

Triad Area Athletic Conference Championships
Randolph/Asheboro YMCA
January 9, 2026

| TEAM | TOTAL | | | | | | | | | | | |
|------------------------------|--------------------------------|----|----|-----------------------------|----|----|-------------------------------------|----|----|----------------------------|----|----|
| | <u>200 Meters Medley Relay</u> | | | <u>200 Meters Freestyle</u> | | | <u>200 Meters Individual Medley</u> | | | <u>50 Meters Freestyle</u> | | |
| Girls | | | | | | | | | | | | |
| Northern Guilford Nighthawks | 590 | 34 | 62 | 58 | 59 | 53 | 65 | 65 | 34 | 68 | 52 | 40 |
| Southeast Guilford Falcons | 435 | 40 | 33 | 37 | 59 | 15 | 53 | 17 | 40 | 41 | 66 | 34 |
| Asheboro Blue Comets | 254 | 32 | 39 | 0 | 27 | 0 | 27 | 13 | 32 | 36 | 16 | 32 |
| Boys | | | | | | | | | | | | |
| Northern Guilford Nighthawks | 583 | 40 | 66 | 48 | 68 | 62 | 61 | 37 | 40 | 61 | 60 | 40 |
| Southeast Guilford Falcons | 343 | 34 | 27 | 20 | 46 | 33 | 55 | 0 | 34 | 34 | 28 | 32 |
| Asheboro Blue Comets | 307 | 32 | 34 | 27 | 31 | 0 | 24 | 31 | 32 | 23 | 39 | 34 |

Meet Results

Girls 200 Meters Medley Relay 6 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|--|------------------------------|---------|------|-----|
| | SEGUI A | | | | |
| 1 | Anna Dimmick (JR) , Anya Dawson (SO), Adah Zimmer (FR) , Brittyn Schicker (JR) | Southeast Guilford Falcons | 2:15.25 | 40.0 | |
| | NGUIL A | | | | |
| 2 | Abigail Schilling (SR) , Lauren Lovati (JR), Helena Goddard (SR) , Lillian Wright (JR) | Northern Guilford Nighthawks | 2:17.01 | 34.0 | |
| | NGUIL B | | | | |
| 3 | Jada Sheppard (SR) , Keira Kincaid (FR), Player Morris (JR) , Emily Tabori (FR) | Northern Guilford Nighthawks | 2:34.01 | | |
| | NGUIL C | | | | |
| 4 | Aubrey Jones (SR) , Amelia McArthur (SO), Brileigh Donahue (SO) , Paige Bassett (SO) | Northern Guilford Nighthawks | 2:40.98 | | |
| | SEGUI B | | | | |
| 5 | Sydney Maness (SO) , Lillian Smith (FR), Leah Harr (FR) , Ashley Bertell (FR) | Southeast Guilford Falcons | 2:55.23 | | |
| | ASHEB A | | | | |
| 6 | Isabella Alvarez () , Kloe Woody () , Julianna Colon () , Emily Jones () | Asheboro Blue Comets | 3:43.92 | 32.0 | |

Boys 200 Meters Medley Relay 6 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|--|------------------------------|---------|------|-----|
| | NGUIL A | | | | |
| 1 | Jake Lovati (FR) , Bryson Gaines (JR), Asher Tobin (SO) , Henry Cooper (JR) | Northern Guilford Nighthawks | 1:58.81 | 40.0 | |
| | NGUIL B | | | | |
| 2 | James Sheppard (SO) , Frederik Knaeuper (JR), William Preston (JR) , William Guyler (SR) | Northern Guilford Nighthawks | 2:04.02 | | |
| | SEGUI A | | | | |
| 3 | Killian Piner (JR) , Avery Mitcham (SO), Nicholas Dawson (FR) , Logan Morris (JR) | Southeast Guilford Falcons | 2:04.78 | 34.0 | |
| | NGUIL C | | | | |
| 4 | Michael Wolfe (SO) , Wyatt Medlin (JR), Dale Gaines (SO) , Wells Wickline (JR) | Northern Guilford Nighthawks | 2:26.28 | | |
| | SEGUI B | | | | |
| 5 | Jacob Maness (SO) , Jordan Adams (SR), Jeffrey Cook (FR) , David Fisher (SR) | Southeast Guilford Falcons | 2:31.95 | | |
| | ASHEB A | | | | |
| 6 | Branson Snuggs () , Julian Rebollar () , Jorge Reyes () , Nicholas Greene () | Asheboro Blue Comets | 2:40.51 | 32.0 | |

