

2024 Capital City Conference Championship - 1/30/2024

Results - Meet

Event 1 Women 200 Yard Medley Relay

Team	Relay	Finals Time	
1 GCRAL	A	2:07.73	28
		30.22 40.76 29.81 26.94	
2 CARYX	A	2:13.28	22
		33.05 39.90 31.66 28.67	
3 TRNRA	A	2:23.14	20
		33.89 47.07 28.81 33.37	
4 DAVID	A	2:25.45	18
		36.69 37.63 34.68 36.45	
5 WAKCA	A	2:34.68	16
		35.02 55.11 29.88 34.67	
6 CARYX	B	x2:46.65	
		43.48 47.84 41.36 33.97	

Event 2 Men 200 Yard Medley Relay

Team	Relay	Finals Time	
1 DAVID	A	1:49.21	28
		28.03 30.03 26.84 24.31	
2 GCRAL	A	1:49.45	22
		29.03 31.60 24.53 24.29	
3 CARYX	A	2:03.27	20
		35.61 30.14 31.50 26.02	
4 CARYX	B	x2:23.61	
		38.23 38.60 37.77 29.01	
--- DAVID	B	DQ	
		False start - Misc	
		31.43 36.56 30.01 38.73	

Event 3 Women 200 Yard Freestyle

Name	YrSchool	Finals Time	
1 Johnson, Mallory L	SO CARYX	2:02.51	14
		28.25 30.57 31.95 31.74	
2 Kraft, Ellie	FR WAKCA	2:18.65	11
		31.18 35.13 36.56 35.78	
3 Reeves, Lyla	7 CARYX	2:20.53	10
		31.02 35.21 36.86 37.44	
4 Garrett, Anna	SO GCRAL	2:35.01	9
		33.86 37.59 40.73 42.83	
5 Raughley, Meredith	SR CARYX	x2:37.54	
		35.21 39.35 41.61 41.37	
6 Tsikentzoglou, Chrissy	DAVID	2:42.05	8
		37.24 42.03 43.01 39.77	

Event 4 Men 200 Yard Freestyle

Name	YrSchool	Finals Time	
1 Ju, Joshua E	FR CARYX	1:45.27	14
		24.60 26.71 27.15 26.81	
2 Luebke, Alex	DAVID	1:45.80	11
		24.80 26.77 26.86 27.37	
3 Will, Sam	SR GCRAL	2:00.53	10
		27.86 30.70 31.73 30.24	
4 Chapman, James	JR GCRAL	2:01.71	9
		27.13 30.31 31.92 32.35	

5 Carreker, Henry	DAVID	2:09.57	8
		30.56 33.07 33.21 32.73	
6 Levake, Sam	SO CARYX	2:17.93	6
		29.64 33.72 36.68 37.89	

Event 5 Women 200 Yard IM

Name	YrSchool	Finals Time	
1 West, Stella	SR TRNRA	2:14.27	14
		28.85 34.41 38.29 32.72	
2 Peterson, Amelia	GCRAL	2:18.19	11
		29.64 35.31 41.45 31.79	
3 Lee, Angela	FR CARYX	2:33.88	10
		31.49 39.81 46.25 36.33	
4 Atti, Francesca M	JR CARYX	2:46.73	9
		34.42 39.13 52.84 40.34	
5 Hueman, Reagan	DAVID	2:49.62	8
		38.26 45.28 45.18 40.90	
6 Sheridan, Kyleigh	SR GCRAL	3:10.19	6
		39.54 52.12 55.29 43.24	

Event 6 Men 200 Yard IM

Name	YrSchool	Finals Time	
1 Elder, Bobby	SO CARYX	2:01.07	14
		25.73 30.41 36.49 28.44	
2 Banko, Landon	GCRAL	2:15.45	11
		27.80 32.99 41.12 33.54	
3 Slawinski, Jack	DAVID	2:17.52	10
		29.73 35.12 40.45 32.22	
4 Selzer, Kyle	GCRAL	2:25.74	9
		32.65 37.17 43.77 32.15	
5 Cooper, Elijah	WAKCA	2:28.91	8
		33.45 37.28 43.05 35.13	
6 Hallberg, Jake	FR CARYX	2:42.86	6
		33.85 41.70 47.34 39.97	
7 Bostic, Elias	DAVID	2:53.67	4
		33.11 44.36 56.21 39.99	

