



TRIANGLE AQUATIC CENTER
2024 CAP 6
CONFERENCE CHAMPIONSHIP

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2024 CAP6 Conference Championships - 1/20/2024

Meet Program - Meet

#1 Women 200 Yard Medley Relay				#2 Men 200 Yard Medley Relay				Heat 2 of 3 Finals				
1:54.99 REGA 4A Region Auto				1:41.99 REGA 4A Region Auto				1 Ward, Gracie FR ATHEN 2:11.48				
3:30.99 REGC 4A Region Consider				2:59.99 REGC 4A Region Consider				2 Lisk, Alana SR BRGTN 2:09.16				
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	
Heat 1 of 2 Finals				Heat 1 of 2 Finals				Heat 3 of 3 Finals				
1				1				1	Carson, Clara	JR	BRGTN	2:02.48
2				2				2	Brunk, Grace	SR	LEESV	2:00.35
3	ATHEN	B	2:11.94	3	ATHEN	B	1:55.94	3	Williams, Delane	JR	LEESV	1:58.85
	Barnes, Caroline FR		Ko, Alice JR		Barrios, Sebastian FR		Haltom, Luke JR	4	Light, Chloe	SO	ENLOE	1:53.22
	Ospina, Rebeca FR		Walton, Erin JR		Haugh, Maxwell SR		Beebe, Nolan FR	5	Hawkins, Riley	JR	LEESV	1:56.95
4	LEESV	B	2:05.23	4	LEESV	B	1:46.44	6	Hadsell, Meghan	SO	CGIBB	1:59.61
	Wilson, Cameron JR		Dokulil, Elizabeth JR		Gaiowski, Jack SO		Reynolds, Jonathan SO	7	Townsend, Anna	FR	ENLOE	2:00.52
	Lehavot, Naomi SO		Williams, Delanee JR		Nelson, Eli JR		Gage, Lincoln FR	8	Senko, Ruby	FR	CGIBB	2:04.81
5	ENLOE	B	2:08.33	5	ENLOE	B	1:49.20					
	Zhang, Meredith FR		McNeill, Campbell SR		Briddell, Zachary IR		Gessner, Wyatt SR					
	Catlett, Campbell FR		Nguyen, Hannah JR		Sharma, Madhuram FR		Creswell, Noah FR					
6	SANDE	B	NT	6								
7				7								
8				8								
Heat 2 of 2 Finals				Heat 2 of 2 Finals				#4 Men 200 Yard Freestyle				
1	ATHEN	A	1:55.11	1	BRGTN	B	1:43.51	1:49.99 REGA 4A Region Auto				
	Miller, Maris SO		Holloway, Blythe SR		Jones, Griffin SR		Binkley, Dean FR	2:09.99 REGC 4A Region Consider				
	Ko, Andie SO		Grant, Lindsay JR		Heuer, Cole FR		Fendelman, David JR	Lane Name	Yr	School	Seed Time	
2	SANDE	A	1:53.04	2	CGIBB	B	1:41.99	Heat 1 of 3 Finals				
	Gentile, Morgan SR		Shannon, Katherine SO		Dooley, Iett JR		John, Nick JR	1	Hartmere, Ryan	FR	ATHEN	2:17.68
	Monackey, Emersyn JR		Goins, Annie SO		Cornpropst, Ronan FR		Allen, Aidan JR	2	Nelson, Cole	FR	LEESV	2:14.89
3	CGIBB	A	1:49.95	3	ENLOE	A	1:37.73	3	Briddell, Zachary	JR	ENLOE	2:08.98
	Sefried, Juliet SO		Pereira, Grace FR		Stutts, Ian JR		Townsend, Alex JR	4	Harvey, William	FR	LEESV	2:03.18
	Carmouche, Emma JR		Taylor, Sophia FR		Gospodarek, Grady SO		Pathare, Arya JR	5	Wiatrowski, Jam	SR	BRGTN	2:06.97
4	BRGTN	A	1:48.74	4	BRGTN	A	1:37.01	6	Ramakrishnah, A	JR	ENLOE	2:10.91
	Lucas, Harper FR		Howell, Addison FR		Trexler, Grant SO		Malone, Sam SR	7	Askew, Coley	SO	SANDE	2:16.91
	Mann, Randolph JR		Koonce, Helen SO		Swenson, Broder JR		Kempf, Mason SR	8				
5	BRGTN	B	1:49.91	5	CGIBB	A	1:37.43					
	Rudolph, Avery SO		Hahl, Annelise SR		Smith, Christian SR		Cindric, Goran JR	Heat 2 of 3 Finals				
	Bellerjeau, Schuyler JR		Harper, Sarah Knox JR		Tuescher, Tommy SO		Lange, Carter JR	1	Slusser, Micah	SO	ENLOE	2:01.60
6	LEESV	A	1:51.89	6	LEESV	A	1:37.99	2	Cindric, Alen	FR	CGIBB	1:56.77
	Hawkins, Riley JR		Thomas, Emma SO		Jackson, Davis FR		Sharron, Raston SO	3	Duncan, Grey	SO	CGIBB	1:55.17
	Jackson, Alyssa SR		Cardinale, Gianna JR		Marsteiner, Matthew SR		Mori, Axel SR	4	Froehlich, Joseph	FR	CGIBB	1:53.13
7	ENLOE	A	1:53.05	7	ATHEN	A	1:42.59	5	Umnus, Brett	JR	CGIBB	1:54.21
	Townsend, Annabel FR		Light, Chloe SO		Barnes, Jack IR		Beebe, Cooper SR	6	Gage, Lincoln	FR	LEESV	1:56.31
	Allen, Sara SR		Ghim, Esther SR		Hutchins, Matthew JR		Johnson, Lucas JR	7	Ward, MacCade	FR	ENLOE	1:57.82
8	CGIBB	B	1:59.99	8	SANDE	A	1:45.89	8	Barrios, Sebastia	FR	ATHEN	2:01.71
	Orning, Averv SO		Lickfold, Katelyn SO		Sito, Drew FR		Askew, Coley SO	Heat 3 of 3 Finals				
	Slee, Anna SO		Lickfold, Megan SR		Davidson, Aaron JR		Douglass, Owen JR	1	Drake, Liam	FR	CGIBB	1:49.94
								2	Beebe, Cooper	SR	ATHEN	1:49.09
								3	Wiese, Cooper	JR	CGIBB	1:45.71
								4	Davidson, Aaron	JR	SANDE	1:42.85
								5	Tuttle, Wilson	SR	BRGTN	1:44.31
								6	Gospodarek, Gra	SO	ENLOE	1:48.86
								7	Nelson, Eli	JR	LEESV	1:49.50
								8	Pearce, Isaiah	SR	LEESV	1:50.83

