

2018 4A East NCHSAA Regional Championships - 2/2/18

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 Leesville Road		1:47.94	REGA
2 Enloe		1:50.37	REGA
3 Apex		1:51.16	REGA
4 Millbrook		1:53.10	REGA
5 Corinth-Holders		1:54.33	REGA
6 Sanderson		1:54.39	REGA
7 Hoggard		1:55.75	REGA
8 Heritage		1:56.11	REGA
9 Cardinal Gibbons		1:56.50	REGA
10 Athens Drive		1:58.08	REGA
11 Wakefield		1:59.22	REGA
12 Broughton		2:00.07	REGA
13 Cary		2:00.19	REGA
14 Middle Creek		2:02.83	REGC
15 Wake Forest		2:03.54	REGC
16 Laney		2:07.98	REGC
17 Garner		2:08.26	REGC
18 Ashley		2:08.46	REGC
19 South Central		2:11.19	REGC
20 Fuquay-Varina		2:12.11	REGC
21 New Bern		2:21.62	REGC
22 SE Raleigh		2:24.00	REGC

Event 2 Men 200 Yard Medley Relay

1:48.99 REGA			
3:35.99 REGC Regional			
Team	Relay	Seed Time	
1 Athens Drive		1:36.19	REGA
2 Cardinal Gibbons		1:39.07	REGA
3 Wakefield		1:39.32	REGA
4 Sanderson		1:39.35	REGA
5 Enloe		1:39.40	REGA
6 Millbrook		1:40.09	REGA
7 Apex		1:40.09	REGA
8 Hoggard		1:41.73	REGA
9 Cary		1:42.84	REGA
10 Middle Creek		1:43.19	REGA
11 Broughton		1:44.26	REGA
12 Leesville Road		1:44.69	REGA
13 Heritage		1:45.03	REGA
14 Ashley		1:45.15	REGA
15 Corinth-Holders		1:46.54	REGA
16 New Bern		1:50.57	REGC
17 Fuquay-Varina		1:52.28	REGC
18 Garner		1:53.86	REGC
19 Laney		1:55.51	REGC
20 Wake Forest		1:58.70	REGC
21 South Central		1:59.92	REGC
22 SE Raleigh		2:09.90	REGC

Event 3 Women 200 Yard Freestyle

2:01.99 REGA				
2:30.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Haney, Kenna		Sanderson	1:52.07	REGA
2 Cera, Adrianna		Millbrook	1:52.95	REGA
3 Pozder, Ana		Apex	1:54.34	REGA
4 Adams, Jennifer		Cary	1:57.95	REGA
5 Bachand, Maddie		Cardinal Gibbons	1:58.63	REGA
6 Hauser, Genny		Millbrook	2:01.65	REGA
7 Mitchell, Katie		Cardinal Gibbons	2:02.68	REGC
8 Partrick, Meghan		Corinth-Holders	2:02.86	REGC
9 Lahiff, Julie		Cardinal Gibbons	2:04.06	REGC
10 Rydzewski, Amber		Middle Creek	2:04.79	REGC
11 Curran, Kaylie		Cary	2:05.90	REGC
12 Muma, Samantha		Leesville Road	2:06.19	REGC
13 Danielsens, Samantha		Apex	2:06.32	REGC
14 Zhang, Kara		Enloe	2:06.53	REGC
15 Madden, Lindsay		Wake Forest	2:06.65	REGC
16 Overton, Sam		Enloe	2:06.71	REGC
17 Ortiz, Elaine		Heritage	2:06.88	REGC
18 Carter, Danielle		Middle Creek	2:07.42	REGC
19 Jaynes, Hope		Apex	2:07.50	REGC
20 McGlade, Kylie		Heritage	2:07.66	REGC
21 Uveges, Avalon		Rolesville	2:07.94	REGC
22 Herrera, Mariana		Leesville Road	2:08.04	REGC
23 Hyidahl, Aubrey Ella		Hoggard	2:09.85	REGC
24 Jean, Ashley		Millbrook	2:09.85	REGC

