

2020 4A Central NCHSAA Regional Championships - 1/30/20 to 2/1/20

**Host: Page HS
Swimming & Diving
Psych Sheet**

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 Green Hope		1:47.96
2 Apex Friendship		1:49.53
3 Cary		1:50.37
4 Apex		1:52.20
5 Grimsley		1:55.04
6 Page		1:56.01
7 Jordan		1:56.04
8 Green Level		1:58.13
9 Panther Creek		1:59.57
10 Athens Drive		2:00.01
11 Middle Creek		2:00.50
12 Holly Springs		2:00.50
13 Fuquay-Varina		2:02.72
14 NW Guilford		2:03.32
15 Pinecrest		2:08.48
16 Riverside		2:08.57
17 High Point Cent.		2:09.77
18 Jack Britt		2:11.10
19 Garner		2:14.02
20 Ragsdale		2:19.04
21 Hoke County		2:20.96
22 Lumberton		2:30.37
23 Scotland		2:40.37

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Green Hope		1:34.39
2 Panther Creek		1:34.69
3 Athens Drive		1:36.33
4 Page		1:38.58
5 Grimsley		1:38.58
6 Holly Springs		1:40.58
7 Apex Friendship		1:40.74
8 Riverside		1:43.31
9 Jordan		1:43.86
10 Apex		1:44.20
11 Pinecrest		1:47.08
12 NW Guilford		1:47.21
13 Middle Creek		1:47.44
14 Fuquay-Varina		1:48.91
15 Cary		1:50.49
16 Ragsdale		1:50.89
17 Green Level		1:52.10
18 Garner		1:53.08
19 High Point Cent.		2:04.32
20 Lumberton		2:04.53
21 Jack Britt		2:05.16
22 Scotland		2:08.27
23 Hillside		2:28.67
24 Hoke County		2:32.49

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Cotter, Keelan	FR	Green Hope	1:53.25
2 Carson, Megan		Apex Friendship	1:57.29
3 Adams, Jennifer	JR	Cary	1:57.53
4 Carson, Katherine	SO	Green Hope	1:57.65
5 Smith, Clare	FR	Green Hope	1:59.44
6 Rydzewski, Amber	JR	Middle Creek	2:00.37
7 Pierce, Camila	FR	Athens Drive	2:01.17
8 Curran, Molly	FR	Cary	2:01.17
9 Jaynes, Elizabeth	JR	Apex	2:01.31
10 Hickey, Dillan	SO	Jordan	2:01.84
11 Jackson, Sarah	SO	Green Hope	2:02.21
12 Medins, Delaney		Apex Friendship	2:02.30
13 Hughes, Ashley	SO	Panther Creek	2:02.31
14 Cinque, Karissa	FR	Green Level	2:03.38
15 Kenney,Carolynn		Holly Springs	2:03.78
16 Lillis, Ryan		Apex Friendship	2:05.90
17 Cross, Caroline	SO	Grimsley	2:05.92
18 Petersen, Riley		Apex Friendship	2:06.89
19 Clausen, Sage	SO	Cary	2:07.00
20 Rider, Natalie	FR	Grimsley	2:07.58
21 Danielsen, Samantha	SR	Apex	2:08.63
22 Cooper, Amy	SO	Pinecrest	2:10.43
23 Lu, Abby	FR	Green Level	2:10.79
24 Greene, Elizabeth A	FR	NW Guilford	2:10.93