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Meet Program - Meet

#5 Women 200 Yard IM				#7 Women 50 Yard Freestyle				Heat 7 of 11 Finals			
2:13.49 REGA 4A Region Auto				25.49 REGA 4A Region Auto				1 Shingler, Ada FR LEESV 30.58			
2:39.99 REGC 4A Region Consider				27.99 REGC 4A Region Consider				2 Tse, Emma JR SANDE 30.46			
Lane Name	Yr	School	Seed Time	Lane Name	Yr	School	Seed Time	Lane Name	Yr	School	Seed Time
Heat 1 of 2 Finals				Heat 1 of 11 Finals				Heat 8 of 11 Finals			
1				1 Roth, Kylie FR CGIBB X40.27				1 Taylor, Sophia JR BRGTN 29.72			
2 Savitsky, Abigail JR ENLOE 2:43.93				2 Ash, Teiran JR LEESV X35.98				2 Mekki, Salma JR LEESV 29.43			
3 Zhang, Meredith FR ENLOE 2:24.14				3 Stelmok, Hope JR LEESV X34.64				3 Takacs, Sampras JR LEESV 29.13			
4 Lickfold, Megan SR CGIBB 2:21.75				4 Hernandez, Ains SO CGIBB X34.36				4 Nguyen, Hannah JR ENLOE 29.04			
5 Lickfold, Katelyn SO CGIBB 2:23.45				5 Lyman, Gabrielle SR SANDE X34.37				5 Maurer, Brooke FR LEESV 29.05			
6 Lehavot, Naomi SO LEESV 2:32.98				6 Collins, Isabel SO CGIBB X34.92				6 Ko, Alice JR ATHEN 29.24			
7				7 Robinson, Grace FR SANDE X37.78				7 Haithcock, Liza JR BRGTN 29.46			
8				8 Freund, Daniela JR LEESV X41.65				8 Arnold, Nora SO LEESV 30.00			
Heat 2 of 2 Finals				Heat 2 of 11 Finals				Heat 9 of 11 Finals			
1 Howell, Addison FR BRGTN 2:19.13				1 Reynard, Avrie FR CGIBB X33.53				1 Blaes, Madison SO SANDE 28.32			
2 Johnson, Elyse FR CGIBB 2:13.99				2 Torres, Julia SO CGIBB X33.08				2 Amodei, Gabriell JR ATHEN 27.93			
3 Holloway, Blythe SR ATHEN 2:12.58				3 Froment, Juliette FR CGIBB X32.15				3 Ramey, Emma SO BRGTN 27.71			
4 Crane, Taylor SO BRGTN 2:10.30				4 Proctor, Isabelle SO SANDE X31.69				4 Komelasky, Sydn FR CGIBB 26.91			
5 Thomas, Emma SO LEESV 2:10.90				5 Richardson, Celi SO CGIBB X31.87				5 Pratt, Mary JR CGIBB 27.54			
6 Pereira, Grace FR CGIBB 2:13.98				6 Brinkley, Elizabe FR LEESV X32.69				6 Coll, Savannah JR BRGTN 27.88			
7 Ko, Andie SO ATHEN 2:18.35				7 Gleichauf, Addie FR CGIBB X33.25				7 Harper, Sarah Kn JR BRGTN 28.12			
8 Kohm, Ella FR CGIBB 2:20.79				8 Onofrio, Isabella SO CGIBB X33.67				8 Ray, Molly SR LEESV 28.71			
#6 Men 200 Yard IM				Heat 3 of 11 Finals				Heat 10 of 11 Finals			
2:02.99 REGA 4A Region Auto				1 Learn, Elizabeth FR CGIBB X31.59				1 Slee, Anna SO CGIBB 26.82			
2:32.99 REGC 4A Region Consider				2 McCann, Maeve JR CGIBB X31.36				2 Taylor, Sophia FR CGIBB 26.40			
Lane Name	Yr	School	Seed Time	3 Monroy, Laura SO BRGTN X31.00				3 Koonce, Helen SO BRGTN 25.97			
Heat 1 of 3 Finals				4 Szymeczek, Mary SO CGIBB X30.78				4 Ghim, Esther SR ENLOE 25.84			
1				5 Giovanello, Auro JR CGIBB X30.81				5 Grant, Lindsay JR ATHEN 25.95			
2				6 Sharon, Lily JR CGIBB X31.16				6 Haxholdt, Jacque FR ATHEN 26.38			
3 McInnis, Nolan SR ATHEN 2:43.29				7 Lloyd, Charlotte FR CGIBB X31.52				7 Hahl, Annelise SR BRGTN 26.67			
4 Fonseca, Daniel SO ENLOE 2:28.04				8 Padfield, Brooke SR CGIBB X31.60				8 Long, Belle SR CGIBB 26.87			
5 Ashrafi, Ryan SO ATHEN 2:28.53				Heat 4 of 11 Finals				Heat 11 of 11 Finals			
6				1 Wardaszka, Mia SO CGIBB X30.15				1 Allen, Sara SR ENLOE 25.78			
7				2 Mester, Sarah JR CGIBB X29.51				2 Young, Dallas SR LEESV 25.64			
8				3 Zygmund, Jady JR CGIBB X29.34				3 Carmouche, Emr JR CGIBB 25.47			
Heat 2 of 3 Finals				4 Campos Fiorati, SO CGIBB X29.17				4 Nixon, Nikki FR CGIBB 24.40			
1 Thomas, Redding FR ATHEN 2:23.85				5 Smith, Amelia JR CGIBB X29.18				5 Hagmann, Riley FR BRGTN 25.26			
2 Liu, Allen SO ENLOE 2:22.68				6 Baker, Emily SO CGIBB X29.38				6 Moody, Julia FR LEESV 25.58			
3 Fortner, Ryan SO ENLOE 2:12.40				7 Bristow, Amelia JR CGIBB X29.58				7 Lucas, Harper FR BRGTN 25.69			
4 Trexler, Grant SO BRGTN 2:10.90				8 Kwak, Alex JR CGIBB X30.55				8 Whitlock, Devon SO SANDE 25.78			
5 Poole, Austin SO CGIBB 2:12.04				Heat 5 of 11 Finals				#8 Men 50 Yard Freestyle			
6 Beebe, Nolan FR ATHEN 2:22.53				1 Levine, Cora FR CGIBB X29.12				22.49 REGA 4A Region Auto			
7 Fowler, Will SR ENLOE 2:23.67				2 Behrens, Maddie SO CGIBB X28.73				24.99 REGC 4A Region Consider			
8				3 Bouleqcha, Mana JR ATHEN 34.80				Lane Name	Yr	School	Seed Time
Heat 3 of 3 Finals				4 Luebke, Anna FR ATHEN 32.98				Heat 1 of 9 Finals			
1 Reynolds, Jonath SO LEESV 2:08.14				5 Gottlieb, Shayna JR ENLOE 34.67				1			
2 Sharron, Raston SO LEESV 2:02.75				6 Bautz, Kira JR CGIBB X27.94				2			
3 Jackson, Davis FR LEESV 1:59.00				7 Branin, Sienna FR CGIBB X29.01				3 Pietron, Jakub FR CGIBB X32.74			
4 Stutts, Ian JR ENLOE 1:55.58				8 O'Donovan, Allie JR BRGTN X29.16				4 Wilson, Brett FR CGIBB X29.11			
5 Hadsell, Ethan SR CGIBB 1:58.58				Heat 6 of 11 Finals				5 Fass, Brody FR ENLOE X30.37			
6 Swenson, Brode JR BRGTN 2:01.94				1 Underwood, Carl SR ATHEN 32.49				6			
7 Anderson, Jacob SO CGIBB 2:03.73				2 Shelke, Anvi FR ATHEN 32.29				7			
8 Hepp, Brian FR CGIBB 2:09.98				3 Key, Sophie SO LEESV 31.30				8			
				4 Greenberg, Mega FR SANDE 31.17							
				5 Livengood, Leigh FR ENLOE 31.26							
				6 Burkhardt, Anna FR SANDE 32.27							
				7 Ospina, Rebeca FR ATHEN 32.30							
				8 Mayerova, Rebek JR LEESV 32.64							

