



TRIANGLE AQUATIC CENTER
THURSDAY, JANUARY 4TH

Charles Ashley Mann, DDS & Associates
Family & Cosmetic Dentistry



CHARLES ASHLEY MANN, DDS
AND ASSOCIATES
Family and Cosmetic Dentistry
SMILEMANN.COM

Cary | Fuquay-Varina | Garner

Emergency Dentistry - Implants - Clear Aligners
Same-Day Crowns - Sleep Apnea



**BETTER, BECAUSE
IT HAS TO BE.®**

CARY
3420 Ten-Ten Road

(919) 230-0083



@JETSPIZZA | JETSPIZZA.COM | #JETSPIZZA

01.04.24 SGRNR vs WFRST vs LEESV vs KDALE - 1/4/2024

Meet Program - Meet

#1 Women 200 Yard Medley Relay				#4 Men 200 Yard Freestyle				Heat 3 of 4 Finals			
Lane	Team	Relay	Seed Time	Lane	Name	Yr School	Seed Time				
Heat 1 of 1 Finals				Heat 1 of 1 Finals				1 Key, Sophie SO LEESV X31.30			
1				1	Jarzabkowski, Toby	JR SGRNR	NT	2	Migliucci, Emma	SO WFRST	XNT
2	WFRST	B	NT	2	Russell, Levi	SO LEESV	XNT	3	Syer, Molly	JR LEESV	X30.15
	Skellv, Markela FR	Stewart, Lola SR		3	Nelson, Eli	JR LEESV	1:49.50	4	Maurer, Brooke	FR LEESV	X29.05
	Ramos, Aliehsa JR	Golden, Madison SO		4	Reynolds, Jonathan	SO LEESV	XNT	5	Mekki, Salma	JR LEESV	X29.43
3	LEESV	A	1:48.57	5	DeGroot, Hudson	SR SGRNR	1:42.75	6	O'Keefe, Emerson	JR WFRST	XNT
	Hawkins, Riley JR	Thomas, Emma SO		6	Neudecker, Jack	JR WFRST	NT	7	Baker, Annabelle	FR LEESV	X30.44
	Jackson, Alyssa SR	Young, Dallas SR		7	Pearce, Isaiah	SR LEESV	1:50.83	8	Shingler, Margot	FR LEESV	X31.77
4				8				Heat 4 of 4 Finals			
5	SGRNR	A	2:55.82	#5 Women 200 Yard IM				1 Stelmok, Hope JR LEESV X36.13			
	Hopkins, Ava FR	Hopkins, Jade JR		Heat 1 of 1 Finals				3 Chaney, Hayden JR LEESV X33.43			
	Charbonneau, Naylani SO	Abdur-Raheem, Shania FR		Lane	Name	Yr School	Seed Time	4 Mayerova, Rebeka JR LEESV X32.68			
6	WFRST	A	NT	1	Skelly, Markela	FR WFRST	XNT	5 Brinkley, Elizabeth FR LEESV X32.97			
	Blatz, Maddie SO	Kemp, Zara SO		2	Blatz, Maddie	SO WFRST	NT	6 Ash, Teiran JR LEESV X35.98			
	Skelly, Marilyn JR	Bowman, Kennedy JR		3	Thomas, Emma	SO LEESV	2:10.90	7 Freund, Daniela JR LEESV X43.69			
7	LEESV	B	NT	4	Crosby, Ellie	FR LEESV	X2:30.82	8			
	Wilson, Cameron IR	Dokulil, Elizabeth JR		5	Charbonneau, Naylani	SO SGRNR	3:02.69	#8 Men 50 Yard Freestyle			
	Brunk, Grace SR	Moody, Julia SR		6	Skelly, Marilyn	JR WFRST	NT	Lane	Name	Yr School	Seed Time
8				7	Brunk, Grace	SR LEESV	2:23.98	Heat 1 of 2 Finals			
#2 Men 200 Yard Medley Relay				8	Bosch, Phoebe	FR WFRST	XNT	1			