Girls 200 Meters Freestyle 10 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-------------------------|------------------------------|---------|------|-----|
| 1 | Adah Zimmer (FR) | Southeast Guilford Falcons | 2:27.47 | 20.0 | |
| 2 | Helena Goddard (SR) | Northern Guilford Nighthawks | 2:42.11 | 17.0 | |
| 3 | Keira Kincaid (FR) | Northern Guilford Nighthawks | 2:48.09 | 16.0 | |
| 4 | Marissa Dettinger (FR) | Northern Guilford Nighthawks | 2:51.50 | 15.0 | |
| 5 | Player Morris (JR) | Northern Guilford Nighthawks | 2:55.04 | 14.0 | |
| 6 | Nora Church (SO) | Southeast Guilford Falcons | 2:58.83 | 13.0 | |
| 7 | Penelopy McConaughay () | Asheboro Blue Comets | 2:59.84 | 12.0 | |
| 8 | Julianna Colon () | Asheboro Blue Comets | 3:03.11 | 11.0 | |
| 9 | Allison Zeyla-Dubon () | Asheboro Blue Comets | 3:44.21 | 9.0 | |
| 10 | Ghia Crandall () | Asheboro Blue Comets | 3:46.39 | 7.0 | |

Boys 200 Meters Freestyle 9 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|---------------------|------------------------------|---------|------|-----|
| 1 | Henry Cooper (JR) | Northern Guilford Nighthawks | 2:11.35 | 20.0 | |
| 2 | Dale Gaines (SO) | Northern Guilford Nighthawks | 2:24.97 | 17.0 | |
| 3 | Loren Cueva (FR) | Northern Guilford Nighthawks | 2:26.54 | 16.0 | |
| 4 | Logan Morris (JR) | Southeast Guilford Falcons | 2:29.46 | 15.0 | |
| 5 | Joshua Prochnau () | Asheboro Blue Comets | 2:43.00 | 14.0 | |
| 6 | Wells Wickline (JR) | Northern Guilford Nighthawks | 2:48.22 | 13.0 | |
| 7 | Jacob Maness (SO) | Southeast Guilford Falcons | 2:54.35 | 12.0 | |
| 8 | Branson Snuggs () | Asheboro Blue Comets | 3:11.47 | 11.0 | |
| 9 | Jorge Reyes () | Asheboro Blue Comets | 3:35.35 | 9.0 | |

Girls 200 Meters Individual Medley 6 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|----------------------|------------------------------|---------|------|-----|
| 1 | Anya Dawson (SO) | Southeast Guilford Falcons | 2:46.32 | 20.0 | |
| 2 | Elin Dimmick (SO) | Southeast Guilford Falcons | 2:57.20 | 17.0 | |
| 3 | Lillian Wright (JR) | Northern Guilford Nighthawks | 3:05.50 | 16.0 | |
| 4 | Amelia McArthur (SO) | Northern Guilford Nighthawks | 3:17.34 | 15.0 | |
| 5 | Kyla Goddard (FR) | Northern Guilford Nighthawks | 3:17.76 | 14.0 | |
| 6 | Madeline Angel (JR) | Northern Guilford Nighthawks | 3:31.65 | 13.0 | |

Boys 200 Meters Individual Medley 7 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|------------------------|------------------------------|---------|------|-----|
| 1 | Killian Piner (JR) | Southeast Guilford Falcons | 2:21.67 | 20.0 | |
| 2 | James Sheppard (SO) | Northern Guilford Nighthawks | 2:25.47 | 17.0 | |
| 3 | Frederik Knaeuper (JR) | Northern Guilford Nighthawks | 2:26.61 | 16.0 | |
| 4 | Michael Wolfe (SO) | Northern Guilford Nighthawks | 2:52.61 | 15.0 | |
| 5 | Sylar Shoffner () | Asheboro Blue Comets | 3:02.98 | 14.0 | |
| 6 | Darian Jaimes () | Asheboro Blue Comets | 3:07.54 | 13.0 | |
| | Bryson Gaines (JR) | Northern Guilford Nighthawks | DQ | | |