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Meet Program - Meet

Heat 2 (#8 Men 50 Yard Freestyle)

1	Xu, Max	SO	ENLOE	X28.49
2	Licht, Connor	FR	CGIBB	X27.83
3	Banez, Gavin	JR	CGIBB	X27.70
4	Chen, Kenny	FR	ENLOE	X26.96
5	Dimri, Sidharth	JR	ENLOE	X27.09
6	Fusco, Derek	SR	CGIBB	X27.71
7	Baker, Mayes	JR	CGIBB	X28.44
8				

Heat 3 of 9 Finals

1	Devlin, Reagan	SR	CGIBB	X26.71
2	Bautz, Emmett	SO	CGIBB	X26.57
3	Newton, Henry	SO	CGIBB	X25.96
4	Huggard, Rhowa	JR	CGIBB	X25.25
5	Saldanha, Julian	FR	CGIBB	X25.72
6	Sabino, Luca	FR	ENLOE	X26.39
7	Henderson, Coy	SO	CGIBB	X26.60
8	Strickland, Wes	SR	ENLOE	X26.94

Heat 4 of 9 Finals

1	Lauchengco, Eth	JR	CGIBB	X24.21
2	Nelson, Cole	FR	LEESV	30.24
3	McElhannon, Lia	SO	ATHEN	29.25
4	Lamson, Cruz	FR	LEESV	28.90
5	Girardin, Eliot	SO	BRGTN	29.16
6	Frasure, Will	SR	ATHEN	29.34
7	Guy, Tyler	SO	CGIBB	30.36
8	Joyce, Tyler	FR	CGIBB	X25.16

Heat 5 of 9 Finals

1	Frasure, Garrett	FR	ATHEN	27.46
2	Bescher, Camero	FR	LEESV	27.32
3	Russell, Levi	SO	LEESV	26.92
4	Puckett, Daniel	SO	ENLOE	26.38
5	Elagha, Yousif	FR	BRGTN	26.42
6	Hill, Theo	FR	LEESV	27.14
7	Reynolds, Daniel	SO	LEESV	27.40
8	Underwood, Bob	FR	ATHEN	28.40

Heat 6 of 9 Finals

1	Davis, Brayden	FR	ENLOE	26.36
2	Hartmere, Ryan	FR	ATHEN	26.31
3	Haug, Maxwell	SR	ATHEN	26.15
4	McInnis, Nolan	SR	ATHEN	25.71
5	Swicegood, Owen	SO	BRGTN	26.09
6	Jones-Sclater, Jac	SR	ATHEN	26.30
7	Zeren, AJ	JR	BRGTN	26.33
8	Binkley, Dean	FR	BRGTN	26.36

