



**TRIANGLE AQUATIC CENTER**  
**THURSDAY, JANUARY 11TH**



*Get Your Gear in Gear!*

Official apparel  
supplier for  
TAC Swimming

[WWW.PROGRESSIVEGRAPHICS.NET](http://WWW.PROGRESSIVEGRAPHICS.NET)

# TOWN of CARY

## PARKS, RECREATION & CULTURAL RESOURCES



@TownofCary



Town of Cary

[www.townofcary.org](http://www.townofcary.org)



@TownofCaryNC



@EnjoyCary

01.11.24 SERAL vs BRGTN vs HLSPG vs APEX - 1/11/2024

Meet Program - Meet

#1 Women 200 Yard Medley Relay			
Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
1			
2	BRGTN	B	NT
	Lisk, Alana SR	Howell, Addison FR	
	Bellerjeau, Schuyler JR	Hahl, Annelise SR	
3	HLSPG	A	1:50.71
	Rustay, Josephine SR	Barbee, Rylee JR	
	Koch, Emily SR	Nichols, Cassandra SR	
4	APEX	A	1:48.83
	Cureton, Taylor SR	Ivanov, Katya SR	
	Mueller, Tanith JR	Palmer, Jessica SR	
5			
6	BRGTN	A	1:48.74
	Elgart, Shayna SO	Mann, Randolph JR	
	Wooten, Hannah SO	Lucas, Harper FR	
7	HLSPG	B	NT
	Lorion, Avarv IR	Connors, Kristin JR	
	Ko, Erae SR	Lindberg, Sydney FR	
8	APEX	B	NT
	Slavis, Alexandra SO	Palmer, Elizabeth JR	
	Helmedag, Rosemary JR	Marriott, Camilla SR	
<b>#2 Men 200 Yard Medley Relay</b>			
Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
1			
2	BRGTN	B	NT
	Fendelman, David IR	Binkley, Dean FR	
	Haitchcock, William SR	Heuer, Cole FR	
3	HLSPG	A	1:38.79
	Shelbv, Alex FR	Kondratick, Jack JR	
	Zockoll, Jackson JR	Dighe, Veer SO	
4	APEX	A	1:40.69
	Tharakan, Abhav IR	Kovtushenko, Alex SO	
	Suphavadeprasit, Leo JR	Leisten, Kai JR	
5			
6	BRGTN	A	1:37.01
	Jones, Griffin SR	Malone, Sam SR	
	Barger, Andrew SO	Trexler, Grant SO	
7	HLSPG	B	NT
	Forrest, Robert SO	Beauchesne, Alexi SR	
	Springfield, Adam JR	Brennan, Matthew SO	
8	APEX	B	NT
	Tala, Arnav IR	Connor, J.P. SO	
	Trigilio, Domenico SO	Tsang, Teeven SR	
<b>#3 Women 200 Yard Freestyle</b>			
Lane	Name	Yr School	Seed Time
<b>Heat 1 of 2 Finals</b>			
1			
2	Lisk, Alana	SR BRGTN	2:09.16
3	Hill, Samantha	SR HLSPG	2:15.20
4	White, Marisa	SR APEX	1:56.95
5	Jones, Austyn	FR SERAL	3:37.25
6	Barillaro, Carly	FR BRGTN	2:05.47
7	Lehrer, Samantha	SR HLSPG	2:22.21
8	Perry, Sophie	JR APEX	1:59.64