* Non-simultaneous touch - breast

Girls 50 Meters Freestyle 30 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-------------------------------------|------------------------------|-------|------|-----|
| 1 | Anna Dimmick (JR) | Southeast Guilford Falcons | 29.16 | 20.0 | |
| 2 | Lauren Lovati (JR) | Northern Guilford Nighthawks | 29.35 | 17.0 | |
| 3 | Brittyn Schicker (JR) | Southeast Guilford Falcons | 29.95 | 16.0 | |
| 4 | Brileigh Donahue (SO) | Northern Guilford Nighthawks | 33.03 | 15.0 | |
| 5 | Emily Tabori (FR) | Northern Guilford Nighthawks | 33.92 | 14.0 | |
| 6 | Sydney Bassett (SR) | Northern Guilford Nighthawks | 34.00 | 13.0 | |
| 7 | Lucy Dimmick (SR) | Southeast Guilford Falcons | 34.46 | 12.0 | |
| 8 | Ashley Bertell (FR) | Southeast Guilford Falcons | 36.76 | 11.0 | |
| 9 | Emma Little () | Asheboro Blue Comets | 38.17 | 9.0 | |
| 10 | Melody Alvarez () | Asheboro Blue Comets | 41.04 | 7.0 | |
| 11 | Ghia Crandall () | Asheboro Blue Comets | 42.32 | 6.0 | |
| 12 | Jullissa Jaimes () | Asheboro Blue Comets | 47.39 | 5.0 | |
| | Evie Burns (JR) Exhibition | Northern Guilford Nighthawks | 33.51 | | |
| | Natalie Myers (FR) Exhibition | Northern Guilford Nighthawks | 34.20 | | |
| | Aubrey Jones (SR) Exhibition | Northern Guilford Nighthawks | 35.31 | | |
| | Paige Bassett (SO) Exhibition | Northern Guilford Nighthawks | 35.42 | | |
| | Emma Weaver (SO) Exhibition | Northern Guilford Nighthawks | 35.82 | | |
| | Lydia Zlotkowski (SR) Exhibition | Northern Guilford Nighthawks | 35.92 | | |
| | Layla Jordan (FR) Exhibition | Northern Guilford Nighthawks | 36.89 | | |
| | Molly McShea (SR) Exhibition | Northern Guilford Nighthawks | 36.95 | | |
| | Reagan Woodliff (SO) Exhibition | Northern Guilford Nighthawks | 38.02 | | |
| | Lillian Smith (FR) Exhibition | Southeast Guilford Falcons | 39.33 | | |
| | Katy Auston (JR) Exhibition | Northern Guilford Nighthawks | 40.31 | | |
| | Sarah Quintana (SR) Exhibition | Northern Guilford Nighthawks | 41.39 | | |
| | Sydney Maness (SO) Exhibition | Southeast Guilford Falcons | 42.48 | | |
| | Audrey Holt (FR) Exhibition | Southeast Guilford Falcons | 43.33 | | |
| | Miranda Covington (FR) Exhibition | Southeast Guilford Falcons | 44.40 | | |
| | Kasey Ramirez () Exhibition | Asheboro Blue Comets | 49.35 | | |
| | Genesis Angeles Pavon () Exhibition | Asheboro Blue Comets | 52.86 | | |
| | Codi Walter (SR) Exhibition | Southeast Guilford Falcons | 56.41 | | |

Boys 50 Meters Freestyle 23 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-----------------------|------------------------------|-------|------|-----|
| 1 | Jake Lovati (FR) | Northern Guilford Nighthawks | 26.60 | 20.0 | |
| 2 | William Guyler (SR) | Northern Guilford Nighthawks | 27.07 | 17.0 | |
| 3 | William Preston (JR) | Northern Guilford Nighthawks | 27.60 | 16.0 | |
| 4 | Benjamin Wrinkle (JR) | Northern Guilford Nighthawks | 28.21 | 15.0 | |
| 5 | Nicholas Dawson (FR) | Southeast Guilford Falcons | 29.57 | 14.0 | |
| 6 | Logan Morris (JR) | Southeast Guilford Falcons | 30.05 | 13.0 | |
| 7 | Landon Morris (FR) | Southeast Guilford Falcons | 31.61 | 12.0 | |
| 8 | Jullian Rebollar () | Asheboro Blue Comets | 32.34 | 11.0 | |
| 9 | Chris Jones () | Asheboro Blue Comets | 33.22 | 9.0 | |