Heat 7 of 9 Finals

1	Bonavita, Ryan	SO	SANDE	25.62
2	Jones, Griffin	SR	BRGTN	25.13
3	Smith, Markus	SO	ATHEN	25.08
4	Finch, Brinson	SO	BRGTN	24.81
5	DeMacy, Brenda	SO	LEESV	24.86
6	Perotti, Joesph	SO	SANDE	25.13
7	Heuer, Cole	FR	BRGTN	25.46
8	Haltom, Luke	JR	ATHEN	25.67

Heat 8 of 9 Finals

1	Douglass, Owen	JR	SANDE	24.29
2	Lin, Raymon	JR	ENLOE	24.16
3	Cresimore, Huds	FR	LEESV	23.86
4	Barnes, Jack	JR	ATHEN	23.50
5	John, Nick	JR	CGIBB	23.68
6	Kempf, Mason	SR	BRGTN	23.88
7	Johnson, Lucas	JR	ATHEN	24.19
8	Briggs, Shigeo	SR	ENLOE	24.80

Heat 9 of 9 Finals

1	Malone, Sam	SR	BRGTN	23.46
2	Barger, Andrew	SO	BRGTN	23.19
3	Allen, Aidan	JR	CGIBB	22.70
4	Lange, Carter	JR	CGIBB	22.00
5	Mori, Axel	SR	LEESV	22.21
6	Cindric, Goran	JR	CGIBB	22.82
7	Pathare, Arya	JR	ENLOE	23.35
8	Blackburn, Loga	SR	LEESV	23.47

#11 Women 100 Yard Butterfly

1:00.49 REGA 4A Region Auto
1:12.99 REGC 4A Region Consider

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1				
2				
3	Luebke, Anna	FR	ATHEN	1:28.49
4	Coll, Savannah	JR	BRGTN	1:05.92
5	Schmidt, Lorelei	FR	BRGTN	1:09.14
6				
7				
8				

Heat 2 of 3 Finals

1	Brunk, Grace	SR	LEESV	1:05.86
2	Miller, Maris	SO	ATHEN	1:03.30
3	Ko, Andie	SO	ATHEN	1:02.69
4	Monackey, Emer	JR	SANDE	1:01.84
5	Goins, Annie	SO	SANDE	1:02.01
6	Slee, Anna	SO	CGIBB	1:02.75
7	Allen, Sara	SR	ENLOE	1:03.47
8	Catlett, Campbel	FR	ENLOE	1:05.88

Heat 3 of 3 Finals

1	Young, Dallas	SR	LEESV	1:00.69
2	Crane, Taylor	SO	BRGTN	1:00.60
3	Mann, Randolph	JR	BRGTN	59.35
4	Nixon, Nikki	FR	CGIBB	56.33
5	Wooten, Hannah	SO	BRGTN	58.28
6	Jackson, Alyssa	SR	LEESV	1:00.52
7	Ghim, Esther	SR	ENLOE	1:00.68
8	Sefried, Juliet	SO	CGIBB	1:01.62

#12 Men 100 Yard Butterfly

53.99 REGA 4A Region Auto
1:04.99 REGC 4A Region Consider

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Finals

1				
2				
3	Fendelman, Davi	JR	BRGTN	1:05.43
4	Harvey, William	FR	LEESV	1:02.73
5	Gessner, Wyatt	SR	ENLOE	1:04.31
6				
7				
8				

Heat 2 of 3 Finals

1				
2	Reynolds, Daniel	SO	LEESV	59.96
3	Sharma, Madhur	FR	ENLOE	57.96
4	Gage, Lincoln	FR	LEESV	56.47
5	Hepp, Brian	FR	CGIBB	57.56
6	Poole, Austin	SO	CGIBB	58.23
7	Barrios, Sebastia	FR	ATHEN	1:01.15
8				

Heat 3 of 3 Finals

1	Hutchins, Matthe	JR	ATHEN	55.66
2	Cornpropst, Ron	FR	CGIBB	54.07
3	Tuescher, Tommy	SO	CGIBB	52.99
4	Marsteiner, Matt	SR	LEESV	48.03
5	Townsend, Alex	JR	ENLOE	51.32
6	Smith, Christian	SR	CGIBB	53.00
7	Dooley, Jett	JR	CGIBB	55.37
8	Waechter, Logan	JR	ENLOE	55.92

#13 Women 100 Yard Freestyle

54.99 REGA 4A Region Auto
1:02.99 REGC 4A Region Consider

Lane Name	Yr	School	Seed Time
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Heat 1 of 5 Finals

1	Robinson, Grace	FR	SANDE	X1:34.73
2	Gottlieb, Shayna	JR	ENLOE	1:21.87
3	McInnis, Ainsley	FR	ENLOE	1:16.08
4	Livengood, Leigh	FR	ENLOE	1:13.42
5	Shelke, Anvi	FR	ATHEN	1:13.91
6	Bouleqcha, Man	JR	ATHEN	1:18.24
7	Blaes, Madison	SO	SANDE	X1:07.37
8				

Heat 2 of 5 Finals

1	Greenberg, Mega	FR	SANDE	1:09.74
2	McNeill, Campbe	SR	ENLOE	1:08.98
3	Fleming, Harriet	SR	BRGTN	1:07.40
4	Arnold, Nora	SO	LEESV	1:06.21
5	Johnson, Addison	SR	ATHEN	1:06.90
6	Mekki, Salma	JR	LEESV	1:08.02
7	Levine, Michalla	SO	ENLOE	1:09.33
8	Walton, Erin	JR	ATHEN	1:11.91