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Hering, Tanner	SR	Page	1:41.22
2 Cotter, Michael	SO	Green Hope	1:41.55
3 Haughey, Braeden	SO	Middle Creek	1:45.46
4 Ockert, Jacob	SR	Panther Creek	1:45.54
5 Dyke, Thor	SO	Athens Drive	1:45.62
6 Womble, Ethan	JR	Page	1:46.43
7 Harris, Dax	SO	Grimsley	1:46.55
8 Soleo, Will	SR	Panther Creek	1:46.70
9 Hughes, Connor	JR	Panther Creek	1:47.11
10 Riley, Nick	JR	Holly Springs	1:47.27
11 Carter, Jared	SR	Green Hope	1:47.93
12 Collins, Joshua	SO	Jordan	1:49.92
13 Stockey, Jayden		Holly Springs	1:50.55
14 Horman, Elijah	JR	Cary	1:51.36
15 Lynch, Ryan	JR	Panther Creek	1:51.56
16 Goembel, Matthew	SO	Athens Drive	1:51.63
17 Smith, Benjamin W	SO	Riverside	1:52.03
18 Whelehan, Colin	FR	Green Hope	1:52.63
19 Cook, Hunter		Apex Friendship	1:53.43
20 McDonald, Trevor	SO	Athens Drive	1:54.30
21 Wade, Colton	FR	Green Level	1:55.39
22 Weinshel, Samuel	JR	Pinecrest	1:55.81
23 Esposito, Patty	JR	Grimsley	1:55.86
24 Seeber, Andrew	FR	Grimsley	1:56.55

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Event 5 Women 200 Yard IM

Name	Yr	School	Seed Time
1 Zettel, Brooke		Apex Friendship	2:05.06
2 Grotjohn, Kennedy	SR	Cary	2:06.36
3 Morgan, Sydney	FR	Green Hope	2:07.23
4 Bloom, Taylor		Apex Friendship	2:09.34
5 Anderson, Sophie	SR	Apex	2:10.24
6 Joyce, Genevieve	SR	Apex	2:10.38
7 Reilly, Morgan	SR	Green Hope	2:13.01
8 Pena, Karsen	JR	Middle Creek	2:13.13
9 Walker, Alexis	SR	Jordan	2:13.88
10 Dalbo, Kyra	JR	Green Hope	2:14.12
11 Maloy, Jenna N	JR	Riverside	2:15.25
12 Jackson, Claire	FR	Green Hope	2:15.59
13 Alexander, Phoebe	SO	Athens Drive	2:16.40
14 Rider, MacKenzie	JR	Grimsley	2:17.82
15 Guo, Vivian	SR	Panther Creek	2:17.92
16 Strout, Jennifer	SO	Cary	2:18.80
17 Holian, Sinclair	SR	Page	2:19.25
18 Tjandra, Sammy	FR	Panther Creek	2:20.72
19 Ahart, Savannah	SO	Fuquay-Varina	2:23.07
20 Xiao, Sunny	SR	Grimsley	2:23.65
21 Miller, Anna	SR	Jack Britt	2:23.90
22 Myers, Cassie	SO	Holly Springs	2:24.35
23 Stark, Liv	JR	Panther Creek	2:25.17
24 Nance, Lauren	FR	Apex	2:25.41

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Mikuta, Reid	SR	Page	1:50.55
2 Moore, Michael	SR	Green Hope	1:50.66
3 Baldwin, Daniel	SR	Athens Drive	1:56.18
4 Keaney, Reilly	JR	Grimsley	1:56.43
5 Cotter, Colin	SR	Green Hope	1:57.45
6 Chapman, John		Apex	1:58.31
7 Tjandra, Davin	SR	Panther Creek	1:58.95
8 Ghim, Christopher	SR	Panther Creek	1:59.33
9 Hering, Flinn	JR	Page	2:00.29
10 Maycock, Julian	JR	Page	2:01.13
11 Pena, Wyatt		Apex Friendship	2:01.71
12 Juricak, Will		Apex Friendship	2:02.27
13 Williams, Keith	FR	Panther Creek	2:05.68
14 Anderson, Tate	SO	Fuquay-Varina	2:10.27
15 Tate, Fletcher	SO	Grimsley	2:10.39
16 Peck, Mason	JR	Panther Creek	2:11.05
17 Delcambre, Avery	FR	Cary	2:11.18
18 Smelzer, Luke	FR	Page	2:11.48
19 Reilly, Owen	FR	Green Hope	2:12.41
20 Volk, Trevor	SO	Holly Springs	2:13.01
21 Miroshnichenko, Alex A	JR	NW Guilford	2:13.06
22 Nolet, Alec	SO	Green Hope	2:13.29
23 Dempsey, Nolan	SR	Pinecrest	2:15.17
24 Yi, Feiran	FR	Green Level	2:16.00

