

NCHSAA 3A CENTRAL REGION
Swimming & Diving
Greensboro Aquatic Center
Saturday, February 3, 2024

		200 M M e d l e y R e l a y	200 M F r e e s t y l e	200 M I n d i v i d u a l M e d l e y	50 M F r e e s t y l e	1M D i v i n g	100 M B u t t e r f l y	100 M F r e e s t y l e	400 M F r e e s t y l e	200 M F r e e s t y l e R e l a y	100 M B a c k s t r o k e	100 M B r e a s t s t r o k e	400 M F r e e s t y l e R e l a y
Girls Team Scores													
Carrboro Jaguars	466	34	47	61	21	29	36	31	45	34	34	54	40
Orange Panthers	277	40	5	31	37	15	29	37	14	40	4	1	24
DSA Bulldogs	267	32	12	20	10	0	26	41	11	32	21	30	32
Cedar Ridge Red Wolves	164	10	6	24	0	0	15	0	20	30	22	3	34
Western Alamance Warriors	150	26	15	4	0	37	0	0	15	0	23	0	30
North Davidson Knights	129	30	5	0	0	0	7	7	3	24	6	19	28
Williams Bulldogs	125	22	9	5	15	0	5	19	5	12	0	7	26
Oak Grove Grizzlies	108	14	18	0	9	0	0	13	4	28	0	0	22
Union Pines Vikings	107	28	0	0	22	0	14	0	0	18	0	17	8
Ledford Panthers	106	24	0	0	30	0	15	0	0	22	15	0	0
Asheboro Blue Comets	93	2	0	3	0	0	3	5	16	26	0	20	18
Rockingham County Cougars	84	18	16	0	0	0	4	0	0	14	14	4	14
Scotland Fighting Scots	46	0	17	0	0	0	0	2	13	2	0	0	12
Atkins Camels	40	12	3	0	0	14	0	0	3	4	0	0	4
High Point Central Bison	27	0	0	0	11	0	0	0	0	0	16	0	0
Montgomery Central Timberwolves	25	0	0	7	0	0	0	0	6	10	0	0	2
Southern Alamance Patriots	23	6	0	0	0	0	1	0	0	6	0	0	10
Central Davidson Spartans	20	4	2	0	0	0	0	0	0	8	0	0	6
Eastern Alamance Eagles	8	8	0	0	0	0	0	0	0	0	0	0	0
Southern Lee Cavaliers	0	0	0	0	0	0	0	0	0	0	0	0	0

*RQ3 NCHSAA 3A Regional Standards
*RC3 NCHSAA 3A Regional Consideration Standards
*AA-C All American Consideration
*AA-A All American

Meet Results

Place	Athlete	Team	Time	DQ	EXH	Pts	Q
Girls 200 Yards Medley Relay (18 results)							
1	Katie Belle Sikes (SR) Riley White (SR) Zoe Jones (JR) Piper White (SO)	Orange Panthers (A)	1:53.45			40	RQ3
2	Anna Wesley (SO) Kyla Conner (SO) Ellie Hill (SO) Frances Reed (SR)	Carrboro Jaguars (A)	2:01.87			34	RQ3
3	Ella Werley (FR) Addison Bartlett (JR) Alexis Krzyzaniak (SR) Emmerson Topete (SO)	DSA Bulldogs (A)	2:06.61			32	RQ3
4	Mattie Berrier () Baylei Burgess () Ella Artrip () Abigail Meuser ()	North Davidson Knights (A)	2:11.54			30	RQ3
5	Zaina Threet (JR) Claire Weld (JR) Ava Milkowich (SO) Emma Post (JR)	Union Pines Vikings (A)	2:11.65			28	RQ3
6	Kensley Gasaway (SO) Sarah McLaughlin (JR) Elizabeth Merlette (SO) Adriana Carmon (FR)	Western Alamance Warriors (A)	2:11.79			26	RQ3
7	Parker Ridge (FR) Bianca Gonzalez (FR) Brea White (SR) Keagan Melino (FR)	Ledford Panthers (A)	2:12.69			24	RQ3
8	Reagan Wieting (FR) Alejandra Gonzalez (FR) Elizabeth Stokes (FR) Abigale Robinson (SR)	Williams Bulldogs (A)	2:16.93			22	RC3
9	Karson Hill (JR) Bella Reece Shearer (SO) Layla Mabe (SO) Ava Whichard (SR)	Rockingham County Cougars (A)	2:23.41			18	RC3
10	Victoria Martinez-LaPolice (XX) Lily Phillips (XX) Emery Benford (XX) Melody Murray (XX)	Oak Grove Grizzlies (A)	2:27.19			14	RC3
11	Grayson Phillips (SO) Colette Causby (JR) Ashley Wang (SR) Taylor Lazenby (JR)	Atkins Camels (A)	2:29.04			12	RC3
12	Sierra Godfrey (JR) Emily Habib (FR) Catherine Latham (SR) Sarah Latham (JR)	Cedar Ridge Red Wolves (A)	2:32.00			10	RC3
13	Abby Brinker (JR) Carlie Aldridge (SR) Ryen Gibbs (JR) Quincie Loy (SR)	Eastern Alamance Eagles (A)	2:33.55			8	RC3
14	Sydney Williams (JR) Autumn Barber (FR) Natsuki Nixie Garcia Badilla (JR) Sophia Eusantos (SR)	Southern Alamance Patriots (A)	2:37.21			6	RC3
15	Harley Lanning (SO) Kendall Abbott (SO) Callie Freeman (SR) Isabelle Sams (FR)	Central Davidson Spartans (A)	2:38.42			4	RC3
16	Emma Dobbins (XX) Kloe Woody (XX) Emma Little () Elliza Duranceau (XX)	Asheboro Blue Comets (A)	2:39.32			2	RC3

