



**TRIANGLE AQUATIC CENTER  
2024 NAC  
CONFERENCE CHAMPIONSHIP**

# Charles Ashley Mann, DDS & Associates Family & Cosmetic Dentistry



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AND ASSOCIATES  
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**2024 NAC Conference Championships - 1/20/2024**  
**Meet Program - Meet**

**#1 Women 200 Yard Medley Relay**

**1:54.99 REGA 4A Region Auto**  
**3:30.99 REGC 4A Region Consider**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
1			
2			
3	ROLES	B	2:36.61
	Genty-Felipe, Jannet SO	Mountain, Erin JR	
	Polanco, Aryana	McClaren, Lucy JR	
4	WFRST	B	2:17.85
	Skelly, Markela FR	Stewart, Lola SR	
	Houston, Mallory JR	Golden, Madison SO	
5	ROLES	A	2:29.87
	Bailev, Kyra IR	Phung, Anna SO	
	Schmitz, Madison FR	Smith, Sofia SR	
6			
7			
8			
<b>Heat 2 of 2 Finals</b>			
1	HERTG	B	2:12.58
	Paige, Marrissa IR	Mitchell, Lily JR	
	Lehman, Annabelle SR	Ellis, Sophie FR	
2	WFRST	A	2:06.99
	Blatz, Maddie SO	Kemp, Zara SO	
	Skelly, Marilyn JR	Bowman, Kennedy JR	
3	MILLB	A	2:00.71
	Buff, Isabella JR	Tanner, Emily SR	
	Womble, Peyton SO	Manners, Ava SO	
4	WKFLD	A	1:56.10
	Cronin, Iaclyn IR	Wright, Ava SR	
	Organ, Macy JR	Wainio, Skylar FR	
5	HERTG	A	1:58.11
	Gvure, Greyson SR	Wrenn, Emily SO	
	Monville, Kathryn JR	Ray, Lauren JR	
6	MILLB	B	2:03.34
	Stoner, Kennedy JR	Dellasega, Emma SO	
	Rigot, Ella FR	Cox, Maddy SO	
7	WKFLD	B	2:08.00
	Scott, Bentlev SO	Russell, Caitlyn FR	
	Regan, Jackie JR	Wallace, Taylor FR	
8			

**#2 Men 200 Yard Medley Relay**

**1:41.99 REGA 4A Region Auto**  
**2:59.99 REGC 4A Region Consider**

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
1			
2			
3	ROLES	B	2:19.03
	Moore, Brody FR	Phung, Henderson JR	
	Crouse, Gavin SO	Hughes, Jacob SR	
4	HERTG	B	2:10.92
	Derwin, Nate SR	Calvi, Giorgio JR	
	La, Danny JR	Catalano, Gabriel SR	
5	WFRST	B	2:16.55
	Abebe, Yaphet IR	Haines, Jameson SR	
	Emery, Gabriel FR	Kirby, Aden SO	
6			
7			
8			

**Heat 2 of 2 Finals**

1			
2	MILLB	B	1:49.64
	White, Jack IR	Blalock, Skyler SR	
	Waechter, Mason FR	Jones, Tyler SO	
3	ROLES	A	1:43.93
	Young, Greyson JR	Clayton, William SR	
	Clayton, Thomas SO	Delos Santos, Joshua FR	
4	MILLB	A	1:40.76
	Worsham, Nathan SR	Cockman, Addison JR	
	Smith, Zack SR	Smith, Ben SO	
5	HERTG	A	1:43.74
	Bennison, James SR	Mozzo, Aidan SR	
	Choi, Aaron FR	Day, Joshua SR	
6	WFRST	A	1:46.60
	Neudecker, Jack JR	Eickhoff, C.J JR	
	Caporaso, Nicholas SR	Schermer, Brady FR	
7	WKFLD	A	1:55.00
	Langheim, Henry SO	Dawson, Drew SO	
	Harrison, Joey JR	Auerbach, Cole JR	
8			

