

## 2025 Capital City Conference Championships - 1/28/2025

## Results - Meet

## Event 1 Women 200 Yard Medley Relay

Team	Relay	Finals Time	
1 CARYX	A	2:00.90	18
1) Osborn, Lucy E JR	2) Hanna, Lilly 07		
3) Lee, Angela SO	4) Lee, Sofia 07		
28.85	36.20	28.86	26.99
2 GCRAL	A	2:05.99	14
1) Holladay, Caroline	2) Peterson, Amelia		
3) Garrett, Maggie	4) Geyer, Lydia FR		
31.92	34.97	29.19	29.91
3 CARYX	B	x2:17.13	
1) Atti, Francesca M SR	2) Johnson, Logan FR		
3) Wang, Zoe 07	4) Holmes, Esther 08		
33.36	39.94	32.43	31.40

## Event 2 Men 200 Yard Medley Relay

Team	Relay	Finals Time	
1 DAVID	A	1:45.77	18
1) Tolin, Cooper FR	2) Carreker, Henry 08		
3) Luebke, Alex SR	4) Murray, Grant 08		
26.71	32.58	24.64	21.84
2 GCRAL	A	1:54.75	14
1) Selzer, Kyle	2) Mann, Bryan JR		
3) Banko, Landon	4) Chapman, James SR		
29.99	34.34	25.51	24.91
3 CARYX	A	1:55.55	12
1) Hudson, Connor SR	2) Stewart, Jacob JR		
3) Hanna, Manny FR	4) Levake, Sam JR		
30.42	31.44	28.35	25.34
4 CARYX	B	x2:08.93	
1) Young, Isaac SR	2) Jacobsen, Anson SR		
3) Goetten, Ben 08	4) Hallberg, Jake SO		
35.32	35.44	58.17	

## Event 3 Women 200 Yard Freestyle

Name	YrSchool	Finals Time	
1 Johnson, Mallory L	JR CARYX	2:01.92	9
27.62	30.51	31.78	32.01
2 Kraft, Ellie	WAKCA	2:09.09	7
29.51	32.73	33.80	33.05
3 Johnson, Logan	FR CARYX	2:24.27	6
32.25	36.81	38.39	36.82
4 Hopewell, Isabella	GCRAL	2:28.49	5
33.04	38.14	39.64	37.67

## Event 4 Men 200 Yard Freestyle

Name	YrSchool	Finals Time	
1 Ju, Joshua E	JR CARYX	1:44.08	9
24.18	26.52	27.04	26.34
2 Murray, Grant	08 DAVID	1:57.29	7
26.58	29.78	30.65	30.28
3 Wang, Andrew	FR CARYX	1:58.56	6
27.33	30.46	30.51	30.26
4 Chapman, James	SR GCRAL	2:00.19	5
26.85	30.00	32.06	31.28
5 Broadwell, Michael	GCRAL	2:34.89	4
34.28	39.73	1:20.88	

## Event 5 Women 200 Yard IM

Name	YrSchool	Finals Time	
1 Peterson, Amelia	GCRAL	2:16.25	9
29.73	33.88	40.52	32.12
2 Yu, Grace	FR CARYX	2:21.25	7
29.63	34.99	40.67	35.96
3 Lee, Angela	SO CARYX	2:29.24	6
31.71	37.34	44.62	35.57
4 Geyer, Lydia	FR GCRAL	3:10.21	5
38.54	45.76	1:00.99	44.92

## Event 6 Men 200 Yard IM

Name	YrSchool	Finals Time	
1 Elder, Bobby	JR CARYX	2:02.98	9
26.12	31.05	36.11	29.70
2 Tolin, Cooper	FR DAVID	2:09.43	7
26.39	32.24	40.29	30.51
3 Banko, Landon	GCRAL	2:13.06	6
27.49	32.74	40.44	32.39
4 Hanna, Manny	FR CARYX	2:25.36	5
30.79	38.37	41.21	34.99
--- Jones, Waverly	08 DAVID	DQ	
Butterfly kick - breast			
34.06	43.33	54.97	38.24