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Meet Program - Meet

Heat 3 (#13 Women 100 Yard Freestyle)

1	Amodei, Gabriell	JR	ATHEN	1:04.65
2	Barnes, Caroline	FR	ATHEN	1:02.33
3	Engemann, Katie	JR	CGIBB	1:01.76
4	Marin, Ella	FR	ENLOE	1:01.19
5	Harper, Sarah Kn	JR	BRGTN	1:01.22
6	Nguyen, Hannah	JR	ENLOE	1:01.80
7	Komelasky, Sydn	FR	CGIBB	1:03.48
8	Ray, Molly	SR	LEESV	1:05.46

Heat 4 of 5 Finals

1	Dokulil, Elizabeti	JR	LEESV	1:00.65
2	Taylor, Sophia	FR	CGIBB	58.68
3	Orning, Avery	SO	CGIBB	58.14
4	Grant, Lindsay	JR	ATHEN	57.24
5	Moody, Julia	SR	LEESV	57.29
6	Goins, Annie	SO	SANDE	58.56
7	Long, Belle	SR	CGIBB	59.42
8	Takacs, Sampras	JR	LEESV	1:01.15

Heat 5 of 5 Finals

1	Koonce, Helen	SO	BRGTN	56.59
2	Johnson, Elyse	FR	CGIBB	55.89
3	Hagmann, Riley	FR	BRGTN	54.23
4	Light, Chloe	SO	ENLOE	53.70
5	Elgart, Shayna	SO	BRGTN	53.79
6	Wooten, Hannah	SO	BRGTN	55.76
7	Carmouche, Emr	JR	CGIBB	56.47
8	Gentile, Morgan	SR	SANDE	56.88

#14 Men 100 Yard Freestyle

49.49 REGA 4A Region Auto
55.99 REGC 4A Region Consider

Lane Name	Yr	School	Seed Time
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Heat 1 of 5 Finals

1	Evillevitch, Marc	SR	ATHEN	1:08.94
2	Frasure, Will	SR	ATHEN	1:05.75
3	Russell, Levi	SO	LEESV	1:00.60
4	Wheeler, Calvin	JR	BRGTN	1:00.18
5	Zeren, AJ	JR	BRGTN	1:00.26
6	Girardin, Eliot	SO	BRGTN	1:05.65
7	McElhannon, Lia	SO	ATHEN	1:07.77
8	Underwood, Bob	FR	ATHEN	1:18.77

Heat 2 of 5 Finals

1	Elagha, Yousif	FR	BRGTN	59.41
2	Haugh, Maxwell	SR	ATHEN	58.81
3	Perotti, Joesph	SO	SANDE	58.14
4	Wiatrowski, Jam	SR	BRGTN	56.92
5	Beebe, Nolan	FR	ATHEN	57.33
6	Swicegood, Owei	SO	BRGTN	58.80
7	Smith, Markus	SO	ATHEN	58.92
8	Bonavita, Ryan	SO	SANDE	59.87

Heat 3 of 5 Finals

1	Ward, MacCade	FR	ENLOE	56.73
2	Slusser, Micah	SO	ENLOE	55.33
3	Heuer, Cole	FR	BRGTN	54.95
4	Creswell, Noah	FR	ENLOE	54.53
5	Wulff, Nolan	JR	CGIBB	54.73
6	Lu, Matthew	SO	ATHEN	55.20
7	Briggs, Shigeo	SR	ENLOE	56.35
8	Fendelman, Davi	JR	BRGTN	56.90

Heat 4 of 5 Finals

1	Finch, Brinson	SO	BRGTN	54.17
2	Johnson, Lucas	JR	ATHEN	53.47
3	Umnus, Brett	JR	CGIBB	53.18
4	Duncan, Grey	SO	CGIBB	53.02
5	Douglass, Owen	JR	SANDE	53.06
6	Cresimore, Huds	FR	LEESV	53.36
7	Gajowski, Jack	SO	LEESV	53.66
8	Pathare, Arya	JR	ENLOE	54.33

Heat 5 of 5 Finals

1	Barger, Andrew	SO	BRGTN	51.21
2	March, Jackson	SO	BRGTN	49.05
3	Wiese, Cooper	JR	CGIBB	48.62
4	Sito, Drew	FR	SANDE	47.59
5	Mori, Axel	SR	LEESV	47.64
6	Lange, Carter	JR	CGIBB	48.75
7	Kempf, Mason	SR	BRGTN	50.41
8	Froehlich, Joseph	FR	CGIBB	52.24

#15 Women 500 Yard Freestyle

5:17.49 REGA 4A Region Auto
6:30.99 REGC 4A Region Consider

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Finals

1	Smith, Kaydence	JR	ENLOE	6:11.56
2	Foglia, Sarah	SR	ENLOE	5:44.14
3	Monackey, Emer:	JR	SANDE	5:33.81
4	Barillaro, Carly	FR	BRGTN	5:30.79
5	Bellerjeau, Schuy	JR	BRGTN	5:32.46
6	Senko, Ruby	FR	CGIBB	5:35.65
7	Poole, Kaiya	FR	ATHEN	6:05.94
8	Devarajan, Diya	FR	ATHEN	6:39.07

Heat 2 of 2 Finals

1	Hadsell, Meghan	SO	CGIBB	5:21.32
2	Wilson, Cameror:	JR	LEESV	5:16.16
3	Williams, Delane	JR	LEESV	5:12.64
4	Hawkins, Riley	JR	LEESV	5:04.11
5	Carson, Clara	JR	BRGTN	5:12.29
6	Sefried, Juliet	SO	CGIBB	5:15.00
7	Townsend, Anna	FR	ENLOE	5:20.92
8	Shannon, Kather	SO	SANDE	5:26.27