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-----------------------------------|------------------------------|-------|-----|-----|
| 10 | David Fisher (SR) | Southeast Guilford Falcons | 34.04 | 7.0 | |
| 11 | Nicholas Greene () | Asheboro Blue Comets | 35.16 | 6.0 | |
| 12 | Elijah Allen () | Asheboro Blue Comets | 39.33 | 5.0 | |
| | Shane Dettinger (JR) Exhibition | Northern Guilford Nighthawks | 29.64 | | |
| | Wells Wickline (JR) Exhibition | Northern Guilford Nighthawks | 29.65 | | |
| | Nicholas Davis (SO) Exhibition | Northern Guilford Nighthawks | 29.97 | | |
| | Ethan Casper (JR) Exhibition | Northern Guilford Nighthawks | 32.10 | | |
| | Bryce Bassett (SO) Exhibition | Northern Guilford Nighthawks | 32.21 | | |
| | Michael McCain (SO) Exhibition | Northern Guilford Nighthawks | 32.23 | | |
| | Nathan Angel (FR) Exhibition | Northern Guilford Nighthawks | 33.43 | | |
| | Nicholas Tabori (JR) Exhibition | Northern Guilford Nighthawks | 36.23 | | |
| | Anderson Wickline (FR) Exhibition | Northern Guilford Nighthawks | 37.10 | | |
| | Lennox Brown (SO) Exhibition | Southeast Guilford Falcons | 38.18 | | |
| | Adam Hill () Exhibition | Asheboro Blue Comets | 49.24 | | |

Girls 100 Meters Butterfly 4 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-----------------------|------------------------------|---------|------|-----|
| 1 | Player Morris (JR) | Northern Guilford Nighthawks | 1:17.21 | 20.0 | |
| 2 | Helena Goddard (SR) | Northern Guilford Nighthawks | 1:26.29 | 17.0 | |
| 3 | Brileigh Donahue (SO) | Northern Guilford Nighthawks | 1:26.42 | 16.0 | |
| 4 | Leah Harr (FR) | Southeast Guilford Falcons | 1:34.69 | 15.0 | |

Boys 100 Meters Butterfly 6 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|----------------------|------------------------------|---------|------|-----|
| 1 | Avery Mitcham (SO) | Southeast Guilford Falcons | 1:00.92 | 20.0 | |
| 2 | Asher Tobin (SO) | Northern Guilford Nighthawks | 1:05.86 | 17.0 | |
| 3 | Jake Lovati (FR) | Northern Guilford Nighthawks | 1:06.93 | 16.0 | |
| 4 | William Preston (JR) | Northern Guilford Nighthawks | 1:12.33 | 15.0 | |
| 5 | Dale Gaines (SO) | Northern Guilford Nighthawks | 1:18.64 | 14.0 | |
| 6 | Jeffrey Cook (FR) | Southeast Guilford Falcons | 1:30.95 | 13.0 | |

Girls 100 Meters Freestyle 23 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|------------------------|------------------------------|---------|------|-----|
| 1 | Lauren Lovati (JR) | Northern Guilford Nighthawks | 1:05.06 | 20.0 | |
| 2 | Brittyn Schicker (JR) | Southeast Guilford Falcons | 1:07.60 | 17.0 | |
| 3 | Jada Sheppard (SR) | Northern Guilford Nighthawks | 1:14.55 | 16.0 | |
| 4 | Sydney Bassett (SR) | Northern Guilford Nighthawks | 1:18.16 | 15.0 | |
| 5 | Natalie Myers (FR) | Northern Guilford Nighthawks | 1:19.01 | 14.0 | |
| 6 | Hailey Bertell (JR) | Southeast Guilford Falcons | 1:21.33 | 13.0 | |
| 7 | Lillian Smith (FR) | Southeast Guilford Falcons | 1:28.03 | 12.0 | |
| 8 | Ashley Bertell (FR) | Southeast Guilford Falcons | 1:28.20 | 11.0 | |
| 9 | Allison Zeyla-Dubon () | Asheboro Blue Comets | 1:35.62 | 9.0 | |
| 10 | Emily Jones () | Asheboro Blue Comets | 1:39.83 | 7.0 | |
| 11 | Isabella Alvarez () | Asheboro Blue Comets | 1:43.42 | 6.0 | |