**#3 Women 200 Yard Freestyle**

**1:58.49 REGA 4A Region Auto**  
**2:20.99 REGC 4A Region Consider**

Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals</b>				
1	Garlington, Ella I	SO	WFRST	3:00.65
2	McClaren, Lucy	JR	ROLES	2:47.08
3	Dellasega, Caroli	SR	MILLB	2:12.97
4	Hynes, Isabelle	SO	MILLB	2:11.24
5	Miller, Jessica	SO	MILLB	2:11.84
6	Wenger, Sara	SO	WKFLD	2:18.49
7	Carew, Rayleigh	SO	WFRST	2:56.21
8				
<b>Heat 2 of 2 Finals</b>				
1	Brown, Scotia	JR	WKFLD	2:06.93
2	Monville, Kathry	JR	HERTG	2:03.66
3	Sciaudone, Gaby	JR	WKFLD	2:02.47
4	Schmitz, Madiso	FR	ROLES	1:56.80
5	Organ, Macy	JR	WKFLD	2:00.94
6	Buffum, Victoria	FR	MILLB	2:02.62
7	Mitchell, Lily	JR	HERTG	2:05.86
8	Aplin, Emma	SR	HERTG	2:10.61

**#4 Men 200 Yard Freestyle**

**1:49.99 REGA 4A Region Auto**  
**2:09.99 REGC 4A Region Consider**

Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals</b>				
1				
2				
3	La, David	JR	HERTG	2:47.29
4	Sellick, Stephen	JR	WKFLD	2:26.45
5	Phung, Hendersc	JR	ROLES	2:28.59
6				
7				
8				

**Heat 2 of 2 Finals**

1	Brown, Gabe	SO	WKFLD	2:10.47
2	Pittenger, Charle	SO	MILLB	2:01.73
3	Dellasega, Sam	SO	MILLB	1:51.74
4	Bennison, James	SR	HERTG	1:43.47
5	Smith, Ben	SO	MILLB	1:47.96
6	Young, Greyson	JR	ROLES	1:59.10
7	Davis, James	SO	MILLB	2:02.33
8	Massey, Dylan	FR	MILLB	2:25.33

**#5 Women 200 Yard IM**

**2:13.49 REGA 4A Region Auto**  
**2:39.99 REGC 4A Region Consider**

Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals</b>				
1				
2	Pai, Sania	FR	WKFLD	2:51.60
3	Russell, Caitlyn	FR	WKFLD	2:45.43
4	Winkle, Gracie	FR	WKFLD	2:36.17
5	Blatz, Maddie	SO	WFRST	2:45.37
6	Skelly, Markela	FR	WFRST	2:46.10
7	Bosch, Phoebe	FR	WFRST	2:53.21
8				

**Heat 2 of 2 Finals**

1	Regan, Jackie	JR	WKFLD	2:31.58
2	Gyure, Greyson	SR	HERTG	2:23.09
3	Buff, Isabella	JR	MILLB	2:22.14
4	Wright, Ava	SR	WKFLD	2:21.51
5	Wrenn, Emily	SO	HERTG	2:21.99
6	Rigot, Ella	FR	MILLB	2:22.67
7	Skelly, Marilyn	JR	WFRST	2:25.26
8	Allen, Scarlett	JR	MILLB	2:35.49

**#6 Men 200 Yard IM**

**2:02.99 REGA 4A Region Auto**  
**2:32.99 REGC 4A Region Consider**

Lane	Name	Yr	School	Seed Time
<b>Heat 1 of 2 Finals</b>				
1				
2				
3	Auerbach, Cole	JR	WKFLD	2:47.45
4	Meintel, Calvin	FR	MILLB	2:15.33
5	Blalock, Skyler	SR	MILLB	2:25.16
6				
7				
8				

**Heat 2 of 2 Finals**

1				
2	Harclerode, Cole	FR	MILLB	2:10.55
3	Clayton, William	SR	ROLES	2:08.47
4	Worsham, Natha	SR	MILLB	2:01.07
5	Choi, Aaron	FR	HERTG	2:05.80
6	White, Jack	JR	MILLB	2:09.99
7	Delos Santos, Jos	FR	ROLES	2:12.08
8				

