***By Steve Ottman***

***Sheboygan Falls News***

Sheboygan North defeated Kohler TRIAD 119.5-50.5 in girls swimming action Thursday, oct. 14.

Triad coach Lynne Lammers and North is a big team, but she was impressed with how the girls stepped up.

“They had some good swimmers, but ours are very much contenders,” she said.

“We need a few more girls, but we had shown some depth.”

“I continue to be impressed by those girls, who step up and do what needs to be done without complaining and swim a 500 for the first time or swim three events in a row.”

Since Triad started in 2008, the team has made an amazing transformation in attitude and achievement.

Triad won its first dual of the season with a 121-49 win over Two Rivers.

“What a nice meet,” said coach Lynne Lammers.

“We are poised to be on the edge of a new level of swimming, and swim meets like tonight help us show how far we have come,”

**TRIAD 121**

**Two Rivers 49**

**Individual results**

200 medley relay – 1. Otten, E. Lammers, K. Lammers, Hillstrom 2:07.94

200 freestyle – 1. Hansen 2:25.79

200 individual medley – 1. K. Lammers 2:39.48, 2. Colton 2:51.03

50 freestyle – 2. Rutten 28.92, 3. Binversie 31.10

100 butterfly – 1. K. Lammers 1:11.80, 2. Hillstrom 1:12.49

100 freestyle – 1. Otten 57.58, 2. Hansen 1:08.78.

500 freestyle – 1. O’Keefe 6:33.68, 2. Campbell 6:41.88

200 freestyle relay – 1. E. Lammers, Hansen, Binversie, Rutten 2:01.45

100 backstroke – 1. Otten 1:05.94, 2. Hillstrom 1:11.75

100 breaststroke – 1. E. Lammers 1:24.01, 2. Quasius 1:24.77

400 freestyle relay – 1. Otten, Hillstrom, Rutten, K. Lammers 4:17.98