

*RQ3 - NCHSAA 3A Regional Standards

*RC3 - NCHSAA 3A Regional Consideration Standards

Meet Results

Pl	Athlete	Team	Time	DQ	Pts	Q
Girls 200 Yards Medley Relay (16 results)						
1	Ava Milkowich (JR) Claire Weld (SR) Rebecca Kangas (FR) Nyah Tranel (FR)	Union Pines Vikings (A)	1:55.73		40	RQ3
2	Sophia Stinnett (SR) Margaret Payton (SO) Quinn McCrimmon (SR) Natalie Kunz (FR)	Cedar Ridge Red Wolves (A)	1:57.56		34	RQ3
3	Annabelle Gangloff (FR) Eva Dziuba (FR) Ellie Hill (JR) Avery Shuping (SR)	Carrboro Jaguars (A)	1:57.66		32	RQ3
4	Addison Moore (FR) Ainsley Rasinske (JR) Zoe Jones (SR) Piper White (JR)	Orange Panthers (A)	1:57.84		30	RQ3
5	Ella Artrip (SR) Baylei Burgess (SR) Izabelle Thornton (FR) Abby Meuser (JR)	North Davidson Knights (A)	2:06.73		28	RQ3
6	Iris Emerson (FR) Mina Coers (SR) Addison Bartlett (SR) Emmerson Topete (JR)	DSA Bulldogs (A)	2:12.19		26	RQ3
7	Kensley Gasaway (JR) Sarah McLaughlin (SR) Elizabeth Merlette (JR) Adriana Carmon (SO)	Western Alamance Warriors (A)	2:12.59		24	RQ3
8	Franchesca Piansay (XX) Maci Columbia (XX) Erin Eames (XX) Elliza Duranceau (XX)	Asheboro Blue Comets (A)	2:13.80		22	RC3
9	Karson Hill (SR) Bella Reece Shearer (JR) Natalie West (SO) Peyton Benton (FR)	Rockingham County Cougars (A)	2:17.27		18	RC3
10	Addison Riling () Charleigh Merritt () Sophia Broverman-Chappell () Ella Smith (XX)	Oak Grove Grizzlies (A)	2:17.52		14	RC3

11	Parker Ridge (SO) Bianca Gonzalez (SO) Keagan Melino (SO) Kinley Brown (FR)	Ledford Panthers (A)	2:20.53	12	RC3
12	Elaina Goforth (SO) Lilly Powers (SR) Lelia DeBerry (FR) McKynlee Laferte (JR)	Montgomery Central Timberwolves (A)	2:34.38	10	RC3
13	Brynnley Dicrocco () Catherine Miller (XX) Kellar Morris () Claire Ham ()	High Point Central Bison (A)	2:37.70	8	RC3
14	Emma Jolly (SO) Harley Lanning (JR) Aubrey Humphrey (FR) Abi Sams (JR)	Central Davidson Spartans (A)	2:38.20	6	RC3
	Abigail Morris (FR) Autumn Barber (SO) Madisyn Upton (FR) Sydney Crawford (SR) * Early take-off swimmer #4	Southern Alamance Patriots (A)	2:24.98		DQ
	Cindy Perez-Hernandez (SR) Colette Causby (SR) Riley Gordon (SO) Shaivi Shriyan (FR) * Early take-off swimmer #4	Atkins Camels (A)	2:58.47		DQ

Girls 200 Yards Freestyle (24 results)