Heat 2 of 2 Finals			
1			
2			
3			
4	Austin, Maggie	JR APEX	X2:20.06
5	Dott, Julia	JR APEX	XNT
6			
7			
8			
<b>#4 Men 200 Yard Freestyle</b>			
Lane	Name	Yr School	Seed Time
<b>Heat 1 of 2 Finals</b>			
1			
2	Wiatrowski, James	SR BRGTN	2:08.31
3	Shelby, Alex	FR HLSPG	NT
4	Helmedag, Rigs	SO APEX	1:54.85
5			
6	Kempf, Mason	SR BRGTN	1:47.98
7	Oman, Erik	JR HLSPG	1:54.26
8	Leisten, Quinn	JR APEX	1:58.38
<b>Heat 2 of 2 Finals</b>			
1			
2			
3	Suphavadeprasit, Leo	JR APEX	XNT
4	Sonntag, Calvin	SR APEX	X1:59.67
5	Sonntag, Flynn	SO APEX	X2:00.63
6			
7			
8			
<b>#5 Women 200 Yard IM</b>			
Lane	Name	Yr School	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Lincoln, Molly	JR HLSPG	X3:11.47
2	Howell, Addison	FR BRGTN	NT
3	Swartzfager, Emma	FR HLSPG	2:38.23
4	Ivanov, Katya	SR APEX	2:10.72
5	De Jong, Evelyn	JR BRGTN	XNT
6	Carson, Clara	JR BRGTN	2:17.57
7	Ko, Erae	SR HLSPG	2:29.71
8	Nguyen, Elizabeth	SO APEX	2:26.20
<b>#6 Men 200 Yard IM</b>			
Lane	Name	Yr School	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Bachle, Timothy	SO APEX	XNT
2	Wheeler, Calvin	JR BRGTN	2:23.27
3	Zockoll, Jackson	JR HLSPG	2:18.12
4	Kovtushenko, Alex	SO APEX	2:11.54
5			
6	Trexler, Grant	SO BRGTN	2:10.90
7	Swartz, Collin	FR HLSPG	2:30.05
8	Connor, J.P.	SO APEX	2:11.97

#7 Women 50 Yard Freestyle			
Lane	Name	Yr School	Seed Time
<b>Heat 1 of 5 Finals</b>			
1	Braulio-Madrid, Citlalli	SR SERAL	53.61
2	Lucas, Harper	FR BRGTN	25.72
3	Barbee, Rylee	JR HLSPG	27.50
4	Marriott, Camilla	SR APEX	25.89
5	Stringfield, Nia	SO SERAL	34.31
6	Elgart, Shayna	SO BRGTN	25.45
7	Nichols, Cassandra	SR HLSPG	26.15
8	Palmer, Elizabeth	JR APEX	NT
<b>Heat 2 of 5 Finals</b>			
1	Rudolph, Avery	SO BRGTN	X26.93
2	Hahl, Annelise	SR BRGTN	X26.67
3	Connors, Kristin	JR HLSPG	X29.04
4	Sampson, Annabel	SR APEX	X31.00
5	Koonce, Helen	SO BRGTN	X25.97
6	Mann, Randolph	JR BRGTN	X26.38
7	Caldwell, Anna	JR HLSPG	X29.47
8	Zanone, Charlotte	SR APEX	X32.45
<b>Heat 3 of 5 Finals</b>			
1	O'Donovan, Allie	JR BRGTN	X29.16
2	Harper, Sarah Knox	JR BRGTN	X28.12
3	Padaria, Malaikah	SO HLSPG	X30.20
4	West, Lara	JR APEX	X33.06
5	Ramey, Emma	SO BRGTN	X27.71
6	Coll, Savannah	JR BRGTN	X27.88
7	Smith, Lauren	SR HLSPG	X31.80
8	Weinstein, Talia	SR APEX	X33.43
<b>Heat 4 of 5 Finals</b>			
1	Fleming, Harriet	SR BRGTN	X30.45
2	Taylor, Sophia	JR BRGTN	X29.83
3	Bruce, Ainslee	SO HLSPG	X32.65
4	Ayres, Zia	SO APEX	X34.48
5	Brice, Harper	SO BRGTN	X29.24
6	Haitchcock, Liza	JR BRGTN	X29.46
7	Padaria, Misbah	SO HLSPG	X32.92
8	Ingram, Leann	SO APEX	X35.95
<b>Heat 5 of 5 Finals</b>			
1			
2	Helmedag, Rosemary	JR APEX	XNT
3	Dykema, Cavanna	FR HLSPG	X34.30
4	Demarco, Camila	SO APEX	X36.59
5	Monroy, Laura	SO BRGTN	X31.69
6	Reddy, Shriya	SO APEX	XNT
7	Stuart, Freddie	SO APEX	XNT
8			
<b>#8 Men 50 Yard Freestyle</b>			
Lane	Name	Yr School	Seed Time
<b>Heat 1 of 3 Finals</b>			
1	Haskins, Quincy	FR SERAL	49.54
2	Malone, Sam	SR BRGTN	23.94
3	Dighe, Veer	SO HLSPG	24.72
4	Leisten, Kai	JR APEX	22.90
5	Brown, Javaughn	JR SERAL	24.43
6	Barger, Andrew	SO BRGTN	23.19
7	Swartz, Collin	FR HLSPG	25.23
8	Tharakan, Abhay	JR APEX	23.41