Event 7 Women 50 Yard Freestyle

Name	YrSchool	Finals Time	
1 Chandler, Vera	JR WAKCA	25.81	14
2 Holladay, Caroline	GCRAL	25.92	11
3 MacKay, Neve E	SR CARYX	27.06	10
4 Robinson, Elle	SR GCRAL	29.44	9
5 Van Cleef, Lucie M	JR CARYX	29.72	8
6 Cassell, Caroline	GCRAL	x29.92	
7 Ferrell, Sarah	SR CARYX	x30.26	
8 Murray, Caroline	SR GCRAL	x30.65	
9 Lancaster, Kaleigh	TRNRA	31.72	6
10 Levake, Joy	7 CARYX	x32.59	
11 Moore, Paige	SR CARYX	x32.64	
12 Holmes, Esther	7 CARYX	x33.81	
13 Bitner, Isabel	JR TRNRA	34.47	4
14 Barnes, Reagan	08 CARYX	x34.50	

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(Event 7 Women 50 Yard Freestyle)

Name	YrSchool	Finals Time		
15 Lynette, Mayken	SO WAKCA	34.88	3	
16 McKliney, Katherine	GCRAL	x35.53		
17 Latchford, Lizzie	DAVID	35.69	2	
18 Barnes, Evie	07 CARYX	x36.80		
19 Young, Hannah	8 CARYX	x36.85		
20 Bailey, Elizabeth	DAVID	38.81	1	
21 Engelbrecht, Mady	07 CARYX	x41.97		
22 Cook, Carley	FR WAKCA	x43.11		
23 Crosby, Joi	WAKCA	x44.66		
--- Hopewell, Isabella	GCRAL	X31.93		

Event 8 Men 50 Yard Freestyle

26.69 D2 DIV II Qualifying
27.49 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 Kyritsis, Ryan	SR GCRAL	22.68	14	
2 Holloway, Ethan	SO WAKCA	22.97	11	
3 Lee, Justin	SR CARYX	23.12	10	
4 Mann, Bryan	JR GCRAL	24.40	9	
5 Fallas Retana, Fabian	DAVID	25.60	8	
6 Ciancarelli, James	SR GCRAL	x26.37		
7 Mercer, Caleb	JR WAKCA	26.70	6	
8 Nguyen, Kevin	SR CARYX	27.02	4	
9 Dearolf, Luke	08 CARYX	x27.68		
10 Ray, Jake	JR GCRAL	x28.00		
11 Goetten, Ben	07 CARYX	x28.80		
12 Katz, Edward	GCRAL	x28.90		
13 Chapman, Jacob	GCRAL	x29.98		
14 Stansberry, Ben	SR GCRAL	x31.03		
15 Jacobsen, Asher	8 CARYX	x31.47		
16 Crossland, Sam	07 CARYX	x31.77		
17 Levake, Charlie	8 CARYX	x32.35		
18 Jones, Waverly	DAVID	39.58	3	
19 Gainey, Marcus	SR GCRAL	x1:12.14		

Event 9 Women 100 Yard Butterfly

1:21.89 D2 DIV II Qualifying
1:22.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 Holladay, Caroline	GCRAL	1:03.78	14	
30.85	32.93			
2 Chandler, Vera	JR WAKCA	1:03.91	11	
29.77	34.14			
3 Osborn, Lucy E	SO CARYX	1:05.07	10	
29.76	35.31			
4 Reeves, Lyla	7 CARYX	1:12.80	9	
33.59	39.21			
5 Garrett, Maggie	GCRAL	1:16.12	8	
32.43	43.69			
6 Tsikentzoglou, Chrissy	DAVID	1:20.90	6	
36.91	43.99			

Event 10 Men 100 Yard Butterfly

1:12.99 D2 DIV II Qualifying
1:15.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 Kyritsis, Ryan	SR GCRAL	55.77	14	
26.06	29.71			
2 Lee, Justin	SR CARYX	58.14	11	
26.47	31.67			
3 Murray, Grant	DAVID	1:02.54	10	
29.15	33.39			
4 Bostic, Elias	DAVID	1:11.21	9	
32.58	38.63			
5 Hanna, Manny	8 CARYX	1:14.30	8	
33.93	40.37			
6 Broadwell, Michael	GCRAL	1:18.12	6	
35.81	42.31			