	Jessica Freeman (SR)			
	Marla Medina (JR)	Montgomery Central	2:45.86	RC3
	Emily Aguilar (SO)	Timberwolves (A)		
17	Abigail Salazar (XX)			
	Bailey Brink (JR)			
	Emma Houg (SR)	Scotland Fighting Scots (A)	2:33.31	DQ
	Faith Dockery (SR)			
	Zoey Bowman (JR)			

Girls 200 Yards Freestyle (24 results)

1	Avery Shuping (JR)	Carrboro	2:00.87	20	RQ3
2	Taylor Johnson (SO)	Scotland	2:06.94	17	RQ3
3	Brooke Parker (SR)	Rockingham County	2:13.51	16	RQ3
4	Elizabeth Merlette (SO)	Western Alamance	2:15.65	15	RQ3
5	Anya Kallepalli (SO)	Carrboro	2:16.73	14	RQ3
6	Caroline Goodnight (SO)	Carrboro	2:21.13	13	RC3
7	Mina Coers (JR)	Durham School/Arts	2:21.56	12	RC3
8	Avery Ray (XX)	Oak Grove	2:29.74	11	RC3
9	Reagan Wieting (FR)	Williams	2:30.45	9	RC3
10	Ella Smith (XX)	Oak Grove	2:31.57	7	RC3
11	Sarah Latham (JR)	Cedar Ridge	2:31.92	6	RC3
12	Molly Kruse (SO)	Orange	2:38.58	5	RC3
13	Emily Davies ()	North Davidson	2:38.96	4	RC3
14	Kirsten Hall (JR)	Atkins	2:42.80	3	RC3
15	Abi Sams (SO)	Central Davidson	2:44.52	2	RC3
16	Mallory Atkins ()	North Davidson	2:48.08	1	RC3
17	Sophia Murray (XX)	Oak Grove	2:48.53		RC3
18	Melody Murray (XX)	Oak Grove	2:49.17		RC3
19	Aubrey Adkins ()	North Davidson	2:50.28		RC3
20	Harley Lanning (SO)	Central Davidson	2:50.37		RC3
21	Catherine Collie (SR)	Southern Alamance	2:54.22		RC3
	Abby Brinker (JR)	Eastern Alamance	3:06.63		
	Mykaela Newsome (SR)	Atkins	3:06.97		
	Avery Armstrong (JR)	Union Pines	--		DQ
	* Declared false start				

Girls 200 Yards Individual Medley (24 results)