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-------------------------------------|------------------------------|---------|-----|-----|
| 12 | Jullissa Jaimes () | Asheboro Blue Comets | 1:50.09 | 5.0 | |
| | Paige Bassett (SO) Exhibition | Northern Guilford Nighthawks | 1:22.96 | | |
| | Molly McShea (SR) Exhibition | Northern Guilford Nighthawks | 1:25.20 | | |
| | Madeline Angel (JR) Exhibition | Northern Guilford Nighthawks | 1:25.50 | | |
| | Reagan Woodliff (SO) Exhibition | Northern Guilford Nighthawks | 1:26.97 | | |
| | Layla Jordan (FR) Exhibition | Northern Guilford Nighthawks | 1:27.73 | | |
| | Lydia Zlotkowski (SR) Exhibition | Northern Guilford Nighthawks | 1:30.72 | | |
| | Sarah Quintana (SR) Exhibition | Northern Guilford Nighthawks | 1:33.38 | | |
| | Sydney Maness (SO) Exhibition | Southeast Guilford Falcons | 1:36.06 | | |
| | Katy Auston (JR) Exhibition | Northern Guilford Nighthawks | 1:37.98 | | |
| | Kasey Ramirez () Exhibition | Asheboro Blue Comets | 1:57.64 | | |
| | Genesis Angeles Pavon () Exhibition | Asheboro Blue Comets | 2:03.10 | | |

Boys 100 Meters Freestyle 16 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-----------------------------------|------------------------------|---------|------|-----|
| 1 | Killian Piner (JR) | Southeast Guilford Falcons | 57.45 | 20.0 | |
| 2 | Frederik Knaeuper (JR) | Northern Guilford Nighthawks | 1:01.03 | 17.0 | |
| 3 | James Sheppard (SO) | Northern Guilford Nighthawks | 1:01.12 | 16.0 | |
| 4 | Benjamin Wrinkle (JR) | Northern Guilford Nighthawks | 1:04.89 | 15.0 | |
| 5 | Landon Morris (FR) | Southeast Guilford Falcons | 1:10.88 | 14.0 | |
| 6 | William Guyler (SR) | Northern Guilford Nighthawks | 1:12.25 | 13.0 | |
| 7 | Jordan Adams (SR) | Southeast Guilford Falcons | 1:13.11 | 12.0 | |
| 8 | Chris Jones () | Asheboro Blue Comets | 1:14.15 | 11.0 | |
| 9 | David Fisher (SR) | Southeast Guilford Falcons | 1:20.22 | 9.0 | |
| 10 | Jullian Rebollar () | Asheboro Blue Comets | 1:22.88 | 7.0 | |
| 11 | Elijah Allen () | Asheboro Blue Comets | 1:41.67 | 6.0 | |
| | Wyatt Medlin (JR) Exhibition | Northern Guilford Nighthawks | 1:09.80 | | |
| | Michael McCain (SO) Exhibition | Northern Guilford Nighthawks | 1:15.56 | | |
| | Nathan Angel (FR) Exhibition | Northern Guilford Nighthawks | 1:21.29 | | |
| | Anderson Wickline (FR) Exhibition | Northern Guilford Nighthawks | 1:22.65 | | |
| | Nicholas Tabori (JR) Exhibition | Northern Guilford Nighthawks | 1:30.10 | | |

Girls 400 Meters Freestyle 6 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|------------------------|------------------------------|---------|------|-----|
| 1 | Abigail Schilling (SR) | Northern Guilford Nighthawks | 4:58.38 | 20.0 | |
| 2 | Adah Zimmer (FR) | Southeast Guilford Falcons | 5:16.72 | 17.0 | |
| 3 | Marissa Dettinger (FR) | Northern Guilford Nighthawks | 6:13.81 | 16.0 | |
| 4 | Emma Weaver (SO) | Northern Guilford Nighthawks | 6:28.31 | 15.0 | |
| 5 | Aubrey Jones (SR) | Northern Guilford Nighthawks | 6:39.98 | 14.0 | |
| 6 | Melody Alvarez () | Asheboro Blue Comets | 8:02.34 | 13.0 | |