Event 11 Women 100 Yard Freestyle

1:07.29 D2 DIV II Qualifying
1:10.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 MacKay, Neve E	SR CARYX	58.55	14	
28.24	30.31			
2 Stone, Channing	SR TRNRA	1:04.08	11	
29.58	34.50			
3 Garrett, Anna	SO GCRAL	1:08.05	10	
32.48	35.57			
4 Van Cleef, Lucie M	JR CARYX	1:08.16	9	
32.83	35.38			
5 Cassell, Caroline	GCRAL	1:08.21	8	
32.83	35.38			
6 Gerolemon, Mikayla	SR CARYX	x1:10.76		
32.73	38.03			
7 Tsikentzoglou, Dora	DAVID	1:12.34	6	
34.14	38.20			
8 Lynette, Mayken	SO WAKCA	1:18.45	4	
36.93	41.52			
9 Barnes, Reagan	08 CARYX	x1:18.98		
38.88	40.10			
10 Levake, Joy	7 CARYX	x1:19.60		
37.05	42.55			
11 Lancaster, Kaleigh	TRNRA	1:19.82	3	
36.48	43.34			
12 Bitner, Isabel	JR TRNRA	x1:21.08		
37.40	43.68			
13 Latchford, Lizzie	DAVID	1:23.17	2	
40.07	43.10			
14 McKliney, Katherine	GCRAL	x1:24.69		
37.80	46.89			
15 Cook, Carley	FR WAKCA	1:27.30	1	
45.35	52.39			
16 Engelbrecht, Mady	07 CARYX	x1:37.74		
46.79	54.57			
17 Crosby, Joi	WAKCA	x1:41.36		
46.79	54.57			
--- Hopewell, Isabella	GCRAL	X1:11.70		
34.78	36.92			

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Event 12 Men 100 Yard Freestyle

1:01.49 D2 DIV II Qualifying
1:03.90 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 Kratz, Gunnar	SR TRNRA	52.57	14	
		24.74	27.83	
2 Will, Sam	SR GCRAL	53.26	11	
		25.84	27.42	
3 Chapman, James	JR GCRAL	53.80	10	
		26.14	27.66	
4 Murray, Grant	DAVID	55.75	9	
		27.12	28.63	
5 Cooper, Elijah	WAKCA	56.04	8	
		26.69	29.35	
6 Fallas Retana, Fabian	DAVID	58.02	6	
		27.08	30.94	
7 Stewart, Jacob	SO CARYX	58.99	4	
		28.20	30.79	
8 Ciancarelli, James	SR GCRAL	x59.18		
		28.03	31.15	
9 Mercer, Caleb	JR WAKCA	1:00.33	3	
		28.36	31.97	
10 Young, Isaac	JR CARYX	1:01.19	2	
		29.22	31.97	
11 Katz, Edward	GCRAL	x1:06.45		
		31.21	35.24	
12 Chapman, Jacob	GCRAL	x1:08.24		
		32.54	35.70	
13 Jones, Waverly	DAVID	x1:40.79		
		44.00	56.79	

Event 13 Women 500 Yard Freestyle

6:19.79 D2 DIV II Qualifying
6:45.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 Johnson, Mallory L	SO CARYX	5:24.52	14	
		29.01	31.02	32.41
		32.73	33.07	33.36
		33.35	33.29	
2 Peterson, Amelia	GCRAL	5:34.78	11	
		29.54	32.42	33.39
		34.67	34.15	33.87
		34.53	33.95	34.02
3 Johnson, Logan	8 CARYX	6:35.32	10	
		34.16	38.07	40.62
		41.42	41.18	41.31
		39.37	36.97	40.88
4 Ayers, Charlotte	JR CARYX	x7:20.88		
		37.74	42.64	44.61
		45.19	45.02	45.90
		44.74	43.58	46.28
5 Robinson, Elle	SR GCRAL	7:25.99	9	
		36.61	43.46	46.02
		47.34	46.69	47.32
		47.02	39.13	46.21