Event 4 Men 200 Yard Freestyle

1:51.99 REGA				
2:25.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Payne, Davis		Millbrook	1:45.17	REGA
2 Pigg, Hunter		Millbrook	1:45.99	REGA
3 Hollett, Drew		Athens Drive	1:46.10	REGA
4 Mintz, Andrew		Middle Creek	1:46.12	REGA
5 Watko, Cothalee		Cardinal Gibbons	1:46.28	REGA
6 Washburn, David		Broughton	1:47.99	REGA
7 Hubbard, Tom		Cardinal Gibbons	1:49.03	REGA
8 Jaynes, Matthew		Apex	1:49.14	REGA
9 Carroll, AJ		Wakefield	1:49.31	REGA
10 Young, Hunter		Rolesville	1:49.34	REGA
11 Morton, Byron		Wakefield	1:49.66	REGA
12 Chignell, Connor		Enloe	1:50.55	REGA
13 Hensley, Noah		Enloe	1:50.59	REGA
14 Payne, Mitchell		Millbrook	1:50.72	REGA
15 Horman, Elijah		Cary	1:51.15	REGA
16 Whittington, Jeffrey		Broughton	1:51.42	REGA
17 Furbay, Patrick		Ashley	1:52.56	REGC
18 Snyder, Kevin		Enloe	1:52.94	REGC
19 Roberts, Grayson		Sanderson	1:53.21	REGC
20 Brodnick, Seth		Leesville Road	1:53.37	REGC
21 Lundberg, Stephen		New Bern	1:54.61	REGC
22 Hogewood, Ben		Enloe	1:54.86	REGC
23 Rendon, Kolby		Middle Creek	1:55.06	REGC
24 Raynor, Jonathon		Corinth-Holders	1:55.55	REGC

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Psych Sheet

Event 5 Women 200 Yard IM

2:18.99 REGA				
2:50.99 REGC Regional				
Name	Yr	School	Seed Time	
1 McCauley, Ashley		Leesville Road	2:06.45	REGA
2 Zhang, Jolene		Enloe	2:08.06	REGA
3 Grotjohn, Kennedy		Cary	2:10.93	REGA
4 Anderson, Sophie		Apex	2:11.65	REGA
5 Worden, Ashley		Cardinal Gibbons	2:13.19	REGA
6 Nordstrom, Mia		Wakefield	2:13.63	REGA
7 Zhu, Caroline		Enloe	2:13.98	REGA
8 Strickland, Rachel		Corinth-Holders	2:14.16	REGA
9 Bridgham, Kayla		Athens Drive	2:15.08	REGA
10 Joyce, Genevieve		Apex	2:15.20	REGA
11 Bruno, Hannah		Leesville Road	2:16.21	REGA
12 Boulware, Sophie		Millbrook	2:16.58	REGA
13 Carrigan, Anna		Leesville Road	2:16.99	REGA
14 Keever, Caroline		Leesville Road	2:17.22	REGA
15 Jones, Acacia		Corinth-Holders	2:17.66	REGA
16 Divoky, Brenna		Ashley	2:19.11	REGC
17 Teachey, Michaela		Millbrook	2:19.82	REGC
18 Pennisi, Molly		Cardinal Gibbons	2:20.83	REGC
19 Blandford, Callie		Corinth-Holders	2:22.53	REGC
20 Wisz, Emme		Sanderson	2:23.21	REGC
21 Pluska, Olivia		Enloe	2:24.32	REGC
22 Johns, Morgan		Cardinal Gibbons	2:25.33	REGC
23 Lardizabal, Gabby		Cardinal Gibbons	2:25.97	REGC
24 Johnson, Emma		Hoggard	2:27.69	REGC

Event 6 Men 200 Yard IM

2:03.99 REGA				
2:38.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Brown, Zach		Athens Drive	1:56.82	REGA
2 Diacumakos, Noah		Apex	1:57.95	REGA
3 Lower, Christian		Corinth-Holders	1:58.28	REGA
4 Lucht, Sammy		Sanderson	1:58.41	REGA
5 Quinn, Sean		Wakefield	1:58.67	REGA
6 Legge, Joshua		Millbrook	1:59.10	REGA
7 Baldwin, Daniel		Athens Drive	1:59.14	REGA
8 Cairns, Zach		Cardinal Gibbons	2:00.14	REGA
9 Butner, Garrett		Ashley	2:01.75	REGA
10 Silver, Ryan		Athens Drive	2:02.41	REGA
11 Drake, Patrick		Cardinal Gibbons	2:03.81	REGA
12 Bezuidenhout, Gideon		Wake Forest	2:04.87	REGC
13 Deming, Josh		Millbrook	2:05.56	REGC
14 Becker, Perry		Sanderson	2:06.59	REGC
15 Short, Connor		Apex	2:06.60	REGC
16 Mabunga, Aidan		Wakefield	2:08.91	REGC
17 Fortner, Luke		Enloe	2:09.11	REGC
18 Li, Jason		Enloe	2:09.74	REGC
19 Washburn, John		Broughton	2:10.27	REGC
20 Johnson, Brennan		Millbrook	2:10.52	REGC
21 Miley, Kian		Garner	2:13.95	REGC
22 Perkins, Tull		Cardinal Gibbons	2:16.43	REGC
23 Smith, Benjamin		Middle Creek	2:22.10	REGC
24 Knickerbocker, John		Corinth-Holders	2:24.15	REGC