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Baric, Maria	SR	Green Hope	24.01
2 Baric, Elizabeth	SO	Green Hope	24.48
3 Kondratick, Morgan		Holly Springs	24.53
4 Ally, Emily	JR	Page	24.67
5 Murtaugh, Emma		Apex Friendship	24.98
6 Fu, Jiayu	JR	Apex	25.19
7 Long, Anna	JR	Green Hope	25.21
8 Smith, Sydney	SO	Apex	25.34
9 Djuric, Sara	FR	Green Level	25.40
10 Holland, Mary		Apex Friendship	25.49
11 Day, Keenan	SO	Jordan	25.67
12 Swenson, Sophia		Apex Friendship	25.74
13 Willett, Riley	FR	Page	25.85
14 Sullivan, Claire	JR	Grimsley	25.89
15 Pinnix, Omega	SR	Grimsley	26.24
16 Sigmon, Paige N	SR	NW Guilford	26.48
17 Cornell, Meghan	SO	Fuquay-Varina	26.50
18 Montanus, Abby	JR	Panther Creek	26.50
19 Ssengonzi, Rachel	FR	Green Hope	26.53
20 Horn, Ainsley		Apex Friendship	26.63
21 Link, Madison	SR	Panther Creek	26.67
22 Bucy, Ella		Holly Springs	26.67
23 Evans, Tori	FR	Grimsley	27.01
24 Gregory, Lauren J	SR	NW Guilford	27.04

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Tan, Jed	SR	Panther Creek	21.48
2 Satterfield, John	SR	Green Hope	21.61
3 Thomas, Cameron	SR	Athens Drive	21.67
4 Weaver, Ryan A	SO	Riverside	21.72
5 Prucha, Ben	JR	Green Hope	21.97
6 Smelzer, Baxter	JR	Page	22.29
7 Tobul, Tommy	JR	Holly Springs	22.48
8 Adley, Logan		Apex Friendship	22.64
9 Peterson, Daniel	SR	Green Hope	22.64
10 Heffron, Fisher	SR	Holly Springs	22.72
11 Prucha, John	SO	Green Hope	22.77
12 Cooper, William	SR	Pinecrest	22.91
13 Ulrich, Thomas	SR	Ragsdale	22.91
14 Gatling III, LaDaniel	SO	Page	23.06
15 Hagen, Jackson	SO	Jordan	23.06
16 Cochis, Matt	SR	Panther Creek	23.11
17 Haxholdt, Victor	JR	Athens Drive	23.20
18 Nagy, Justin		Apex Friendship	23.23
19 Payne, Evan	JR	Apex	23.30
20 Cook, Hunter		Apex Friendship	23.31
21 Rock, Noah	FR	Grimsley	23.36
22 Holian, Tanner	FR	Page	23.37
23 Smith, Nicholas	SR	Middle Creek	23.42
24 Barber, Drew	SR	Fuquay-Varina	23.47

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Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Gray, Abigail	SR	Page	395.90
2 Church, Tatum	JR	Grimsley	346.05
3 Hudson, Colleen L	FR	NW Guilford	340.00
4 Gawin-Parigini, Alex	SR	Cary	280.60
5 Quinlivan, Colleen	SR	Cary	279.90
6 Cranford, Bayleigh	FR	Ragsdale	265.70
7 Conroy, Megan		Apex Friendship	250.55
8 Heuman, Alex		Apex Friendship	248.55
9 Grove, Annie H	SR	NW Guilford	246.50
10 Harris, Elli	SR	Grimsley	225.15
11 Taylor, Cate	FR	Green Level	224.65
12 Caviness, Peapod	JR	Grimsley	106.80
13 Coscia, Kate	JR	Apex	87.20