1	Maya Lambert (SR)	Carrboro	2:11.14	20	RQ3
2	Riley White (SR)	Orange	2:13.07	17	RQ3
3	Quinn McCrimmon (JR)	Cedar Ridge	2:22.17	16	RQ3
4	Avery Brown (JR)	Carrboro	2:25.42	15	RQ3
5	Sofia Guaman (JR)	Carrboro	2:30.36	14	RQ3
6	Ainsley Rasinske (SO)	Orange	2:30.67	13	RQ3
7	Rowan Hunsberger (SR)	Carrboro	2:34.06	12	RQ3
8	Ella Werley (FR)	Durham School/Arts	2:39.21	11	RQ3
9	Peyton Yuan (JR)	Durham School/Arts	2:40.23	9	RQ3
10	Paige Kern (SR)	Montgomery Central	2:40.42	7	RQ3
11	Sierra Godfrey (JR)	Cedar Ridge	2:46.62	6	RQ3
12	Alejandra Gonzalez (FR)	Williams	2:49.19	5	RC3
13	Adriana Carmon (FR)	Western Alamance	2:50.98	4	RC3
14	Francesca Piansay (XX)	Asheboro	2:51.64	3	RC3
15	Hala Zafar (SO)	Cedar Ridge	2:51.95	2	RC3
16	Claudia Sadgrove (SO)	Orange	2:53.33	1	RC3
17	Keagan Melino (FR)	Ledford	2:53.71		RC3
18	Annabelle Hazelwood (SO)	Southern Alamance	2:54.23		RC3
19	Baylei Burgess ()	North Davidson	3:00.29		RC3
20	Mattie Berrier ()	North Davidson	3:03.35		RC3
21	Emery Benford (XX)	Oak Grove	3:06.60		RC3
22	Kendall Abbott (SO)	Central Davidson	3:12.98		RC3
23	Sydney Williams (JR)	Southern Alamance	3:16.15		RC3
24	Emily Habib (FR)	Cedar Ridge	3:19.49		RC3

Girls 50 Yards Freestyle (24 results)

1	Katie Belle Sikes (SR)	Orange	23.11	20	RQ3	AA-C
2	Piper White (SO)	Orange	25.41	17	RQ3	
3	Brea White (SR)	Ledford	25.46	16	RQ3	
4	Abigale Robinson (SR)	Williams	26.32	15	RQ3	
5	Parker Ridge (FR)	Ledford	26.35	14	RQ3	
6	Ava Milkowich (SO)	Union Pines	26.54	13	RQ3	
7	Anna Wesley (SO)	Carrboro	26.87	12	RQ3	
8	Catherine Miller (XX)	High Point Central	27.05	11	RQ3	
9	Claire Weld (JR)	Union Pines	27.26	9	RQ3	
10	Madelyn Wilson (XX)	Oak Grove	27.66	7	RQ3	
11	Emmerson Topete (SO)	Durham School/Arts	27.80	6	RQ3	
12	Frances Reed (SR)	Carrboro	27.81	5	RQ3	
13	Elizabeth Norman (FR)	Durham School/Arts	27.99	4	RQ3	
14	Anna Hartsell (FR)	Carrboro	28.23	3	RQ3	
15	Maggie Richard (XX)	Oak Grove	28.30	2	RQ3	
16	Logan McCauley (SO)	Carrboro	28.63	1	RC3	
17	Abigail Meuser ()	North Davidson	28.79		RC3	
18	Abigail Becker (XX)	Asheboro	28.80		RC3	
19	Rachel Hartsell ()	North Davidson	28.91		RC3	
20	Sarah McLaughlin (JR)	Western Alamance	29.32		RC3	
21	Ann Hrycay (XX)	Oak Grove	29.50		RC3	
22	Zoey Bowman (JR)	Scotland	29.61		RC3	
23	Ella Smith (XX)	Oak Grove	29.62		RC3	
24	Carlie Aldridge (SR)	Eastern Alamance	32.53		RC3	

Girls 1m Diving (11 dives) (6 results)

1	Michaela Bentley (SO)	Western Alamance	345.6	20	
2	Courtney Moore (SO)	Western Alamance	307.3	17	
3	Elizabeth Buttlr ()	Carrboro	272.15	16	
4	Lily Howard (JR)	Orange	251.7	15	
5	Emmalyne Parnitzke (FR)	Atkins	250.5	14	
6	Emmie Craig (JR)	Carrboro	246.1	13	

