

2025 RAAC Championships - 1/27/2025

Results - Meet

Event 1 Women 200 Yard Medley Relay

Team	Relay	Finals Time
1 TSDCH	A	2:27.08 40
1) Omland, Savannah SO	2) Geddes, Siena 8	
3) Herring, Ella FR	4) Williams, McKenna SR	
40.05 40.68	32.12 34.23	
--- BURLS	A	X2:32.08
1) Angyal, Lilly	2) Kistler, Shelby	
3) Kasa, Keira	4) Cabigting, Mandy	
44.97 38.02	33.71 35.38	
--- STTMO	A	DQ
Stroke Infraction swimmer #3: Not toward the breast off wall - fly		
1) Rohl, Kyrallyne SR	2) Leshikar, Charlotte M SO	
3) Ng, Kieren A 08	4) Lee, Teresa M 08	
33.08 40.75	27.54 28.54	

Event 2 Men 200 Yard Medley Relay

Team	Relay	Finals Time
1 STTMO	A	1:51.25 40
1) Mulligan, Trevor T SR	2) Sural, McCauley D 08	
3) McFarland, Jacob L SR	4) O'Rourke, Liam P FR	
26.62 31.72	27.10 25.81	
2 TSDCH	A	1:52.38 34
1) Durham, David SO	2) Marstiller, Nate JR	
3) Gerend, Jack JR	4) Larson, Jack SR	
31.49 30.67	27.07 23.15	
3 THALX	A	2:03.42 32
1) Paliwal, Kanav FR	2) Keen, Noah FR	
3) Bowns, Samuel JR	4) Helmedag, Cal	
29.13 40.09	25.97 28.23	
4 THALS	A	2:28.20 30
1) Yassa, Emmanuel	2) Baird, Andrew SR	
3) Carpenter, Ethan JR	4) Lunsford, Bhodi	
48.75 38.08	29.03 32.34	
--- BURLS	A	X2:12.37
1) Dennison, John	2) Clayton, Blake	
3) Blakely, Charlie	4) Gould, Bennett	
37.71 35.26	30.49 28.91	

Event 3 Women 200 Yard Freestyle

Name	YrSchool	Finals Time
1 Herring, Ella	FR TSDCH	2:19.53 20
31.48 34.84	36.29 36.92	
2 Taurence, Lucy C	FR STTMO	2:28.85 17
32.21 37.90	39.83 38.91	
3 Nelson, Lillianna	THALX	2:30.68 16
31.67 36.64	40.08 42.29	
4 Flanagan, Leah	THALX	2:37.33 15
34.98	41.96	
5 Omland, Savannah	SO TSDCH	2:44.38 14
36.07 41.95	44.09 42.27	

Event 4 Men 200 Yard Freestyle

Name	YrSchool	Finals Time
1 Harris, Michael D	SR STTMO	2:06.85 20
29.69 33.72	32.19 31.25	
2 Quigley, Harper	SR TSDCH	2:15.47 17
31.08 34.64	35.07 34.68	
3 Williams, Cadel	SO TSDCH	2:32.43 16
33.99 38.73	40.72 38.99	
4 Keen, Noah	FR THALX	2:47.77 15
37.03 42.25	45.15 43.34	
5 Lunsford, Bhodi	THALS	3:21.61 14
42.73 51.06	54.35 53.47	
6 Yassa, Emmanuel	THALS	3:34.10 13
49.69 56.44	53.71 54.26	

Event 5 Women 200 Yard IM

Name	YrSchool	Finals Time
1 Ng, Kieren A	08 STTMO	2:16.37 20
29.15 35.39	40.16 31.67	
2 Rohl, Kyrallyne	SR STTMO	2:40.86 17
33.04 38.59	48.56 40.67	
--- Kasa, Keira	BURLS	X2:47.12
34.90 42.18	49.75 40.29	