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Edin, Peter	JR	Panther Creek	433.25
2 Graff, Ethan	JR	Grimsley	377.05
3 Koncz, Chase		Apex Friendship	350.00
4 Bopp, Erich	FR	Grimsley	322.10
5 Rogers, Charlie		Green Hope	278.15
6 Klingemann, Grayson	SO	Apex	247.45
7 Johnson, Devin	SR	Middle Creek	193.95
8 Kovac, Kiernan	SO	Apex	187.75
9 Gelabert, Bernardo	SR	Garner	181.10
10 Manuli, Alex	SO	Grimsley	176.00
11 Robinson, Bryce		Green Hope	173.95
12 Deaton, Miles		Apex Friendship	110.95

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Bloom, Taylor		Apex Friendship	58.14
2 Walker, Alexis	SR	Jordan	59.12
3 Prucha, Abby	FR	Green Hope	59.26
4 Maloy, Jenna N	JR	Riverside	59.72
5 Hoover, Mary Catherine	CSO	Grimsley	59.79
6 Fu, Jiayu	JR	Apex	1:00.29
7 Pierce, Camila	FR	Athens Drive	1:00.50
8 Pena, Karsen	JR	Middle Creek	1:00.64
9 Cruz, Agnes E	FR	NW Guilford	1:00.83
10 Smith, Corina	JR	Green Hope	1:01.01
11 Pham, Jacquelyn	JR	Cary	1:01.13
12 Petschauer, Madison	SR	Apex	1:01.36
13 Ssengonzi, Rachel	FR	Green Hope	1:01.54
14 Castle, Kendall	JR	Cary	1:01.59
15 Curran, Molly	FR	Cary	1:01.59
16 Allred, Samantha	SO	Green Hope	1:01.85
17 Clark, Abigail	SO	Cary	1:01.93
18 Clowes, Mia		Apex Friendship	1:02.65
19 Legarth, Megan		Apex Friendship	1:02.89
20 Tjandra, Sammy	FR	Panther Creek	1:03.41
21 Honaker, Olivia	SR	Panther Creek	1:04.04
22 Stevenson, Izzy		Apex Friendship	1:04.13
23 Preisach, Ella		Middle Creek	1:04.29
24 Jacobs, Audrey	JR	Pinecrest	1:05.56

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Ssengonzi, Jesse	SR	Green Hope	49.34
2 Silver, Ryan	JR	Athens Drive	51.45
3 Tan, Jed	SR	Panther Creek	51.65
4 Pollard, Jackson	JR	Green Hope	52.90
5 Hering, Flinn	JR	Page	52.95
6 Prucha, John	SO	Green Hope	53.07
7 Bunger, Joe	SO	Holly Springs	53.24
8 Bridgham, Joey	JR	Athens Drive	53.32
9 Cantrell, Eric	SR	Grimsley	54.01
10 Miley, Kian	JR	South Garner	54.49
11 Barker, Christopher	SR	Panther Creek	54.57
12 Tobul, Tommy	JR	Holly Springs	54.87
13 Cochis, Matt	SR	Panther Creek	54.97
14 Rock, Noah	FR	Grimsley	55.00
15 Curran, Garrett	JR	Panther Creek	55.40
16 Shearin, Will	JR	Athens Drive	55.51
17 Bock, Michael		Apex Friendship	55.57
18 Roberts, Nicholas	SO	Jordan	55.80
19 Pierce, Tomas	SR	Athens Drive	55.94
20 Farabow, Brooks	JR	Page	56.24
21 Miroshnichenko, Alex A	JR	NW Guilford	56.43
22 Nixon, Carson		Holly Springs	57.04
23 Weinshel, Samuel	JR	Pinecrest	57.18
24 Muir, Avery	JR	Apex	57.21