1	Avery Shuping (SR)	Carrboro Jaguars	2:03.77	20	RQ3
2	Margaret Payton (SO)	Cedar Ridge Red Wolves	2:05.51	17	RQ3
3	Elizabeth Merlette (JR)	Western Alamance Warriors	2:06.70	16	RQ3
4	Ainsley Rasinske (JR)	Orange Panthers	2:07.37	15	RQ3
5	Emmerson Topete (JR)	DSA Bulldogs	2:10.23	14	RQ3
6	Nyah Tranel (FR)	Union Pines Vikings	2:10.25	13	RQ3
7	Natalie Kunz (FR)	Cedar Ridge Red Wolves	2:13.24	12	RQ3
8	Sydney Lawler (FR)	Lee County Yellow Jackets	2:13.51	11	RQ3
9	Elizabeth Norman (SO)	DSA Bulldogs	2:14.55	9	RQ3
10	Anya Kallepalli (JR)	Carrboro Jaguars	2:19.58	7	RQ3
11	Caroline Goodnight (JR)	Carrboro Jaguars	2:22.71	6	RC3
12	Elizabeth Stokes (SO)	Williams Bulldogs	2:23.83	5	RC3
13	Ella Smith (XX)	Oak Grove Grizzlies	2:24.68	4	RC3
14	Reagan Wieting (SO)	Williams Bulldogs	2:25.91	3	RC3
15	Mercer Rutherford (FR)	DSA Bulldogs	2:26.39	2	RC3
16	Mina Coers (SR)	DSA Bulldogs	2:27.43	1	RC3
17	Emily Davies (SR)	North Davidson Knights	2:28.34		RC3
18	Sarah McLaughlin (SR)	Western Alamance Warriors	2:29.35		RC3

19	Lainey Cox (FR)	Rockingham County Cougars	2:32.91	RC3
20	Keagan Melino (SO)	Ledford Panthers	2:34.01	RC3
21	Sarah Latham (SR)	Cedar Ridge Red Wolves	2:34.74	RC3
22	Virginia Rigoni (SR)	Western Alamance Warriors	2:36.22	RC3
23	Sadie Page (SO)	Rockingham County Cougars	2:38.87	RC3
24	Erin Eames (XX)	Asheboro Blue Comets	2:44.16	RC3

Girls 200 Yards Individual Medley (22 results)

1	Madisyn Upton (FR)	Southern Alamance Patriots	2:10.36	20	RQ3
2	Annabelle Gangloff (FR)	Carrboro Jaguars	2:16.06	17	RQ3
3	Quinn McCrimmon (SR)	Cedar Ridge Red Wolves	2:20.24	16	RQ3
4	Taylor Johnson (JR)	Scotland Fighting Scots	2:21.13	15	RQ3
5	Zoe Jones (SR)	Orange Panthers	2:22.37	14	RQ3
6	Avery Brown (SR)	Carrboro Jaguars	2:25.50	13	RQ3
7	Reilly Jermyn (FR)	Orange Panthers	2:29.32	12	RQ3
8	Sofia Guaman (SR)	Carrboro Jaguars	2:35.29	11	RQ3
9	Eden Pollard (FR)	Cedar Ridge Red Wolves	2:36.58	9	RQ3
10	Sophia Shideler (FR)	Williams Bulldogs	2:36.64	7	RQ3
11	Ella Werley (SO)	DSA Bulldogs	2:37.05	6	RQ3
12	Caroline Hoos (SO)	Carrboro Jaguars	2:39.93	5	RQ3
13	Izabelle Thornton (FR)	North Davidson Knights	2:43.77	4	RQ3
14	Franchesca Piansay (XX)	Asheboro Blue Comets	2:49.23	3	RC3
15	Addison Bartlett (SR)	DSA Bulldogs	2:52.55	2	RC3
16	Ryen Gibbs (SR)	Eastern Alamance Eagles	2:53.48	1	RC3
17	Rose Zenzen (FR)	Ledford Panthers	2:53.61		RC3
18	Addison Riling ()	Oak Grove Grizzlies	2:59.37		RC3
19	Baylei Burgess (SR)	North Davidson Knights	2:59.85		RC3
20	Isabella Arrieta-Dulcey (FR)	Ledford Panthers	3:05.07		RC3
21	Emery Benford (XX)	Oak Grove Grizzlies	3:08.39		RC3
22	Kendall Abbott (JR)	Central Davidson Spartans	3:09.47		RC3

Girls 50 Yards Freestyle (22 results)