Event 6 Men 200 Yard IM

Name	YrSchool	Finals Time
1 Bowns, Samuel	JR THALX	2:10.33 20
26.68 34.26	38.83 30.56	
2 Marstiller, Nate	JR TSDCH	2:30.26 17
29.22 38.70	45.62 36.72	
3 Safley, Lawson	JR TSDCH	2:34.71 16
31.32 38.13	49.03 36.23	
4 McFarland, Jacob L	SR STTMO	2:34.79 15
30.30 41.48	46.95 36.06	
5 Thompson, Chase	FR TSDCH	3:09.08 14
42.73 46.02	58.12 42.21	
--- Jung, Kyle	THALC	X2:33.26
32.19 37.61	46.52 36.94	
--- Fishman, David	THALS	NS

Event 7 Women 50 Yard Freestyle

Name	YrSchool	Finals Time
1 Lee, Teresa M	08 STTMO	28.00 20
2 Taurence, Lucy C	FR STTMO	29.53 17
3 Hilder, Amelia	JR THALX	29.76 16
4 Nelson, Lillianna	THALX	30.70 15
5 Sedaca, Tilley	FR THALS	30.77 14
6 Polomik, Evie	JR THALS	31.30 13
7 Warren, Emelia G	FR STTMO	31.83 12
8 Brown, Madelynn	FR THALS	33.24 11

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Results - Meet

(Event 7 Women 50 Yard Freestyle)

Name	YrSchool	Finals Time		
9 Geddes, Siena	8 TSDCH	33.40	9	
10 Wright, Calista	SO THALX	33.91	7	
11 Leshikar, Charlotte M	SO STTMO	34.12	6	
12 Cornicelli, Giulia D	JR STTMO	35.10	5	
13 Easton, Alexandra	8 TSDCH	35.38	4	
14 Jimenez-Martinez, Amy	7 TSDCH	37.26	3	
15 Fitzgerald, Anna	JR TSDCH	39.78	2	
16 Blandin, Amy	SO TSDCH	42.83	1	
--- Gaul, Henleigh	THALC	X32.29		
--- Angyal, Lilly	BURLS	X33.77		
--- McElrath, Madeline	SO THALC	X34.73		
--- Pratt, Rainey	BURLS	X36.41		
--- Cabigting, Mandy	BURLS	X36.53		
--- Bush, Ada	THALC	X51.95		

Event 8 Men 50 Yard Freestyle

26.19 DIV2 DIV II Automatic
26.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Mulligan, Trevor T	SR STTMO	22.60	20	
2 Larson, Jack	SR TSDCH	24.34	17	
3 Harris, Michael D	SR STTMO	24.60	16	
4 Keen, Luke	FR THALX	26.15	15	
5 Baird, Andrew	SR THALS	26.64	14	
6 Carpenter, Ethan	JR THALS	27.02	13	
7 Inks, Nicholas	THALX	27.05	12	
8 Marquardt, Lukas W	SR STTMO	27.51	11	
9 Harris, Jacob R	FR STTMO	28.20	9	
10 Mosu, Jacob	SR TSDCH	28.23	7	
11 Karnatz, Oliver R	SO STTMO	28.69	6	
12 Barkov, Markian	SO TSDCH	28.75	5	
13 Hawkins, Luke	FR TSDCH	29.11	4	
14 Barbee-Brace, Cade L	SO STTMO	29.68	3	
15 Karnatz, Max T	JR STTMO	29.70	2	
16 Gu, Di	SO STTMO	30.43	1	
17 Gibble, Grant	8 TSDCH	32.45		
18 Hayes, Connor	FR TSDCH	32.62		
--- Clayton, Blake	BURLS	X26.01		
--- Blakely, Charlie	BURLS	X27.74		
--- Dennison, John	BURLS	X28.99		
--- Gould, Bennett	BURLS	X29.46		
--- McBryde, Savion	BURLS	X45.36		

Event 9 Women 100 Yard Butterfly

1:20.49 DIV2 DIV II Automatic
1:21.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Pistanek, Mia	FR THALX	1:01.64	20	
28.98	32.66			
2 Ng, Kieren A	08 STTMO	1:02.41	17	
29.54	32.87			

Event 10 Men 100 Yard Butterfly

1:11.99 DIV2 DIV II Automatic
1:14.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Bowns, Samuel	JR THALX	57.87	20	
26.83	31.04			
2 Gerend, Jack	JR TSDCH	1:04.33	17	
29.35	34.98			
3 Durham, David	SO TSDCH	1:05.18	16	
28.99	36.19			
4 McFarland, Jacob L	SR STTMO	1:06.45	15	
30.27	36.18			