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Event 13 Women 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Murtaugh, Emma		Apex Friendship	53.28
2 Baric, Elizabeth	SO	Green Hope	53.62
3 Smith, Sydney	SO	Apex	54.67
4 Smith, Clare	FR	Green Hope	54.69
5 Long, Anna	JR	Green Hope	54.98
6 Adams, Jennifer	JR	Cary	55.03
7 Holland, Mary		Apex Friendship	55.27
8 Kondratick, Morgan		Holly Springs	55.54
9 Kenney, Carolynn		Holly Springs	56.81
10 Montanus, Abby	JR	Panther Creek	57.06
11 Willett, Riley	FR	Page	57.33
12 Becker, Kailyn		Apex Friendship	57.35
13 Swenson, Sophia		Apex Friendship	57.36
14 Lin, Jennings	JR	Grimsley	57.37
15 Curran, Kaylie	JR	Cary	57.73
16 Haroldson, Olivia	SO	Cary	57.77
17 Thomas, Camden	JR	Grimsley	57.78
18 Adams, Mackenzie		Green Hope	58.35
19 Preisach, Ella		Middle Creek	58.56
20 Gregory, Lauren J	SR	NW Guilford	59.03
21 Holt, Hailey	FR	Green Level	59.03
22 Link, Madison	SR	Panther Creek	59.65
23 Buscher, Tessa	SR	Athens Drive	59.81
24 Carroll, Addie	SR	Jack Britt	59.88

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Satterfield, John	SR	Green Hope	46.63
2 Ockert, Jacob	SR	Panther Creek	47.11
3 Womble, Ethan	JR	Page	47.47
4 Pollard, Jackson	JR	Green Hope	48.53
5 Tars, Robert	SO	Ragsdale	48.66
6 Prucha, Ben	JR	Green Hope	48.77
7 Gillispie, Jake	SR	Grimsley	49.20
8 Smelzer, Baxter	JR	Page	49.35
9 Benton, Jack		Apex Friendship	49.57
10 Peterson, Daniel	SR	Green Hope	49.61
11 Adley, Logan		Apex Friendship	49.80
12 Thomas, Cameron	SR	Athens Drive	50.21
13 Miley, Kian	JR	South Garner	50.30
14 Jong, Ethan	SO	Panther Creek	50.49
15 Goembel, Matthew	SO	Athens Drive	50.84
16 Phillips, Ryan		Apex Friendship	51.24
17 Gatling III, LaDaniel	SO	Page	51.28
18 Mizell, Kyle		Apex Friendship	51.29
19 McCullen, Andrew	SR	Riverside	51.40
20 McGovern, Camden	SR	Jordan	51.67
21 Carlson, Evan	SO	Athens Drive	51.74
22 Ulrich, Thomas	SR	Ragsdale	52.39
23 Ayres, Maxwell	FR	Apex	52.55
24 Nixon, Carson		Holly Springs	52.58

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Cotter, Keelan	FR	Green Hope	4:58.12
2 Morgan, Sydney	FR	Green Hope	4:58.22
3 Grotjohn, Kennedy	SR	Cary	5:04.72
4 Rydzewski, Amber	JR	Middle Creek	5:06.54
5 Carson, Megan		Apex Friendship	5:11.93
6 Banks, Madie	JR	Panther Creek	5:17.11
7 Reilly, Morgan	SR	Green Hope	5:17.37
8 Dalbo, Kyra	JR	Green Hope	5:20.09
9 Jaynes, Elizabeth	JR	Apex	5:26.59
10 Cinque, Karissa	FR	Green Level	5:27.16
11 Hughes, Ashley	SO	Panther Creek	5:28.06
12 Becker, Kailyn		Apex Friendship	5:33.91
13 Clausen, Sage	SO	Cary	5:34.65
14 Groce, April	JR	Apex	5:34.93
15 Cross, Caroline	SO	Grimsley	5:37.23
16 Haugh, Sophie	SO	Athens Drive	5:37.56
17 Cooper, Amy	SO	Pinecrest	5:39.04
18 Rider, Natalie	FR	Grimsley	5:40.15
19 Yoder, Kate		Apex Friendship	5:43.13
20 Shellman, Hope	SO	Panther Creek	5:43.75
21 Goodman, Caroline C	FR	NW Guilford	5:44.72
22 Rose, Charlotte	JR	Panther Creek	5:46.43
23 Lu, Abby	FR	Green Level	5:49.77
24 Pyrczak, Aurelia		Apex Friendship	5:52.92

