

2018 4A Central NCHSAA Regional Championships - 2/2/18 to 2/3/18

Swimming & Diving

Psych Sheet

Event 1 Women 200 Yard Medley Relay

2:01.99 REGA			
3:50.99 REGC Regional			
Team	Relay	Seed Time	
1 Green Hope		1:49.27	REGA
2 Apex Friendship		1:50.98	REGA
3 Reagan		1:51.21	REGA
4 Page		1:52.14	REGA
5 Jordan		1:53.61	REGA
6 West Forsyth		1:54.11	REGA
7 Grimsley		1:54.37	REGA
8 Panther Creek		1:54.92	REGA
9 Holly Springs		1:56.57	REGA
10 Jack Britt		1:59.16	REGA
11 NW Guilford		2:00.12	REGA
12 Pinecrest		2:00.76	REGA
13 R.J. Reynolds		2:01.45	REGA
14 Davie		2:01.52	REGA
15 East Forsyth		2:01.90	REGA
16 Riverside		2:06.89	REGC
17 HP Central		2:08.14	REGC
18 Glenn		2:24.22	REGC
19 South View		2:34.51	REGC
20 Overhills		2:39.73	REGC
21 Pine Forest		2:41.46	REGC

Event 2 Men 200 Yard Medley Relay

1:48.99 REGA			
3:35.99 REGC Regional			
Team	Relay	Seed Time	
1 Green Hope		1:36.20	REGA
2 Reagan		1:38.21	REGA
3 Apex Friendship		1:40.93	REGA
4 West Forsyth		1:41.09	REGA
5 R.J. Reynolds		1:42.06	REGA
6 Page		1:42.41	REGA
7 Grimsley		1:42.73	REGA
8 Panther Creek		1:42.80	REGA
9 Holly Springs		1:44.60	REGA
10 Pinecrest		1:45.44	REGA
11 Jordan		1:47.90	REGA
12 NW Guilford		1:49.49	REGC
13 Jack Britt		1:51.30	REGC
14 Riverside		1:53.71	REGC
15 Davie		1:59.81	REGC
16 East Forsyth		2:03.72	REGC
17 Scotland		2:06.56	REGC
18 HP Central		2:07.21	REGC
19 Pine Forest		2:08.60	REGC
20 Glenn		2:09.28	REGC
21 Lumberton		2:11.08	REGC
22 Overhills		2:18.41	REGC

Event 3 Women 200 Yard Freestyle

2:01.99 REGA				
2:30.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Pape, Caroline		Reagan	1:55.23	REGA
2 Soleo, Lauren		Panther Creek	1:57.55	REGA
3 Carson, Megan		Apex Friendship	1:58.05	REGA
4 Murtaugh, Emma		Apex Friendship	2:00.01	REGA
5 Kota, Hannah		Green Hope	2:01.19	REGA
6 Martin, Phoebe		NW Guilford	2:02.01	REGC
7 Wolffis, Graylyn		Reagan	2:02.07	REGC
8 Reilly, Morgan		Green Hope	2:02.69	REGC
9 Grimsrud, Lauren		Apex Friendship	2:03.39	REGC
10 Everett, Sophia		Jordan	2:03.94	REGC
11 Messick, Addyson		Reagan	2:04.12	REGC
12 Hayley, Catherine		Green Hope	2:04.67	REGC
13 Hoover, Caroline		Grimsley	2:04.74	REGC
14 Cornea, Andreea		Green Hope	2:04.75	REGC
15 McChesney, Karly		West Forsyth	2:06.21	REGC
16 Rieker, Julianna		Reagan	2:06.68	REGC
17 Swenson, Sophia		Apex Friendship	2:06.80	REGC
18 Davis, Claire		West Forsyth	2:07.04	REGC
19 Hammond, Carlee		West Forsyth	2:07.75	REGC
20 Grubb, Sarah		Page	2:08.19	REGC
21 Hoyle, Caroline		R.J. Reynolds	2:09.82	REGC
22 Jones, Madden		Grimsley	2:11.57	REGC
23 Butler, Lauren		Pinecrest	2:13.95	REGC
24 Peoples, Aubrey		Ragsdale	2:14.18	REGC

