



Sports News

FOR IMMEDIATE RELEASE

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NLHS swim advances to region



North Lamar's 200 yard girls' medley relay swimmers

Paris, Texas – North Lamar swimmers competed against nine other schools at the District 12- 5A meet on Friday, January 20 at Lewisville ISD Eastside Aquatic Center. One individual and two teams from North Lamar finished in the top six securing them a spot at region.

Pictured is the 200-yard girls' medley relay team of **Bailey Fowler, Ashlynn Leonard, Colleen Dawson, and Kaitlyn Dority**, who placed third at district, while the boys' 200-yard freestyle relay team (not pictured) of **Kevin Dawson, Dalton Gilliam, Udante**

Rendsland, and **Paul Bayer** placed fourth. Individually, Bayer also placed sixth in the 100-yard breaststroke.

Swimmers who placed in the top ten, but do not advance to regionals, are Colleen Dawson in the 100-yard girls' breaststroke, Bailey Fowler in the 100-yard girls' backstroke, Kevin Dawson in the 100-yard boys' breaststroke, and Cade Shawhart and Dalton Gilliam in the 50-yard boys' freestyle. Swim coach for North Lamar is Shanon Erickson.

The Region III 5A Swimming and Diving Championship will be on February 3-4 in Frisco, Texas, at the Bruce Eubanks Natatorium.

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