Event 11 Women 100 Yard Freestyle

1:05.99 DIV2 DIV II Automatic
1:09.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Hilder, Amelia	JR THALX	1:06.27	20	
31.33	34.94			
2 Flanagan, Leah	THALX	1:09.57	17	
3 Sedaca, Tilley	FR THALS	1:11.44	16	
33.07	38.37			
4 Warren, Emelia G	FR STTMO	1:16.15	15	
37.78	38.37			
5 Williams, McKenna	SR TSDCH	1:18.78	14	
36.35	42.43			
6 Cornicelli, Giulia D	JR STTMO	1:19.83	13	
38.60	41.23			
7 Easton, Alexandra	8 TSDCH	1:21.82	12	
38.62	43.20			
8 Blandin, Amy	SO TSDCH	1:35.34	11	
44.24	51.10			
--- Kistler, Shelby	BURLS	X1:03.85		
30.73	33.12			
--- McElrath, Madeline	SO THALC	X1:20.87		
38.15	42.72			
--- Pratt, Rainey	BURLS	X1:26.41		
40.13	46.28			

Event 12 Men 100 Yard Freestyle

1:00.49 DIV2 DIV II Automatic
1:02.59 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Mulligan, Trevor T	SR STTMO	49.58	20	
23.84	25.74			
2 Safley, Lawson	JR TSDCH	57.00	17	
27.19	29.81			
3 Larson, Jack	SR TSDCH	57.09	16	
26.74	30.35			
4 Paliwal, Kanav	FR THALX	57.70	15	
27.41	30.29			
5 Inks, Nicholas	THALX	1:01.88	14	
29.17	32.71			
6 Mosu, Jacob	SR TSDCH	1:02.66	13	
29.62	33.04			
7 Harris, Jacob R	FR STTMO	1:04.71	12	
30.11	34.60			

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(Event 12 Men 100 Yard Freestyle)

Name	YrSchool	Finals Time		
8 Marquardt, Lukas W	SR STTMO	1:05.38	11	
31.87	33.51			
9 Karnatz, Oliver R	SO STTMO	1:06.29	9	
31.38	34.91			
10 Barbee-Brace, Cade L	SO STTMO	1:10.10	7	
11 Barkov, Markian	SO TSDCH	1:10.15	6	
31.42	38.73			
12 Gibble, Grant	8 TSDCH	1:16.07	5	
35.14	40.93			
13 Hayes, Connor	FR TSDCH	1:16.72	4	
36.47	40.25			
14 Gu, Di	SO STTMO	1:17.50	3	
35.11	42.39			
15 Lunsford, Bhodi	THALS	1:21.95	2	
35.99	45.96			
16 Yassa, Emmanuel	THALS	1:41.68	1	
--- Gould, Bennett	BURLS	X1:07.33		
31.83	35.50			
--- Dennison, John	BURLS	X1:10.07		
31.69	38.38			
--- McBryde, Savion	BURLS	X1:39.56		
47.87	51.69			
--- Fishman, David	THALS	NS		

Event 13 Women 500 Yard Freestyle

6:19.79 DIV2 DIV II Automatic
6:44.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Pistanek, Mia	FR THALX	5:20.26	20	
28.69	31.68	32.49	32.79	
32.44	32.77	32.53	32.61	
32.69	31.57			
2 Lee, Teresa M	08 STTMO	7:06.79	17	
38.18	43.93	44.76	43.00	
44.00	43.35	44.14	43.48	
42.94	39.01			
3 Brown, Madelynn	FR THALS	7:25.64	16	
39.09	43.83	45.10	45.89	
45.86	46.11	46.37	45.86	
45.57	41.96			
4 Jimenez-Martinez, Amy	7 TSDCH	7:44.25	15	
41.57	46.06	47.50	46.83	
47.75			47.62	
48.58	43.14			

Event 14 Men 500 Yard Freestyle

6:05.99 DIV2 DIV II Automatic
6:24.19 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Sural, McCauley D	08 STTMO	5:11.37	20	
27.45	30.62	31.38	31.23	
31.69			31.80	
32.00	31.97			