## Event 7 Women 50 Yard Freestyle

Name	YrSchool	Finals Time	
1 Reeves, Lyla	08 CARYX	26.26	9
2 Holladay, Caroline	GCRAL	26.66	7
3 Ashford, Madeleine	WAKCA	27.33	6
4 Garrett, Maggie	GCRAL	27.99	5
5 Atti, Francesca M	SR CARYX	28.76	4
6 Huelman, Reagan	08 DAVID	30.05	3
7 Holmes, Esther	08 CARYX	x31.51	
8 Ayers, Charlotte	SR CARYX	x33.29	
9 Levake, Joy	08 CARYX	x33.85	
10 Fjellanger, Mary	FR DAVID	34.77	2
11 Simpson, Alanna	JR CARYX	x35.17	
12 Bailey, Elizabeth	FR DAVID	x36.30	
13 Young, Hannah	FR CARYX	x37.51	
14 Engelbrecht, Mady	08 CARYX	x37.65	
--- Betsworth, Emory	GCRAL	X29.19	
--- Boyd, Anna	GCRAL	X35.89	
--- Winters, Wrenn	GCRAL	X36.45	
--- Murray, Arya	GCRAL	X39.06	
--- Ferreira, Manuela	GCRAL	X39.43	

## Event 8 Men 50 Yard Freestyle

Name	YrSchool	Finals Time	
1 Holloway, Ethan	WAKCA	21.94	9
2 Murray, Grant	08 DAVID	24.52	7
3 Hudson, Connor	SR CARYX	25.07	6
4 Mann, Bryan	JR GCRAL	25.22	5
5 Levake, Sam	JR CARYX	26.28	4

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**(Event 8 Men 50 Yard Freestyle)**

Name	YrSchool	Finals Time		
6 Ray, Jake	JR GCRAL	27.65	3	
7 Levake, Charlie	FR CARYX	x28.49		
8 Jacobsen, Anson	SR CARYX	x28.53		
9 Jacobsen, Asher	FR CARYX	x28.87		
10 Chapman, Jacob	GCRAL	x29.35		
11 Mathai, Josh	SO CARYX	x34.24		
12 VanHouten, Liam	WAKCA	34.89	2	
13 McKale, Jackson	08 CARYX	x37.88		
14 Warren, Isaac	FR GCRAL	x38.15		
15 Gainey, Marcus	SR GCRAL	x44.36		
--- Pusey, Cameron	GCRAL	X34.41		
--- Eades, Landon	GCRAL	X38.64		
--- Gamble, Austin	06 CARYX	X39.79		
--- Mathews, Luke	06 CARYX	X39.99		
--- Hartman, Benjamin	06 CARYX	X45.43		
--- Merrill, Thomas	06 CARYX	X1:01.25		

**Event 9 Women 100 Yard Butterfly**

1:20.49 D2 D2 Qualifying

Name	YrSchool	Finals Time		
1 Osborn, Lucy E	JR CARYX	1:03.82	9	
29.43	34.39			
2 Ashford, Madeleine	WAKCA	1:03.94	7	
29.78	34.16			
3 Lee, Sofia	07 CARYX	1:07.17	6	
30.44	36.73			
4 Holladay, Caroline	GCRAL	1:08.82	5	
32.13	36.69			

**Event 10 Men 100 Yard Butterfly**

1:11.99 D2 D2 Qualifying

Name	YrSchool	Finals Time		
1 Ju, Joshua E	JR CARYX	51.76	9	
24.36	27.40			
2 Luebke, Alex	SR DAVID	52.11	7	
24.82	27.29			
3 Selzer, Kyle	GCRAL	1:07.03	6	
30.49	36.54			
4 Stewart, Jacob	JR CARYX	1:07.50	5	
31.26	36.24			
5 Broadwell, Michael	GCRAL	1:13.89	4	
33.76	40.13			

**Event 11 Women 100 Yard Freestyle**

1:05.99 D2 D2 Qualifying

Name	YrSchool	Finals Time		
1 Johnson, Mallory L	JR CARYX	56.71	9	
27.44	29.27			
2 Lee, Angela	SO CARYX	58.64	7	
28.43	30.21			
3 Holladay, Kennedy	GCRAL	1:03.45	6	
30.40	33.05			
4 Wang, Zoe	07 CARYX	x1:04.21		
30.63	33.58			
5 Garrett, Maggie	GCRAL	1:05.43	5	
31.01	34.42			