Event 7 Women 50 Yard Freestyle

25.99 REGA				
28.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Countie, Grace		Leesville Road	23.85	REGA
2 Hicks, Hailey		Sanderson	24.31	REGA
3 Clayton-Luce, Sophia		Millbrook	24.42	REGA
4 Wen, Melody		Enloe	25.01	REGA
5 Morgan, Brooke		Leesville Road	25.14	REGA
6 Newton, Grace		Leesville Road	25.20	REGA
7 Pilecki, Sarah		Apex	25.46	REGA
8 Gschwind, Olivia		Broughton	25.53	REGA
9 Chando, Terese		Enloe	25.54	REGA
10 Tart, Bethany		South Central	25.58	REGA
11 Myhrvold, Mathea		Wakefield	25.64	REGA
12 Carlson, Alayna		Millbrook	25.67	REGA
13 Whitaker, Peyton		Corinth-Holders	25.71	REGA
14 Milberg, Katy		Cardinal Gibbons	25.77	REGA
15 DeCaro, Emma		Apex	25.79	REGA
16 Lipscomb, Madison		Heritage	25.82	REGA
17 Rex, Kennedy		Corinth-Holders	25.86	REGA
18 Kempf, Stella		Broughton	26.00	REGC
19 Hartis, Sydney		Millbrook	26.12	REGC
20 Bazinet, Laurie-Anne		Hoggard	26.18	REGC
21 Muma, Samantha		Leesville Road	26.18	REGC
22 Baldwin, LeighAnne		Enloe	26.26	REGC
23 Wells, Mary		Hoggard	26.30	REGC
24 Castle, Kendall		Cary	26.46	REGC

Event 8 Men 50 Yard Freestyle

22.49 REGA				
25.49 REGC Regional				
Name	Yr	School	Seed Time	
1 Plewniak, Kevin		Middle Creek	21.43	REGA
2 Brown, Taye		Wakefield	21.68	REGA
3 Adkins, Trey		Laney	21.99	REGA
4 Foulkes, T'Lez		Cardinal Gibbons	22.03	REGA
5 Howard, Finn		Hoggard	22.14	REGA
6 Smyre, Alex		Leesville Road	22.31	REGA
7 Wang, Anthony		Enloe	22.36	REGA
8 Silver, Chris		Athens Drive	22.49	REGA
9 Macpherson, Ewan		Sanderson	22.51	REGC
10 Greene, Nick		New Bern	22.54	REGC
11 Johnson, Bryson		Enloe	22.65	REGC
12 Grotjohn, Jack		Cary	22.66	REGC
13 Lawless, Liam		Broughton	22.85	REGC
14 Li, Ryan		Enloe	22.85	REGC
15 Parker, Will		Hoggard	22.96	REGC
16 Kistler, Landon		Corinth-Holders	23.09	REGC
17 Wylie, Jacob		Sanderson	23.12	REGC
18 Miley, Braydon		Garner	23.18	REGC
19 Soroka, Landon		Broughton	23.34	REGC
20 McIntyre, Richard		Cary	23.34	REGC
21 Griffin, Gregory		Millbrook	23.36	REGC
22 Bennett, Robert		Athens Drive	23.39	REGC
23 Wilcox, Galen		Hoggard	23.42	REGC
24 McLawhorn, Melvin		Wake Forest	23.48	REGC

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Swimming & Diving

Psych Sheet

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Zuburg, Ashton		Leesville Road	461.30
2 Fanjoy, Daisy		Sanderson	345.25
3 Salcido, Julianna		Cardinal Gibbons	311.00
4 Gawin-Parigini, Alexandra		Cary	306.60
5 Rozansky, Rachel		Enloe	304.65
6 Quinlivan, Colleen		Cary	294.65
7 D'Amelio, Finn		Broughton	291.70
8 Maiorana, Ava		Apex	263.95
9 Menechella, R		Middle Creek	260.25
10 Urish, Emily		Broughton	246.20
11 Mitchell, Sydney		Apex	239.70
12 Holene, Sabrina		Millbrook	239.25
13 De Sousa, Marina		Leesville Road	232.60
14 Holene, Cassidy		Millbrook	225.60
15 Woods, Ella		Cardinal Gibbons	221.50
16 Jackson, Damaris		Millbrook	199.80
17 Latour, Claire		Cardinal Gibbons	199.70
18 Urish, Annie		Broughton	146.80
19 Hlina, Autumn		Millbrook	120.50
20 Wood, Gabriella		Leesville Road	119.05
21 Barrett, Brooke		Enloe	109.00
22 Volpe, Bridget		Cardinal Gibbons	93.40
23 Tilson, Amelia		Enloe	80.35