## 01.11.24 SERAL vs BRGTN vs HLSPG vs APEX - 1/11/2024

## Meet Program - Meet

## Heat 2 (#8 Men 50 Yard Freestyle)

Lane	Name	Yr School	Seed Time
1	Wiatrowski, James	SR BRGTN	X26.01
2	Heuer, Cole	FR BRGTN	X25.61
3	Beauchesne, Alexi	SR HLSPG	X25.47
4	Sonntag, Calvin	SR APEX	X29.18
5	Finch, Brinson	SO BRGTN	X24.81
6	Jones, Griffin	SR BRGTN	X25.13
7	Cerda, Andrew	FR HLSPG	X27.42
8	Swicegood, Owen	SO BRGTN	X26.17

## Heat 3 of 3 Finals

Lane	Name	Yr School	Seed Time
1			
2	Girardin, Eliot	SO BRGTN	X31.70
3	Guffey, Caleb	SR HLSPG	X28.88
4	Zeren, AJ	JR BRGTN	X26.33
5	Elagha, Yousif	FR BRGTN	X26.77
6	Binkley, Dean	FR BRGTN	X27.30
7	Brennan, Matthew	SO HLSPG	X32.55
8			

## #11 Women 100 Yard Butterfly

Lane	Name	Yr School	Seed Time
------	------	-----------	-----------

## Heat 1 of 2 Finals

1			
2	Elgart, Shayna	SO BRGTN	59.95
3	Rustay, Josephine	SR HLSPG	1:07.09
4	Marriott, Camilla	SR APEX	59.88
5			
6	Wooten, Hannah	SO BRGTN	58.28
7	Koch, Emily	SR HLSPG	1:05.70
8	Palmer, Jessica	SR APEX	1:00.03

## Heat 2 of 2 Finals

1			
2	Helmedag, Rosemary	JR APEX	XNT
3	Schmidt, Lorelei	FR BRGTN	X1:11.54
4	Austin, Maggie	JR APEX	X1:09.99
5	Bellerjeau, Schuyler	JR BRGTN	X1:01.31
6	Rudolph, Avery	SO BRGTN	XNT
7			
8			

## #12 Men 100 Yard Butterfly

Lane	Name	Yr School	Seed Time
------	------	-----------	-----------

## Heat 1 of 2 Finals

1			
2	Haithcock, William	SR BRGTN	1:01.36
3	Oman, Erik	JR HLSPG	59.64
4	Trigilio, Domenico	SO APEX	55.44
5			
6	Heuer, Cole	FR BRGTN	NT
7	Forrest, Robert	SO HLSPG	1:01.15
8	Suphavadeprasit, Leo	JR APEX	56.94

## Heat 2 of 2 Finals

1			
2			
3	Bachle, Timothy	SO APEX	X1:06.66
4	Tsang, Teeven	SR APEX	X57.72
5	Fendelman, David	JR BRGTN	X1:05.85
6	Sonntag, Flynn	SO APEX	XNT
7			
8			

## #13 Women 100 Yard Freestyle

Lane	Name	Yr School	Seed Time
------	------	-----------	-----------

## Heat 1 of 4 Finals

1	Jones, Austyn	FR SERAL	1:39.58
2	Koonce, Helen	SO BRGTN	56.59
3	Nichols, Cassandra	SR HLSPG	56.23
4	Cureton, Taylor	SR APEX	54.46
5	Davis, Azjiah	FR SERAL	1:16.67
6	Wooten, Hannah	SO BRGTN	56.18
7	Lindberg, Sydney	FR HLSPG	1:02.70
8	Ivanov, Katya	SR APEX	NT