Event 4 Men 200 Yard Freestyle

1:51.99 REGA				
2:25.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Greene, Jacob		Reagan	1:46.47	REGA
2 Carter, Jared		Green Hope	1:46.64	REGA
3 Spence, Colton		Green Hope	1:46.75	REGA
4 Satterfield, John		Green Hope	1:46.86	REGA
5 Nannucci, Pietro		Grimsley	1:48.59	REGA
6 Barker, Chris		Panther Creek	1:49.41	REGA
7 Hughes, Spencer		Panther Creek	1:49.57	REGA
8 Hughes, Connor		Panther Creek	1:50.36	REGA
9 Hoyle, Wyatt		R.J. Reynolds	1:50.87	REGA
10 Riley, Nicholas		Holly Springs	1:51.24	REGA
11 Soleo, Will		Panther Creek	1:51.33	REGA
12 Cantrell, Eric		Grimsley	1:51.60	REGA
13 Womble, Ethan		Page	1:52.25	REGC
14 Shives, Evan		Davie	1:52.58	REGC
15 Nario, Sean		R.J. Reynolds	1:53.15	REGC
16 Graham, Sam		Reagan	1:53.25	REGC
17 Biaggi, Alex		Grimsley	1:53.44	REGC
18 Forgrave, Zack		Green Hope	1:54.13	REGC
19 Ziller, Christian		Apex Friendship	1:54.87	REGC
20 Shaver, Zackary		Holly Springs	1:55.97	REGC
21 Carson, Davis		Apex Friendship	1:56.89	REGC
22 Archer, Zach		Riverside	1:57.43	REGC
23 Michel, Simon		Reagan	1:58.67	REGC
24 Holian, Parker		Page	1:59.06	REGC

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Event 5 Women 200 Yard IM

2:18.99 REGA				
2:50.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Zettel, Brooke		Apex Friendship	2:06.78	REGA
2 Ssengonzi, Rebecca		Green Hope	2:12.61	REGA
3 Walker, Alexis		Jordan	2:13.82	REGA
4 Sanders, Katie		Green Hope	2:14.62	REGA
5 Bunting, Meredith		Reagan	2:16.92	REGA
6 Gasper, Ashton		Apex Friendship	2:17.29	REGA
7 Gesse, Eliza		Page	2:18.02	REGA
8 Chhan, Pahvie		Jordan	2:18.24	REGA
9 Guo, Vivian		Panther Creek	2:18.66	REGA
10 Holian, Sinclair		Page	2:19.11	REGC
11 Clevenger, Scarlett		West Forsyth	2:19.55	REGC
12 Maloy, Jenna		Riverside	2:19.82	REGC
13 Rider, MacKenzie		Grimsley	2:20.50	REGC
14 Harshaw, Anna		Grimsley	2:22.73	REGC
15 Sinopoli, Victoria		Davie	2:22.75	REGC
16 Evans, Alyssa		Holly Springs	2:23.59	REGC
17 Gonzalez-Rubio, Alondra		Jack Britt	2:23.92	REGC
18 Carawan, Morgan		West Forsyth	2:25.16	REGC
19 Zhang, Noel		Panther Creek	2:25.63	REGC
20 Mohr, Maribeth		R.J. Reynolds	2:25.83	REGC
21 Hall, Kristy		West Forsyth	2:25.92	REGC
22 Murphy, Ella		NW Guilford	2:26.13	REGC
23 Li, Mona		Panther Creek	2:26.64	REGC
24 Miller, Emily		Jack Britt	2:26.83	REGC

Event 6 Men 200 Yard IM

2:03.99 REGA				
2:38.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Hoshall, Brent		Pinecrest	1:56.14	REGA
2 Dalbo, Connor		Green Hope	1:57.91	REGA
3 Echols, Todd		R.J. Reynolds	1:59.41	REGA
4 Moore, Michael		Green Hope	1:59.41	REGA
5 Cotter, Colin		Green Hope	1:59.67	REGA
6 Zhang, Jason		Green Hope	2:00.74	REGA
7 Ghim, Christopher		Panther Creek	2:00.96	REGA
8 Mikuta, Reid		Page	2:01.05	REGA
9 Keaney, Reilly		Grimsley	2:01.59	REGA
10 Vlahos, Luke		West Forsyth	2:02.61	REGA
11 Tjandra, Davin		Panther Creek	2:03.17	REGA
12 Georges, Dylan		Panther Creek	2:03.30	REGA
13 Nario, Austin		R.J. Reynolds	2:06.27	REGC
14 Rettammel, Connor		Apex Friendship	2:06.61	REGC
15 Esteves, Alex		Holly Springs	2:06.77	REGC
16 Bria, Alex		Jordan	2:08.45	REGC
17 Esposito, Benjamin		Grimsley	2:08.86	REGC
18 Rigsbee, Matthew		Riverside	2:09.75	REGC
19 McKenna, Patrick		Reagan	2:10.82	REGC
20 Jiang, Calvin		Reagan	2:10.87	REGC
21 Walls, Harrison		R.J. Reynolds	2:12.67	REGC
22 Curran, Connor		Panther Creek	2:12.76	REGC
23 Paroly, Josh		Apex Friendship	2:15.68	REGC
24 Xiao, Tony		West Forsyth	2:16.39	REGC