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Tibbs, Devin		Leesville Road	403.55
2 Garrelts, George		Leesville Road	312.15
3 Kissell, Sergei		Sanderson	302.80
4 Biggs, Jack		Leesville Road	302.45
5 Butler, Bennett		Broughton	300.90
6 Manzo, Dom		Heritage	294.60
7 McLester, Kel		Broughton	289.80
8 Bunn, Jason		Hoggard	288.85
9 Stasiewicz, Samuel		Sanderson	287.75
10 Watts, Joseph		Enloe	278.45
11 Handy, Isaac		Cary	268.80
12 Yardley, Luke		Leesville Road	268.25
13 Jones, Colin		Enloe	267.15
14 Kinney, Martin		Broughton	259.80
15 Seate, Will		Sanderson	254.80
16 Messenger, Hank		Broughton	240.40
17 Schroeder, Henning		Enloe	239.25
18 McCleneghen, Patrick		Cardinal Gibbons	236.20
19 Best, Ryan		Heritage	203.55
20 Parker, Dennis		Garner	183.80
21 Young, Andrew		Garner	141.65
22 Mruk, Nick		Heritage	130.05
23 Schraff, Aidan		Hoggard	119.65
24 Aldridge, Jake		Enloe	113.35
25 Thomas, Gabe		Heritage	98.15

Event 11 Women 100 Yard Butterfly

1:01.99 REGA				
1:20.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Ray, Amanda		Leesville Road	57.06	REGA
2 Watts, Mimi		Enloe	58.41	REGA
3 Worden, Ashley		Cardinal Gibbons	58.84	REGA
4 Mitchell, Katie		Cardinal Gibbons	58.94	REGA
5 Boulware, Sophie		Millbrook	59.25	REGA
6 Morrell, Lily		Enloe	59.26	REGA
7 Bruno, Hannah		Leesville Road	59.44	REGA
8 Fullerton, Mikaela		Apex	1:00.26	REGA
9 Zhang, Kara		Enloe	1:00.86	REGA
10 McLamb, Sara Beth		Millbrook	1:01.36	REGA
11 Jones, Acacia		Corinth-Holders	1:01.58	REGA
12 Pham, Jacquelyn		Cary	1:01.71	REGA
13 Ball, Emily		Hoggard	1:02.38	REGC
14 Brodnick, Ashley		Leesville Road	1:02.49	REGC
15 Walton, Ashlyn		Leesville Road	1:02.63	REGC
16 Blandford, Callie		Corinth-Holders	1:02.74	REGC
17 Wisz, Emme		Sanderson	1:04.41	REGC
18 Miller, Alexis		Athens Drive	1:04.99	REGC
19 Petschauer, Madison		Apex	1:05.17	REGC
20 Russin, Ellie		Cardinal Gibbons	1:05.31	REGC
21 Hirsch, Danielle		Wake Forest	1:06.49	REGC
22 Inscore, Janie		Millbrook	1:06.89	REGC
23 Johns, Morgan		Cardinal Gibbons	1:07.01	REGC
24 Mehrer, Juliana		Middle Creek	1:07.19	REGC

Event 12 Men 100 Yard Butterfly

55.99 REGA				
1:10.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Brown, Zach		Athens Drive	50.07	REGA
2 Pigg, Hunter		Millbrook	51.68	REGA
3 Kring, Jaden		Sanderson	52.18	REGA
4 Lower, Christian		Corinth-Holders	53.48	REGA
5 Smyre, Alex		Leesville Road	53.94	REGA
6 Wombacher, Rio		Cardinal Gibbons	54.22	REGA
7 Berkowitz, Jeremy		Cary	54.22	REGA
8 Settlemyre, Jeffrey		Hoggard	54.42	REGA
9 Miley, Braydon		Garner	54.90	REGA
10 Silver, Ryan		Athens Drive	55.25	REGA
11 Armbruster, Sam		Apex	55.60	REGA
12 Sobocinski, Lukas		Cardinal Gibbons	55.85	REGA
13 Zack, Christopher		Hoggard	56.10	REGC
14 Lee, Hyoseon		Enloe	56.11	REGC
15 Watts, Joseph		Enloe	56.52	REGC
16 Maier, Kyle		Wakefield	56.81	REGC
17 Deming, Josh		Millbrook	56.92	REGC
18 Benson, Zach		Broughton	56.96	REGC
19 Blackburn, Conner		Leesville Road	57.10	REGC
20 Balkus, Ethan		Laney	57.32	REGC
21 Langtry, Bobby		Hoggard	57.84	REGC
22 Krupp, Hunter		Hoggard	58.05	REGC
23 Otero, Marco		Cary	58.32	REGC
24 Shearin, Will		Athens Drive	58.34	REGC