## 2024 NAC Conference Championships - 1/20/2024

## Meet Program - Meet

#7 Women 50 Yard Freestyle				#8 Men 50 Yard Freestyle				#11 Women 100 Yard Butterfly			
25.49 REGA 4A Region Auto				22.49 REGA 4A Region Auto				1:00.49 REGA 4A Region Auto			
27.99 REGC 4A Region Consider				24.99 REGC 4A Region Consider				1:12.99 REGC 4A Region Consider			
Lane Name	Yr	School	Seed Time	Lane Name	Yr	School	Seed Time	Lane Name	Yr	School	Seed Time
<b>Heat 1 of 7 Finals</b>				<b>Heat 1 of 5 Finals</b>				<b>Heat 1 of 2 Finals</b>			
1				1				1			
2				2				2			
3	Beute, Allison	JR	MILLB	3	Poteat, Isaac	JR	MILLB	3	Ramos, Aliehsa	JR	WFRST
4	Tutino, Juliet	SO	MILLB	4	Kovacs, Daniel	FR	MILLB	4	Bowman, Kenne	JR	WFRST
5	Frankel, Cloey	JR	MILLB	5	Daigle, Neil	FR	MILLB	5	Houston, Mallory	JR	WFRST
6			X43.51	6			X32.20	6			1:17.54
7			X36.14	7			X29.08	7			1:14.51
8			X39.66	8			X30.77	8			1:16.25
<b>Heat 2 of 7 Finals</b>				<b>Heat 2 of 5 Finals</b>				<b>Heat 2 of 2 Finals</b>			
1	O'Connor, Camp	SO	MILLB	1	Stotsky, Tyler	JR	MILLB	1	Guptill, Mira	JR	MILLB
2	O'Connor, Erin	SO	MILLB	2	Sparacia, Gabriel	SR	ROLES	2	Skelly, Marilyn	JR	WFRST
3	Forconi, Martina	JR	MILLB	3	Kiernan, Tim	SO	WKFLD	3	Womble, Peyton	SO	MILLB
4	Warren, Summe	FR	MILLB	4	Tardy, Martin	FR	HERTG	4	Organ, Macy	JR	WKFLD
5	Poteat, Olivia	JR	MILLB	5	Stelman, Carter	JR	ROLES	5	Monville, Kathry	JR	HERTG
6	Brooks, Charlott	SO	MILLB	6	Jorgensen, Jake	FR	HERTG	6	Buffum, Victoria	FR	MILLB
7	Hariguruprasad,	SR	MILLB	7	Hartley, Connor	FR	MILLB	7	Regan, Jackie	JR	WKFLD
8			X35.77	8			X27.17	8	Lehman, Annabe	SR	HERTG
<b>Heat 3 of 7 Finals</b>				<b>Heat 3 of 5 Finals</b>				<b>#12 Men 100 Yard Butterfly</b>			
1	Butts, Audrey	SO	MILLB	1	Sweeney, Max	SO	ROLES	53.99 REGA 4A Region Auto			
2	Evans, Teagan	SO	MILLB	2	Stuart, Mason	SR	WFRST	1:04.99 REGC 4A Region Consider			
3	Iannelli, Poppy	SR	MILLB	3	Hughes, Jacob	SR	ROLES	<b>Lane Name</b> <b>Yr</b> <b>School</b> <b>Seed Time</b>			
4	Hopper, Reagan	JR	WKFLD	4	Floyd, Foster	SO	MILLB	<b>Heat 1 of 2 Finals</b>			
5	Iannelli, Drew	SO	MILLB	5	Catalano, Gabriel	SR	HERTG	1			
6	Klein, Allaire	FR	MILLB	6	La, Danny	JR	HERTG	2			