Girls 100 Yards Butterfly (24 results)

1	Maya Lambert (SR)	Carrboro	58.83	20	RQ3	
2	Riley White (SR)	Orange	1:00.21	17	RQ3	
3	Ellie Hill (SO)	Carrboro	1:01.64	16	RQ3	
4	Quinn McCrimmon (JR)	Cedar Ridge	1:03.32	15	RQ3	
5	Ava Milkowich (SO)	Union Pines	1:04.31	14	RQ3	
6	Brea White (SR)	Ledford	1:05.19	13	RQ3	
7	Zoe Jones (JR)	Orange	1:07.73	12	RQ3	
8	Ella Werley (FR)	Durham School/Arts	1:12.93	11	RQ3	
9	Addison Bartlett (JR)	Durham School/Arts	1:13.67	9	RC3	
10	Ella Artrip ()	North Davidson	1:14.46	7	RC3	
11	Claudia Foushee (SR)	Durham School/Arts	1:14.48	6	RC3	
12	Elizabeth Stokes (FR)	Williams	1:17.06	5	RC3	
13	Karson Hill (JR)	Rockingham County	1:23.26	4	RC3	
14	Francesca Piansay (XX)	Asheboro	1:23.70	3	RC3	
15	Keagan Melino (FR)	Ledford	1:24.59	2	RC3	
16	Annabelle Hazelwood (SO)	Southern Alamance	1:25.64	1	RC3	
17	Emery Benford (XX)	Oak Grove	1:25.93		RC3	
18	Callie Freeman (SR)	Central Davidson	1:33.72		RC3	
19	Emily Aguilar (SO)	Montgomery Central	1:37.05		RC3	
20	Isabelle Sams (FR)	Central Davidson	1:40.75		RC3	
21	Ella Morton (XX)	Oak Grove	1:43.06		RC3	
	Avery Armstrong (JR)	Union Pines	--		DQ	
	* Declared false start					
	Catherine Latham (SR)	Cedar Ridge	1:35.70		DQ	
	Lily Golden (JR)	Cedar Ridge	1:36.72		DQ	

Girls 100 Yards Freestyle (24 results)

1	Katie Belle Sikes (SR)	Orange	51.17	20	RQ3
2	Piper White (SO)	Orange	55.92	17	RQ3
3	Alexis Krzyzaniak (SR)	Durham School/Arts	56.94	16	RQ3
4	Abigale Robinson (SR)	Williams	58.77	15	RQ3
5	Peyton Walker (FR)	Durham School/Arts	59.65	14	RQ3
6	Kyla Conner (SO)	Carrboro	1:00.14	13	RQ3
7	Madelyn Wilson (XX)	Oak Grove	1:01.24	12	RQ3
8	Emmerson Topete (SO)	Durham School/Arts	1:01.54	11	RQ3
9	Logan McCauley (SO)	Carrboro	1:04.23	9	RC3
10	Rachel Hartsell ()	North Davidson	1:05.07	7	RC3
11	Aspen Unwin (JR)	Carrboro	1:06.67	6	RC3
12	Abigail Becker (XX)	Asheboro	1:06.69	5	RC3
13	Reagan Wieting (FR)	Williams	1:07.43	4	RC3
14	Hannah Strada (FR)	Carrboro	1:08.43	3	RC3
15	Zoey Bowman (JR)	Scotland	1:08.60	2	RC3
16	Ann Hrycay (XX)	Oak Grove	1:10.12	1	RC3
17	Taylor Lazenby (JR)	Atkins	1:10.91		RC3
18	Elliza Duranceau (XX)	Asheboro	1:11.91		RC3
19	Emma Houg (SR)	Scotland	1:12.60		RC3
19	Kinsley Odum ()	North Davidson	1:12.60		RC3
21	Sadie Page (FR)	Rockingham County	1:12.91		RC3
22	Ashley Wang (SR)	Atkins	1:13.86		RC3
23	Sophia Eusantos (SR)	Southern Alamance	1:14.54		RC3
	Ceilidh Clendenin (JR)	Union Pines	--		DQ
	* Declared false start				

Girls 500 Yards Freestyle (24 results)