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Swimming & Diving

Psych Sheet

Event 13 Women 100 Yard Freestyle

55.99 REGA				
1:05.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Clayton-Luce, Sophia		Millbrook	52.27	REGA
2 Countie, Grace		Leesville Road	52.72	REGA
3 Cera, Adrianna		Millbrook	52.72	REGA
4 Hicks, Hailey		Sanderson	53.89	REGA
5 Morrell, Lily		Enloe	54.31	REGA
6 Morgan, Brooke		Leesville Road	54.42	REGA
7 Whitaker, Peyton		Corinth-Holders	54.93	REGA
8 Rex, Kennedy		Corinth-Holders	55.09	REGA
9 Myhrvold, Mathea		Wakefield	55.85	REGA
10 Tart, Bethany		South Central	55.89	REGA
11 Frank, Jessica		Leesville Road	55.93	REGA
12 Hartis, Sydney		Millbrook	55.93	REGA
13 Pilecki, Sarah		Apex	55.93	REGA
14 Adams, Jennifer		Cary	56.17	REGC
15 Clack, Carrington		Garner	56.49	REGC
16 Chando, Terese		Enloe	56.99	REGC
17 Gschwind, Olivia		Broughton	57.08	REGC
18 Bazinet, Laurie-Anne		Hoggard	57.32	REGC
19 Castle, Kendall		Cary	58.31	REGC
20 Edelson, Anna		Leesville Road	58.48	REGC
21 Boles, Madeline		Middle Creek	58.49	REGC
22 Carter, Danielle		Middle Creek	58.52	REGC
23 Brugh, Sarah		Enloe	58.90	REGC
24 Baldwin, LeighAnne		Enloe	59.08	REGC

Event 14 Men 100 Yard Freestyle

50.49 REGA				
58.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Plewniak, Kevin		Middle Creek	46.94	REGA
2 Brown, Taye		Wakefield	47.67	REGA
3 Payne, Davis		Millbrook	47.88	REGA
4 Adkins, Trey		Laney	47.89	REGA
5 Mintz, Andrew		Middle Creek	48.61	REGA
6 Lawton, Nick		Apex	48.99	REGA
7 Johnson, Bryson		Enloe	49.56	REGA
8 Wahlen, David		Athens Drive	49.64	REGA
9 Speerschneider, Zach		Leesville Road	49.70	REGA
10 Qualle, Ethan		Millbrook	49.97	REGA
11 Morton, Byron		Wakefield	50.28	REGA
12 Lawless, Liam		Broughton	50.32	REGA
13 Lockhart, Kevon		Cardinal Gibbons	50.39	REGA
14 Macpherson, Ewan		Sanderson	50.73	REGC
15 Snyder, Kevin		Enloe	51.00	REGC
16 Young, Hunter		Rolesville	51.01	REGC
17 Kistler, Landon		Corinth-Holders	51.08	REGC
18 Li, Ryan		Enloe	51.09	REGC
19 O'Neill, Trevor		Millbrook	51.72	REGC
20 Mabunga, Aidan		Wakefield	51.98	REGC
21 Griffin, Gregory		Millbrook	52.10	REGC
22 King, Tyler		Heritage	52.39	REGC
23 Davis, Austen		Athens Drive	52.54	REGC
24 Williams, Jaxon		Cary	52.68	REGC

Event 15 Women 500 Yard Freestyle

5:30.99 REGA				
7:00.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Pozder, Ana		Apex	5:01.73	REGA
2 Haney, Kenna		Sanderson	5:03.95	REGA
3 Ray, Amanda		Leesville Road	5:10.15	REGA
4 Bachand, Maddie		Cardinal Gibbons	5:18.72	REGA
5 Grotjohn, Kennedy		Cary	5:21.63	REGA
6 Walton, Ashlyn		Leesville Road	5:22.75	REGA
7 Bridgham, Kayla		Athens Drive	5:24.52	REGA
8 Brodnick, Ashley		Leesville Road	5:25.25	REGA
9 Partrick, Meghan		Corinth-Holders	5:28.00	REGA
10 Kempf, Stella		Broughton	5:29.22	REGA
11 Lahiff, Julie		Cardinal Gibbons	5:29.63	REGA
12 Overton, Sam		Enloe	5:29.83	REGA
13 Rydzewski, Amber		Middle Creek	5:32.39	REGC
14 Ortiz, Elaine		Heritage	5:34.46	REGC
15 Teachey, Michaela		Millbrook	5:35.82	REGC
16 Madden, Lindsay		Wake Forest	5:36.87	REGC
17 Curran, Kaylie		Cary	5:37.51	REGC
18 Ryan, Erin		Cary	5:40.30	REGC
19 McGlade, Kylie		Heritage	5:40.70	REGC
20 Groce, April		Apex	5:42.07	REGC
21 Fairchild, Abby		Hoggard	5:46.73	REGC
22 Jaynes, Hope		Apex	5:49.02	REGC
23 Morris, Lauren		Broughton	5:49.22	REGC
24 Buscher, Tessa		Athens Drive	5:49.70	REGC