6 Fjellanger, Mary	FR DAVID	1:14.74	4	
35.91	38.83			
7 Ayers, Charlotte	SR CARYX	x1:15.00		
34.87	40.13			
8 Boerema, Lani	SO CARYX	x1:15.38		
36.24	39.14			
9 Simpson, Alanna	JR CARYX	x1:23.40		
38.60	44.80			
10 Bailey, Elizabeth	FR DAVID	1:29.97	3	
39.60	50.37			
--- Dearoff, Lexi	06 CARYX	X1:04.31		
30.38	33.93			
--- Betsworth, Emory	GCRAL	X1:06.56		
31.04	35.52			
--- Johnson, Bentley	06 CARYX	X1:14.67		
35.48	39.19			
--- Winters, Wrenn	GCRAL	X1:24.49		
38.63	45.86			
--- Murray, Arya	GCRAL	X1:29.57		
--- Boyd, Anna	GCRAL	X1:30.12		
42.05	48.07			
--- Ferreira, Manuela	GCRAL	X1:32.53		
45.38	47.15			

**Event 12 Men 100 Yard Freestyle**

1:00.49 D2 D2 Qualifying

Name	YrSchool	Finals Time		
1 Luebke, Alex	SR DAVID	50.56	9	
24.03	26.53			
2 Chapman, James	SR GCRAL	53.91	7	
25.93	27.98			
3 Wang, Andrew	FR CARYX	54.14	6	
26.02	28.12			
4 Hallberg, Jake	SO CARYX	58.56	5	
27.96	30.60			
5 Young, Isaac	SR CARYX	x1:00.07		
28.58	31.49			
6 Jones, Waverly	08 DAVID	1:05.94	4	
30.18	35.76			
7 Jacobsen, Asher	FR CARYX	x1:07.62		
32.60	35.02			
8 Chapman, Jacob	GCRAL	1:08.09	3	
32.19	35.90			
9 VanHouten, Liam	WAKCA	1:18.89	2	
37.18	41.71			
--- Pusey, Cameron	GCRAL	X1:15.97		
37.56	38.41			
--- Lu, Daniel	06 CARYX	X1:17.97		
35.94	42.03			
--- Eades, Landon	GCRAL	X1:30.79		
42.28	48.51			
--- Warren, Isaac	FR GCRAL	X1:32.26		
42.32	49.94			

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## Results - Meet

## Event 13 Women 500 Yard Freestyle

		6:19.79	D2 D2 Qualifying			
Name	YrSchool	Finals Time				
1 Peterson, Amelia	GCRAL	5:35.43				9
		30.63	33.19	34.04	34.17	
		34.27	34.27	34.11	34.31	
		33.77	32.67			
2 Reeves, Lyla	08 CARYX	5:47.24				7
		30.19	33.87	35.17	35.46	
		35.91	35.65	35.77	36.14	
		34.98	34.10			
3 Hopewell, Isabella	GCRAL	6:24.47				6
		34.20	38.81	39.49		
			37.95			
		1:13.23				
4 Johnson, Logan	FR CARYX	6:25.33				5
		34.49	38.61	39.38	39.42	
		39.42	39.84	39.53	39.41	
		38.91	36.32			

## Event 14 Men 500 Yard Freestyle

		6:05.99	D2 D2 Qualifying			
Name	YrSchool	Finals Time				
1 Banko, Landon	GCRAL	5:19.08				9
		28.66	31.52	32.03	32.74	
		32.03	33.04	33.11	32.91	
		32.36	30.68			
2 Carreker, Henry	08 DAVID	5:20.46				7
		28.75	31.30	32.04	32.66	
		32.61	32.30	32.99	32.92	
		32.84	32.05			
3 Hanna, Manny	FR CARYX	6:04.04				6
		32.21	35.61	36.86	36.72	
		38.06	38.56	37.50	37.80	
		36.24	34.48			
4 Goetten, Ben	08 CARYX	6:04.63				5
		31.63	35.40	37.07	36.52	
		37.68	38.59	38.18	37.78	
		37.64	34.14			