7	Coats, Kelly	JR	MILLB	7	Schwier, Brady	SR	WFRST	3	La, Danny	JR	HERTG
8	Furnas, Ursula	SO	MILLB	8	Calvi, Giorgio	JR	HERTG	4	Guptill, Alex	SO	MILLB
<b>Heat 4 of 7 Finals</b>				<b>Heat 4 of 5 Finals</b>				5			
1	Jones, Erin	FR	WFRST	1	Mew, Jack	SO	MILLB	6	Langheim, Henry	SO	WKFLD
2	Carew, Rayleigh	SO	WFRST	2	Williams, Jackson	JR	MILLB	7			
3	Genty-Felipe, Jan	SO	ROLES	3	Jones, Tyler	SO	MILLB	8			
4	Glossip, Victoria	SO	HERTG	4	Caporaso, Nichol	SR	WFRST	<b>Heat 2 of 2 Finals</b>			
5	Day, Nyomi	SO	HERTG	5	Derwin, Nate	SR	HERTG	1	White, Logan	FR	MILLB
6	Wright, Jane	SR	ROLES	6	Bennett, CJ	SR	MILLB	2	Waechter, Masor	FR	MILLB
7	Emery, Liz	JR	WFRST	7	Emery, Gabriel	FR	WFRST	3	Worsham, Natha	SR	MILLB
8	O'Keefe, Emerso	JR	WFRST	8	Haines, Jameson	SR	WFRST	4	Smith, Zack	SR	MILLB
<b>Heat 5 of 7 Finals</b>				<b>Heat 5 of 5 Finals</b>				5			
1	Chupik, Sydney	SR	HERTG	1	Lytle, Dave	SR	KDALE	6	Eickhoff, CJ	JR	WFRST
2	Elms, Nora	SR	WKFLD	2	Cockman, Addisc	JR	MILLB	7	Choi, Aaron	FR	HERTG
3	Miglucchi, Emma	SO	WFRST	3	Schermer, Brady	FR	WFRST	8	Clayton, Thomas	SO	ROLES
4	Weiss, Brooklyn	SR	WKFLD	4	Smith, Zack	SR	MILLB	8			
5	Paige, Marrassa	JR	HERTG	5	Harrison, Joey	JR	WKFLD	<b>#13 Women 100 Yard Freestyle</b>			
6	Lahlali, Nadia	SO	WKFLD	6	Day, Joshua	SR	HERTG	54.99 REGA 4A Region Auto			
7	Pizzola, Jayne	FR	HERTG	7	Stepanian, Nicho	SO	MILLB	1:02.99 REGC 4A Region Consider			
8	Mountain, Erin	JR	ROLES	8	Clayton, Thomas	SO	ROLES	<b>Lane Name</b> <b>Yr</b> <b>School</b> <b>Seed Time</b>			
<b>Heat 6 of 7 Finals</b>				<b>Heat 6 of 7 Finals</b>				<b>Heat 1 of 4 Finals</b>			
1	McGuinness, Iris	SO	HERTG	1	McGuinness, Iris	SO	HERTG	1			
2	Leary, Daisy	SR	MILLB	2	Leary, Daisy	SR	MILLB	2			
3	Gustafsson, Vend	SR	MILLB	3	Gustafsson, Vend	SR	MILLB	3	O'Keefe, Emerso	JR	WFRST
4	Bowman, Kenne	JR	WFRST	4	Bowman, Kenne	JR	WFRST	4	Weiss, Brooklyn	SR	WKFLD
5	Elllis, Sophie	FR	HERTG	5	Elllis, Sophie	FR	HERTG	5	Day, Nyomi	SO	HERTG
6	Needham, Lila	JR	MILLB	6	Needham, Lila	JR	MILLB	6			
7	Ilardi, Melody	FR	WKFLD	7	Ilardi, Melody	FR	WKFLD	7			
8	Anemaet, Alanna	SR	WKFLD	8	Anemaet, Alanna	SR	WKFLD	8			