## Heat 2 of 4 Finals

1	Ramey, Emma	SO BRGTN	X1:03.46
2	Coll, Savannah	JR BRGTN	X1:01.30
3	Beauchesne, Abbygail	SO HLSPG	X1:12.12
4	West, Lara	JR APEX	X1:12.85
5	Braulio-Madrid, Citlalli	SR SERAL	X2:17.48
6	Carson, Clara	JR BRGTN	X57.75
7	Lisk, Alana	SR BRGTN	X1:01.84
8	Weinstein, Talia	SR APEX	X1:15.69

## Heat 3 of 4 Finals

1			
2	Monroy, Laura	SO BRGTN	X1:11.23
3	Haithcock, Liza	JR BRGTN	X1:05.18
4	Demarco, Camila	SO APEX	X1:22.55
5	O'Donovan, Allie	JR BRGTN	X1:04.59
6	Fleming, Harriet	SR BRGTN	X1:07.40
7	Ingram, Leann	SO APEX	X1:30.01
8			

## Heat 4 of 4 Finals

1			
2			
3	Reddy, Shriya	SO APEX	XNT
4	Howell, Addison	FR BRGTN	XNT
5	Barillaro, Carly	FR BRGTN	XNT
6			
7			
8			

## #14 Men 100 Yard Freestyle

Lane	Name	Yr School	Seed Time
------	------	-----------	-----------

## Heat 1 of 2 Finals

1	Haskins, Quincy	FR SERAL	2:08.44
2	Kempf, Mason	SR BRGTN	50.41
3	Dighe, Veer	SO HLSPG	55.04
4	Leisten, Kai	JR APEX	50.57
5	Brown, Javaughn	JR SERAL	NT
6	Barger, Andrew	SO BRGTN	51.73
7	Zockoll, Jackson	JR HLSPG	54.66
8	Tala, Arnav	JR APEX	55.59

## Heat 2 of 2 Finals

1	Kovtushenko, Alex	SO APEX	XNT
2	Elagha, Yousif	FR BRGTN	X1:01.47
3	Swicegood, Owen	SO BRGTN	X59.85
4	Ivanov, Alec	FR APEX	X56.80
5	Trexler, Grant	SO BRGTN	X53.41
6	Zeren, AJ	JR BRGTN	X1:00.26
7	Girardin, Eliot	SO BRGTN	X1:07.89
8			

## #15 Women 500 Yard Freestyle

Lane	Name	Yr School	Seed Time
------	------	-----------	-----------

## Heat 1 of 1 Finals

1			
2	Hahl, Annelise	SR BRGTN	6:32.60
3	Lorion, Avary	JR HLSPG	6:05.00
4	White, Marisa	SR APEX	5:10.50
5			
6	Harper, Sarah Knox	JR BRGTN	5:59.21
7			
8	Mueller, Tanith	JR APEX	5:27.05

## #16 Men 500 Yard Freestyle

Lane	Name	Yr School	Seed Time
------	------	-----------	-----------

## Heat 1 of 1 Finals

1			
2	Finch, Brinson	SO BRGTN	5:51.16
3	Kondratick, Jack	JR HLSPG	5:03.17
4	Helmedag, Rigs	SO APEX	5:05.04
5			
6	Fendelman, David	JR BRGTN	5:15.46
7	Springfield, Adam	JR HLSPG	NT
8	Brumback, Noah	FR APEX	5:08.59