Event 16 Men 500 Yard Freestyle

5:00.99 REGA				
6:55.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Legge, Joshua		Millbrook	4:44.49	REGA
2 Hollett, Drew		Athens Drive	4:47.07	REGA
3 Quinn, Sean		Wakefield	4:47.26	REGA
4 Washburn, David		Broughton	4:47.81	REGA
5 Watko, Cothalee		Cardinal Gibbons	4:49.21	REGA
6 Hubbard, Tom		Cardinal Gibbons	4:53.46	REGA
7 Martinez, Roman		Fuquay-Varina	4:54.34	REGA
8 Jaynes, Matthew		Apex	4:54.93	REGA
9 Horman, Elijah		Cary	4:58.55	REGA
10 Payne, Mitchell		Millbrook	5:00.24	REGA
11 Cairns, Zach		Cardinal Gibbons	5:00.62	REGA
12 Lundberg, Stephen		New Bern	5:01.64	REGC
13 Brodnick, Seth		Leesville Road	5:03.56	REGC
14 Donnelly, Jason		Millbrook	5:06.39	REGC
15 Partrick, Michael		Corinth-Holders	5:07.59	REGC
16 Raynor, Jonathon		Corinth-Holders	5:12.66	REGC
17 Roberts, Grayson		Sanderson	5:13.05	REGC
18 Lesko, Cameron		Ashley	5:14.31	REGC
19 Balkus, Ethan		Laney	5:14.76	REGC
20 Wingard, Nathan		South Central	5:17.63	REGC
21 Haxholdt, Victor		Athens Drive	5:17.72	REGC
22 Miley, Kian		Garner	5:19.42	REGC
23 Bridgham, Joey		Athens Drive	5:19.44	REGC
24 Legge, Ryan		Millbrook	5:20.15	REGC

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Swimming & Diving

Psych Sheet

Event 17 Women 200 Yard Freestyle Relay

1:49.99 REGA			
3:15.99 REGC Regional			
Team	Relay	Seed Time	
1 Leesville Road		1:39.62	REGA
2 Enloe		1:40.36	REGA
3 Millbrook		1:40.57	REGA
4 Apex		1:42.75	REGA
5 Sanderson		1:44.13	REGA
6 Cardinal Gibbons		1:44.25	REGA
7 Heritage		1:45.48	REGA
8 Cary		1:45.81	REGA
9 Corinth-Holders		1:46.59	REGA
10 Hoggard		1:47.58	REGA
11 Wakefield		1:47.88	REGA
12 Middle Creek		1:48.89	REGA
13 Athens Drive		1:48.96	REGA
14 Rolesville		1:49.32	REGA
15 Wake Forest		1:50.53	REGC
16 Broughton		1:51.20	REGC
17 Garner		1:52.08	REGC
18 Fuquay-Varina		1:57.05	REGC
19 Ashley		1:57.64	REGC
20 Laney		2:00.22	REGC
21 South Central		2:02.87	REGC
22 New Bern		2:04.41	REGC
23 SE Raleigh		2:19.56	REGC

Event 18 Men 200 Yard Freestyle Relay

1:37.99 REGA			
3:30.99 REGC Regional			
Team	Relay	Seed Time	
1 Millbrook		1:28.45	REGA
2 Cardinal Gibbons		1:29.82	REGA
3 Wakefield		1:30.27	REGA
4 Athens Drive		1:30.39	REGA
5 Sanderson		1:30.74	REGA
6 Enloe		1:31.13	REGA
7 Apex		1:31.15	REGA
8 Hoggard		1:32.49	REGA
9 Corinth-Holders		1:32.71	REGA
10 Broughton		1:33.84	REGA
11 Middle Creek		1:33.99	REGA
12 Ashley		1:34.47	REGA
13 New Bern		1:34.92	REGA
14 Cary		1:35.78	REGA
15 Leesville Road		1:35.91	REGA
16 Heritage		1:36.40	REGA
17 Garner		1:36.59	REGA
18 Rolesville		1:36.77	REGA
19 Fuquay-Varina		1:38.92	REGC
20 Laney		1:39.17	REGC
21 Wake Forest		1:43.11	REGC
22 South Central		1:47.00	REGC
23 SE Raleigh		2:02.96	REGC