Boys 400 Meters Freestyle 4 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|----------------------|------------------------------|---------|------|-----|
| 1 | Henry Cooper (JR) | Northern Guilford Nighthawks | 4:27.31 | 20.0 | |
| 2 | Shane Dettinger (JR) | Northern Guilford Nighthawks | 5:40.14 | 17.0 | |
| 3 | Branson Snuggs () | Asheboro Blue Comets | 6:43.86 | 16.0 | |
| 4 | Jorge Reyes () | Asheboro Blue Comets | 8:05.93 | 15.0 | |

Girls 200 Meters Freestyle Relay 9 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|--|------------------------------|---------|------|-----|
| | SEGUI A | | | | |
| 1 | Brittyn Schicker (JR) , Anya Dawson (SO), Adah Zimmer (FR) , Anna Dimmick (JR) | Southeast Guilford Falcons | 2:05.46 | 40.0 | |
| | NGUIL A | | | | |
| 2 | Player Morris (JR) , Sydney Bassett (SR), Lillian Wright (JR) , Helena Goddard (SR) | Northern Guilford Nighthawks | 2:08.20 | 34.0 | |
| | NGUIL B | | | | |
| 3 | Natalie Myers (FR) , Evie Burns (JR), Paige Bassett (SO) , Emily Tabori (FR) | Northern Guilford Nighthawks | 2:20.50 | | |
| | SEGUI B | | | | |
| 4 | Hailey Bertell (JR) , Nora Church (SO), Lucy Dimmick (SR) , Elin Dimmick (SO) | Southeast Guilford Falcons | 2:27.08 | | |
| | NGUIL C | | | | |
| 5 | Kyla Goddard (FR) , Madeline Angel (JR), Lydia Zlotkowski (SR) , Layla Jordan (FR) | Northern Guilford Nighthawks | 2:28.35 | | |
| | ASHEB A | | | | |
| 6 | Emma Little () , Allison Zeyla-Dubon (), Melody Alvarez () , Penelopy McConaughay () | Asheboro Blue Comets | 2:37.07 | 32.0 | |
| | ASHEB B | | | | |
| 7 | Isabella Alvarez () , Ghia Crandall (), Jullissa Jaimes () , Emily Jones () | Asheboro Blue Comets | 2:56.98 | | |
| | SEGUI C | | | | |
| 8 | Miranda Covington (FR) , Audrey Holt (FR), Sydney Maness (SO) , Codi Walter (SR) | Southeast Guilford Falcons | 3:08.00 | | |
| | ASHEB C | | | | |
| 9 | Julianna Colon () , Kasey Ramirez (), Genesis Angeles Pavon () , Kloe Woody () | Asheboro Blue Comets | 3:26.35 | | |

Boys 200 Meters Freestyle Relay 7 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|---|------------------------------|---------|------|-----|
| | NGUIL A | | | | |
| 1 | Jake Lovati (FR) , Benjamin Wrinkle (JR), James Sheppard (SO) , William Guyler (SR) | Northern Guilford Nighthawks | 1:49.86 | 40.0 | |
| | SEGUI A | | | | |
| 2 | Killian Piner (JR) , Nicholas Dawson (FR), Logan Morris (JR) , Avery Mitcham (SO) | Southeast Guilford Falcons | 1:52.52 | 34.0 | |
| | NGUIL C | | | | |
| 3 | Loren Cueva (FR) , Michael McCain (SO), Ethan Casper (JR) , Nicholas Davis (SO) | Northern Guilford Nighthawks | 2:05.20 | | |

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|--|------------------------------|---------|------|-----|
| | NGUIL B | Northern Guilford Nighthawks | 2:05.84 | | |
| 4 | Shane Dettinger (JR) , Wells Wickline (JR), Michael Wolfe (SO) , Wyatt Medlin (JR) | | | | |
| | ASHEB A | | | | |
| 5 | Sylar Shoffner () , Darian Jaimes () , Jullian Rebollar () , Joshua Prochnau () | Asheboro Blue Comets | 2:07.48 | 32.0 | |
| | ASHEB B | | | | |
| 6 | Jorge Reyes () , Elijah Allen () , Nicholas Greene () , Branson Snuggs () | Asheboro Blue Comets | 2:31.43 | | |
| | SEGUI B | | | | |
| | Landon Morris (FR) , Jacob Maness (SO) , Lennox Brown (SO) , David Fisher (SR) | Southeast Guilford Falcons | DQ | | |
| | * Early take-off swimmer Number3 | | | | |

