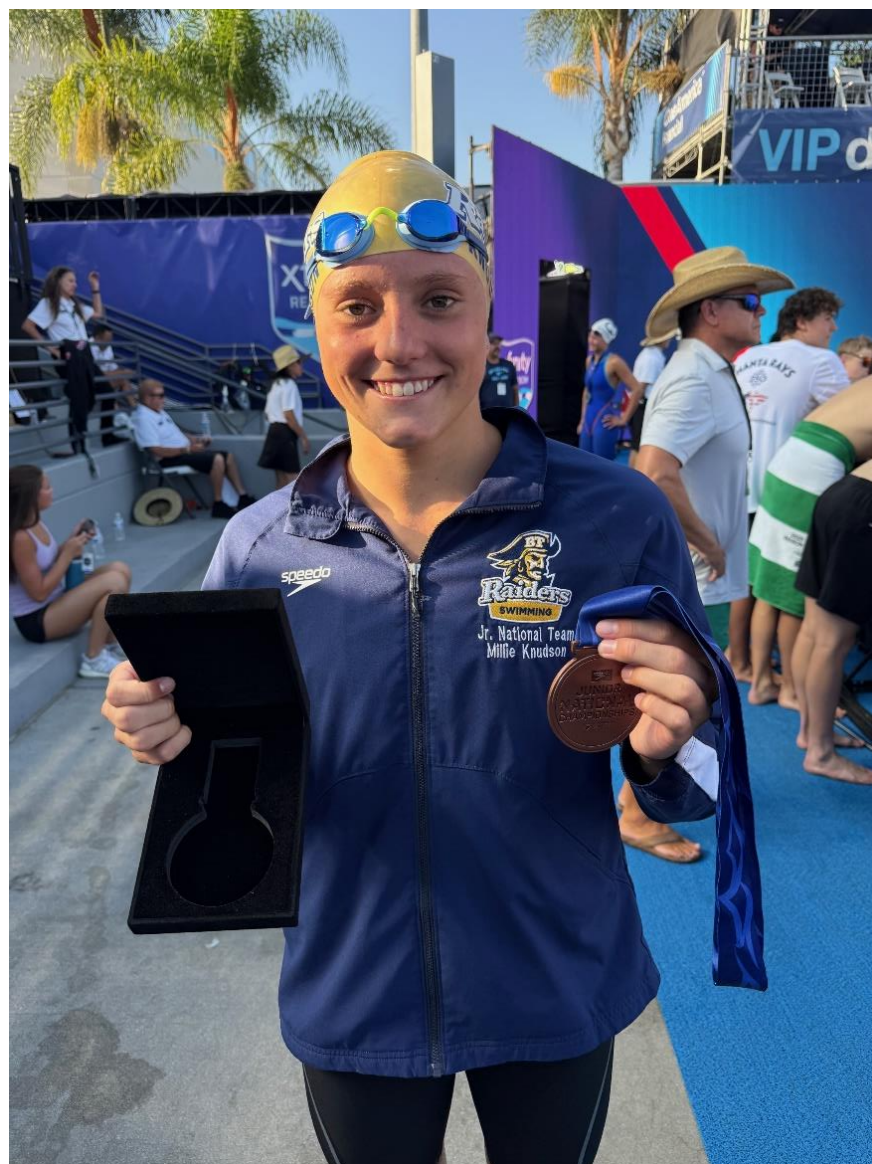




## **Knudson Finishes 4<sup>th</sup> On Final Night of Junior Nationals**

Congratulations to Millie Knudson (15) on her fourth-place finish in the women's 50-meter freestyle with a time of 25.64 on the final night of the 2026 Junior National Championships in Irvine. Her swim was a personal best and a NEW Team Record. She also posted a performance faster than the 2024 Olympic Trials qualifying time. Millie now awaits the release of the 2028 Olympic Trials qualifying standards.

## **Raiders Levell, Reed Swim Well on Day Two of USA Swimming Central Zone 14 & UN Long Course Championships**

Midwestern Swimming athletes continued to make an impression during Day Two of the USA Swimming Central Zone 14 & UN Long Course Age Group Championships Friday at the University of Minnesota Jean K. Freeman Aquatic Center.

After two days of competition, MWS moved into the Top 5 in three categories:

Boys: 5th with 335 points

Girls: 5th with 261 points

Combined: 5th with 596 points

Raider swimmers delivered key performances for the team.

### ***Raiders Friday Individual Point Scorers***

#### **Mike Levell (10)**

10 & Under Boys 50-M Freestyle: 6th, 31.28 (NEW Team Record)

10 & Under Boys 200-M IM: 8th

#### **Madden Lowrey (10)**

10 & Under Girls 200-M IM: 12th, 3:08.80 (personal best, 9.11 time drop)

#### **Lane Nichols (13)**

13–14 Boys 100-M Butterfly: 13th, 1:03.04 (NEW Team Record)

#### **Violet Osterloh (11)**

11–12 Girls 400-M IM: 14th, 5:53.88 (personal best, 7.60 time drop)

#### **James Reed (12)**

11–12 Boys 200-M Freestyle: 8th

#### **Mia Schergin (13)**

13–14 Girls 50-M Backstroke: 10th, 31.77 (personal best, 1.14 time drop)