## #17 Women 200 Yard Freestyle Relay

Lane	Team	Relay	Seed Time
------	------	-------	-----------

## Heat 1 of 1 Finals

1			
2	BRGTN	B	NT
	Hahl, Annelise SR	Rudolph, Avery SO	
	Fleming, Harriet SR	Carson, Clara JR	
3	HLSPG	A	1:48.36
	Koch, Emily SR	Hill, Samantha SR	
	Barbee, Rylee JR	Nichols, Cassandra SR	
4	APEX	A	1:41.70
	Palmer, Jessica SR	Marriott, Camilla SR	
	White, Marisa SR	Cureton, Taylor SR	
5	SERAL	A	2:55.02
	Stringfield, Nia SO	Braulio-Madrid, Citlalli SR	
	Jones, Austyn FR	Davis, Azjiah FR	
6	BRGTN	A	1:36.97
	Wooten, Hannah SO	Koonce, Helen SO	
	Mann, Randolph JR	Lucas, Harper FR	
7	HLSPG	B	1:52.04
	Lehrer, Samantha SR	Connors, Kristin JR	
	Swartzfager, Emma FR	Lindberg, Sydney FR	
8	APEX	B	1:48.00
	Ivanov, Katva SR	Mueller, Tanith JR	
	Palmer, Elizabeth JR	Perry, Sophie JR	