Event 7 Women 50 Yard Freestyle

25.99 REGA				
28.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Schoonhagen, Emily		Grimsley	24.16	REGA
2 Medlin, Lauren		Green Hope	24.53	REGA
3 Baric, Maria		Green Hope	24.55	REGA
4 Parks, Lizzie		West Forsyth	25.00	REGA
5 Copeland, Hannah		Page	25.07	REGA
6 Ally, Emily		Page	25.23	REGA
7 Plasser, Lydia		Reagan	25.28	REGA
8 Pinnix, Omega		Grimsley	25.33	REGA
9 Frisbie, Sarah		West Forsyth	25.37	REGA
10 Kondratick, Morgan		Holly Springs	25.52	REGA
11 Martin, Cadence		Jack Britt	25.82	REGA
12 Candelaria, Bianca		Panther Creek	25.87	REGA
13 Montanus, Abby		Panther Creek	25.88	REGA
14 McGill, Meredith		Ragsdale	25.88	REGA
15 Whiteman, Molly		Apex Friendship	25.91	REGA
16 Driscoll, Leanne		Reagan	26.06	REGC
17 Goetz, Sydney		Grimsley	26.13	REGC
18 Starnes, Aden		Reagan	26.17	REGC
19 Everett, Sophia		Jordan	26.18	REGC
20 Horn, Ainsley		Apex Friendship	26.25	REGC
21 Vann, Kelly		Jordan	26.31	REGC
22 Hutton, Alexa		Davie	26.45	REGC
23 Butler, Lindsay		Green Hope	26.45	REGC
24 Sayman, Emma		Green Hope	26.50	REGC

Event 8 Men 50 Yard Freestyle

22.49 REGA				
25.49 REGC Regional				
Name	Yr	School	Seed Time	
1 Hertweck, Graham		Grimsley	21.34	REGA
2 Edwards, Max		Reagan	21.96	REGA
3 Herndon, Craig		Page	21.96	REGA
4 Curlee, Mitch		Green Hope	22.19	REGA
5 Smith, Ian		Holly Springs	22.56	REGC
6 Prucha, Ben		Green Hope	22.57	REGC
7 Ockert, Jacob		Panther Creek	22.70	REGC
8 Ross, Ben		Reagan	22.73	REGC
9 Demko, Jonathan		Panther Creek	22.87	REGC
10 Tomlinson, Alexander		Apex Friendship	22.88	REGC
11 Muire, Eric		NW Guilford	22.95	REGC
12 Hoover, Davis		Grimsley	22.98	REGC
13 Tan, JC		Panther Creek	22.99	REGC
14 Cocke, Adam		Jordan	23.10	REGC
15 Kornatz, Brendan		Grimsley	23.13	REGC
16 Talbott, Michael		Panther Creek	23.32	REGC
17 Dean, Geoffrey		Green Hope	23.32	REGC
18 Eason, Miles		Green Hope	23.55	REGC
19 Waling, Nolan		Pinecrest	23.70	REGC
20 Copeland, Harrison		Reagan	23.74	REGC
21 Williams, Cooper		Apex Friendship	23.78	REGC
22 Arvelo, Nicolas		Page	23.80	REGC
23 Ulrich, Thomas		Ragsdale	23.90	REGC
24 Dempsey, Nolan		Pinecrest	23.91	REGC

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Psych Sheet

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Hernandez, Carmen		Holly Springs	438.80
2 Priddy, Katherine		Grimsley	404.60
3 Bennett, Taylor		Pinecrest	375.15
4 Paul, Jessica		Page	370.85
5 Gillis, Samantha		NW Guilford	368.00
6 Pierce, Lexi		Reagan	339.80
7 Ehlin, Sophia		Green Hope	323.35
8 Gray, Abigail		Page	310.30
9 Rhoades, Rachel		Reagan	261.55
10 Getz, Emma		Green Hope	257.75
11 Shearer, Maddie		Reagan	257.35
12 Sprinkle, Kate		Reagan	255.85
13 O'Rorke, Kimberly		Davie	212.15