1	Piper White (JR)	Orange Panthers	25.04	20	RQ3
2	Parker Ridge (SO)	Ledford Panthers	26.39	17	RQ3
3	Maggie Richard (XX)	Oak Grove Grizzlies	27.16	16	RQ3
4	Anna Hartsell (SO)	Carrboro Jaguars	27.41	15	RQ3
5	Abby Meuser (JR)	North Davidson Knights	27.92	14	RQ3
6	Sophia Broverman-Chappell	Oak Grove Grizzlies	28.18	13	RC3
7	Hala Zafar (JR)	Cedar Ridge Red Wolves	28.32	12	RC3
8	Ann Hrycay (XX)	Oak Grove Grizzlies	28.49	11	RC3
9	Anya Kallepalli (JR)	Carrboro Jaguars	28.72	9	RC3
10	Logan McCauley (JR)	Carrboro Jaguars	28.74	7	RC3

11	Rachel Hartsell (SR)	North Davidson Knights	28.77	6	RC3
12	Gracie Eanes (XX)	Oak Grove Grizzlies	29.26	5	RC3
13	Sarah Latham (SR)	Cedar Ridge Red Wolves	29.28	4	RC3
14	Aspen Unwin (SR)	Carrboro Jaguars	29.73	3	RC3
15	Elliza Duranceau (XX)	Asheboro Blue Comets	29.95	2	RC3
16	Iris Emerson (FR)	DSA Bulldogs	30.05	1	RC3
17	Kinley Brown (FR)	Ledford Panthers	30.06		RC3
18	Juliette Onder (SR)	Western Alamance Warriors	30.35		RC3
19	Alejandra Gonzalez Palacios(SO)	Williams Bulldogs	30.62		RC3
20	Zaina Threet (SR)	Union Pines Vikings	30.95		RC3
21	Madison Gregory (FR)	Western Alamance Warriors	31.50		RC3
22	Emma Jolly (SO)	Central Davidson Spartans	31.60		RC3

Girls 1m Diving (11 dives) (5 results)

1	Michaela Bentley (JR)	Western Alamance Warriors	364.00	20	RC3
2	Elizabeth Penaskovic ()	Carrboro Jaguars	325.80	17	RC3
3	Emmalyne Parnitzke (SO)	Atkins Camels	300.75	16	RC3
4	Emmie Craig (SR)	Carrboro Jaguars	258.95	15	RC3
5	Lily Howard (SR)	Orange Panthers	247.50	14	RC3

Girls 100 Yards Butterfly (24 results)

1	Madisyn Upton (FR)	Southern Alamance Patriots	57.00	20	RQ3
2	Quinn McCrimmon (SR)	Cedar Ridge Red Wolves	1:00.92	17	RQ3
3	Ava Milkowich (JR)	Union Pines Vikings	1:01.23	16	RQ3
4	Eva Dziuba (FR)	Carrboro Jaguars	1:03.24	15	RQ3
5	Elizabeth Merlette (JR)	Western Alamance Warriors	1:04.50	14	RQ3
6	Ellie Hill (JR)	Carrboro Jaguars	1:05.17	13	RQ3
7	Avery Brown (SR)	Carrboro Jaguars	1:05.42	12	RQ3
8	Rebecca Kangas (FR)	Union Pines Vikings	1:08.39	11	RQ3
9	Riley Elwell (JR)	Union Pines Vikings	1:08.58	9	RQ3
10	Sofia Guaman (SR)	Carrboro Jaguars	1:11.44	7	RQ3
11	Ella Artrip (SR)	North Davidson Knights	1:12.12	6	RQ3
12	Ella Werley (SO)	DSA Bulldogs	1:12.67	5	RQ3
13	Elizabeth Norman (SO)	DSA Bulldogs	1:13.80	4	RQ3
14	Mercer Rutherford (FR)	DSA Bulldogs	1:15.54	3	RC3
15	Addison Bartlett (SR)	DSA Bulldogs	1:17.29	2	RC3
16	Karson Hill (SR)	Rockingham County Cougars	1:19.60	1	RC3
17	Natalie West (SO)	Rockingham County Cougars	1:21.90		RC3
18	Claudia Sadgrove (JR)	Orange Panthers	1:22.22		RC3
19	Franchesca Piansay (XX)	Asheboro Blue Comets	1:26.56		RC3
20	Emery Benford (XX)	Oak Grove Grizzlies	1:28.60		RC3