Girls 100 Meters Backstroke 12 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|------------------------|------------------------------|---------|------|-----|
| 1 | Abigail Schilling (SR) | Northern Guilford Nighthawks | 1:13.54 | 20.0 | |
| 2 | Lillian Wright (JR) | Northern Guilford Nighthawks | 1:24.98 | 17.0 | |
| 3 | Jada Sheppard (SR) | Northern Guilford Nighthawks | 1:28.19 | 16.0 | |
| 4 | Kyla Goddard (FR) | Northern Guilford Nighthawks | 1:29.28 | 15.0 | |
| 5 | Emma Little () | Asheboro Blue Comets | 1:36.92 | 14.0 | |
| 6 | Hailey Bertell (JR) | Southeast Guilford Falcons | 1:40.13 | 13.0 | |
| 7 | Leah Harr (FR) | Southeast Guilford Falcons | 1:40.48 | 12.0 | |
| 8 | Lucy Dimmick (SR) | Southeast Guilford Falcons | 1:44.79 | 11.0 | |
| 9 | Emily Jones () | Asheboro Blue Comets | 1:51.02 | 9.0 | |
| 10 | Isabella Alvarez () | Asheboro Blue Comets | 2:06.45 | 7.0 | |
| 11 | Julianna Colon () | Asheboro Blue Comets | 2:15.75 | 6.0 | |
| 12 | Codi Walter (SR) | Southeast Guilford Falcons | 2:29.80 | 5.0 | |

Boys 100 Meters Backstroke 8 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|----------------------|------------------------------|---------|------|-----|
| 1 | Avery Mitcham (SO) | Southeast Guilford Falcons | 1:01.49 | 20.0 | |
| 2 | Asher Tobin (SO) | Northern Guilford Nighthawks | 1:10.47 | 17.0 | |
| 3 | Michael Wolfe (SO) | Northern Guilford Nighthawks | 1:16.63 | 16.0 | |
| 4 | Loren Cueva (FR) | Northern Guilford Nighthawks | 1:19.53 | 15.0 | |
| 5 | Nicholas Dawson (FR) | Southeast Guilford Falcons | 1:19.56 | 14.0 | |
| 6 | Nicholas Davis (SO) | Northern Guilford Nighthawks | 1:19.98 | 13.0 | |
| 7 | Sylar Shoffner () | Asheboro Blue Comets | 1:20.45 | 12.0 | |
| 8 | Adam Hill () | Asheboro Blue Comets | 2:11.47 | 11.0 | |

Girls 100 Meters Breaststroke 10 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|-------------------------|------------------------------|---------|------|-----|
| 1 | Anya Dawson (SO) | Southeast Guilford Falcons | 1:20.71 | 20.0 | |
| 2 | Anna Dimmick (JR) | Southeast Guilford Falcons | 1:25.42 | 17.0 | |
| 3 | Elin Dimmick (SO) | Southeast Guilford Falcons | 1:33.61 | 16.0 | |
| 4 | Keira Kincaid (FR) | Northern Guilford Nighthawks | 1:37.22 | 15.0 | |
| 5 | Evie Burns (JR) | Northern Guilford Nighthawks | 1:40.67 | 14.0 | |
| 6 | Nora Church (SO) | Southeast Guilford Falcons | 1:40.70 | 13.0 | |
| 7 | Amelia McArthur (SO) | Northern Guilford Nighthawks | 1:41.88 | 12.0 | |
| 8 | Emily Tabori (FR) | Northern Guilford Nighthawks | 1:43.14 | 11.0 | |
| 9 | Kloe Woody () | Asheboro Blue Comets | 2:02.20 | 9.0 | |
| 10 | Penelopy McConaughay () | Asheboro Blue Comets | 2:18.76 | 7.0 | |