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Zawadzki, Noah		NW Guilford	536.40
2 Creedon, Walker		Green Hope	495.15
3 Bennett, Bayne		Pinecrest	428.65
4 Edin, Peter		Panther Creek	385.45
5 Eastman, Jacob		R.J. Reynolds	353.65
6 Costen, Sage		Reagan	336.30
7 Robinson, Bryce		Green Hope	333.70
8 Greene, Connor		Reagan	328.70
9 Joram, Jack		West Forsyth	303.55
10 Andrus, Whit		R.J. Reynolds	285.70
11 Watts, Lee		R.J. Reynolds	281.85
12 Allen, Conner		Reagan	264.65
13 Graff, Ethan		Grimsley	262.90
14 Hardin, Chase		Reagan	254.75
15 Shore, Sully		R.J. Reynolds	223.80

Event 11 Women 100 Yard Butterfly

1:01.99 REGA				
1:20.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Alexander, Reece		Reagan	58.20	REGA
2 Ssengonzi, Rebecca		Green Hope	58.71	REGA
3 Copeland, Mary Grace		Page	58.72	REGA
4 Carpenter, Hope		Ragsdale	59.02	REGA
5 Campbell, McKenzie		Page	59.45	REGA
6 Rutledge, Abby		Panther Creek	1:00.26	REGA
7 Walker, Alexis		Jordan	1:00.27	REGA
8 Turner, Haley		Apex Friendship	1:00.91	REGA
9 Duffy, Fiona		Pinecrest	1:01.15	REGA
10 Hurlbert, Katherine		Holly Springs	1:01.35	REGA
11 Maloy, Jenna		Riverside	1:01.40	REGA
12 Colaneri, Martina		Jordan	1:01.86	REGA
13 Sinopoli, Victoria		Davie	1:01.90	REGA
14 McGuinness, Madison		West Forsyth	1:02.07	REGC
15 Whiteman, Molly		Apex Friendship	1:02.84	REGC
16 Evans, Alyssa		Holly Springs	1:03.49	REGC
17 Bathory, Blanka		Reagan	1:03.60	REGC
18 Cuccu, Francesca		Page	1:03.84	REGC
19 Mayhall, Kylie		Glenn	1:04.05	REGC
20 Hall, Kristy		West Forsyth	1:04.39	REGC
21 Hutton, Alexa		Davie	1:04.77	REGC
22 Stevens, Adrienne		South View	1:05.00	REGC
23 Miller, Emily		Jack Britt	1:05.24	REGC
24 Hurlburt, Gillian		Green Hope	1:05.32	REGC

Event 12 Men 100 Yard Butterfly

55.99 REGA				
1:10.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Healy, John		Green Hope	51.39	REGA
2 Edwards, Max		Reagan	51.61	REGA
3 Ssengonzi, Jesse		Green Hope	53.13	REGA
4 Echols, Jeff		R.J. Reynolds	53.46	REGA
5 Auderer, Michael		Jack Britt	53.89	REGA
6 Vlahos, Luke		West Forsyth	54.41	REGA
7 Barker, Chris		Panther Creek	54.50	REGA
8 Cocke, Adam		Jordan	54.74	REGA
9 Lenchik, Josh		R.J. Reynolds	55.85	REGA
10 Smith, Ben		R.J. Reynolds	56.37	REGC
11 Cochis, Matt		Panther Creek	56.44	REGC
12 Nouchi, Noah		Reagan	56.51	REGC
13 Esteves, Alex		Holly Springs	57.18	REGC
14 Torre-Nieto, Sebastian		Panther Creek	57.25	REGC
15 Rettammel, Connor		Apex Friendship	57.42	REGC
16 Harloff, Trey		Apex Friendship	57.45	REGC
17 Coates, Jackson		West Forsyth	57.64	REGC
18 Farabow, Brooks		Page	57.66	REGC
19 O'Laughlin, Brandon		Holly Springs	57.88	REGC
20 Hering, Flinn		Page	58.14	REGC
21 Sosa, Bryan		Reagan	58.69	REGC
22 Bryant, Austin		West Forsyth	59.26	REGC
23 Curran, Garrett		Panther Creek	59.40	REGC
24 Fansler, Drew		R.J. Reynolds	59.54	REGC