21	Isabella Arrieta-Dulcey (FR)	Ledford Panthers	1:30.34	RC3
22	Abby Brinker (SR)	Eastern Alamance Eagles	1:32.39	RC3
23	Bella Bellini (FR)	Central Davidson Spartans	1:33.61	RC3
24	Natsuki Nixie Garcia Badilla (SR)	Southern Alamance Patriots	1:34.85	RC3

Girls 100 Yards Freestyle (24 results)

1	Piper White (JR)	Orange Panthers	54.33	20	RQ3
2	Eva Dziuba (FR)	Carrboro Jaguars	57.64	17	RQ3
3	Claire Weld (SR)	Union Pines Vikings	58.37	16	RQ3
4	Kyla Conner (JR)	Carrboro Jaguars	59.41	15	RQ3
5	Ellie Hill (JR)	Carrboro Jaguars	59.53	14	RQ3
6	Catherine Miller (XX)	High Point Central Bison	59.59	13	RQ3
7	Peyton Walker (SO)	DSA Bulldogs	1:00.02	12	RQ3
8	Hala Zafar (JR)	Cedar Ridge Red Wolves	1:02.45	11	RC3
9	Maggie Richard (XX)	Oak Grove Grizzlies	1:02.69	9	RC3
10	Anna Wesley (JR)	Carrboro Jaguars	1:02.96	7	RC3
11	Rachel Hartsell (SR)	North Davidson Knights	1:05.22	6	RC3
12	Elizabeth Stokes (SO)	Williams Bulldogs	1:05.97	5	RC3
13	Sarah McLaughlin (SR)	Western Alamance Warriors	1:05.99	4	RC3
14	Ruby Barron (SO)	DSA Bulldogs	1:06.22	3	RC3
15	Ann Hrycay (XX)	Oak Grove Grizzlies	1:06.78	2	RC3
16	Reagan Wieting (SO)	Williams Bulldogs	1:06.83	1	RC3
17	Elliza Duranceau (XX)	Asheboro Blue Comets	1:07.92		RC3
18	Caycee Bert (SR)	Scotland Fighting Scots	1:08.43		RC3
19	Sierra Godfrey (SR)	Cedar Ridge Red Wolves	1:08.62		RC3
20	Keagan Melino (SO)	Ledford Panthers	1:08.82		RC3
21	Isabella Blalock (FR)	DSA Bulldogs	1:10.03		RC3
22	Kinley Brown (FR)	Ledford Panthers	1:11.91		RC3
23	Sadie Page (SO)	Rockingham County Cougars	1:12.71		RC3
24	Peyton Groce ()	Oak Grove Grizzlies	1:12.85		RC3

Girls 500 Yards Freestyle (23 results)

1	Sophia Stinnett (SR)	Cedar Ridge Red Wolves	5:24.22	20	RQ3
2	Avery Shuping (SR)	Carrboro Jaguars	5:26.48	17	RQ3
3	Kensley Gasaway (JR)	Western Alamance Warriors	5:34.56	16	RQ3
4	Taylor Johnson (JR)	Scotland Fighting Scots	5:36.77	15	RQ3
5	Zoe Jones (SR)	Orange Panthers	5:37.30	14	RQ3
6	Emmerson Topete (JR)	DSA Bulldogs	5:59.20	13	RQ3
7	Natalie Kunz (FR)	Cedar Ridge Red Wolves	6:06.36	12	RQ3
8	Eden Pollard (FR)	Cedar Ridge Red Wolves	6:09.38	11	RQ3
9	Addison Moore (FR)	Orange Panthers	6:12.79	9	RQ3
10	Caroline Goodnight (JR)	Carrboro Jaguars	6:19.36	7	RQ3