2024 NAC Conference Championships - 1/20/2024

Meet Program - Meet

Heat 2 (#13 Women 100 Yard Freestyle)

1				
2	Pizzola, Jayne	FR	HERTG	1:10.33
3	Bediner, Tiffany	SR	WKFLD	1:09.82
4	Stewart, Lola	SR	WFRST	1:09.19
5	Jankowski, Ella	SR	WKFLD	1:09.51
6	Glossip, Victoria	SO	HERTG	1:09.87
7	Migliucci, Emma	SO	WFRST	1:11.51
8				

Heat 3 of 4 Finals

1	Pai, Sania	FR	WKFLD	1:06.92
2	Leary, Daisy	SR	MILLB	1:06.38
3	Golden, Madison	SO	WFRST	1:05.10
4	Wallace, Taylor	FR	WKFLD	1:02.50
5	Ellis, Sophie	FR	HERTG	1:04.32
6	Needham, Lila	JR	MILLB	1:05.10
7	McGuinness, Iris	SO	HERTG	1:06.89
8	Smith, Sofia	SR	ROLES	1:08.10

Heat 4 of 4 Finals

1	Scott, Bentley	SO	WKFLD	59.79
2	Dellasega, Caroli	SR	MILLB	59.27
3	Miller, Braelyn	FR	MILLB	57.73
4	Wrenn, Emily	SO	HERTG	56.24
5	Wainio, Skylar	FR	WKFLD	56.75
6	Manners, Ava	SO	MILLB	58.00
7	Brown, Scotia	JR	WKFLD	59.44
8	Tanner, Emily	SR	MILLB	59.97

#14 Men 100 Yard Freestyle

49.49 REGA 4A Region Auto			
55.99 REGC 4A Region Consider			
Lane Name	Yr	School	Seed Time

Heat 1 of 3 Finals

1				
2	Jorgensen, Jake	FR	HERTG	1:21.64
3	Kiernan, Tim	SO	WKFLD	1:13.86
4	Tardy, Martin	FR	HERTG	1:09.43
5	Moore, Brody	FR	ROLES	1:12.66
6	Sweeney, Max	SO	ROLES	1:15.75
7				
8				

Heat 2 of 3 Finals

1	Catalano, Gabriel	SR	HERTG	1:05.09
2	Crouse, Gavin	SO	ROLES	1:02.46
3	Brown, Gabe	SO	WKFLD	58.20
4	Kline, Jackson	SO	MILLB	56.16
5	Jones, Tyler	SO	MILLB	56.59
6	Mew, Jack	SO	MILLB	1:01.58
7	Schwier, Brady	SR	WFRST	1:04.48
8	Stuart, Mason	SR	WFRST	1:07.01

Heat 3 of 3 Finals

1	Williams, Jackson	JR	MILLB	54.70
2	Day, Joshua	SR	HERTG	53.02
3	Abebe, Yaphet	JR	WFRST	50.91
4	Harrison, Joey	JR	WKFLD	50.37
5	Stepanian, Nicho	SO	MILLB	50.86
6	Clayton, William	SR	ROLES	51.20
7	Harclerode, Cole	FR	MILLB	53.22
8	Lytle, Dave	SR	KDALE	54.81

#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

Heat 1 of 2 Finals

1				
2				
3	Lahlali, Nadia	SO	WKFLD	6:33.10
4	Wenger, Sara	SO	WKFLD	6:18.99
5	Kemp, Zara	SO	WFRST	6:27.35
6				
7				
8				

Heat 2 of 2 Finals

1	Lehman, Annabe	SR	HERTG	6:01.52
2	Kreel, Gwen	JR	MILLB	5:50.80
3	Stoner, Kennedy	JR	MILLB	5:46.91
4	Schmitz, Madison	FR	ROLES	5:12.95
5	Sciaudone, Gaby	JR	WKFLD	5:25.21
6	Mitchell, Lily	JR	HERTG	5:48.07
7	Dellasega, Emma	SO	MILLB	5:58.71
8				

#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

Heat 1 of 1 Finals

1	Sellick, Stephen	JR	WKFLD	6:31.83
2	Mozzo, Aidan	SR	HERTG	5:00.63
3	Eickhoff, C.J	JR	WFRST	4:58.13
4	Smith, Ben	SO	MILLB	4:49.40
5	Dellasega, Sam	SO	MILLB	4:56.22
6	Neudecker, Jack	JR	WFRST	4:59.54
7	Pittenger, Charle	SO	MILLB	5:42.05
8				