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Psych Sheet

Event 13 Women 100 Yard Freestyle

55.99 REGA				
1:05.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Schoonhagen, Emily		Grimsley	53.60	REGA
2 Copeland, Hannah		Page	54.54	REGA
3 Pinnix, Omega		Grimsley	55.11	REGA
4 Plasser, Lydia		Reagan	55.24	REGA
5 Murtaugh, Emma		Apex Friendship	55.26	REGA
6 Ally, Emily		Page	55.94	REGA
7 Parks, Lizzie		West Forsyth	56.14	REGC
8 Hooten, Hays		R.J. Reynolds	56.39	REGC
9 Wolffis, Graylyn		Reagan	56.62	REGC
10 Vann, Kelly		Jordan	56.75	REGC
11 Hurlbert, Katherine		Holly Springs	56.98	REGC
12 Driscoll, Leanne		Reagan	57.06	REGC
13 Montanus, Abby		Panther Creek	57.24	REGC
14 Tomlinson, Abigail		Apex Friendship	57.29	REGC
15 McGill, Meredith		Ragsdale	57.44	REGC
16 Messick, Addyson		Reagan	57.48	REGC
17 Candelaria, Bianca		Panther Creek	57.51	REGC
18 Martin, Cadence		Jack Britt	57.52	REGC
19 Hayley, Catherine		Green Hope	57.53	REGC
20 Horn, Ainsley		Apex Friendship	57.55	REGC
21 Swenson, Sophia		Apex Friendship	57.87	REGC
22 Sullivan, Claire		Grimsley	58.23	REGC
23 Stevens, Adrienne		South View	58.26	REGC
24 Sayman, Emma		Green Hope	58.37	REGC
25 Cornea, Andreea		Green Hope	58.45	REGC

Event 14 Men 100 Yard Freestyle

50.49 REGA				
58.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Ivy, Michael		Green Hope	47.28	REGA
2 Burhans, Tucker		West Forsyth	47.40	REGA
3 Nannucci, Pietro		Grimsley	48.24	REGA
4 Ockert, Jacob		Panther Creek	48.76	REGA
5 Curlee, Mitch		Green Hope	48.95	REGA
6 Spence, Colton		Green Hope	49.49	REGA
7 Satterfield, John		Green Hope	49.65	REGA
8 Hertweck, Graham		Grimsley	49.68	REGA
9 Smith, Ian		Holly Springs	50.17	REGA
10 Benton, Jack		Apex Friendship	50.21	REGA
11 Ross, Ben		Reagan	50.32	REGA
12 Tan, JC		Panther Creek	50.47	REGA
13 Womble, Ethan		Page	50.48	REGA
14 Kornatz, Brendan		Grimsley	50.71	REGC
15 Lenchik, Josh		R.J. Reynolds	50.83	REGC
16 Spieler, Ellis		Reagan	50.95	REGC
17 Muire, Eric		NW Guilford	51.13	REGC
18 Cooper, William		Pinecrest	51.26	REGC
19 Fiffick, Sam		Apex Friendship	51.78	REGC
20 Gillispie, Jacob		Grimsley	51.91	REGC
21 Graham, Sam		Reagan	52.17	REGC
22 Copeland, Harrison		Reagan	52.26	REGC
23 Talbott, Michael		Panther Creek	52.43	REGC
24 Shives, Evan		Davie	52.68	REGC

Event 15 Women 500 Yard Freestyle

5:30.99 REGA				
7:00.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Pape, Caroline		Reagan	5:10.34	REGA
2 Soleo, Lauren		Panther Creek	5:14.47	REGA
3 Carson, Megan		Apex Friendship	5:16.18	REGA
4 Smith, Corina		Green Hope	5:25.41	REGA
5 Alexander, Reece		Reagan	5:25.51	REGA
6 Dalbo, Kyra		Green Hope	5:26.44	REGA
7 Banks, Madeline		Panther Creek	5:28.17	REGA
8 Grimsrud, Lauren		Apex Friendship	5:32.25	REGC
9 Martin, Phoebe		NW Guilford	5:32.64	REGC
10 McChesney, Karly		West Forsyth	5:34.59	REGC
11 Clevenger, Scarlett		West Forsyth	5:35.07	REGC
12 Hoover, Caroline		Grimsley	5:35.31	REGC
13 Rieker, Julianna		Reagan	5:37.99	REGC
14 Holian, Sinclair		Page	5:40.70	REGC
15 Grubb, Sarah		Page	5:40.85	REGC
16 Randall, Lydia		Reagan	5:46.01	REGC
17 Hoyle, Caroline		R.J. Reynolds	5:49.12	REGC
18 Allara, Bella		Green Hope	5:51.80	REGC
19 Rose, Charlotte		Panther Creek	5:54.96	REGC
20 Jones, Madden		Grimsley	5:56.34	REGC
21 Butler, Lauren		Pinecrest	5:58.47	REGC
22 Peoples, Aubrey		Ragsdale	6:01.19	REGC
23 Duvall, Madeline		NW Guilford	6:03.42	REGC
24 Azzarita, Paige		Page	6:03.49	REGC