11	Rebecca Kangas (FR)	Union Pines Vikings	6:22.34	6	RC3
12	Izabelle Thornton (FR)	North Davidson Knights	6:26.74	5	RC3
13	Peyton Benton (FR)	Rockingham County Cougars	6:41.36	4	RC3
14	Ella Smith (XX)	Oak Grove Grizzlies	6:54.75	3	RC3
15	Rose Zenzen (FR)	Ledford Panthers	6:56.34	2	RC3
16	Emily Davies (SR)	North Davidson Knights	7:03.27	1	RC3
17	Avery Armstrong (SR)	Union Pines Vikings	7:07.74		RC3
18	Kendall Abbott (JR)	Central Davidson Spartans	7:24.35		RC3
19	Erin Eames (XX)	Asheboro Blue Comets	7:25.22		RC3
20	Abi Sams (JR)	Central Davidson Spartans	7:26.09		RC3
21	Piper Egan (XX)	Oak Grove Grizzlies	7:30.34		RC3
22	Bella Bellini (FR)	Central Davidson Spartans	7:43.05		RC3
23	Madilyn Blower (JR)	North Davidson Knights	7:55.32		RC3

Girls 200 Yards Freestyle Relay (17 results)

1	Quinn McCrimmon (SR) Hala Zafar (JR) Margaret Payton (SO) Sophia Stinnett (SR) Ava Milkowich (JR)	Cedar Ridge Red Wolves (A)	1:45.88	40	RQ3
2	Nyah Tranel (FR) Riley Elwell (JR) Claire Weld (SR) Zoe Jones (SR)	Union Pines Vikings (A)	1:46.10	34	RQ3
3	Ainsley Rasinske (JR) Reilly Jermyn (FR) Piper White (JR) Anya Kallepalli (JR)	Orange Panthers (A)	1:47.50	32	RQ3
4	Anna Wesley (JR) Anna Hartsell (SO) Kyla Conner (JR) Sophia Broverman-Chappell ()	Carrboro Jaguars (A)	1:49.94	30	RQ3
5	Gracie Eanes (XX) Ann Hrycay (XX) Maggie Richard (XX) Peyton Walker (SO)	Oak Grove Grizzlies (A)	1:52.13	28	RQ3
6	Iris Emerson (FR) Mina Coers (SR) Elizabeth Norman (SO) Baylei Burgess (SR)	DSA Bulldogs (A)	1:52.78	26	RQ3
7	Emily Davies (SR) Rachel Hartsell (SR) Abby Meuser (JR)	North Davidson Knights (A)	1:54.38	24	RQ3

8	Sophia Shideler (FR) Elizabeth Stokes (SO) Alejandra Gonzalez Palacios (SO) Reagan Wieting (SO)	Williams Bulldogs (A)	1:58.86	22	RQ3
9	Sadie Page (SO) Bella Reece Shearer (JR) Lainey Cox (FR) Peyton Benton (FR)	Rockingham County Cougars (A)	2:02.21	18	RC3
10	Madisyn Upton (FR) Abigail Morris (FR) Autumn Barber (SO) Sydney Crawford (SR)	Southern Alamance Patriots (A)	2:08.06	14	RC3
11	Virginia Rigoni (SR) Abigail Stimpson (SO) Madison Gregory (FR) Juliette Onder (SR)	Western Alamance Warriors (A)	2:08.37	12	RC3
12	Isabella Arrieta-Dulcey (FR) Elizabeth Johnston (SR) Reagan Butcher (FR) Rose Zenzen (FR)	Ledford Panthers (A)	2:11.07	10	RC3
13	Bella Bellini (FR) Harley Lanning (JR) Abi Sams (JR) Kendall Abbott (JR)	Central Davidson Spartans (A)	2:15.05	8	RC3
14	McKynlee Laferte (JR) Elaina Goforth (SO) Dinah Blake (JR) Lelia DeBerry (FR)	Montgomery Central Timberwolves (A)	2:20.44	6	RC3
15	Cindy Perez-Hernandez (SR) Colette Causby (SR) Riley Gordon (SO) Shaivi Shriyan (FR)	Atkins Camels (A)	2:25.34	4	RC3
16	Lillian Doss (FR) Katie Huynh (FR) Franka Mueller (JR) Kenley Shue (FR)	Southern Lee Cavaliers (A)	2:32.00	2	RC3
	Franchesca Piansay (XX) Elliza Duranceau (XX) Maci Columbia (XX) Erin Eames (XX)	Asheboro Blue Comets (A)	2:00.70		DQ

