

2026 NC LC SR Championships - 7/9/2026 to 7/12/2026

Meet Program - Sunday Prelims

Event 43 Women 400 LC Meter Medley Relay

NCS Record: 4:06.40 8/3/2025 SwimMAC Carolina Plaza, Scott, Mallard, Smith			
Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
1			
2			
3	Blues Aquatics-NC	A	4:10.32 Y
4	Aquatic Team Of-NC	B	4:47.38
5	Waves Of Wilming-NC	A	4:50.44
6			
7			
8			

Heat 2 of 3 Finals

1	Tac Titans-NC	B	4:46.72
2	SwimMAC Carolina-NC	B	4:41.07
3	Tac Titans-NC	A	4:40.60
4	Mecklenburg Swim-NC	A	4:27.80
5	Mecklenburg Swim-NC	B	4:31.35
6	Aquatic Team Of-NC	A	4:40.65
7	Sailfish Aquatic-NC	A	4:44.06
8			

Heat 3 of 3 Finals - Swimming with Finals

1			
2	Raleigh Swimming-NC	B	4:34.76
3	Marlins Of Raleigh-NC	B	4:23.61
4	Marlins Of Raleigh-NC	A	4:18.24
5	New Wave Swim Te-NC	A	4:22.23
6	Raleigh Swimming-NC	A	4:24.68
7			
8			

Event 44 Men 400 LC Meter Medley Relay

NCS Record: 3:33.70 8/6/2011 SwimMAC Carolina Thoman, Swander, Phillips, Tarwater			
Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
1			
2			
3	O'Neal Aquatics-NC	A	NT
4	Blues Aquatics-NC	A	4:19.72
5	SwimMAC Carolina-NC	B	4:22.65
6			
7			
8			

Heat 2 of 3 Finals

1	Tac Titans-NC	B	4:14.12
2	Team Charlotte S-NC	A	4:13.08
3	Tac Titans-NC	A	4:07.26
4	Sailfish Aquatic-NC	A	4:03.08
5	Mecklenburg Swim-NC	A	4:05.73
6	Mecklenburg Swim-NC	B	4:09.99
7	Waves Of Wilming-NC	A	4:13.66
8	Aquatic Team Of-NC	A	4:16.74

Heat 3 of 3 Finals - Swimming with Finals

1			
2	Raleigh Swimming-NC	B	4:09.53
3	Marlins Of Raleigh-NC	B	3:55.82
4	New Wave Swim Te-NC	A	3:50.16
5	Marlins Of Raleigh-NC	A	3:52.43
6	Raleigh Swimming-NC	A	4:03.80
7			
8			

Event 41 / 42 Women / Men 1500 Free / 800 Free**W NCS Record: 15:54.19 7/23/2019 Ashley Twichell****M NCS Record: 7:48.10 7/1/2023 Ross Dant**

Lane	Name	Age	Team	Seed Time
Heat 1 (Heat 1 Women 1500 Free) Swimming with Finals				
1	Townsend, Annabel	16	Marlins Of Raleigh-NC	18:03.45
2	Ulicny, Amanda	21	Marlins Of Raleigh-NC	17:37.08
3	Fleshman, Liv	16	Tac Titans-NC	17:31.30
4	Turano, Kathleen	18	Wolfpack Elite-NC	16:48.51
5	Ward, Lexie	19	North Carolina A-NC	17:00.54
6	Jacobsen, Olivia	18	SwimMAC Carolina-NC	17:36.25
7	Hefner, Lucy Ann	15	Marlins Of Raleigh-NC	17:53.50
8	Bartoszek, Madeline	16	Marlins Of Raleigh-NC	18:08.49

Heat 2 (Heat 1 Men 800 Free) Swimming with Finals

1	Swett, Matthew	17	Team Charlotte S-NC	8:44.44
2	Van Olst, Parker	16	New Wave Swim Te-NC	8:32.76
3	Marsteiner, Sam	18	New Wave Swim Te-NC	8:19.64
4	Cinque, Matt	19	North Carolina A-NC	8:15.81
5	Drake, Liam	17	Raleigh Swimming-NC	8:18.88
6	Cagle, Griffin	16	SwimMAC Carolina-NC	8:29.86
7	Mihaly, Lysander	17	North Carolina A-NC	8:41.44
8	Polzien, Adam	18	Mecklenburg Swim-NC	8:46.35