2 Gerend, Jack	JR TSDCH	6:13.93	17	
31.83	35.03	36.24	37.62	
38.31	38.85	38.92	39.05	
39.54	38.54			
3 Quigley, Harper	SR TSDCH	6:31.77	16	
33.66	36.21	39.11	38.75	
40.59	40.63	40.90	41.81	
40.79	39.32			

Event 15 Women 200 Yard Freestyle Relay

Team	Relay	Finals Time		
1 STTMO	A	1:54.44	40	
1) Ng, Kieren A 08	2) Lee, Teresa M 08			
3) Taurence, Lucy C FR	4) Rohl, Kyrallynne SR			
26.31	29.89	29.22	29.02	
2 THALX	A	2:01.26	34	
1) Hilder, Amelia JR	2) Nelson, Lillianna			
3) Flanagan, Leah	4) Pistanek, Mia FR			
31.04	29.91	33.50	26.81	
3 TSDCH	A	2:08.65	32	
1) Williams, McKenna SR	2) Geddes, Siena 8			
3) Omland, Savannah SO	4) Herring, Ella FR			
33.26	34.39	31.94	29.06	
--- BURLS	A	X2:11.66		
1) Kasa, Keira	2) Angyal, Lilly			
3) Cabigting, Mandy	4) Kistler, Shelby			
30.90	34.45	37.34	28.97	

Event 16 Men 200 Yard Freestyle Relay

Team	Relay	Finals Time		
1 STTMO	A	1:40.53	40	
1) McFarland, Jacob L SR	2) O'Rourke, Liam P FR			
3) Sural, McCauley D 08	4) Mulligan, Trevor T SR			
26.59	25.83	25.63	22.48	
2 TSDCH	A	1:47.72	34	
1) Safley, Lawson JR	2) Mosu, Jacob SR			
3) Quigley, Harper SR	4) Durham, David SO			
24.68	30.22	25.96	26.86	
3 THALX	A	1:52.62	32	
1) Bowns, Samuel JR	2) Inks, Nicholas			
3) Keen, Noah FR	4) Keen, Luke FR			
24.95	27.44	33.52	26.71	
4 THALS	A	2:15.55	30	
1) Baird, Andrew SR	2) Lunsford, Bhodi			
3) Yassa, Emmanuel	4) Carpenter, Ethan JR			
28.13	34.99	46.45	25.98	
--- BURLS	A	X1:53.83		
1) Blakely, Charlie	2) Gould, Bennett			
3) Dennison, John	4) Clayton, Blake			
27.90	30.39	29.84	25.70	

Event 17 Women 100 Yard Backstroke

1:16.99 DIV2 DIV II Automatic
1:21.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time		
1 Herring, Ella	FR TSDCH	1:13.94	20	
36.33	37.61			
2 Rohl, Kyrallynne	SR STTMO	1:14.31	17	
35.64	38.67			

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(Event 17 Women 100 Yard Backstroke)

Name	YrSchool	Finals Time
3 Polomik, Evie	JR THALS	1:19.99 16
39.01 40.98		
4 Wright, Calista	SO THALX	1:33.90 15
44.43 49.47		
5 Fitzgerald, Anna	JR TSDCH	1:52.98 14
55.68 57.30		
--- Li, Mia	THALC	X1:46.82
49.46 57.36		

Event 18 Men 100 Yard Backstroke

1:15.09 DIV2 DIV II Automatic
1:18.09 DIV3 DIV III Automatic

Name	YrSchool	Finals Time
1 Paliwal, Kanav	FR THALX	1:03.39 20
30.94 32.45		
2 O'Rourke, Liam P	FR STTMO	1:07.12 17
32.45 34.67		
3 Helmedag, Cal	THALX	1:12.71 16
34.99 37.72		
4 Durham, David	SO TSDCH	1:14.18 15
35.10 39.08		
5 Baird, Andrew	SR THALS	1:17.06 14
37.21 39.85		
6 Thompson, Chase	FR TSDCH	1:28.30 13