Event 14 Men 500 Yard Freestyle

6:09.99 D2 DIV II Qualifying
6:25.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time		
1 Luebke, Alex	DAVID	4:59.77	14	
		27.32	29.10	30.04
		30.42	30.80	30.48
		30.85	30.14	30.30
2 Elder, Bobby	SO CARYX	5:02.87	11	
		26.66	29.35	30.16
		30.68	30.95	31.03
		31.43	30.22	31.63
3 Murray, Spencer	DAVID	5:23.94	10	
		28.35	31.24	32.25
		33.36	33.32	33.43
		32.91	32.53	33.22
4 Selzer, Kyle	GCRAL	5:46.47	9	
		30.31	34.72	36.19
		35.01	35.58	35.19
		34.37	33.78	35.56
5 Goetten, Ben	07 CARYX	6:44.12	8	
		34.39	40.53	48.12
		39.84		43.98
		39.92	36.59	41.58
6 Levake, Charlie	8 CARYX	x7:28.25		
		37.42	42.32	44.00
		46.53	46.27	46.69
		48.55	44.11	46.28
7 Broadwell, Michael	GCRAL	7:37.43	6	
		38.23	43.14	46.96
		48.19	48.00	48.00
		46.89	42.39	48.24

Event 15 Women 200 Yard Freestyle Relay

Team	Relay	Finals Time		
1 CARYX	A	1:48.90	28	
		26.74	27.39	27.57
				27.20
2 GCRAL	A	1:59.71	22	
		28.88	30.80	30.97
				29.06
3 CARYX	B	x2:04.84		
		30.31	31.04	31.86
				31.63
4 TRNRA	A	2:08.56	20	
		29.87	37.14	1:01.55
5 DAVID	A	2:10.24	18	
		32.56	31.30	36.79
				29.59
6 WAKCA	A	2:10.98	16	
		29.76	35.94	40.37
				24.91

Event 16 Men 200 Yard Freestyle Relay

Team	Relay	Finals Time		
1 CARYX	A	1:34.98	28	
		23.47	25.74	22.89
				22.88
2 GCRAL	A	1:39.32	22	
		24.98	24.74	25.98
				23.62
3 GCRAL	B	x1:52.21		
		25.56	30.97	28.72
				26.96
4 CARYX	B	x2:06.90		
		32.36	30.62	34.09
				29.83

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(Event 16 Men 200 Yard Freestyle Relay)

Team	Relay	Finals Time
5 DAVID	A	2:07.89 20
	29.58 28.04 43.16	27.11

Event 17 Women 100 Yard Backstroke

1:18.09 D2 DIV II Qualifying
1:22.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time
1 Osborn, Lucy E	SO CARYX	1:05.05 14
	31.02 34.03	
2 Stone, Channing	SR TRNRA	1:13.58 11
	35.42 38.16	
3 Tsikentzoglou, Dora	DAVID	1:18.73 10
	38.39 40.34	
4 Moore, Paige	SR CARYX	1:29.82 9
	42.21 47.61	
5 Barnes, Evie	07 CARYX	x1:31.02
	44.31 46.71	
6 Ayers, Charlotte	JR CARYX	x1:31.64
	44.00 47.64	
7 Holmes, Esther	7 CARYX	x1:33.41
	44.49 48.92	
8 Murray, Caroline	SR GCRAL	1:36.98 8
	46.43 50.55	
--- Bailey, Elizabeth	DAVID	DQ
	Shoulders past vertical toward breast	
	53.79 1:01.52	
--- Atti, Francesca M	JR CARYX	DQ
	False start	
	34.23 37.56	

Event 18 Men 100 Yard Backstroke

1:17.09 D2 DIV II Qualifying
1:19.09 D3 DIV III Qualifying

Name	YrSchool	Finals Time
1 Ju, Joshua E	FR CARYX	54.48 14
	26.70 27.78	
2 Holloway, Ethan	SO WAKCA	54.93 11
	26.95 27.98	
3 Banko, Landon	GCRAL	1:00.82 10
	29.40 31.42	
4 Kratz, Gunnar	SR TRNRA	1:00.95 9
	29.61 31.34	
5 Murray, Spencer	DAVID	1:02.15 8
	30.65 31.50	
6 Ray, Jake	JR GCRAL	1:16.37 6
	37.73 38.64	
7 Levake, Sam	SO CARYX	1:16.86 4
	36.85 40.01	
8 Hanna, Manny	8 CARYX	x1:16.88
	38.00 38.88	
9 Dearolf, Luke	08 CARYX	x1:17.45
	38.38 39.07	
10 Crossland, Sam	07 CARYX	x1:32.62
	45.44 47.18	

