

**2023 - 2024 NLL ALL LEAGUE SWIMMING DIVING TEAM / NLL CHAMPIONSHIP RESULTS - CARDINAL DIVISION**

EVENT	BOYS - 1st Place / First Team			BOYS - 2nd Place / Second Team		
	NAME (Grade)	SCHOOL	TIME/SCORE	NAME (Grade)	SCHOOL	TIME/SCORE
200 Yard Medley Relay	Evan Beardmore (12)	Fremont Ross	1:41.69	Alex White (11)	Southview	1:49.56
	Quentin O'Brien (12)			Keegan Freeworth (11)		
	Logan Garza (9)			Carson Altman (11)		
	Robert Rich (11)			Ethan Rozek (10)		
200 Yard Freestyle	Eliot Haitonic (12)	Fremont Ross	1:54.90	Alex White (11)	Southview	1:55.20
200 Yard IM	Keegan Freeworth (11)	Southview	2:09.45	Quentin O'Brien (12)	Fremont Ross	2:12.35
50 Yard Freestyle	Evan Beardmore (12)	Fremont Ross	22.28	Robert Rich (11)	Fremont Ross	22.92
1 Meter Diving	Xavier Fortier (9)	Napoleon	324.00	Luke Tucker (11)	Southview	294.75
100 Yard Butterfly	Alex Xu (12)	Bowling Green	56.72	Logan Garza (9)	Fremont Ross	57.62
100 Yard Freestyle	Evan Beardmore (12)	Fremont Ross	49.39	Robert Rich (11)	Fremont Ross	52.26
500 Yard Freestyle	Eliot Haitonic (12)	Fremont Ross	5:13.33	Alex White (11)	Southview	5:13.63
200 Yard Freestyle Relay	Evan Beardmore (12)	Fremont Ross	1:31.98!	Colin Sargent (11)	Bowling Green	1:38.28
	Logan Garza (9)			Alex Xu (12)		
	Quentin O'Brien (12)			Carter Hamilton (9)		
	Eliot Haitonic (12)			Aiden Hildebrand (12)		
100 Yard Backstroke	Nicholas Flowers (11)	Napoleon	59.18	Alex Xu (12)	Bowling Green	59.50
100 Yard Breaststroke	Logan Garza (9)	Fremont Ross	1:01.50	Carson Altman (11)	Southview	1:08.49
400 Yard Freestyle Relay	Robert Rich (11)	Fremont Ross	3:37.17	Ethan Rozek (10)	Southview	3:40.91
	Logan Garza (9)			Alex White (11)		
	Parker Brown (11)			Carson Altman (11)		
	Eliot Haitonic (12)			Keegan Freeworth (11)		

! = Indicates New NLL Record



BOYS	POINTS
Fremont Ross	366
Southview	222
Bowling Green	217
Napoleon	171
Clay	159
Springfield	18

Boys Coach of the Year - Cardinal Division: Gary Layne
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**2023 - 2024 NLL ALL LEAGUE SWIMMING DIVING TEAM / NLL CHAMPIONSHIP RESULTS - CARDINAL DIVISION**

EVENT	GIRLS - 1st Place / First Team			GIRLS - 2nd Place / Second Team		
	NAME (Grade)	SCHOOL	TIME/SCORE	NAME (Grade)	SCHOOL	TIME/SCORE
200 Yard Medley Relay	Channing Stevenson (12)	Fremont Ross	1:57.37	Hannah Nagel (11)	Napoleon	2:06.16
	Megan Evans (12)			Mackenzie Spring (10)		
	Kayla Lewis (11)			Alaina Gerken (10)		
	Kamryn Krieger (11)			Peyton Burill (10)		
200 Yard Freestyle	Ela Ostrowski (12)	Bowling Green	2:10.35	Layla Mendoza (9)	Fremont Ross	2:11.82
200 Yard IM	Megan Evans (12)	Fremont Ross	2:22.92	Maggie Layne (12)	Bowling Green	2:23.86
50 Yard Freestyle	Channing Stevenson (12)	Fremont Ross	24.82	Hannah Nagel (11)	Napoleon	24.90
1 Meter Diving	Mara Cashman (12)	Napoleon	437.45	Ella Borstelman (10)	Napoleon	368.85
100 Yard Butterfly	Brenna Beadle (12)	Southview	1:07.79	Aubrey Pfothenauer (10)	Fremont Ross	1:09.56
100 Yard Freestyle	Channing Stevenson (12)	Fremont Ross	54.28	Hannah Nagel (11)	Napoleon	55.74
500 Yard Freestyle	Ela Ostrowski (12)	Bowling Green	5:49.55	Mackenzie Spring (10)	Napoleon	6:02.62
200 Yard Freestyle Relay	Kamryn Krieger (11)	Fremont Ross	1:45.29	Maggie Layne (12)	Bowling Green	1:48.36
	Layla Mendoza (9)			Alayna Mahan (9)		
	Megan Evans (12)			Ela Ostrowski (12)		
	Channing Stevenson (12)			Melanie Long (10)		
100 Yard Backstroke	Virginia Dabrunz (12)	Fremont Ross	1:08.75	Layla Mendoza (9)	Fremont Ross	1:10.55
100 Yard Breaststroke	Maggie Layne (12)	Bowling Green	1:11.94	Megan Evans (12)	Fremont Ross	1:12.88
400 Yard Freestyle Relay	Maggie Layne (12)	Bowling Green	4:02.52	Mackenzie Spring (10)	Napoleon	4:09.65
	Alayna Mahan (9)			Alaina Gerken (10)		
	Ela Ostrowski (12)			Peyton Burill (10)		
	Ella Billiot (12)			Hannah Nagel (11)		

! = Indicates New NLL Record



GIRLS	POINTS
Fremont Ross	345
Napoleon	288
Bowling Green	249
Southview	127
Springfield	99
Clay	61

Girls Co-Coach of the Year - Cardinal Division: Gary Layne - Bowling Green
Girls Co-Coach of the Year - Cardinal Division: Denise Brown - Napoleon