* Early take-off swimmer #4

Girls 100 Yards Backstroke (24 results)

1	Annabelle Gangloff (FR)	Carrboro Jaguars	1:01.83	20	RQ3
2	Sophia Stinnett (SR)	Cedar Ridge Red Wolves	1:01.86	17	RQ3
3	Ava Milkowich (JR)	Union Pines Vikings	1:02.09	16	RQ3
4	Parker Ridge (SO)	Ledford Panthers	1:04.12	15	RQ3
5	Catherine Miller (XX)	High Point Central Bison	1:05.26	14	RQ3
6	Addison Moore (FR)	Orange Panthers	1:06.14	13	RQ3
7	Maci Columbia (XX)	Asheboro Blue Comets	1:06.16	12	RQ3
8	Kensley Gasaway (JR)	Western Alamance Warriors	1:07.45	11	RQ3
9	Sydney Lawler (FR)	Lee County Yellow Jackets	1:08.78	9	RQ3
10	Anna Wesley (JR)	Carrboro Jaguars	1:09.29	7	RQ3
11	Sophia Shideler (FR)	Williams Bulldogs	1:11.01	6	RQ3
12	Ella Artrip (SR)	North Davidson Knights	1:11.34	5	RQ3
13	Karson Hill (SR)	Rockingham County Cougars	1:15.60	4	RC3
14	Josie Buckley ()	Carrboro Jaguars	1:16.52	3	RC3
15	Addison Riling ()	Oak Grove Grizzlies	1:16.98	2	RC3
16	Sierra Godfrey (SR)	Cedar Ridge Red Wolves	1:17.02	1	RC3
17	Adriana Carmon (SO)	Western Alamance Warriors	1:17.44		RC3
18	Ryen Gibbs (SR)	Eastern Alamance Eagles	1:18.86		RC3
19	Caycee Bert (SR)	Scotland Fighting Scots	1:19.97		RC3
20	Emma Jolly (SO)	Central Davidson Spartans	1:21.88		RC3
21	Iris Emerson (FR)	DSA Bulldogs	1:23.15		RC3
22	Juliette Nebeling (FR)	DSA Bulldogs	1:23.65		RC3
23	Emma Little ()	Asheboro Blue Comets	1:23.93		RC3
24	Rebecca Brown ()	Oak Grove Grizzlies	1:24.49		RC3

Girls 100 Yards Breaststroke (24 results)

1	Claire Weld (SR)	Union Pines Vikings	1:08.69	20	RQ3
2	Margaret Payton (SO)	Cedar Ridge Red Wolves	1:15.00	17	RQ3
3	Kyla Conner (JR)	Carrboro Jaguars	1:15.23	16	RQ3
4	Riley Elwell (JR)	Union Pines Vikings	1:15.76	15	RQ3
5	Maci Columbia (XX)	Asheboro Blue Comets	1:16.86	14	RQ3
6	Caroline Hoos (SO)	Carrboro Jaguars	1:17.90	13	RQ3
7	Baylei Burgess (SR)	North Davidson Knights	1:18.28	12	RQ3
8	Anna Hartsell (SO)	Carrboro Jaguars	1:18.71	11	RQ3
9	Reilly Jermyn (FR)	Orange Panthers	1:18.77	9	RQ3
10	Peyton Walker (SO)	DSA Bulldogs	1:19.53	7	RQ3
11	Mina Coers (SR)	DSA Bulldogs	1:20.30	6	RQ3
12	Charleigh Merritt ()	Oak Grove Grizzlies	1:22.02	5	RC3
13	Abby Meuser (JR)	North Davidson Knights	1:22.37	4	RC3
14	Bella Reece Shearer (JR)	Rockingham County Cougars	1:23.12	3	RC3