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Hering, Tanner	SR	Page	4:35.87
2 Cotter, Michael	SO	Green Hope	4:36.59
3 Hughes, Connor	JR	Panther Creek	4:39.78
4 Haughey, Braeden	SO	Middle Creek	4:39.81
5 Dyke, Thor	SO	Athens Drive	4:43.79
6 Soleo, Will	SR	Panther Creek	4:44.16
7 Carter, Jared	SR	Green Hope	4:49.75
8 Cantrell, Eric	SR	Grimsley	4:49.94
9 Stockey, Jayden		Holly Springs	4:53.71
10 Horman, Elijah	JR	Cary	4:54.43
11 Martinez, Roman	SR	Fuquay-Varina	4:54.49
12 Harris, Dax	SO	Grimsley	4:54.73
13 Collins, Joshua	SO	Jordan	4:55.04
14 Riley, Nick	JR	Holly Springs	4:55.31
15 Williams, Keith	FR	Panther Creek	4:57.89
16 McNutt, Joe	SR	Holly Springs	5:00.40
17 Lynch, Ryan	JR	Panther Creek	5:02.63
18 Johnson, Kyle	SO	Athens Drive	5:03.97
19 Dane, Aiden	FR	Apex	5:05.13
20 Seeber, Andrew	FR	Grimsley	5:11.28
21 Wade, Colton	FR	Green Level	5:11.55
22 Archer, Nathan A	JR	Riverside	5:12.37
23 Bock, Michael		Apex Friendship	5:15.12
24 Whelehan, Colin	FR	Green Hope	5:15.32

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Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Green Hope		1:39.18
2 Apex Friendship		1:43.97
3 Cary		1:44.79
4 Apex		1:45.47
5 Holly Springs		1:45.75
6 Jordan		1:46.11
7 Panther Creek		1:46.12
8 Grimsley		1:46.37
9 Page		1:46.83
10 Green Level		1:47.05
11 NW Guilford		1:48.90
12 Athens Drive		1:51.20
13 Fuquay-Varina		1:51.32
14 Jack Britt		1:53.42
15 High Point Cent.		1:54.75
16 Riverside		1:55.29
17 Middle Creek		1:56.08
18 Garner		1:57.21
19 Pinecrest		1:59.99
20 Ragsdale		2:02.29
21 Hoke County		2:06.35
22 Lumberton		2:06.69
23 Scotland		2:12.45
24 Purnell Swett		2:24.15

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Page		1:25.91
2 Green Hope		1:27.56
3 Panther Creek		1:27.95
4 Athens Drive		1:28.94
5 Holly Springs		1:31.71
6 Riverside		1:32.80
7 Grimsley		1:32.98
8 Apex Friendship		1:33.26
9 Apex		1:34.50
10 Fuquay-Varina		1:35.56
11 Jordan		1:36.57
12 Pinecrest		1:36.73
13 Ragsdale		1:36.78
14 Middle Creek		1:37.62
15 NW Guilford		1:38.94
16 Garner		1:39.50
17 Cary		1:41.51
18 Jack Britt		1:43.40
19 Green Level		1:44.44
20 High Point Cent.		1:47.12
21 Lumberton		1:48.96
22 Scotland		1:53.32
23 Purnell Swett		1:58.17
24 Hillside		1:59.10

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Clark, Abigail	SO	Cary	57.98
2 Allred, Samantha	SO	Green Hope	58.92
3 Ally, Emily	JR	Page	59.26
4 Carson, Katherine	SO	Green Hope	1:00.50
5 Cruz, Agnes E	FR	NW Guilford	1:00.51
6 Hoover, Mary Catherine C	SO		Grimsley 1:00.59
7 Castle, Kendall	JR	Cary	1:01.44
8 Joseph, Neha		Apex Friendship	1:01.54
9 Hickey, Dillan	SO	Jordan	1:01.64
10 Pham, Jacquelyn	JR	Cary	1:01.67
11 Banks, Madie	JR	Panther Creek	1:01.85
12 Legarth, Megan		Apex Friendship	1:02.41
13 Guo, Vivian	SR	Panther Creek	1:02.69
14 Honaker, Olivia	SR	Panther Creek	1:02.69
15 Curran, Kaylie	JR	Cary	1:03.03
16 Rider, MacKenzie	JR	Grimsley	1:03.67
17 Holian, Sinclair	SR	Page	1:03.94
18 Williford, Caroline	JR	Holly Springs	1:04.12
19 Jacobs, Audrey	JR	Pinecrest	1:04.35
20 Cox, Caroline	SO	Grimsley	1:04.38
21 Groce, April	JR	Apex	1:04.51
22 Stark, Liv	JR	Panther Creek	1:05.30
23 Clowes, Mia		Apex Friendship	1:05.72
24 Lillis, Ryan		Apex Friendship	1:05.77