Event 19 Women 100 Yard Breaststroke

1:25.49 DIV2 DIV II Automatic
1:30.49 DIV3 DIV III Automatic

Name	YrSchool	Finals Time
1 Williams, McKenna	SR TSDCH	1:29.39 20
41.55 47.84		
2 Leshikar, Charlotte M	SO STTMO	1:31.79 17
42.59 49.20		
3 Omland, Savannah	SO TSDCH	1:32.26 16
42.63 49.63		
4 Geddes, Siena	8 TSDCH	1:33.44 15
45.15 48.29		
--- Kistler, Shelby	BURLS	X1:21.47
38.29 43.18		
--- Kasa, Keira	BURLS	X1:25.62
40.53 45.09		
--- Gaul, Henleigh	THALC	X1:39.38
45.22 54.16		
--- Angyal, Lilly	BURLS	X1:49.63
51.36 58.27		

Event 20 Men 100 Yard Breaststroke

1:20.99 DIV2 DIV II Automatic
1:21.99 DIV3 DIV III Automatic

Name	YrSchool	Finals Time
1 Sural, McCauley D	08 STTMO	1:07.65 20
31.60 36.05		
2 Marstiller, Nate	JR TSDCH	1:08.86 17
31.15 37.71		
3 O'Rourke, Liam P	FR STTMO	1:15.07 16
34.89 40.18		

4 Williams, Cadel	SO TSDCH	1:20.20 15
37.43 42.77		
5 Keen, Luke	FR THALX	1:20.55 14
36.70 43.85		
6 Karnatz, Max T	JR STTMO	1:26.17 13
40.56 45.61		
7 Helmedag, Cal	THALX	1:27.39 12
42.14 45.25		
8 Hawkins, Luke	FR TSDCH	1:28.42 11
41.47 46.95		
9 Keen, Noah	FR THALX	1:29.85 9
41.89 47.96		
--- Jung, Kyle	THALC	X1:16.88
36.08 40.80		
--- Clayton, Blake	BURLS	X1:17.79
35.74 42.05		
--- Blakely, Charlie	BURLS	X1:20.89
37.98 42.91		

Event 21 Women 400 Yard Freestyle Relay

Team	Relay	Finals Time
1 STTMO	A	4:56.73 40
1) Taurence, Lucy C FR	2) Warren, Emelia G FR	
3) Cornicelli, Giulia D JR	4) Leshikar, Charlotte M SO	
31.99 1:06.64	35.97 1:13.21	
37.91 1:25.85	30.74 1:11.03	
--- THALC	A	X6:33.68
1) Li, Mia	2) Bush, Ada	
3) Gaul, Henleigh	4) McElrath, Madeline SO	
32.35 1:40.29	56.31 2:19.06	
1:15.66	36.67 1:18.67	
--- THALX	A	DQ
Early take-off swimmer #4		
1) Nelson, Lillianna	2) Flanagan, Leah	
3) Wright, Calista SO	4) Hilder, Amelia JR	
31.47 1:08.00	1:12.37	
36.28 1:17.00	30.36 1:05.53	

Event 22 Men 400 Yard Freestyle Relay

Team	Relay	Finals Time
1 TSDCH	A	3:44.88 40
1) Gerend, Jack JR	2) Larson, Jack SR	
3) Safley, Lawson JR	4) Marstiller, Nate JR	
26.59 55.03	26.06 57.55	
27.86 58.22	25.90 54.08	
2 THALX	A	4:10.69 34
1) Paliwal, Kanav FR	2) Helmedag, Cal	
3) Inks, Nicholas	4) Keen, Luke FR	
27.01 58.18	31.68 1:05.50	
30.36 1:05.55	28.37 1:01.46	
3 STTMO	A	4:22.90 32
1) Harris, Michael D SR	2) Marquardt, Lukas W SR	
3) Harris, Jacob R FR	4) Karnatz, Max T JR	
26.82 54.96	34.94 1:08.97	
32.04 1:10.87	32.34 1:08.10	

Scores - Women

Women - Team Rankings - Through Event 22

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Results - Meet

(Scores - Women)

1. St. Thomas More Academy	290
2. Trinity School of D & CH	262
3. Thales Academy of Apex	195
4. Thales Academy of Rolesville	86

Scores - Men

Men - Team Rankings - Through Event 22

1. Trinity School of D & CH	419
2. St. Thomas More Academy	378
3. Thales Academy of Apex	280
4. Thales Academy of Rolesville	131