Event 16 Men 500 Yard Freestyle

5:00.99 REGA				
6:55.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Carter, Jared		Green Hope	4:41.95	REGA
2 Greene, Jacob		Reagan	4:50.40	REGA
3 Hughes, Connor		Panther Creek	4:53.44	REGA
4 Georges, Dylan		Panther Creek	4:53.77	REGA
5 Soleo, Will		Panther Creek	4:54.61	REGA
6 Cantrell, Eric		Grimsley	4:57.15	REGA
7 Pollard, Jackson		Green Hope	4:57.30	REGA
8 Hughes, Spencer		Panther Creek	4:57.46	REGA
9 Hoyle, Wyatt		R.J. Reynolds	5:00.31	REGA
10 Moore, Michael		Green Hope	5:01.26	REGC
11 Pelt, Nathan		Green Hope	5:01.77	REGC
12 McGovern, Camden		Jordan	5:08.49	REGC
13 Kranis, Justin		West Forsyth	5:11.52	REGC
14 Carson, Davis		Apex Friendship	5:15.88	REGC
15 Peterson, Ben		Grimsley	5:21.49	REGC
16 Michel, Simon		Reagan	5:21.78	REGC
17 Biaggi, Alex		Grimsley	5:26.31	REGC
18 Jiang, Calvin		Reagan	5:27.48	REGC
19 Esposito, William		Grimsley	5:31.55	REGC
20 LeFevre, Ben		R.J. Reynolds	5:36.17	REGC
21 Archer, Nathan		Riverside	5:40.35	REGC
22 Dunham, Tanner		HP Central	5:41.11	REGC
23 Fansler, Drew		R.J. Reynolds	5:50.19	REGC
24 Day, Collin		Jordan	5:57.85	REGC

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Event 17 Women 200 Yard Freestyle Relay

1:49.99 REGA			
3:15.99 REGC Regional			
Team	Relay	Seed Time	
1 Grimsley		1:40.55	REGA
2 Green Hope		1:40.88	REGA
3 Page		1:41.06	REGA
4 Reagan		1:42.50	REGA
5 Panther Creek		1:44.47	REGA
6 Apex Friendship		1:44.85	REGA
7 Jordan		1:45.29	REGA
8 Jack Britt		1:47.37	REGA
9 Ragsdale		1:47.60	REGA
10 West Forsyth		1:48.82	REGA
11 Pinecrest		1:49.27	REGA
12 Davie		1:49.92	REGA
13 Holly Springs		1:50.06	REGC
14 R.J. Reynolds		1:50.15	REGC
15 NW Guilford		1:50.52	REGC
16 East Forsyth		1:53.20	REGC
17 HP Central		1:53.57	REGC
18 Riverside		1:53.70	REGC
19 Glenn		2:09.35	REGC
20 Pine Forest		2:16.28	REGC
21 Overhills		2:24.68	REGC
22 Purnell Swett		2:27.93	REGC
23 Lumberton		2:28.57	REGC

Event 18 Men 200 Yard Freestyle Relay

1:37.99 REGA			
3:30.99 REGC Regional			
Team	Relay	Seed Time	
1 Grimsley		1:28.66	REGA
2 Green Hope		1:28.75	REGA
3 Panther Creek		1:30.92	REGA
4 Reagan		1:31.12	REGA
5 West Forsyth		1:32.09	REGA
6 R.J. Reynolds		1:32.34	REGA
7 Page		1:33.16	REGA
8 Apex Friendship		1:35.36	REGA
9 Jordan		1:35.48	REGA
10 Pinecrest		1:36.49	REGA
11 Holly Springs		1:37.55	REGA
12 Jack Britt		1:37.90	REGA
13 NW Guilford		1:38.02	REGC
14 Riverside		1:41.62	REGC
15 Davie		1:42.24	REGC
16 East Forsyth		1:45.20	REGC
17 Pine Forest		1:46.36	REGC
18 HP Central		1:46.49	REGC
19 Overhills		1:51.50	REGC
20 Lumberton		1:51.64	REGC
21 Glenn		1:52.92	REGC
22 Scotland		1:58.85	REGC
23 Purnell Swett		2:05.73	REGC