#16 Men 500 Yard Freestyle

4:57.49 REGA 4A Region Auto
6:30.99 REGC 4A Region Consider

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Finals

1				
2	Smalley, Jack	SO	CGIBB	5:20.33
3	Cindric, Alen	FR	CGIBB	5:11.20
4	Gospodarek, Gra	SO	ENLOE	4:58.57
5	Pearce, Isaiah	SR	LEESV	4:58.93
6	Fortner, Ryan	SO	ENLOE	5:12.33
7	Thomas, Redding	FR	ATHEN	5:23.74
8				

Heat 2 of 2 Finals

1	Swenson, Broder	JR	BRGTN	4:52.49
2	Nelson, Eli	JR	LEESV	4:48.43
3	Davidson, Aaron	JR	SANDE	4:40.34
4	Marsteiner, Matt	SR	LEESV	4:21.88
5	Tuttle, Wilson	SR	BRGTN	4:39.46
6	Stutts, Ian	JR	ENLOE	4:47.96
7	Drake, Liam	FR	CGIBB	4:51.51
8	Beebe, Cooper	SR	ATHEN	4:54.83

#17 Women 200 Yard Freestyle Relay

1:46.49 REGA 4A Region Auto
2:59.99 REGC 4A Region Consider

Lane Team	Relay	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	ENLOE	B		1:58.36
	McNeill, Campbell	SR	Levine, Michalla	SO
	Savitsky, Abigail	JR	Smith, Kaydence	JR
4	ATHEN	B		1:49.65
	Poole, Kaiya	FR	Amodei, Gabrielle	JR
	Ward, Gracie	FR	Haxholdt, Jacqueline	FR
5	LEESV	B		1:52.13
	Thomas, Emma	SO	Dokulil, Elizabeth	JR
	Lehavot, Naomi	SO	Cardinale, Gianna	JR
6	SANDE	B		2:04.56
	Greenberg, Megan	FR	Proctor, Isabelle	SO
	Burkhardt, Anna	FR	Tse, Emma	JR
7				
8				

Heat 2 of 2 Finals

1	ATHEN	A		1:46.76
	Richards, Nora	IR	Miller, Maris	SO
	Grant, Lindsay	JR	Holloway, Blythe	SR
2	CGIBB	B		1:46.26
	Biersack, Julia	SO	Slee, Anna	SO
	Long, Belle	SR	Pereira, Grace	FR
3	SANDE	A		1:42.31
	Whitlock, Devon	SO	Monackey, Emersyn	JR
	Goins, Annie	SO	Gentile, Morgan	SR
4	BRGTN	A		1:36.97
	Elgart, Shavna	SO	Wooten, Hannah	SO
	Hagmann, Riley	FR	Crane, Taylor	SO
5	CGIBB	A		1:40.60
	Carmouche, Emma	JR	Johnson, Elyse	FR
	Hadsell, Meghan	SO	Nixon, Nikki	FR
6	LEESV	A		1:44.25
	Moody, Iulia	SR	Brunk, Grace	SR
	Young, Dallas	SR	Jackson, Alyssa	SR
7	BRGTN	B		1:46.54
	Carson, Clara	IR	Rudolph, Avery	SO
	Hahl, Annelise	SR	Mann, Randolph	JR
8	ENLOE	A		1:47.36
	Marin, Ella	FR	Foglia, Sarah	SR
	Catlett, Campbell	FR	Light, Chloe	SO