15	Alejandra Gonzalez Palacios (SO)	Williams Bulldogs	1:23.41	2	RC3
16	Peyton Benton (FR)	Rockingham County Cougars	1:23.91	1	RC3
17	Claudia Sadgrove (JR)	Orange Panthers	1:26.69		RC3
18	Emilee Parr (FR)	Carrboro Jaguars	1:27.72		RC3
19	Lily Phillips (XX)	Oak Grove Grizzlies	1:28.45		RC3
20	Ruby Barron (SO)	DSA Bulldogs	1:28.96		RC3
21	Sophia Broverman-Chappell	Oak Grove Grizzlies	1:29.55		RC3
22	Virginia Rigoni (SR)	Western Alamance Warriors	1:30.62		RC3
23	Isabella Blalock (FR)	DSA Bulldogs	1:33.23		RC3
	Gracie Eanes (XX)	Oak Grove Grizzlies	--		DQ
	* Declared false start				

Girls 400 Yards Freestyle Relay (16 results)

1	Eva Dziuba (FR) Ellie Hill (JR) Annabelle Gangloff (FR) Avery Shuping (SR)	Carrboro Jaguars (A)	3:53.42	40	RQ3
2	Emmerson Topete (JR) Ella Werley (SO) Elizabeth Norman (SO) Peyton Walker (SO)	DSA Bulldogs (A)	4:06.67	34	RQ3
3	Addison Moore (FR) Reilly Jermyn (FR) Claudia Sadgrove (JR) Ainsley Rasinske (JR)	Orange Panthers (A)	4:09.25	32	RQ3
4	Natalie Kunz (FR) Sarah Latham (SR) Eden Pollard (FR) Hala Zafar (JR)	Cedar Ridge Red Wolves (A)	4:11.93	30	RQ3
5	Rebecca Kangas (FR) Riley Elwell (JR) Ceilidh Clendenin (SR) Nyah Tranel (FR)	Union Pines Vikings (A)	4:13.33	28	RQ3
6	Maggie Richard (XX) Gracie Eanes (XX) Ella Smith (XX) Ann Hrycay (XX)	Oak Grove Grizzlies (A)	4:15.13	26	RQ3
7	Kensley Gasaway (JR) Adriana Carmon (SO) Sarah McLaughlin (SR) Elizabeth Merlette (JR)	Western Alamance Warriors (A)	4:15.69	24	RQ3
8	Ella Artrip (SR) Emily Davies (SR) Izabelle Thornton (FR) Rachel Hartsell (SR)	North Davidson Knights (A)	4:15.83	22	RQ3

9	Reagan Wieting (SO) Alejandra Gonzalez Palacios (SO) Elizabeth Stokes (SO) Sophia Shideler (FR) Rose Zenzen (FR)	Williams Bulldogs (A)	4:29.47	18	RQ3
10	Kinley Brown (FR) Keagan Melino (SO) Parker Ridge (SO) Emma Jolly (SO)	Ledford Panthers (A)	4:32.74	14	RQ3
11	Abi Sams (JR) Bella Bellini (FR) Kendall Abbott (JR)	Central Davidson Spartans (A)	4:47.72	12	RC3
12	Lainey Cox (FR) Olivia Owen (JR) Bella Reece Shearer (JR) Sadie Page (SO) Claire Ham ()	Rockingham County Cougars (A)	4:51.57	10	RC3
13	Brynnley Dicrocco () Kellar Morris () Catherine Miller (XX) McKynlee Laferte (JR)	High Point Central Bison (A)	5:14.19	8	RC3
14	Marla Medina (SR) Dinah Blake (JR) Lelia DeBerry (FR) Abigail Morris (FR)	Montgomery Central Timberwolves (A)	5:23.13	6	RC3
15	Autumn Barber (SO) Chloe Williams (SR) Natalie Madren (FR) Emma Little ()	Southern Alamance Patriots (A)	5:28.58	4	RC3
16	Zelaya Allison () Kloe Woody (XX) Emily Jones ()	Asheboro Blue Comets (A)	5:58.35	2	RC3