#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	

Heat 1 of 2 Finals

1				
2				
3	ROLES	B		2:14.46
	Wright, Jane SR		Polanco, Aryana	
	Genty-Felipe, Jannet SO		Phung, Anna SO	
4	HERTG	B		2:04.99
	Chupik, Sydney SR		Glossip, Victoria SO	
	Pizzola, Jayne FR		McGuinness, Iris SO	
5	ROLES	A		2:10.94
	Mountain, Erin IR		McClaren, Lucy JR	
	Bailey, Kyra JR		Smith, Sofia SR	
6				
7				
8				

Heat 2 of 2 Finals

1	WFRST	B		2:02.34
	Skelly, Markela FR		Golden, Madison SO	
	Stewart, Lola SR		Ramos, Aliehsa JR	
2	WFRST	A		1:54.14
	Blatz, Maddie SO		Bowman, Kennedy JR	
	Kemp, Zara SO		Skelly, Marilyn JR	
3	MILLB	A		1:45.84
	Womble, Peyton SO		Cox, Maddy SO	
	Miller, Braelyn FR		Buffum, Victoria FR	
4	HERTG	A		1:43.53
	Monville, Kathravn IR		Aplin, Emma SR	
	Ray, Lauren JR		Wrenn, Emily SO	
5	WKFLD	A		1:44.72
	Cronin, Iaclyn IR		Wright, Ava SR	
	Brown, Scotia JR		Wainio, Skylar FR	
6	MILLB	B		1:50.33
	Tanner, Emily SR		Rigot, Ella FR	
	Guptill, Mira JR		Dellasega, Caroline SR	
7	WKFLD	B		2:00.65
	Wallace, Taylor FR		Russell, Caitlyn FR	
	Ilardi, Melody FR		Bediner, Tiffany SR	
8				

#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 1 Finals

1	ROLES	A		2:00.30
	Phung, Henderson IR		Moore, Brody FR	
	Hughes, Jacob SR		Crouse, Gavin SO	
2	WKFLD	A		1:41.83
	Brown, Gabe SO		Auerbach, Cole JR	
	Dawson, Drew SO		Harrison, Joey JR	
3	MILLB	A		1:34.80
	Stepanian, Nicholas SO		Jones, Tyler SO	
	Williams, Jackson JR		Cockman, Addison JR	
4	HERTG	A		1:33.80
	Mozzo, Aidan SR		Day, Joshua SR	
	Choi, Aaron FR		Bennison, James SR	
5	WFRST	A		1:34.70
	Eickhoff, C.I IR		Schermer, Brady FR	
	Caporaso, Nicholas SR		Abebe, Yaphet JR	
6	MILLB	B		1:39.33
	Waechter, Mason FR		Harclerode, Cole FR	
	Meintel, Calvin FR		Bennett, CJ SR	
7	WFRST	B		1:54.38
	Emerv, Gabriel FR		Kirby, Aden SO	
	Haines, Jameson SR		Neudecker, Jack JR	
8	HERTG	B		2:08.41
	La, David IR		Jorgensen, Jake FR	
	Tardy, Martin FR		Calvi, Giorgio JR	