2024 CAP6 Conference Championships - 1/20/2024

Meet Program - Meet

#18 Men 200 Yard Freestyle Relay				
1:33.99 REGA 4A Region Auto				
2:35.99 REGC 4A Region Consider				
Lane	Team	Relay	Seed Time	
Heat 1 of 2 Finals				
1				
2				
3	LEESV	B	1:43.59	
	DeMacy, Brendan SO	Harvey, William FR		
	Reynolds, Jonathan SO	Gajowski, Jack SO		
4	ENLOE	B	1:40.90	
	Briddell, Zachary IR	Gessner, Wyatt SR		
	Ward, MacCade FR	Briggs, Shigeo SR		
5	BRGTN	B	1:41.92	
	Jones, Griffin SR	Wiatrowski, James SR		
	Fendelman, David JR	Finch, Brinson SO		
6				
7				
8				
Heat 2 of 2 Finals				
1	ENLOE	A	1:36.12	
	Lin, Ravmon IR	Waechter, Logan JR		
	Slusser, Micah SO	Pathare, Arya JR		
2	CGIBB	B	1:33.38	
	Poole, Austin SO	Cindric, Goran JR		
	John, Nick JR	Allen, Aidan JR		
3	ATHEN	A	1:33.04	
	Barnes, Jack JR	Hutchins, Matthew JR		
	Johnston, Lucas JR	Beebe, Cooper SR		
4	BRGTN	A	1:28.38	
	March, Jackson SO	Malone, Sam SR		
	Barger, Andrew SO	Tuttle, Wilson SR		
5	CGIBB	A	1:29.21	
	Wiese, Cooper IR	Hadsell, Ethan SR		
	Richardson, Zach SR	Lange, Carter JR		
6	LEESV	A	1:33.38	
	Blackburn, Logan SR	Cresimore, Hudson FR		
	Gage, Lincoln FR	Pearce, Isaiah SR		
7	SANDE	A	1:35.21	
	Askew, Coley SO	Davidson, Aaron JR		
	Douglass, Owen JR	Sito, Drew FR		
8	ATHEN	B	1:36.39	
	Lu, Matthew SO	Smith, Markus SO		
	Thomas, Redding FR	Haltom, Luke JR		
#19 Women 100 Yard Backstroke				
1:00.49 REGA 4A Region Auto				
1:11.99 REGC 4A Region Consider				
Lane Name	Yr	School	Seed Time	
Heat 1 of 4 Finals				
1	Underwood, Carl	SR	ATHEN	1:19.10
2	Shingler, Margot	FR	LEESV	1:18.33
3	Haithcock, Liza	JR	BRGTN	1:16.24
4	Savitsky, Abigail	JR	ENLOE	1:15.45
5	Jackson, Alyssa	SR	LEESV	1:15.69
6	Proctor, Isabelle	SO	SANDE	1:17.80
7	Taylor, Sophia	JR	BRGTN	1:18.45
8				
Heat 2 of 4 Finals				
1	De Jong, Evelyn	JR	BRGTN	1:11.55
2	Barnes, Caroline	FR	ATHEN	1:10.56
3	Lehavot, Naomi	SO	LEESV	1:09.86
4	Zhang, Meredith	FR	ENLOE	1:08.56
5	Bal, Anna Marie	JR	CGIBB	1:08.65
6	Rudolph, Avery	SO	BRGTN	1:10.09
7	Tse, Emma	JR	SANDE	1:10.85
8	Baker, Annabelle	FR	LEESV	1:14.56
Heat 3 of 4 Finals				
1	Ward, Gracie	FR	ATHEN	1:06.81
2	Engemann, Katie	JR	CGIBB	1:06.24
3	Catlett, Campbell	FR	ENLOE	1:05.93
4	Bellerjeau, Schuy	JR	BRGTN	1:05.36
5	Biersack, Julia	SO	CGIBB	1:05.45
6	Richards, Nora	JR	ATHEN	1:05.94
7	Lisk, Alana	SR	BRGTN	1:06.52
8	Marin, Ella	FR	ENLOE	1:08.55
Heat 4 of 4 Finals				
1	Gentile, Morgan	SR	SANDE	1:03.89
2	Lucas, Harper	FR	BRGTN	1:03.30
3	Miller, Maris	SO	ATHEN	1:02.59
4	Elgart, Shayna	SO	BRGTN	58.56
5	Cardinale, Giann	JR	LEESV	1:02.21
6	Wilson, Cameron	JR	LEESV	1:02.65
7	Orning, Avery	SO	CGIBB	1:03.79
8	Whitlock, Devon	SO	SANDE	1:05.02
#20 Men 100 Yard Backstroke				
55.99 REGA 4A Region Auto				
1:07.99 REGC 4A Region Consider				
Lane Name	Yr	School	Seed Time	
Heat 1 of 4 Finals				
1				
2				
3	Frasure, Garrett	FR	ATHEN	1:20.20
4	Hill, Theo	FR	LEESV	1:16.49
5	Lamson, Cruz	FR	LEESV	1:18.48
6				
7				
8				
Heat 2 of 4 Finals				
1	Fonseca, Daniel	SO	ENLOE	1:07.90
2	Bescher, Camero	FR	LEESV	1:06.79
3	Creswell, Noah	FR	ENLOE	1:02.77
4	Waechter, Logan	JR	ENLOE	1:01.56
5	DeMacy, Brendar	SO	LEESV	1:01.67
6	Lin, Raymon	JR	ENLOE	1:02.99
7	Ramakrishnah, A	JR	ENLOE	1:07.04
8	Wheeler, Calvin	JR	BRGTN	1:14.31
Heat 3 of 4 Finals				
1	Lu, Matthew	SO	ATHEN	1:00.48
2	Gajowski, Jack	SO	LEESV	58.82
3	Hutchins, Matthe	JR	ATHEN	57.74
4	Tuescher, Tommi	SO	CGIBB	56.35
5	Anderson, Jacob	SO	CGIBB	56.77
6	Trexler, Grant	SO	BRGTN	57.93
7	Briddell, Zachary	JR	ENLOE	1:00.34
8	Jones, Griffin	SR	BRGTN	1:00.55
Heat 4 of 4 Finals				
1	March, Jackson	SO	BRGTN	55.20
2	Dooley, Jett	JR	CGIBB	55.00
3	Smith, Christian	SR	CGIBB	53.67
4	Jackson, Davis	FR	LEESV	52.81
5	Hadsell, Ethan	SR	CGIBB	53.15
6	Sito, Drew	FR	SANDE	54.00
7	Barnes, Jack	JR	ATHEN	55.09
8	Cornpropst, Ron	FR	CGIBB	55.84
#21 Women 100 Yard Breaststroke				
1:08.99 REGA 4A Region Auto				
1:23.99 REGC 4A Region Consider				
Lane Name	Yr	School	Seed Time	
Heat 1 of 3 Finals				
1				
2				
3	Burkhardt, Anna	FR	SANDE	1:35.85
4	Ko, Alice	JR	ATHEN	1:26.21
5	Lyman, Gabrielle	SR	SANDE	1:31.65
6	McInnis, Ainsley	FR	ENLOE	1:38.26
7				
8				
Heat 2 of 3 Finals				
1	Hahl, Annelise	SR	BRGTN	1:17.62
2	Ryan, Alina	JR	CGIBB	1:16.39
3	Haxholdt, Jacque	FR	ATHEN	1:15.32
4	Howell, Addison	FR	BRGTN	1:13.24
5	Lickfold, Megan	SR	CGIBB	1:14.18
6	Brice, Harper	SO	BRGTN	1:15.99
7	Dokulil, Elizabeth	JR	LEESV	1:16.77
8	McNeill, Campbe	SR	ENLOE	1:24.44
Heat 3 of 3 Finals				
1	Kohm, Ella	FR	CGIBB	1:12.61
2	Shannon, Kather	SO	SANDE	1:08.95
3	Holloway, Blythe	SR	ATHEN	1:07.10
4	Thomas, Emma	SO	LEESV	1:05.54
5	Jackson, Alyssa	SR	LEESV	1:07.01
6	Pereira, Grace	FR	CGIBB	1:08.34
7	Lickfold, Katelyn	SO	CGIBB	1:09.25
8	Mann, Randolph	JR	BRGTN	1:12.63
#22 Men 100 Yard Breaststroke				
1:01.99 REGA 4A Region Auto				
1:14.99 REGC 4A Region Consider				
Lane Name	Yr	School	Seed Time	
Heat 1 of 3 Finals				
1				
2				
3	Ashrafi, Ryan	SO	ATHEN	1:15.69
4	Wu, QiFeng	JR	ENLOE	1:11.78
5	Evilevitch, Marc	SR	ATHEN	1:14.12
6	Jones-Sclater, Jac	SR	ATHEN	1:17.05
7				
8				