Heat 3 (Heat 2 Women 1500 Free)

1	Goins, Charlotte	16	New Wave Swim Te-NC	18:48.42
2	Ng, Kieren	15	Marlins Of Raleigh-NC	18:31.40
3	Ferrari, Josephine	17	SwimMAC Carolina-NC	18:28.12
4	Powell, Cate	15	North Carolina A-NC	18:13.97
5	Gayle, Dakota	16	SwimMAC Carolina-NC	18:15.73
6	Dziuba, Eva	16	North Carolina A-NC	18:29.69
7	Korn, Emma	15	Aquatic Team Of-NC	18:41.24
8	Sexsmith, Charlee	16	Marlins Of Raleigh-NC	18:50.73

Heat 4 (Heat 2 Men 800 Free)

1	Gaither, Henry	15	Aquatic Team Of-NC	8:58.73
2	Levesque, Jake	17	Marlins Of Raleigh-NC	8:57.14
3	McWilliams, Kieran	17	Team Charlotte S-NC	8:52.39
4	Dellasega, Sam	18	New Wave Swim Te-NC	8:47.85
5	Betts-Kitchen, Hayden	16	Marlins Of Raleigh-NC	8:52.33
6	Harding, Cullan	16	SwimMAC Carolina-NC	8:52.86
7	Chen, Kingsley	15	North Carolina A-NC	8:57.67
8	Brumback, Noah	16	Raleigh Swimming-NC	9:00.28

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Heat 5 (Heat 3 Women 1500 Free) (#41 / 42)

1				
2	Lorraine, Sophie	17	Team Charlotte S-NC	18:24.98 Y
3	Lang, Mia	15	Marlins Of Raleigh-NC	18:58.61
4	Boyd, Sierra	17	Aquatic Team Of-NC	18:55.09
5	Barillaro, Carly	17	Raleigh Swimming-NC	18:56.55
6	Gospodarek, June	15	New Wave Swim Te-NC	17:17.65 Y
7	King, Kaitlyn	17	Marlins Of Raleigh-NC	18:30.44 Y
8				

Heat 6 (Heat 3 Men 800 Free)

1	Palamar, Benny	15	Tac Titans-NC	9:09.49
2	Sliwowski, Jason	15	North Carolina A-NC	9:06.73
3	White, Drew	17	Raleigh Swimming-NC	9:04.52
4	Hodgkins, Jacob	15	Tac Titans-NC	9:02.83
5	Xing, William	15	North Carolina A-NC	9:04.31
6	Cooper, Austin	16	SwimMAC Carolina-NC	9:04.89
7	Su, Kai	15	North Carolina A-NC	9:07.19
8	Sural, McCauley	15	Marlins Of Raleigh-NC	9:11.24

Heat 7 (Heat 4 Women 1500 Free)

1				
2				
3	Hagmann, Riley	17	Marlins Of Raleigh-NC	X9:40.57 L B
4	Schaper, Caroline	16	Carolina Aquatic-NC	19:33.66 L B
5	Weimer, Susanna	16	Mecklenburg Swim-NC	18:47.48 Y B
6				
7				
8				

Heat 8 (Heat 4 Men 800 Free)

1	Zhang, Roger	16	Tac Titans-NC	10:02.50 Y
2	Guenther, Ethan	15	SwimMAC Carolina-NC	9:17.31
3	Sewell, Walker	15	Unattached - Wow-NC	9:16.53
4	Chinchilla, Alex	16	Marlins Of Raleigh-NC	9:11.48
5	Licht, Connor	17	Raleigh Swimming-NC	9:14.36
6	Richards, Clayton	15	Aquatic Team Of-NC	9:17.29
7	Maiorana, Aaron	16	North Carolina A-NC	9:51.72 Y
8	Lynam, Miles	15	Hickory Foundati-NC	9:41.02 L B

Heat 9 (Heat 5 Men 800 Free)

1				
2	Salvitti, Canaan	15	Raleigh Swimming-NC	17:26.11 Y B
3	Sandor, J.E.	16	North Carolina A-NC	17:20.50 Y B
4	Monroe, Jack	15	North Carolina A-NC	17:38.55 L B
5	Degner, Grant	15	SwimMAC Carolina-NC	17:17.64 Y B
6	Hughes, Braden	15	Marlins Of Raleigh-NC	17:22.47 Y B
7				
8				