Event 19 Women 100 Yard Backstroke

1:03.99 REGA				
1:20.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Zettel, Brooke		Apex Friendship	58.86	REGA
2 Carpenter, Hope		Ragsdale	59.73	REGA
3 Copeland, Mary Grace		Page	59.84	REGA
4 Starnes, Aden		Reagan	1:00.00	REGA
5 Guo, Vivian		Panther Creek	1:01.20	REGA
6 Carson, Katherine		Green Hope	1:01.26	REGA
7 Kota, Hannah		Green Hope	1:01.35	REGA
8 Mayhall, Kylie		Glenn	1:01.75	REGA
9 Kondratick, Morgan		Holly Springs	1:02.40	REGA
10 Turner, Haley		Apex Friendship	1:02.79	REGA
11 Williford, Caroline		Holly Springs	1:03.56	REGA
12 Rider, MacKenzie		Grimsley	1:03.70	REGA
13 Banks, Madeline		Panther Creek	1:04.31	REGC
14 Honaker, Olivia		Panther Creek	1:04.78	REGC
15 Hammond, Carlee		West Forsyth	1:04.99	REGC
16 Van Luvender, Harley		Green Hope	1:05.05	REGC
17 McGuinness, Madison		West Forsyth	1:05.17	REGC
18 Smoak, Mackenzie		East Forsyth	1:05.35	REGC
19 Hardy, Emma		Reagan	1:05.68	REGC
20 Stark, Liv		Panther Creek	1:05.92	REGC
21 Koro, Danielle		Reagan	1:06.01	REGC
22 Cuccu, Francesca		Page	1:06.15	REGC
23 Gonzalez-Rubio, Alondra		Jack Britt	1:06.54	REGC
24 Hurlburt, Gillian		Green Hope	1:06.74	REGC

Event 20 Men 100 Yard Backstroke

57.99 REGA				
1:15.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Healy, John		Green Hope	51.67	REGA
2 Hoshall, Brent		Pinecrest	52.19	REGA
3 Cotter, Colin		Green Hope	52.63	REGA
4 Tomlinson, Alexander		Apex Friendship	52.81	REGA
5 Burhans, Tucker		West Forsyth	54.18	REGA
6 Ghim, Christopher		Panther Creek	55.43	REGA
7 Benton, Jack		Apex Friendship	55.53	REGA
8 Forgrave, Zack		Green Hope	55.89	REGA
9 Echols, Jeff		R.J. Reynolds	55.91	REGA
10 Shaver, Zackary		Holly Springs	56.45	REGA
11 Mann, Ben		Apex Friendship	56.56	REGA
12 Spieler, Ellis		Reagan	56.77	REGA
13 Nario, Austin		R.J. Reynolds	57.13	REGA
14 Pelt, Nathan		Green Hope	57.61	REGA
15 Gillispie, Jacob		Grimsley	58.56	REGC
16 Ziller, Christian		Apex Friendship	58.83	REGC
17 Dempsey, Nolan		Pinecrest	58.95	REGC
18 Thrower, Thomas		Panther Creek	59.18	REGC
19 Farabow, Brooks		Page	59.67	REGC
20 Reville, Jac		Pinecrest	1:00.00	REGC
21 Stowers, Charlie		Grimsley	1:00.13	REGC
22 Lord, Jace		Jordan	1:00.77	REGC
23 Zakaria, Aidan		Panther Creek	1:01.10	REGC
24 Archer, Zach		Riverside	1:01.77	REGC

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Swimming & Diving

Psych Sheet

Event 21 Women 100 Yard Breaststroke

1:11.99 REGA				
1:25.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Baric, Maria		Green Hope	1:06.47	REGA
2 Campbell, McKenzie		Page	1:07.14	REGA
3 Tomlinson, Abigail		Apex Friendship	1:08.03	REGA
4 Gesse, Eliza		Page	1:08.78	REGA
5 Chhan, Pahvie		Jordan	1:09.20	REGA
6 Sanders, Katie		Green Hope	1:09.50	REGA
7 Frisbie, Sarah		West Forsyth	1:09.55	REGA
8 Smith, Corina		Green Hope	1:10.32	REGA
9 Harshaw, Anna		Grimsley	1:11.01	REGA
10 Bunting, Meredith		Reagan	1:11.45	REGA
11 Hooten, Hays		R.J. Reynolds	1:12.20	REGC
12 Xiao, Sunny		Grimsley	1:12.39	REGC
13 Gasper, Ashton		Apex Friendship	1:13.12	REGC
14 Galloway, Claire		Holly Springs	1:13.39	REGC
15 Carawan, Morgan		West Forsyth	1:13.59	REGC
16 Murphy, Ella		NW Guilford	1:13.63	REGC
17 Joseph, Neha		Apex Friendship	1:13.65	REGC
18 Duffy, Fiona		Pinecrest	1:14.15	REGC
19 Goetz, Sydney		Grimsley	1:14.30	REGC
20 Colaneri, Martina		Jordan	1:14.55	REGC
21 Miller, Anna		Jack Britt	1:15.16	REGC
22 Moye, Jessica		East Forsyth	1:15.17	REGC
23 Grove, Annie		NW Guilford	1:15.37	REGC
24 Tapper, Abbie		Apex Friendship	1:15.55	REGC