Event 19 Women 100 Yard Backstroke

1:03.99 REGA				
1:20.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Grasso, Aynslee		Heritage	58.31	REGA
2 Nordstrom, Mia		Wakefield	58.79	REGA
3 Carrigan, Anna		Leesville Road	59.54	REGA
4 Strickland, Rachel		Corinth-Holders	1:00.37	REGA
5 Carlson, Alayna		Millbrook	1:00.60	REGA
6 Zhu, Caroline		Enloe	1:00.95	REGA
7 Hauser, Genny		Millbrook	1:01.93	REGA
8 Frank, Jessica		Leesville Road	1:02.14	REGA
9 Pham, Jacquelyn		Cary	1:02.24	REGA
10 Wen, Melody		Enloe	1:02.95	REGA
11 DeCaro, Emma		Apex	1:03.26	REGA
12 Danielsén, Samantha		Apex	1:03.27	REGA
13 Pluska, Olivia		Enloe	1:03.37	REGA
14 Van Tassel, Lindsey		Cardinal Gibbons	1:03.66	REGA
15 Julian, Helen		Apex	1:04.07	REGC
16 Howard, Lane		Hoggard	1:04.25	REGC
17 Groce, April		Apex	1:04.71	REGC
18 Herrera, Mariana		Leesville Road	1:05.30	REGC
19 Inscore, Janie		Millbrook	1:06.29	REGC
20 Kennedy, Carlyle		Sanderson	1:06.38	REGC
21 Myhrvold, Amelia		Wakefield	1:06.60	REGC
22 Bennison, Caroline		Heritage	1:06.61	REGC
23 Roach, Kiersten		Cardinal Gibbons	1:06.96	REGC
24 Howard, Maren		Hoggard	1:07.36	REGC

Event 20 Men 100 Yard Backstroke

57.99 REGA				
1:15.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Wahlen, David		Athens Drive	51.89	REGA
2 Hensley, Noah		Enloe	52.80	REGA
3 Carroll, AJ		Wakefield	52.86	REGA
4 Kring, Jaden		Sanderson	54.23	REGA
5 Howard, Finn		Hoggard	54.39	REGA
6 Lawton, Nick		Apex	54.53	REGA
7 Settlemyre, Jeffrey		Hoggard	54.62	REGA
8 Berkowitz, Jeremy		Cary	55.01	REGA
9 Furbay, Patrick		Ashley	55.25	REGA
10 Wombacher, Rio		Cardinal Gibbons	55.41	REGA
11 Chignell, Connor		Enloe	55.46	REGA
12 Wright, Thomas		Millbrook	55.63	REGA
13 Davis, Austen		Athens Drive	56.53	REGA
14 O'Neill, Trevor		Millbrook	56.58	REGA
15 Grotjohn, Jack		Cary	56.58	REGA
16 Bridgham, Joey		Athens Drive	56.79	REGA
17 Smith, Nick		Middle Creek	56.88	REGA
18 Heffron, Fisher		Hoggard	57.81	REGA
19 Burns, Duncan		Sanderson	58.68	REGC
20 Doherty, Evan		Heritage	59.36	REGC
21 Donnelly, Jason		Millbrook	1:00.68	REGC
22 Haxholdt, Victor		Athens Drive	1:00.70	REGC
23 Washburn, John		Broughton	1:00.98	REGC
24 Hope, Scott		South Central	1:01.60	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 McCauley, Ashley		Leesville Road	1:05.70	REGA
2 Fullerton, Mikaela		Apex	1:06.76	REGA
3 Zhang, Jolene		Enloe	1:06.88	REGA
4 Anderson, Sophie		Apex	1:08.02	REGA
5 Joyce, Genevieve		Apex	1:09.17	REGA
6 Divoky, Brenna		Ashley	1:09.83	REGA
7 Keever, Caroline		Leesville Road	1:10.30	REGA
8 Johnson, Emma		Hoggard	1:10.46	REGA
9 Maxwell, Angela		Heritage	1:11.39	REGA
10 Newton, Grace		Leesville Road	1:11.79	REGA
11 Tate, Mallory		Athens Drive	1:12.59	REGC
12 Pennisi, Molly		Cardinal Gibbons	1:13.05	REGC
13 Lardizabal, Gabby		Cardinal Gibbons	1:13.24	REGC
14 Edelson, Anna		Leesville Road	1:13.29	REGC
15 Zalkind, Grace		Sanderson	1:13.43	REGC
16 Petschauer, Madison		Apex	1:13.96	REGC
17 McLamb, Sara Beth		Millbrook	1:14.27	REGC
18 Carter, Alexis		Corinth-Holders	1:15.27	REGC
19 Sundberg, Samantha		Heritage	1:15.42	REGC
20 Ryan, Erin		Cary	1:16.30	REGC
21 Carlson, Alicia		Sanderson	1:17.89	REGC
22 Fine, Grace		Broughton	1:18.01	REGC
23 Hirsch, Danielle		Wake Forest	1:18.09	REGC
24 Ford, Alex		Cardinal Gibbons	1:18.25	REGC