## 2024 NAC Conference Championships - 1/20/2024

## Meet Program - Meet

#19 Women 100 Yard Backstroke				#21 Women 100 Yard Breaststroke				#23 Women 400 Yard Freestyle Relay					
1:00.49 REGA 4A Region Auto				1:08.99 REGA 4A Region Auto				3:49.99 REGA 4A Region Auto					
1:11.99 REGC 4A Region Consider				1:23.99 REGC 4A Region Consider				6:15.99 REGC 4A Region Consider					
Lane	Name	Yr	School	Seed Time	Lane	Name	Yr	School	Seed Time	Lane	Team	Relay	Seed Time
<b>Heat 1 of 3 Finals</b>				<b>Heat 1 of 3 Finals</b>				<b>Heat 1 of 2 Finals</b>					
1	Jones, Erin	FR	WFRST	1:30.80	1					1			
2	Bailey, Kyra	JR	ROLES	1:21.68	2					2			
3	Jankowski, Ella	SR	WKFLD	1:18.19	3	Garlington, Ella I	SO	WFRST	1:49.81	3	WFRST	B	5:28.38
4	Dean, Jessie	JR	WKFLD	1:16.06	4	Elms, Nora	SR	WKFLD	1:34.47		Jones, Erin FR		Emery, Liz JR
5	Ramos, Aliehsa	JR	WFRST	1:18.19	5	Mountain, Erin	JR	ROLES	1:35.42	4	Carew, Rayleigh SO	A	Miglucci, Emma SO
6	Houston, Mallory	JR	WFRST	1:18.21	6						Houston, Malloryv IR		Bosch, Phoebe FR
7	Chapman, Taylor	JR	WKFLD	1:23.14	7					5	Stewart, Lola SR	B	Ramos, Aliehsa JR
8	Emery, Liz	JR	WFRST	1:35.36	8						ROLES		4:59.77
<b>Heat 2 of 3 Finals</b>				<b>Heat 2 of 3 Finals</b>				<b>Heat 2 of 2 Finals</b>					
1	Paige, Marrissa	JR	HERTG	1:14.62	1	Phung, Anna	SO	ROLES	1:33.53	1	HERTG	B	4:29.00
2	Wallace, Taylor	FR	WKFLD	1:14.22	2	Bediner, Tiffany	SR	WKFLD	1:27.13		McGuinness, Iris SO		Chupik, Sydney SR
3	Allen, Scarlett	JR	MILLB	1:11.37	3	Russell, Caitlyn	FR	WKFLD	1:24.44	2	WKFLLD	B	4:10.00
4	Hynes, Isabelle	SO	MILLB	1:08.45	4	Aplin, Emma	SR	HERTG	1:21.47		Wenger, Sara SO		Regan, Jackie JR
5	Miller, Jessica	SO	MILLB	1:09.23	5	Kemp, Zara	SO	WFRST	1:22.25	3	MILLB	B	3:59.33
6	Blatz, Maddie	SO	WFRST	1:13.79	6	Chupik, Sydney	SR	HERTG	1:26.10		Winkle, Gracie FR		Wallace, Taylor FR
7	Bosch, Phoebe	FR	WFRST	1:14.49	7	Golden, Madison	SO	WFRST	1:27.35	4	WKFLLD	A	3:52.83
8	Skelly, Markela	FR	WFRST	1:14.89	8	Kuhlemeier, Sam	JR	WKFLD	1:33.91		Buff, Isabella JR		Hynes, Isabelle SO
<b>Heat 3 of 3 Finals</b>				<b>Heat 3 of 3 Finals</b>				<b>Heat 3 of 2 Finals</b>					
1	Houtz, Haley	FR	MILLB	1:08.22	1	Kreel, Gwen	JR	MILLB	1:19.06	5	MILLB	A	3:54.74
2	Scott, Bentley	SO	WKFLD	1:07.04	2	Cox, Maddy	SO	MILLB	1:16.59		Stoner, Kennedy JR		Houtz, Haley FR
3	Miller, Braelyn	FR	MILLB	1:06.42	3	Rigot, Ella	FR	MILLB	1:15.44	4	WKFLLD		3:52.83
4	Gyure, Greyson	SR	HERTG	1:04.20	4	Wright, Ava	SR	WKFLD	1:10.55		Brown, Scotia IR		Sciaudone, Gaby JR
5	Buff, Isabella	JR	MILLB	1:05.75	5	Dellasega, Emma	SO	MILLB	1:14.15	5	MILLB	A	3:54.74
6	Cronin, Jaclyn	JR	WKFLD	1:06.56	6	Tanner, Emily	SR	MILLB	1:16.14		Scott, Bentley SO		Organ, Macy JR
7	Stoner, Kennedy	JR	MILLB	1:07.89	7	Ray, Lauren	JR	HERTG	1:18.11	6	HERTG	A	4:06.09
8	Winkle, Gracie	FR	WKFLD	1:08.32	8	Gustafsson, Vend	SR	MILLB	1:19.06		Manners, Ava SO		Dellasega, Caroline SR
<b>#20 Men 100 Yard Backstroke</b>				<b>#22 Men 100 Yard Breaststroke</b>									
55.99 REGA 4A Region Auto				1:01.99 REGA 4A Region Auto									
1:07.99 REGC 4A Region Consider				1:14.99 REGC 4A Region Consider									
Lane	Name	Yr	School	Seed Time	Lane	Name	Yr	School	Seed Time	Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>				<b>Heat 1 of 2 Finals</b>									
1					1					7	ROLES	A	4:28.82
2	Kirby, Aden	SO	WFRST	1:19.14	2						Schmitz, Madison FR		Bailey, Kyra JR
3	Langheim, Henry	SO	WKFLD	1:11.43	3	Auerbach, Cole	JR	WKFLD	1:26.87	8	Phung, Anna SO		Smith, Sofia SR
4	Derwin, Nate	SR	HERTG	1:05.09	4	Calvi, Giorgio	JR	HERTG	1:19.89				
5	Floyd, Foster	SO	MILLB	1:09.55	5	Dawson, Drew	SO	WKFLD	1:20.13				
6	Guptill, Alex	SO	MILLB	1:13.33	6	La, David	JR	HERTG	1:27.79				
7					7								
8					8								
<b>Heat 2 of 2 Finals</b>				<b>Heat 2 of 2 Finals</b>									
1	Davis, James	SO	MILLB	1:02.27	1	Massey, Dylan	FR	MILLB	1:13.21				
2	Meintel, Calvin	FR	MILLB	59.56	2	Schermer, Brady	FR	WFRST	1:09.80				
3	White, Jack	JR	MILLB	58.46	3	Blalock, Skyler	SR	MILLB	1:07.55				
4	Bennison, James	SR	HERTG	49.46	4	Delos Santos, Jos	FR	ROLES	1:07.15				
5	Young, Greyson	JR	ROLES	57.60	5	Mozzo, Aidan	SR	HERTG	1:07.25				
6	Neudecker, Jack	JR	WFRST	58.72	6	Cockman, Addisc	JR	MILLB	1:08.69				
7	Abebe, Yaphet	JR	WFRST	59.72	7	White, Logan	FR	MILLB	1:13.20				
8	Kline, Jackson	SO	MILLB	1:04.83	8	Waechter, Mason	FR	MILLB	1:15.81				

