



2026 Junior Nationals Days 2 & 3 Are in the Books (Photo Credit Grandpe)

On Day 2 of the Speedo Junior National Championships, Millie Knudson (15) finished the women's 100-meter freestyle in a personal-best time and set a new team record with a (57.96).

On Day 3, Knudson finished the women's 100-meter butterfly in a personal-best time and set another team record (1:03.56).

Up Next for Millie Knudson:

Thursday, August 6: Women's 50-meter butterfly

Friday, August 7: Women's 50-meter freestyle

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