## Event 15 Women 200 Yard Freestyle Relay

Team	Relay	Finals Time				
1 CARYX	A	1:48.51				18
1) Yu, Grace FR	2) Lee, Angela SO					
3) Reeves, Lyla 08	4) Johnson, Mallory L JR					
		27.20	27.20	26.78	27.33	
2 GCRAL	A	1:54.57				14
1) Peterson, Amelia	2) Hopewell, Isabella					
3) Holladay, Kennedy	4) Holladay, Caroline					
		27.00	31.75	28.61	27.21	
3 CARYX	B	x2:00.79				
1) Wang, Zoe 07	2) Holmes, Esther 08					
3) Hanna, Lilly 07	4) Lee, Sofia 07					
		30.45	32.67	30.33	27.34	
--- GCRAL	B	X2:21.11				
1) Betsworth, Emory	2) Boyd, Anna					
3) Murray, Arya	4) Winters, Wrenn					
		30.28	37.01	39.00	34.82	

## Event 16 Men 200 Yard Freestyle Relay

Team	Relay	Finals Time				
1 CARYX	A	1:34.63				18
1) Stewart, Jacob JR	2) Wang, Andrew FR					
3) Ju, Joshua E JR	4) Elder, Bobby JR					
		25.46	24.42	22.40	22.35	
2 DAVID	A	1:35.30				14
1) Tolin, Cooper FR	2) Murray, Grant 08					
3) Carreker, Henry 08	4) Luebke, Alex SR					
		21.72	24.40	27.08	22.10	
3 CARYX	B	x1:48.60				
1) Young, Isaac SR	2) Hallberg, Jake SO					
3) Jacobsen, Anson SR	4) Levake, Sam JR					
		26.84	27.23	28.53	26.00	
4 GCRAL	A	2:12.16				12
1) Ray, Jake JR	2) Chapman, Jacob					
3) Broadwell, Michael	4) Gainey, Marcus SR					
		27.88	30.82	29.53	43.93	

## Event 17 Women 100 Yard Backstroke

		1:16.99	D2 D2 Qualifying			
Name	YrSchool	Finals Time				
1 Osborn, Lucy E	JR CARYX	1:02.17				9
		29.66	32.51			
2 Lee, Sofia	07 CARYX	1:10.89				7
		34.54	36.35			
3 Atti, Francesca M	SR CARYX	x1:13.33				
		34.56	38.77			
4 Holladay, Kennedy	GCRAL	1:20.52				6
		38.19	42.33			
5 Holmes, Esther	08 CARYX	x1:24.37				
6 Boerema, Lani	SO CARYX	x1:28.78				
		42.87	45.91			
7 Young, Hannah	FR CARYX	x1:41.20				
		48.31	52.89			
--- Dearoff, Lexi	06 CARYX	X1:11.04				
		34.37	36.67			
--- Johnson, Bentley	06 CARYX	X1:25.22				

## Event 18 Men 100 Yard Backstroke

		1:15.09	D2 D2 Qualifying			
Name	YrSchool	Finals Time				
1 Elder, Bobby	JR CARYX	56.51				9
		26.85	29.66			
2 Tolin, Cooper	FR DAVID	58.81				7
		28.68	30.13			
3 Selzer, Kyle	GCRAL	1:06.32				6
		31.83	34.49			
4 Hudson, Connor	SR CARYX	1:07.86				5
		33.18	34.68			
5 Levake, Sam	JR CARYX	x1:13.28				
		34.62	38.66			
6 Goetten, Ben	08 CARYX	x1:17.61				
		38.21	39.40			
7 Ray, Jake	JR GCRAL	1:20.18				4
		38.51	41.67			
8 Levake, Charlie	FR CARYX	x1:23.15				

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## Results - Meet

**(Event 18 Men 100 Yard Backstroke)**

Name	YrSchool	Finals Time
--- Lu, Daniel	06 CARYX	X1:25.81
40.37	45.44	
--- Hartman, Benjamin	06 CARYX	XDQ
No touch at turn		