Lane	Team	Relay	Seed Time	#6 Men 200 Yard IM				2 Schwier, Brady SR WFRST NT			
Heat 1 of 1 Finals				Lane	Name	Yr School	Seed Time	3 Blackburn, Logan SR LEESV 23.47			
1				Heat 1 of 1 Finals				4 Lytle, Dave SR KDALE 23.99			
2	WFRST	B	NT	1	Bescher, Cameron	FR LEESV	XNT	5 Barrett, Joseph JR SGRNR 35.62			
	Stuart, Mason SR	Haines, Jameson SR		2	Reynolds, Daniel	SO LEESV	X2:30.78	6 Schermer, Brady FR WFRST NT			
	Moujeahid, Adam JR	Schwier, Brady SR		3	Jackson, Davis	FR LEESV	1:59.00	7 Cresimore, Hudson FR LEESV 24.04			
3	LEESV	A	1:35.73	4				Heat 2 of 2 Finals			
	Jackson, Davis FR	Sharron, Raston SO		5	London, Caleb	SO SGRNR	3:35.98	1			
	Marsteiner, Matthew SR	Mori, Axel SR		6	Nelson, Cole	FR LEESV	X2:33.69	2			
4				7	Sharron, Raston	SO LEESV	2:02.75	3 Lamson, Cruz FR LEESV X30.23			
5	SGRNR	A	2:09.26	8				4 Hill, Theo FR LEESV X27.14			
	Stegall, Lucas IR	Barrett, Joseph JR		#7 Women 50 Yard Freestyle				5 Russell, Levi SO LEESV X28.44			
	London, Caleb SO	DeGroot, Hudson SR		Lane	Name	Yr School	Seed Time	6			
6	WFRST	A	NT	Heat 1 of 4 Finals				7			
	Neudecker, Jack JR	Schermer, Brady FR		1	Hopkins, Ava	FR SGRNR	44.96	8			
	Eickhoff, C.J JR	Abebe, Yaphet JR		2	Bowman, Kennedy	JR WFRST	NT	#11 Women 100 Yard Butterfly			
7	LEESV	B	NT	3	Young, Dallas	SR LEESV	25.64	Lane	Name	Yr School	Seed Time
	Gajowski, Jack SO	Reynolds, Jonathan SO		4				Heat 1 of 1 Finals			
	Nelson, Eli JR	Gage, Lincoln FR		5	Hopkins, Jade	JR SGRNR	42.47	1			
8				6	Kemp, Zara	SO WFRST	NT	2 Bowman, Kennedy JR WFRST NT			
#3 Women 200 Yard Freestyle				7	Cardinale, Gianna	JR LEESV	27.10	3 Jackson, Alyssa SR LEESV 1:01.20			
Lane	Name	Yr School	Seed Time	8				4 Ramos, Aliehsa JR WFRST XNT			
Heat 1 of 1 Finals				Heat 2 of 4 Finals				5 Houston, Mallory JR WFRST XNT			
1				1	Walton-Everette, Imani	JR SGRNR	X55.70	6 Skelly, Marilyn JR WFRST NT			
2	Carew, Rayleigh	SO WFRST	NT	2	Emery, Liz	JR WFRST	XNT	7 Brunk, Grace SR LEESV 58.89			
3	Hawkins, Riley	JR LEESV	1:56.95	3	Dokulil, Elizabeth	JR LEESV	X28.16	8			
4	Cardinale, Gianna	JR LEESV	X2:06.50	4	Takacs, Sampras	JR LEESV	X27.84				
5	Baker, Annabelle	FR LEESV	X2:21.06	5	McCray, Syniya	FR SGRNR	X47.77				
6	Garlington, Ella Lynn	SO WFRST	NT	6	Jones, Erin	FR WFRST	XNT				
7	Williams, Delanee	JR LEESV	1:58.85	7	Lehavot, Naomi	SO LEESV	X28.79				
8				8	Jackson, Alyssa	SR LEESV	X28.90				