1	Sophia Stinnett (JR)	Cedar Ridge	5:15.59	20	RQ3
2	Avery Shuping (JR)	Carrboro	5:22.86	17	RQ3
3	Maci Columbia (XX)	Asheboro	5:29.69	16	RQ3
4	Kensley Gasaway (SO)	Western Alamance	5:38.75	15	RQ3
5	Zoe Jones (JR)	Orange	5:45.27	14	RQ3
6	Taylor Johnson (SO)	Scotland	5:48.42	13	RQ3
7	Avery Brown (JR)	Carrboro	6:01.71	12	RQ3
8	Elizabeth Norman (FR)	Durham School/Arts	6:07.63	11	RQ3
9	Anyia Kallepalli (SO)	Carrboro	6:13.21	9	RQ3
10	Caroline Goodnight (SO)	Carrboro	6:14.72	7	RQ3
11	Paige Kern (SR)	Montgomery Central	6:32.66	6	RC3
12	Elizabeth Stokes (FR)	Williams	6:35.98	5	RC3
13	Avery Ray (XX)	Oak Grove	7:10.26	4	RC3
14	Mattie Berrier ()	North Davidson	7:14.35	3	RC3
15	Kirsten Hall (JR)	Atkins	7:16.21	2	RC3
16	Taylor Lazenby (JR)	Atkins	7:17.90	1	RC3
17	Sydney Williams (JR)	Southern Alamance	7:25.78		RC3
18	Kendall Abbott (SO)	Central Davidson	7:32.04		RC3
19	Erin Eames (XX)	Asheboro	7:46.17		RC3
20	Melody Murray (XX)	Oak Grove	7:46.32		RC3
21	Piper Egan (XX)	Oak Grove	7:47.21		RC3
	Brianna Blackwell (SR)	Rockingham County	8:03.37		
	Mykaela Newsome (SR)	Atkins	8:10.58		
	Sarah McLaughlin (JR)	Western Alamance	--		DQ
	* Declared false start				

Girls 200 Yards Freestyle Relay (17 results)

1	Riley White (SR) Piper White (SO) Ainsley Rasinske (SO) Katie Belle Sikes (SR)	Orange Panthers (A)	1:41.63	40	RQ3
2	Maya Lambert (SR) Anna Wesley (SO) Frances Reed (SR) Avery Shuping (JR)	Carrboro Jaguars (A)	1:47.90	34	RQ3
3	Elizabeth Norman (FR) Addison Bartlett (JR) Emmerson Topete (SO) Alexis Krzyzaniak (SR)	DSA Bulldogs (A)	1:51.51	32	RQ3

4	Quinn McCrimmon (JR) Sarah Latham (JR) Hala Zafar (SO) Sophia Stinnett (JR)	Cedar Ridge Red Wolves (A)	1:53.06	30	RQ3
5	Maggie Richard (XX) Ella Smith (XX) Avery Ray (XX) Madelyn Wilson (XX)	Oak Grove Grizzlies (A)	1:54.42	28	RQ3
6	Abigail Becker (XX) Franchesca Piansay (XX) Elliza Duranceau (XX) Maci Columbia (XX)	Asheboro Blue Comets (A)	1:54.83	26	RQ3
7	Abigail Meuser () Emily Davies () Baylei Burgess () Rachel Hartsell ()	North Davidson Knights (A)	1:55.42	24	RQ3
8	Keagan Melino (FR) Elizabeth Johnston (JR) Parker Ridge (FR) Brea White (SR)	Ledford Panthers (A)	1:58.39	22	RQ3
9	Claire Weld (JR) Emma Post (JR) Zaina Threet (JR) Ava Milkowich (SO)	Union Pines Vikings (A)	1:58.94	18	RQ3
10	Sadie Page (FR) Ava Whichard (SR) Sarah Long () Brooke Parker (SR)	Rockingham County Cougars (A)	2:04.80	14	RC3
11	Grace Gabrielli (SR) Gracie Hartle (SR) Lauren Turner (JR) Emerson Tirgrath (JR)	Williams Bulldogs (A)	2:09.53	12	RC3
12	Abigail Salazar (XX) Kristina Phouangphrachanh (XX) Jessica Freeman (SR) Paige Kern (SR)	Montgomery Central Timberwolves (A)	2:11.88	10	RC3
13	Abi Sams (SO) Hannah Sams (SR) Callie Freeman (SR) Isabelle Sams (FR)	Central Davidson Spartans (A)	2:13.80	8	RC3
14	Sophia Eusantos (SR) Annabelle Hazelwood (SO) Autumn Barber (FR) Catherine Collie (SR)	Southern Alamance Patriots (A)	2:14.05	6	RC3
15	Kaleigh Altman (JR) Colette Causby (JR) Kirsten Hall (JR) Grayson Phillips (SO)	Atkins Camels (A)	2:15.82	4	RC3
16	Sonayla Thomas (SR) Bailey Brink (JR) Faith Dockery (SR) Emma Houg (SR)	Scotland Fighting Scots (A)	2:19.02	2	RC3
17	Carlie Aldridge (SR) McKay Fleming (SR) Madison Page (SR) Annalynn Hunter (FR)	Eastern Alamance Eagles (A)	2:42.71		RC3

