	2:48.57

## Boys 200 Freestyle Relay (Cardinal)

Psych Sheet | **Finals**

"Every drop in the ocean counts - so be a drop, make a ripple, create a wave, make a difference." - Freshing

Record	School	Time	Year
National	Keller, TX	1:19.21	2024
Ohio	Columbus St. Charles	1:19.49	2026
	All-American (A)	1:24.02	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	School	Time
1	Oregon Clay A	Oregon Clay	1:35.71
2	Fremont Ross A	Fremont Ross	1:36.22
3	Sylvania Southview A	Sylvania Southview	1:38.75
4	Napoleon A	Napoleon	1:43.93
5	Holland Springfield A	Holland Springfield	1:46.16
6	Napoleon B	Napoleon	1:48.80
7	Oregon Clay B	Oregon Clay	1:52.99
8	Bowling Green A	Bowling Green	1:53.34

## Girls 200 Freestyle Relay (Cardinal)

Psych Sheet | **Finals**

"The toughest thing about success is that you've got to keep on being a success. Talent is only a starting point." - Irving Berlin

Record	School	Time	Year
National	Santa Margarita, CA	1:29.61	2023
Ohio	North Canton Hoover	1:32.35	2018
	All-American (A)	1:35.48	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	School	Time
1	Napoleon A	Napoleon	1:48.58
2	Fremont Ross A	Fremont Ross	1:48.82
3	Holland Springfield A	Holland Springfield	1:56.18
4	Bowling Green A	Bowling Green	1:59.50
5	Napoleon B	Napoleon	1:59.77
6	Oregon Clay A	Oregon Clay	2:05.41

## Boys 200 Freestyle Relay (Cardinal)

Psych Sheet | **Finals**

"Every drop in the ocean counts - so be a drop, make a ripple, create a wave, make a difference." - Freshing

Record	School	Time	Year
National	Keller, TX	1:19.21	2024
Ohio	Columbus St. Charles	1:19.49	2026
	All-American (A)	1:24.02	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	School	Time
1	Oregon Clay A	Oregon Clay	1:35.71
2	Fremont Ross A	Fremont Ross	1:36.22
3	Sylvania Southview A	Sylvania Southview	1:38.75
4	Napoleon A	Napoleon	1:43.93
5	Holland Springfield A	Holland Springfield	1:46.16
6	Napoleon B	Napoleon	1:48.80
7	Oregon Clay B	Oregon Clay	1:52.99
8	Bowling Green A	Bowling Green	1:53.34

## Girls 200 Freestyle Relay (Cardinal)

Psych Sheet | **Finals**

"The toughest thing about success is that you've got to keep on being a success. Talent is only a starting point." - Irving Berlin

Record	School	Time	Year
National	Santa Margarita, CA	1:29.61	2023
Ohio	North Canton Hoover	1:32.35	2018
	All-American (A)	1:35.48	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	School	Time
1	Napoleon A	Napoleon	1:48.58
2	Fremont Ross A	Fremont Ross	1:48.82
3	Holland Springfield A	Holland Springfield	1:56.18
4	Bowling Green A	Bowling Green	1:59.50
5	Napoleon B	Napoleon	1:59.77
6	Oregon Clay A	Oregon Clay	2:05.41

## Boys 200 Medley Relay (Cardinal)

Psych Sheet | **Finals**

"Help others get ahead. You will always stand taller with someone else on your shoulders." - Bob Moawad

Record	School	Time	Year
National	Jacksonville Bolles, FL	1:26.67	2025
Ohio	Columbus St. Charles	1:27.27	2026
	All-American (A)	1:32.13	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	School	Time
1	Fremont Ross A	Fremont Ross	1:44.82
2	Bowling Green A	Bowling Green	1:49.10
3	Holland Springfield A	Holland Springfield	1:58.03
4	Oregon Clay A	Oregon Clay	2:03.72
5	Napoleon A	Napoleon	2:05.37
6	Napoleon B	Napoleon	2:18.56

## Meet Results

2026 Northern Lakes League Swimming & Diving Championships  
January 8|10, 2026

## Girls 200 Medley Relay (Cardinal)

Psych Sheet | **Finals**

"It is what you learn after you know it all that counts." - John Wooden

Record	School	Time	Year
National	Carmel, IN	1:36.98	2023
Ohio	North Canton Hoover	1:41.02	2019
	All-American (A)	1:44.15	

### Timed Final

Bowling Green State University  
Saturday, January 10, 2026



PI	Name	School	Time
1	Bowling Green A	Bowling Green	1:56.07
2	Sylvania Southview A	Sylvania Southview	1:59.79
3	Napoleon A	Napoleon	2:03.75
4	Fremont Ross A	Fremont Ross	2:07.18
5	Napoleon B	Napoleon	2:11.89
6	Sylvania Southview B	Sylvania Southview	2:17.55
7	Oregon Clay A	Oregon Clay	2:28.56
8	Bowling Green B	Bowling Green	2:48.60

## Boys 1 Meter Diving (Cardinal)

Psych Sheet | **Finals**

*"The difference between the impossible and the possible lies in determination." - Tommy Lasorda*

Record	Name	School	Score	Year
Ohio	Lyle Yost	Shaker Heights	681.80	2019

### Final Results

Napoleon High School  
Thursday, January 8, 2026



Pl	Name	Gr	School	Score
1	Xavier Fortier	Jr	Napoleon	434.60
2	Nolan Smith	Jr	Fremont Ross	135.55

## Meet Results

2026 Northern Lakes League Swimming & Diving Championships  
January 8|10, 2026

## Girls 1 Meter Diving (Cardinal)

Psych Sheet | **Finals**

*"You have to learn the rules of the game. And then you have to play better than anyone else." - Albert Einstein*

Record	Name	School	Score	Year
Ohio	Nikki Watters	New Albany	587.70	2016

### Final Results

Napoleon High School  
Thursday, January 8, 2026



Pl	Name	Gr	School	Score
1	Ella Borstelman	Sr	Napoleon	414.45
2	Emmaline Weaver	Sr	Napoleon	353.10
3	Elayna Gray	Jr	Fremont Ross	312.95
4	Lindsey Brown	Jr	Sylvania Southview	295.15
5	Peightyn Wolf	Jr	Fremont Ross	240.35
6	Collette Otting	So	Sylvania Southview	238.15
7	Meredith Bostelman	Fr	Napoleon	235.35
8	Cloie Hotz	Jr	Fremont Ross	204.00
9	Karen Chou	So	Sylvania Southview	188.05
10	Sienna Steinberger	Jr	Fremont Ross	185.50