2024 CAP6 Conference Championships - 1/20/2024

Meet Program - Meet

Heat 2 (#22 Men 100 Yard Breaststroke)

1	Puckett, Daniel	SO	ENLOE	1:11.61
2	Fowler, Will	SR	ENLOE	1:08.84
3	Sharma, Madhur	FR	ENLOE	1:08.74
4	Smalley, Jack	SO	CGIBB	1:08.26
5	Haltom, Luke	JR	ATHEN	1:08.63
6	Gessner, Wyatt	SR	ENLOE	1:08.77
7	Binkley, Dean	FR	BRGTN	1:10.20
8	Askew, Coley	SO	SANDE	1:11.62

Heat 3 of 3 Finals

1	Reynolds, Jonath	SO	LEESV	1:05.82
2	Sharron, Raston	SO	LEESV	1:03.43
3	Richardson, Zach	SR	CGIBB	1:00.06
4	Townsend, Alex	JR	ENLOE	58.41
5	Cindric, Goran	JR	CGIBB	59.98
6	John, Nick	JR	CGIBB	1:01.84
7	Malone, Sam	SR	BRGTN	1:03.58
8	Blackburn, Logai	SR	LEESV	1:06.09

#23 Women 400 Yard Freestyle Relay

3:49.99 REGA 4A Region Auto
6:15.99 REGC 4A Region Consider

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	ATHEN	B		4:20.88
	Amodei, Gabrielle IR		Ko, Alice JR	
	Johnson, Addison SR		Barnes, Caroline FR	
4	LEESV	B		4:12.09
	Williams, Delanee IR		Arnold, Nora SO	
	Takacs, Sampras JR		Wilson, Cameron JR	
5	ENLOE	B		4:18.56
	Smith, Kavdence IR		Zhang, Meredith FR	
	Marin, Ella FR		Nguyen, Hannah JR	
6				
7				
8				

Heat 2 of 2 Finals

1	ATHEN	A		3:56.04
	Richards, Nora IR		Ward, Gracie FR	
	Poole, Kaiya FR		Haxholdt, Jacqueline FR	
2	BRGTN	B		3:50.89
	Koonce, Helen SO		Carson, Clara JR	
	Howell, Addison FR		Lucas, Harper FR	
3	LEESV	A		3:46.07
	Moody, Iulia SR		Brunk, Grace SR	
	Young, Dallas SR		Hawkins, Riley JR	
4	BRGTN	A		3:31.86
	Crane, Taylor SO		Wooten, Hannah SO	
	Hagmann, Riley FR		Elgart, Shayna SO	
5	CGIBB	A		3:41.54
	Sefried, Juliet SO		Johnson, Elyse FR	
	Hadsell, Meghan SO		Nixon, Nikki FR	
6	ENLOE	A		3:47.34
	Allen, Sara SR		Foglia, Sarah SR	
	Townsend, Annabel FR		Ghim, Esther SR	
7	CGIBB	B		3:53.99
	Biersack, Iulia SO		Lickfold, Megan SR	
	Taylor, Sophia FR		Orning, Avery SO	
8	SANDE	A		4:06.67
	Whitlock, Devon SO		Shannon, Katherine SO	
	Tse, Emma JR		Greenberg, Megan FR	

Heat 2 of 2 Finals

1	CGIBB	B		3:26.88
	Allen, Aidan IR		Anderson, Jacob SO	
	Cornpropst, Ronan FR		Dooley, Jett JR	
2	LEESV	B		3:23.82
	Nelson, Eli IR		Cresimore, Hudson FR	
	Blackburn, Logan SR		Sharron, Raston SO	
3	ENLOE	A		3:17.40
	Gospodarek, Grady SO		Waechter, Logan JR	
	Townsend, Alex JR		Stutts, Ian JR	
4	BRGTN	A		3:09.44
	March, Jackson SO		Barger, Andrew SO	
	Swenson, Broder JR		Tuttle, Wilson SR	
5	CGIBB	A		3:16.53
	Smith, Christian SR		Hadsell, Ethan SR	
	Richardson, Zach SR		Wiese, Cooper JR	
6	LEESV	A		3:18.32
	Mori, Axel SR		Jackson, Davis FR	
	Pearce, Isaiah SR		Marsteiner, Matthew SR	
7	ATHEN	A		3:25.14
	Ashrafi, Ryan SO		Beebe, Nolan FR	
	Thomas, Redding FR		Lu, Matthew SO	
8				

#24 Men 400 Yard Freestyle Relay

3:24.99 REGA 4A Region Auto
5:30.99 REGC 4A Region Consider

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1				
2				
3	ATHEN	B		3:44.71
	Haugh, Maxwell SR		Smith, Markus SO	
	McInnis, Nolan SR		Barrios, Sebastian FR	
4	BRGTN	B		3:32.94
	Trexler, Grant SO		Heuer, Cole FR	
	Finch, Brinson SO		Kempf, Mason SR	
5	ENLOE	B		3:39.70
	Creswell, Noah FR		Sharma, Madhuram FR	
	Lin, Raymon JR		Slusser, Micah SO	
6				
7				
8				



EVENT SURVEY

Meeting the Aquatic Needs of the Triangle Community
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