Girls 100 Yards Backstroke (24 results)

1	Sophia Stinnett (JR)	Cedar Ridge	1:01.17	20	RQ3
2	Alexis Krzyzaniak (SR)	Durham School/Arts	1:03.42	17	RQ3
3	Catherine Miller (XX)	High Point Central	1:04.75	16	RQ3
4	Parker Ridge (FR)	Ledford	1:05.60	15	RQ3
5	Brooke Parker (SR)	Rockingham County	1:06.21	14	RQ3
6	Anna Wesley (SO)	Carrboro	1:06.41	13	RQ3
7	Kensley Gasaway (SO)	Western Alamance	1:07.03	12	RQ3
8	Elizabeth Merlette (SO)	Western Alamance	1:08.17	11	RQ3
9	Frances Reed (SR)	Carrboro	1:09.34	9	RQ3
10	Rowan Hunsberger (SR)	Carrboro	1:09.94	7	RQ3
11	Ella Artrip ()	North Davidson	1:10.84	6	RQ3
12	Caroline Hoos (FR)	Carrboro	1:11.29	5	RQ3
13	Ainsley Rasinske (SO)	Orange	1:12.10	4	RQ3

14	Peyton Yuan (JR)	Durham School/Arts	1:12.15	3	RQ3
15	Sierra Godfrey (JR)	Cedar Ridge	1:14.29	2	RC3
16	Addison Bartlett (JR)	Durham School/Arts	1:16.35	1	RC3
17	Adriana Carmon (FR)	Western Alamance	1:17.66		RC3
18	Karson Hill (JR)	Rockingham County	1:17.97		RC3
19	Claudia Foushee (SR)	Durham School/Arts	1:19.50		RC3
20	Maggie Richard (XX)	Oak Grove	1:22.37		RC3
21	Harper Trost (SR)	Orange	1:23.25		RC3
22	Sarah Latham (JR)	Cedar Ridge	1:23.35		RC3
23	Abi Sams (SO)	Central Davidson	1:28.29		RC3
24	Zaina Threet (JR)	Union Pines	1:28.43		RC3

Girls 100 Yards Breaststroke (24 results)

1	Maci Columbia (XX)	Asheboro	1:12.40	20	RQ3
2	Claire Weld (JR)	Union Pines	1:12.54	17	RQ3
3	Ellie Hill (SO)	Carrboro	1:13.28	16	RQ3
4	Sofia Guaman (JR)	Carrboro	1:18.19	15	RQ3
5	Kyla Conner (SO)	Carrboro	1:18.60	14	RQ3
6	Baylei Burgess ()	North Davidson	1:18.72	13	RQ3
7	Mina Coers (JR)	Durham School/Arts	1:19.85	12	RQ3
8	Peyton Walker (FR)	Durham School/Arts	1:20.07	11	RQ3
9	Caroline Hoos (FR)	Carrboro	1:20.29	9	RQ3
10	Alejandra Gonzalez (FR)	Williams	1:22.60	7	RQ3
11	Abigail Meuser ()	North Davidson	1:23.09	6	RC3
12	Ruby Barron (FR)	Durham School/Arts	1:25.64	5	RC3
13	Bella Reece Shearer (SO)	Rockingham County	1:26.69	4	RC3
14	Hala Zafar (SO)	Cedar Ridge	1:26.82	3	RC3
15	Mya Creek (FR)	Durham School/Arts	1:28.31	2	RC3
16	Molly Kruse (SO)	Orange	1:29.00	1	RC3
17	Carlie Aldridge (SR)	Eastern Alamance	1:29.06		RC3
18	Lily Phillips (XX)	Oak Grove	1:29.55		RC3
19	Claudia Sadgrove (SO)	Orange	1:29.82		RC3
20	Gentry Smith ()	North Davidson	1:30.87		RC3
21	Emma Post (JR)	Union Pines	1:32.15		RC3
22	Kaleigh Altman (JR)	Atkins	1:34.03		RC3
23	Harper Trost (SR)	Orange	1:36.32		RC3
24	Colette Causby (JR)	Atkins	1:37.71		RC3