01.04.24 SGRNR vs WFRST vs LEESV vs KDALE - 1/4/2024

Meet Program - Meet

#12 Men 100 Yard Butterfly

Lane	Name	Yr School	Seed Time
Heat 1 of 1 Finals			
1	Harvey, William	FR LEESV	X1:02.73
2	Moujeahid, Adam	JR WFRST	NT
3	Marsteiner, Matthew	SR LEESV	48.03
4	Gage, Lincoln	FR LEESV	X56.47
5	Reynolds, Daniel	SO LEESV	X1:00.50
6	Eickhoff, C.J	JR WFRST	NT
7	Mori, Axel	SR LEESV	55.20
8			

#13 Women 100 Yard Freestyle

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Walton-Everette, Imani	JR SGRNR	2:06.18
2	Stewart, Lola	SR WFRST	NT
3	Williams, Delanee	JR LEESV	57.90
4			
5	Abdur-Raheem, Shania	FR SGRNR	NT
6	Kemp, Zara	SO WFRST	NT
7	Moody, Julia	SR LEESV	58.60
8			

Lane	Name	Yr School	Seed Time
Heat 2 of 2 Finals			
1	Stelmok, Hope	JR LEESV	X1:23.41
2	Carew, Rayleigh	SO WFRST	XNT
3	Arnold, Nora	SO LEESV	X1:07.24
4	Wilson, Cameron	JR LEESV	X59.52
5	Takacs, Sampras	JR LEESV	X1:01.15
6	O'Keefe, Emerson	JR WFRST	XNT
7	Chaney, Hayden	JR LEESV	X1:17.23
8	Brinkley, Elizabeth	FR LEESV	XNT

#14 Men 100 Yard Freestyle

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	London, Caleb	SO SGRNR	1:16.66
2	Stuart, Mason	SR WFRST	NT
3	Pearce, Isaiah	SR LEESV	51.32
4	Lytte, Dave	SR KDALE	56.18
5	Stegall, Lucas	JR SGRNR	1:12.22
6	Abebe, Yaphet	JR WFRST	NT
7	Gage, Lincoln	FR LEESV	NT
8			

Lane	Name	Yr School	Seed Time
Heat 2 of 2 Finals			
1			
2			
3	Harvey, William	FR LEESV	X57.95
4	Blackburn, Logan	SR LEESV	X53.35
5	Gajowski, Jack	SO LEESV	X55.74
6	Nelson, Cole	FR LEESV	XNT
7			
8			

#15 Women 500 Yard Freestyle

Lane	Name	Yr School	Seed Time
Heat 1 of 1 Finals			
1			
2			
3	Hawkins, Riley	JR LEESV	5:04.11
4			
5	Charbonneau, Naylani	SO SGRNR	7:31.87
6			
7	Shingler, Ada	FR LEESV	NT
8			

#16 Men 500 Yard Freestyle

Lane	Name	Yr School	Seed Time
Heat 1 of 1 Finals			
1			
2			
3	Marsteiner, Matthew	SR LEESV	4:21.88
4			
5	DeGroot, Hudson	SR SGRNR	4:39.04
6	Neudecker, Jack	JR WFRST	NT
7	Nelson, Eli	JR LEESV	4:48.43
8			

#17 Women 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2	WFRST	B	NT
	Skelly, Markela FR	Miglucchi, Emma SO	
	Golden, Madison SO	Ramos, Aliehsa JR	
3	LEESV	A	1:39.23
	Young, Dallas SR	Thomas, Emma SO	
	Moody, Julia SR	Jackson, Alyssa SR	
4			
5	SGRNR	A	2:32.50
	Abdur-Raheem, Shania FR	Charbonneau, Naylani SO	
	Hopkins, Jade JR	Hopkins, Ava FR	
6	WFRST	A	NT
	Blatz, Maddie SO	Bowman, Kennedy JR	
	Kemp, Zara SO	Skelly, Marilyn JR	
7	LEESV	B	NT
	Cardinale, Gianna IR	Crosby, Ellie FR	
	Wilson, Cameron JR	Williams, Delanee JR	
8			

#18 Men 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2	WFRST	B	NT
	Stuart, Mason SR	Moujeahid, Adam JR	
	Schwier, Brady SR	Haines, Jameson SR	
3	LEESV	A	1:30.31
	Gage, Lincoln FR	Blackburn, Logan SR	
	Sharron, Raston SO	Pearce, Isaiah SR	
4			
5	SGRNR	A	1:57.05
	DeGroot, Hudson SR	London, Caleb SO	
	Stegall, Lucas JR	Jarzabkowski, Toby JR	
6	WFRST	A	NT
	Eickhoff, C.J JR	Schermer, Brady FR	
	Neudecker, Jack JR	Abebe, Yaphet JR	
7	LEESV	B	NT
	Cresimore, Hudson FR	Reynolds, Daniel SO	
	Harvey, William FR	Reynolds, Jonathan SO	
8			

#19 Women 100 Yard Backstroke

Lane	Name	Yr School	Seed Time
Heat 1 of 2 Finals			
1	Abdur-Raheem, Shania	FR SGRNR	2:08.24
2	Skelly, Markela	FR WFRST	NT
3	Wilson, Cameron	JR LEESV	1:02.65
4			
5	Hopkins, Ava	FR SGRNR	1:59.22
6	Blatz, Maddie	SO WFRST	NT
7	Crosby, Ellie	FR LEESV	1:09.07
8	Moody, Julia	SR LEESV	X1:09.67