Event 22 Men 100 Yard Breaststroke

1:04.99 REGA				
1:15.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Dalbo, Connor		Green Hope	59.31	REGA
2 Mikuta, Reid		Page	59.47	REGA
3 Nouchi, Noah		Reagan	59.98	REGA
4 Echols, Todd		R.J. Reynolds	1:00.45	REGA
5 Zhang, Jason		Green Hope	1:00.57	REGA
6 Tjandra, Davin		Panther Creek	1:01.22	REGA
7 Keaney, Reilly		Grimsley	1:01.68	REGA
8 Ssengonzi, Jesse		Green Hope	1:01.86	REGA
9 Hoover, Davis		Grimsley	1:02.23	REGA
10 Bria, Alex		Jordan	1:02.70	REGA
11 Greene, Connor		Reagan	1:03.63	REGA
12 Nario, Sean		R.J. Reynolds	1:04.06	REGA
13 Auderer, Michael		Jack Britt	1:04.12	REGA
14 Cooper, William		Pinecrest	1:04.51	REGA
15 McKenna, Patrick		Reagan	1:04.55	REGA
16 Hartis, Landon		Reagan	1:04.64	REGA
17 Harloff, Trey		Apex Friendship	1:04.65	REGA
18 Smith, Ben		R.J. Reynolds	1:04.66	REGA
19 Esposito, Benjamin		Grimsley	1:04.77	REGA
20 Herndon, Craig		Page	1:05.20	REGC
21 Eason, Miles		Green Hope	1:05.56	REGC
22 Watkins, Griffin		West Forsyth	1:05.93	REGC
23 Kranis, Justin		West Forsyth	1:06.02	REGC
24 Paroly, Josh		Apex Friendship	1:06.22	REGC

Event 23 Women 400 Yard Freestyle Relay

4:01.99 REGA			
6:30.99 REGC Regional			
Team	Relay	Seed Time	
1 Apex Friendship		3:41.11	REGA
2 Page		3:43.43	REGA
3 Reagan		3:44.67	REGA
4 Grimsley		3:44.72	REGA
5 Green Hope		3:45.42	REGA
6 Panther Creek		3:45.57	REGA
7 West Forsyth		3:51.64	REGA
8 Jordan		3:52.55	REGA
9 Holly Springs		3:54.80	REGA
10 Jack Britt		4:01.95	REGA
11 Ragsdale		4:05.29	REGC
12 NW Guilford		4:07.90	REGC
13 Davie		4:11.81	REGC
14 R.J. Reynolds		4:15.18	REGC
15 East Forsyth		4:16.19	REGC
16 Pinecrest		4:27.51	REGC
17 Riverside		4:43.56	REGC
18 Glenn		4:56.10	REGC
19 South View		4:58.41	REGC
20 Overhills		5:15.05	REGC
21 Lumberton		5:51.84	REGC

Event 24 Men 400 Yard Freestyle Relay

3:35.99 REGA			
5:50.99 REGC Regional			
Team	Relay	Seed Time	
1 Green Hope		3:15.80	REGA
2 Reagan		3:19.47	REGA
3 Grimsley		3:20.69	REGA
4 Panther Creek		3:20.74	REGA
5 Apex Friendship		3:21.89	REGA
6 R.J. Reynolds		3:23.72	REGA
7 Holly Springs		3:27.96	REGA
8 Page		3:29.22	REGA
9 West Forsyth		3:29.54	REGA
10 Pinecrest		3:31.09	REGA
11 NW Guilford		3:37.34	REGC
12 Riverside		3:40.81	REGC
13 Jack Britt		3:40.83	REGC
14 Jordan		3:41.14	REGC
15 Davie		3:52.38	REGC
16 East Forsyth		4:08.32	REGC
17 Pine Forest		4:18.00	REGC
18 Overhills		4:19.94	REGC
19 Glenn		4:26.10	REGC
20 Scotland		4:37.67	REGC
21 Lumberton		5:11.22	REGC