Girls 400 Yards Freestyle Relay (18 results)

1	Maya Lambert (SR) Ellie Hill (SO) Kyla Conner (SO) Avery Shuping (JR)	Carrboro Jaguars (A)	3:52.44	40	RQ3
2	Quinn McCrimmon (JR) Hala Zafar (SO) Sierra Godfrey (JR) Sophia Stinnett (JR)	Cedar Ridge Red Wolves (A)	4:08.14	34	RQ3
3	Ella Werley (FR) Mina Coers (JR) Peyton Yuan (JR) Peyton Walker (FR)	DSA Bulldogs (A)	4:11.23	32	RQ3
4	Kensley Gasaway (SO) Adriana Carmon (FR) Sarah McLaughlin (JR) Elizabeth Merlette (SO)	Western Alamance Warriors (A)	4:13.28	30	RQ3
5	Ella Artrip () Emily Davies () Mattie Berrier () Rachel Hartsell ()	North Davidson Knights (A)	4:17.85	28	RQ3
6	Reagan Wieting (FR) Elizabeth Stokes (FR) Alejandra Gonzalez (FR) Abigale Robinson (SR)	Williams Bulldogs (A)	4:18.07	26	RQ3
7	Zoe Jones (JR) Molly Kruse (SO) Claudia Sadgrove (SO) Ainsley Rasinske (SO)	Orange Panthers (A)	4:21.33	24	RQ3

8	Maggie Richard (XX) Ann Hrycay (XX) Avery Ray (XX) Madelyn Wilson (XX)	Oak Grove Grizzlies (A)	4:25.31	22	RQ3
9	Abigail Becker (XX) Franchesca Piansay (XX) Maci Columbia (XX) Elliza Duranceau (XX)	Asheboro Blue Comets (A)	4:29.12	18	RQ3
10	Sadie Page (FR) Bella Reece Shearer (SO) Sarah Long () Brooke Parker (SR)	Rockingham County Cougars (A)	4:37.34	14	RQ3
11	Zoe Bowman (JR) Faith Dockery (SR) Emma Houg (SR) Taylor Johnson (SO)	Scotland Fighting Scots (A)	4:38.74	12	RQ3
12	Annabelle Hazelwood (SO) Sophia Eusantos (SR) Catherine Collie (SR) Sydney Williams (JR)	Southern Alamance Patriots (A)	5:00.58	10	RC3
13	Zaina Threet (JR) Paizlee Davis (FR) Camille Tipton (JR) Emma Post (JR)	Union Pines Vikings (A)	5:05.03	8	RC3
14	Callie Freeman (SR) Hannah Sams (SR) Abi Sams (SO) Kendall Abbott (SO)	Central Davidson Spartans (A)	5:05.53	6	RC3
15	Kirsten Hall (JR) Kaleigh Altman (JR) Ashley Wang (SR) Taylor Lazenby (JR)	Atkins Camels (A)	5:11.38	4	RC3
16	Kaelyn Davis (SR) River Seawell (SR) Jessica Freeman (SR) Paige Kern (SR)	Montgomery Central Timberwolves (A)	5:20.58	2	RC3
17	Katherine Goodman (JR) Addison Sage (JR) Elizabeth Johnston (JR) Bella Elliott (SO)	Ledford Panthers (A)	5:30.18		RC3
18	Quincie Loy (SR) Ryen Gibbs (JR) Madison Page (SR) Abby Brinker (JR)	Eastern Alamance Eagles (A)	5:31.56		RC3