Event 19 Women 100 Yard Breaststroke

1:26.09 D2 DIV II Qualifying
1:30.99 D3 DIV III Qualifying

Name	YrSchool	Finals Time
1 West, Stella	SR TRNRA	1:12.50 14
	33.79 38.71	
2 Hueman, Reagan	DAVID	1:17.78 11
	36.38 41.40	
3 Lee, Angela	FR CARYX	1:19.69 10
	36.83 42.86	
4 Kraft, Ellie	FR WAKCA	1:21.90 9
	39.24 42.66	
5 Johnson, Logan	8 CARYX	1:32.17 8
	43.36 48.81	
6 Sheridan, Kyleigh	SR GCRAL	1:34.53 6
	44.44 50.09	
7 Ferrell, Sarah	SR CARYX	x1:37.62
	46.89 50.73	
8 Gerolemon, Mikayla	SR CARYX	x1:39.77
	45.55 54.22	
9 Raughley, Meredith	SR CARYX	x1:40.00
	47.47 52.53	
10 Young, Hannah	8 CARYX	x1:48.38
	49.49 58.89	

Event 20 Men 100 Yard Breaststroke

1:22.99 D3 DIV III Qualifying
1:22.99 D2 DIV II Qualifying

Name	YrSchool	Finals Time
1 Stewart, Jacob	SO CARYX	1:12.27 14
	33.49 38.78	
2 Mann, Bryan	JR GCRAL	1:14.15 11
	33.61 40.54	
3 Slawinski, Jack	DAVID	1:14.26 10
	34.99 39.27	
4 Young, Isaac	JR CARYX	1:18.43 9
	37.30 41.13	
5 Jacobsen, Asher	8 CARYX	x1:21.12
	38.13 42.99	
6 Hallberg, Jake	FR CARYX	x1:21.19
	37.46 43.73	
7 Carreker, Henry	DAVID	1:21.63 8
	38.40 43.23	
8 Nguyen, Kevin	SR CARYX	x1:22.37
	38.30 44.07	
--- Stansberry, Ben	SR GCRAL	DQ
	Double pull / kicks	
	39.86 45.70	

Event 21 Women 400 Yard Freestyle Relay

Team	Relay	Finals Time
1 CARYX	A	4:05.83 28
	28.49 59.76 30.08	1:05.02
	29.37 1:01.42 28.37	59.63
2 GCRAL	A	4:13.67 22
	28.77 58.47 32.64	1:08.33
	31.47 1:07.22 28.27	59.65

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(Event 21 Women 400 Yard Freestyle Relay)

Team	Relay		Finals Time	
3 CARYX	B		x4:24.10	
	32.67	1:07.79	29.65	1:03.68
	31.68	1:07.24	30.08	1:05.39
4 GCRAL	B		x4:49.20	
	33.01	1:09.46	33.22	1:11.14
	37.05	1:17.77	32.98	1:10.83

Event 22 Men 400 Yard Freestyle Relay

Team	Relay		Finals Time		
1 DAVID	A		3:32.92		28
	25.23	52.37	25.94	56.47	
	26.46	56.08	22.84	48.00	
2 CARYX	A		3:34.57		22
	24.51	51.70	29.65	1:04.01	
	23.73	50.25	23.54	48.61	
3 GCRAL	A		3:48.29		20
	26.34	55.02	27.83	59.45	
	27.39	58.37	26.26	55.45	
4 CARYX	B		x4:20.28		
	32.18	1:05.94	30.77	1:05.33	
	31.13	1:05.80	30.00	1:03.21	
5 GCRAL	B		x4:44.11		
	32.42	1:08.11	33.32	1:10.55	
	34.64	1:13.44	35.27	1:12.01	

Scores - Women**Women - Team Rankings - Through Event 22**

1. Cary Christian School	246
2. Grace Christian School Raleigh	192
3. Trinity Academy of Raleigh	103
4. St. David's School	90
5. Wake Christian Academy	85

Scores - Men**Men - Team Rankings - Through Event 22**

1. Cary Christian School	209
1. Grace Christian School Raleigh	209
3. St. David's School	204
4. Wake Christian Academy	47
5. Trinity Academy of Raleigh	23