Event 22 Men 100 Yard Breaststroke

1:04.99 REGA				
1:15.99 REGC Regional				
Name	Yr	School	Seed Time	
1 Lucht, Sammy		Sanderson	59.53	REGA
2 Foulkes, T'Lez		Cardinal Gibbons	1:00.28	REGA
3 Diacumakos, Noah		Apex	1:00.87	REGA
4 Greene, Nick		New Bern	1:00.93	REGA
5 Maxwell, Anthony		Heritage	1:01.33	REGA
6 Baldwin, Daniel		Athens Drive	1:01.43	REGA
7 Butner, Garrett		Ashley	1:02.33	REGA
8 Speerschneider, Zach		Leesville Road	1:02.34	REGA
9 Becker, Perry		Sanderson	1:02.40	REGA
10 Fortner, Luke		Enloe	1:02.77	REGA
11 Lee, Hyoseon		Enloe	1:02.84	REGA
12 Drake, Patrick		Cardinal Gibbons	1:03.14	REGA
13 Partrick, Michael		Corinth-Holders	1:03.55	REGA
14 Hanson, Kellen		Hoggard	1:03.71	REGA
15 Bezuidenhout, Gideon		Wake Forest	1:03.74	REGA
16 Wylie, Jacob		Sanderson	1:03.88	REGA
17 Qualle, Ethan		Millbrook	1:04.51	REGA
18 Whittington, Jeffrey		Broughton	1:04.74	REGA
19 McIntyre, Richard		Cary	1:04.93	REGA
20 Butner, Logan		Ashley	1:05.37	REGC
21 Martinez, Roman		Fuquay-Varina	1:05.56	REGC
22 Li, Jason		Enloe	1:06.11	REGC
23 Sobocinski, Lukas		Cardinal Gibbons	1:06.12	REGC
24 Short, Connor		Apex	1:06.83	REGC

Event 23 Women 400 Yard Freestyle Relay

4:01.99 REGA			
6:30.99 REGC Regional			
Team	Relay	Seed Time	
1 Millbrook		3:39.20	REGA
2 Leesville Road		3:40.08	REGA
3 Enloe		3:41.41	REGA
4 Apex		3:41.54	REGA
5 Corinth-Holders		3:46.42	REGA
6 Cary		3:47.83	REGA
7 Cardinal Gibbons		3:48.30	REGA
8 Heritage		3:52.97	REGA
9 Wakefield		3:54.36	REGA
10 Broughton		3:54.80	REGA
11 Hoggard		3:55.68	REGA
12 Sanderson		3:57.44	REGA
13 Middle Creek		4:00.86	REGA
14 Rolesville		4:06.78	REGC
15 Garner		4:07.26	REGC
16 Wake Forest		4:10.47	REGC
17 Athens Drive		4:11.84	REGC
18 Laney		4:22.71	REGC
19 South Central		4:24.75	REGC
20 New Bern		4:28.56	REGC
21 Fuquay-Varina		4:40.70	REGC
22 SE Raleigh		4:59.17	REGC

Event 24 Men 400 Yard Freestyle Relay

3:35.99 REGA			
5:50.99 REGC Regional			
Team	Relay	Seed Time	
1 Cardinal Gibbons		3:15.48	REGA
2 Wakefield		3:15.50	REGA
3 Millbrook		3:16.45	REGA
4 Apex		3:20.05	REGA
5 Enloe		3:20.31	REGA
6 Middle Creek		3:23.09	REGA
7 Broughton		3:24.85	REGA
8 Cary		3:25.15	REGA
9 Corinth-Holders		3:25.81	REGA
10 Athens Drive		3:27.27	REGA
11 Sanderson		3:31.04	REGA
12 Hoggard		3:31.38	REGA
13 Leesville Road		3:33.86	REGA
14 Heritage		3:34.97	REGA
15 Garner		3:36.87	REGC
16 New Bern		3:37.77	REGC
17 Rolesville		3:39.79	REGC
18 Ashley		3:43.85	REGC
19 Fuquay-Varina		3:44.11	REGC
20 Laney		3:45.19	REGC
21 South Central		3:54.10	REGC
22 Wake Forest		4:20.22	REGC
23 SE Raleigh		4:32.73	REGC