## 2024 NAC Conference Championships - 1/20/2024

## Meet Program - Meet

## #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
<b>Heat 1 of 1 Finals</b>			
1	ROLES	B	4:42.48
	Phung, Henderson IR	Moore, Brody FR	
	Hughes, Jacob SR	Crouse, Gavin SO	
2	WFRST	A	4:19.24
	Stuart, Mason SR	Schwier, Brady SR	
	Kirby, Aden SO	Haines, Jameson SR	
3	MILLB	B	3:43.73
	Harclerode, Cole FR	Dellasega, Sam SO	
	Williams, Jackson JR	Davis, James SO	
4	MILLB	A	3:18.53
	Smith, Ben SO	Stepanian, Nicholas SO	
	Worsham, Nathan SR	Smith, Zack SR	
5	ROLES	A	3:33.07
	Clayton, Thomas SO	Young, Greyson JR	
	Delos Santos, Joshua FR	Clayton, William SR	
6	WKFLD	A	4:17.88
	Brown, Gabe SO	Dawson, Drew SO	
	Sellick, Stephen JR	Langheim, Henry SO	
7	HERTG	A	4:32.39
	Catalano, Gabriel SR	Tardy, Martin FR	
	La, Danny JR	Derwin, Nate SR	
8			



# EVENT SURVEY

Meeting the Aquatic Needs of the Triangle Community  
[triangleaquatics.org](http://triangleaquatics.org)