## 01.11.24 SERAL vs BRGTN vs HLSPG vs APEX - 1/11/2024

## Meet Program - Meet

#18 Men 200 Yard Freestyle Relay				#20 Men 100 Yard Backstroke				#23 Women 400 Yard Freestyle Relay			
Lane	Team	Relay	Seed Time	Lane	Name	Yr School	Seed Time	Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>				<b>Heat 1 of 2 Finals</b>				<b>Heat 1 of 1 Finals</b>			
1				1				1			
2	BRGTN	B	NT	2	Haithcock, William	SR BRGTN	1:10.59	2	BRGTN	B	NT
	Finch, Brinson SO	Wiatrowski, James SR		3	Shelby, Alex	FR HLSPG	1:01.99		Harper, Sarah Knox IR	Lisk, Alana SR	
	Wheeler, Calvin JR	Haithcock, William SR		4	Tala, Arnav	JR APEX	1:02.16		Bellerjeau, Schuyler JR	Coll, Savannah JR	
3	HLSPG	A	1:39.21	5				3	HLSPG	A	4:09.51
	Dighe, Veer SO	Swartz, Collin FR		6	Jones, Griffin	SR BRGTN	1:00.55		Koch, Emily SR	Ko, Erae SR	
	Oman, Erik JR	Kondratick, Jack JR		7	Forrest, Robert	SO HLSPG	1:00.93		Lindberg, Sydney FR	Hill, Samantha SR	
4	APEX	A	1:33.04	8	Connor, J.P.	SO APEX	NT	4	APEX	A	3:43.98
	Leisten, Kai IR	Leisten, Quinn JR		<b>Heat 2 of 2 Finals</b>					Mueller, Tanith IR	Palmer, Jessica SR	
	Trigilio, Domenico SO	Tharakan, Abhay JR		1					White, Marisa SR	Perry, Sophie JR	
5				2				5			
6	BRGTN	A	1:28.38	3	Brennan, Matthew	SO HLSPG	X1:24.65	6	BRGTN	A	3:31.86
	Barger, Andrew SO	Trexler, Grant SO		4	Ivanov, Alec	FR APEX	XNT		Koonce, Helen SO	Rudolph, Avery SO	
	Malone, Sam SR	Kempf, Mason SR		5	Guffey, Caleb	SR HLSPG	X1:17.35		Carson, Clara JR	Howell, Addison FR	
7	HLSPG	B	1:41.44	6	Wheeler, Calvin	JR BRGTN	XNT	7	HLSPG	B	4:16.79
	Forrest, Robert SO	Guffey, Caleb SR		7					Barbee, Rvlee IR	Lorion, Avary JR	
	Cerda, Andrew FR	Beauchesne, Alexi SR		8					Rustay, Josephine SR	Lehrer, Samantha SR	
8	APEX	B	1:37.83	<b>#21 Women 100 Yard Breaststroke</b>				<b>#24 Men 400 Yard Freestyle Relay</b>			
	Sonntag, Calvin SR	Tala, Arnav JR		Lane	Name	Yr School	Seed Time	Lane	Team	Relay	Seed Time
	Kovtushenko, Alex SO	Tsang, Teeven SR		<b>Heat 1 of 2 Finals</b>				<b>Heat 1 of 1 Finals</b>			
<b>#19 Women 100 Yard Backstroke</b>				1	Nguyen, Elizabeth	SO APEX	X1:19.47	1			
Lane	Name	Yr School	Seed Time	2	Brice, Harper	SO BRGTN	1:15.99	2	BRGTN	B	NT
<b>Heat 1 of 3 Finals</b>				3	Hill, Samantha	SR HLSPG	1:17.41		Fendelman, David IR	Binkley, Dean FR	
1				4	Palmer, Elizabeth	JR APEX	1:06.09		Swicegood, Owen SO	Wiatrowski, James SR	
2	Bellerjeau, Schuyler	JR BRGTN	1:07.29	5	Stringfield, Nia	SO SERAL	1:52.00	3	HLSPG	A	3:39.68
3	Lorion, Avary	JR HLSPG	1:09.96	6	Mann, Randolph	JR BRGTN	1:12.63		Springfield, Adam IR	Oman, Erik JR	
4	Cureton, Taylor	SR APEX	1:01.44	7	Ko, Erae	SR HLSPG	1:17.88		Shelby, Alex FR	Zockoll, Jackson JR	
5	Davis, Azjiah	FR SERAL	1:33.53	8	Stuart, Freddie	SO APEX	1:18.20	4	APEX	A	3:30.31
6	Lucas, Harper	FR BRGTN	1:03.30	<b>Heat 2 of 2 Finals</b>					Trigilio, Domenico SO	Helmedag, Rigs SO	
7	Rustay, Josephine	SR HLSPG	1:07.19	1	Dykema, Cavanna	FR HLSPG	X1:57.41		Brumback, Noah FR	Leisten, Quinn JR	
8	Perry, Sophie	JR APEX	1:01.89	2	Bruce, Ainslee	SO HLSPG	X1:38.28	5			
<b>Heat 2 of 3 Finals</b>				3	Smith, Lauren	SR HLSPG	X1:31.79	6	BRGTN	A	3:09.44
1	Dott, Julia	JR APEX	X1:13.29	4	Beauchesne, Abbygail	SO HLSPG	X1:26.96		Heuer, Cole FR	Finch, Brinson SO	
2	Taylor, Sophia	JR BRGTN	X1:21.78	5	Schmidt, Lorelei	FR BRGTN	X1:20.45		Jones, Griffin SR	Kempf, Mason SR	
3	Connors, Kristin	JR HLSPG	X1:15.54	6	Lincoln, Molly	JR HLSPG	X1:28.66	7	HLSPG	B	3:45.91
4	Slavis, Alexandra	SO APEX	X1:07.16	7	Padaria, Misbah	SO HLSPG	X1:33.72		Cerda, Andrew FR	Brennan, Matthew SO	
5	Swartzfager, Emma	FR HLSPG	X1:13.04	8	Ayres, Zia	SO APEX	X1:38.64		Guffey, Caleb SR	Swartz, Collin FR	
6	De Jong, Evelyn	JR BRGTN	X1:13.10	<b>#22 Men 100 Yard Breaststroke</b>				<b>Heat 2 of 3 Finals</b>			
7	Padaria, Malaikah	SO HLSPG	X1:17.03	Lane	Name	Yr School	Seed Time	1			
8	Sampson, Annabel	SR APEX	X1:20.57	<b>Heat 1 of 1 Finals</b>				2			
<b>Heat 3 of 3 Finals</b>				1	Cerda, Andrew	FR HLSPG	X1:24.06	3			
1				2	Binkley, Dean	FR BRGTN	1:10.86	4			
2				3	Kondratick, Jack	JR HLSPG	1:04.75	5			
3	Caldwell, Anna	JR HLSPG	X1:22.81	4	Brumback, Noah	FR APEX	1:07.69	6			
4	Zanone, Charlotte	SR APEX	X1:27.43	5	Beauchesne, Alexi	SR HLSPG	X1:18.44	7			
5	Lehrer, Samantha	SR HLSPG	X1:17.91	6	Malone, Sam	SR BRGTN	1:03.58	8			
6				7	Springfield, Adam	JR HLSPG	1:08.51				
7				8	Leisten, Quinn	JR APEX	1:09.60				
8									Connor, I.P. SO	Sonntag, Flynn SO	
									Suphavadeprasit, Leo JR	Tsang, Teeven SR	



# EVENT SURVEY

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