Boys 100 Meters Breaststroke 9 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|--------------------|------------------------------|---------|------|-----|
| 1 | Bryson Gaines (JR) | Northern Guilford Nighthawks | 1:16.47 | 20.0 | |
| 2 | Wyatt Medlin (JR) | Northern Guilford Nighthawks | 1:29.52 | 17.0 | |
| 3 | Jordan Adams (SR) | Southeast Guilford Falcons | 1:32.78 | 16.0 | |
| 4 | Nicholas Greene () | Asheboro Blue Comets | 1:33.56 | 15.0 | |
| 5 | Ethan Casper (JR) | Northern Guilford Nighthawks | 1:35.11 | 14.0 | |
| 6 | Darian Jaimes () | Asheboro Blue Comets | 1:38.69 | 13.0 | |
| 7 | Jeffrey Cook (FR) | Southeast Guilford Falcons | 1:39.70 | 12.0 | |
| 8 | Joshua Prochnau () | Asheboro Blue Comets | 1:41.37 | 11.0 | |
| 9 | Bryce Bassett (SO) | Northern Guilford Nighthawks | 1:46.53 | 9.0 | |

Girls 400 Meters Freestyle Relay 7 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|----|---|------------------------------|---------|------|-----|
| | NGUIL A | | | | |
| 1 | Abigail Schilling (SR) , Sydney Bassett (SR), Jada Sheppard (SR) , Lauren Lovati (JR) | Northern Guilford Nighthawks | 5:01.44 | 40.0 | |
| | NGUIL B | | | | |
| 2 | Natalie Myers (FR) , Amelia McArthur (SO), Marissa Dettinger (FR) , Keira Kincaid (FR) | Northern Guilford Nighthawks | 5:26.84 | | |
| | SEGUI A | | | | |
| 3 | Lucy Dimmick (SR) , Hailey Bertell (JR), Nora Church (SO) , Elin Dimmick (SO) | Southeast Guilford Falcons | 5:46.78 | 34.0 | |
| | NGUIL C | | | | |
| 4 | Molly McShea (SR) , Reagan Woodliff (SO), Emma Weaver (SO) , Aubrey Jones (SR) | Northern Guilford Nighthawks | 5:52.79 | | |
| | ASHEB A | | | | |
| 5 | Allison Zeyla-Dubon () , Emma Little (), Melody Alvarez () , Penelopy McConaughay () | Asheboro Blue Comets | 6:21.48 | 32.0 | |
| | SEGUI B | | | | |
| 6 | Leah Harr (FR) , Ashley Bertell (FR), Lillian Smith (FR) , Codi Walter (SR) | Southeast Guilford Falcons | 6:33.17 | | |
| | ASHEB B | | | | |
| 7 | Genesis Angeles Pavon () , Kloe Woody (), Jullissa Jaimes () , Ghia Crandall () | Asheboro Blue Comets | 7:23.34 | | |

Boys 400 Meters Freestyle Relay 5 Results

| Pl | Athlete / Relay | Team | Time | Pts | Tag |
|---------|--|------------------------------|---------|------|-----|
| NGUIL A | | | | | |
| 1 | Bryson Gaines (JR) , Frederik Knaeuper (JR), Asher Tobin (SO) , Henry Cooper (JR) | Northern Guilford Nighthawks | 4:12.28 | 40.0 | |
| NGUIL B | | | | | |
| 2 | William Preston (JR) , Shane Dettinger (JR), Dale Gaines (SO) , Benjamin Wrinkle (JR) | Northern Guilford Nighthawks | 4:37.35 | | |
| ASHEB A | | | | | |
| 3 | Sylar Shoffner () , Chris Jones (), Darian Jaimes () , Joshua Prochnau () | Asheboro Blue Comets | 5:04.90 | 34.0 | |
| SEGUI A | | | | | |
| 4 | Jacob Maness (SO) , Landon Morris (FR), Jeffrey Cook (FR) , Jordan Adams (SR) | Southeast Guilford Falcons | 5:05.01 | 32.0 | |
| NGUIL C | | | | | |
| 5 | Loren Cueva (FR) , Ethan Casper (JR), Bryce Bassett (SO) , Nicholas Davis (SO) | Northern Guilford Nighthawks | 5:05.34 | | |