Lane	Name	Yr School	Seed Time
Heat 2 of 2 Finals			
1	Miglucchi, Emma	SO WFRST	XNT
2	Jones, Erin	FR WFRST	XNT
3	Jackson, Alyssa	SR LEESV	X1:15.69
4	Bosch, Phoebe	FR WFRST	XNT
5	Lehavot, Naomi	SO LEESV	X1:09.86
6	Ramos, Aliehsa	JR WFRST	XNT
7	Houston, Mallory	JR WFRST	XNT
8	Emery, Liz	JR WFRST	XNT

#20 Men 100 Yard Backstroke

Lane	Name	Yr School	Seed Time
Heat 1 of 1 Finals			
1	Lamson, Cruz	FR LEESV	X1:18.48
2	Abebe, Yaphet	JR WFRST	NT
3	Gajowski, Jack	SO LEESV	58.99
4	Bescher, Cameron	FR LEESV	X1:09.51
5	Stegall, Lucas	JR SGRNR	1:17.81
6	Eickhoff, C.J	JR WFRST	NT
7	Mori, Axel	SR LEESV	59.74
8	Hill, Theo	FR LEESV	X1:16.49

01.04.24 SGRNR vs WFRST vs LEESV vs KDALE - 1/4/2024

Meet Program - Meet

#21 Women 100 Yard Breaststroke				#24 Men 400 Yard Freestyle Relay			
Lane	Name	Yr School	Seed Time	Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals				Heat 1 of 1 Finals			
1				1			
2	Stewart, Lola	SR WFRST	NT	2			
3	Thomas, Emma	SO LEESV	1:05.54	3	LEESV	A	3:05.00
4					Mori, Axel SR	Nelson, Eli JR	
5					Jackson, Davis FR	Marsteiner, Matthew SR	
6	Golden, Madison	SO WFRST	NT	4			
7	Jackson, Alyssa	SR LEESV	1:07.01	5			
8	Dokulil, Elizabeth	JR LEESV	X1:16.77	6	WFRST	A	NT
Heat 2 of 2 Finals					Stuart, Mason SR	Moujeahid, Adam JR	
1	Mekki, Salma	JR LEESV	X1:27.90		Schwier, Brady SR	Haines, Jameson SR	
2	Maurer, Brooke	FR LEESV	X1:27.17	7	LEESV	B	NT
3	Key, Sophie	SO LEESV	X1:27.12		Pearce, Isaiah SR	Harvey, William FR	
4	Shingler, Margot	FR LEESV	X1:33.87		Gajowski, Jack SO	Cresimore, Hudson FR	
5	Syer, Molly	JR LEESV	X1:20.88	8			
6	Garlington, Ella Lynn	SO WFRST	XNT				
7	Arnold, Nora	SO LEESV	X1:27.37				
8	Mayerova, Rebeka	JR LEESV	X1:31.91				
#22 Men 100 Yard Breaststroke							
Lane	Name	Yr School	Seed Time				
Heat 1 of 1 Finals							
1	Jarzabkowski, Toby	JR SGRNR	2:02.34				
2	Haines, Jameson	SR WFRST	NT				
3	Jackson, Davis	FR LEESV	NT				
4							
5	Barrett, Joseph	JR SGRNR	1:47.84				
6	Schermer, Brady	FR WFRST	NT				
7	Sharron, Raston	SO LEESV	1:04.05				
8	Reynolds, Jonathan	SO LEESV	X1:05.82				
#23 Women 400 Yard Freestyle Relay							
Lane	Team	Relay	Seed Time				
Heat 1 of 1 Finals							
1							
2	WFRST	B	NT				
	Iones, Erin FR	Garlington, Ella Lynn SO					
	Carew, Rayleigh SO	Houston, Mallory JR					
3	LEESV	A	3:43.65				
	Young, Dallas SR	Cardinale, Gianna JR					
	Williams, Delanee JR	Hawkins, Riley JR					
4							
5							
6	WFRST	A	NT				
	Migliucci, Emma SO	Bosch, Phoebe FR					
	Stewart, Lola SR	Golden, Madison SO					
7	LEESV	B	NT				
	Brunk, Grace SR	Lehavot, Naomi SO					
	Dokulil, Elizabeth JR	Crosby, Ellie FR					
8							



EVENT SURVEY

Meeting the Aquatic Needs of the Triangle Community
triangleaquatics.org

