

Piedmont Athletic 4A/5A Conference

PAC 7 Winter, 2025-26

SWIMMING

WOMENS SWIMMING

Conference Meet MVP

Kendall Fortson Randleman

Swimmer of the Year

Parker Ridge Ledford

Coach of the Year

Jessica Zenzen Ledford

Randleman

Kendall Fortson

Central Davidson

Abi Sams
Kendall Abbott
Isabella Bellini
Lucy Duran
Ava Moore
Emma Jolly

Ledford

Reagan Butcher
Bianca Gonzalez
Isabella Arrieta-Dulcey
Rose Zenzen
Keagan Melino
Addie Wiese
Parker Ridge
Kinley Brown

MENS SWIMMING

Conference Meet MVP

Parker Hess Central Davidson

Swimmer of the Year

Levi Lindegren Lexington

Coach of the Year

Brian Thoma Ledford

Randleman

Tyler Fortson
Cannon Eggleston

Central Davidson

Jackson Bailey
Rance Jackson
Parker Hess
Zach Abbott
Nick Leahy

Lexington

Max O'Connell
Levi Lindegren
Seth Lindegren
Ian McDaniel

High Point Central

Jesus Morales-Rivera
Benjamin Holbrook

Ledford

Jacob Patterson
Landon Thomas