**Event 19 Women 100 Yard Breaststroke**

1:25.49 D2 D2 Qualifying

Name	YrSchool	Finals Time
1 Yu, Grace	FR CARYX	1:13.15 9
34.84	38.31	
2 Kraft, Ellie	WAKCA	1:15.85 7
35.60	40.25	
3 Hueman, Reagan	08 DAVID	1:18.17 6
36.52	41.65	
4 Hanna, Lilly	07 CARYX	1:19.58 5
38.17	41.41	
5 Geyer, Lydia	FR GCRAL	1:41.21 4
45.18	56.03	
6 Levake, Joy	08 CARYX	x1:44.39
47.72	56.67	
7 Engelbrecht, Mady	08 CARYX	x1:51.42
52.19	59.23	

**Event 20 Men 100 Yard Breaststroke**

1:20.99 D2 D2 Qualifying

Name	YrSchool	Finals Time
1 Holloway, Ethan	WAKCA	59.73 9
27.66	32.07	
2 Stewart, Jacob	JR CARYX	1:11.80 7
33.90	37.90	
3 Carreker, Henry	08 DAVID	1:12.58 6
34.45	38.13	
4 Hallberg, Jake	SO CARYX	1:13.05 5
33.75	39.30	
5 Mann, Bryan	JR GCRAL	1:16.63 4
33.92	42.71	
6 Jacobsen, Anson	SR CARYX	x1:24.46
39.08	45.38	
7 Mathai, Josh	SO CARYX	x1:35.36
42.62	52.74	
8 McKale, Jackson	08 CARYX	x2:13.26
1:01.82	1:11.44	
--- Gamble, Austin	06 CARYX	X1:47.81
52.68	55.13	
--- Mathews, Luke	06 CARYX	X2:01.11
57.81	1:03.30	
--- Merrill, Thomas	06 CARYX	X2:14.16
1:01.31	1:12.85	

**Event 21 Women 400 Yard Freestyle Relay**

Team	Relay	Finals Time
1 CARYX	A	4:03.60 18
1) Osborn, Lucy E JR	2) Yu, Grace FR	
3) Reeves, Lyla 08	4) Johnson, Mallory L JR	
29.07	1:00.74	28.71 1:00.63
28.87	1:01.50	28.87 1:00.73

2 CARYX	B	x4:25.00
1) Johnson, Logan FR	2) Wang, Zoe 07	
3) Hanna, Lilly 07	4) Atti, Francesca M SR	
31.88	1:06.38	31.43 1:05.48
32.22	1:07.93	1:05.21
3 GCRAL	A	4:35.91 14
1) Holladay, Kennedy	2) Hopewell, Isabella	
3) Geyer, Lydia FR	4) Garrett, Maggie	
32.16	1:07.60	34.82 1:13.85
33.15	1:09.37	29.74 1:05.09

**Event 22 Men 400 Yard Freestyle Relay**

Team	Relay	Finals Time
1 CARYX	A	3:37.28 18
1) Hudson, Connor SR	2) Wang, Andrew FR	
3) Elder, Bobby JR	4) Ju, Joshua E JR	
27.72	58.35	25.83 53.73
24.33	52.18	24.75 53.02
2 GCRAL	A	3:56.85 14
1) Banko, Landon	2) Selzer, Kyle	
3) Mann, Bryan JR	4) Chapman, James SR	
26.67	56.45	27.08 57.94
30.69	1:07.17	25.98 55.29
3 CARYX	B	x4:03.66
1) Goetten, Ben 08	2) Jacobsen, Asher FR	
3) Young, Isaac SR	4) Hanna, Manny FR	
29.61	1:01.27	31.31 1:05.52
28.01	58.81	27.32 58.06
4 GCRAL	B	x5:08.86
1) Ray, Jake JR	2) Chapman, Jacob	
3) Broadwell, Michael	4) Warren, Isaac FR	
31.21	1:07.39	31.87 1:09.34
	1:10.16	1:41.97

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

1. Cary Christian School	168
2. Grace Christian School Raleigh	114
3. Wake Christian Academy	27
4. St. David's School	18

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

1. Cary Christian School	149
2. Grace Christian School Raleigh	106
3. St. David's School	93
4. Wake Christian Academy	22