

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>	<u>100 Meters Butterfly</u>	<u>100 Meters Freestyle</u>	<u>400 Meters Freestyle</u>	<u>200 Meters Freestyle Relay</u>	<u>100 Meters Backstroke</u>	<u>100 Meters Breaststroke</u>	<u>400 Meters Freestyle Relay</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 () , Jullian 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 () , Penelope 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		