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Moore, Michael	SR	Green Hope	50.26
2 Weaver, Ryan A	SO	Riverside	50.74
3 Cotter, Colin	SR	Green Hope	52.01
4 Bunger, Joe	SO	Holly Springs	52.93
5 Tars, Robert	SO	Ragsdale	53.40
6 Ghim, Christopher	SR	Panther Creek	53.97
7 Silver, Ryan	JR	Athens Drive	54.29
8 Gillispie, Jake	SR	Grimsley	54.33
9 Benton, Jack		Apex Friendship	54.44
10 Chapman, John		Apex	54.45
11 Pena, Wyatt		Apex Friendship	54.70
12 Bridgham, Joey	JR	Athens Drive	56.33
13 Holian, Tanner	FR	Page	56.63
14 Nolet, Alec	SO	Green Hope	56.67
15 Haxholdt, Victor	JR	Athens Drive	56.75
16 Mei, Garlan	FR	Green Hope	56.88
17 Heffron, Fisher	SR	Holly Springs	57.00
18 McDonald, Trevor	SO	Athens Drive	57.07
19 Barker, Christopher	SR	Panther Creek	57.26
20 Roberts, Nicholas	SO	Jordan	57.32
21 Dole, Brady D	FR	NW Guilford	57.48
22 Smith, Nicholas	SR	Middle Creek	57.53
23 Curran, Garrett	JR	Panther Creek	58.72
24 Anderson, Tate	SO	Fuquay-Varina	58.92

2020 4A Central NCHSAA Regional Championships - 1/30/20 to 2/1/20

**Host: Page HS
Swimming & Diving
Psych Sheet**

Event 21 Women 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Zettel, Brooke		Apex Friendship	1:05.93
2 Baric, Maria	SR	Green Hope	1:06.53
3 Joyce, Genevieve	SR	Apex	1:07.69
4 Anderson, Sophie	SR	Apex	1:08.16
5 Day, Keenan	SO	Jordan	1:09.57
6 Xiao, Sunny	SR	Grimsley	1:10.08
7 Petschauer, Madison	SR	Apex	1:10.52
8 Smith, Corina	JR	Green Hope	1:10.66
9 Lin, Jennings	JR	Grimsley	1:10.75
10 Ahart, Savannah	SO	Fuquay-Varina	1:11.99
11 Strout, Jennifer	SO	Cary	1:12.09
12 McRae, Katherine	SO	Green Level	1:12.13
13 Gesse, Eliza	SR	Page	1:12.29
14 Alexander, Phoebe	SO	Athens Drive	1:12.34
15 Miller, Anna	SR	Jack Britt	1:13.03
16 Adams, Mackenzie		Green Hope	1:13.22
17 Haroldson, Olivia	SO	Cary	1:13.25
18 Biccum, Samantha	FR	Jordan	1:13.32
19 Jackson, Claire	FR	Green Hope	1:14.47
20 Tapper, Abbie		Apex Friendship	1:14.50
21 Malley, Delaney	FR	Green Level	1:15.21
22 Villalobos, Avril	FR	Cary	1:15.56
23 Yadav, Jotie	FR	Apex	1:15.75
24 Blake, Anna R	SR	NW Guilford	1:15.89

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Mikuta, Reid	SR	Page	55.64
2 Ssengonzi, Jesse	SR	Green Hope	58.14
3 Baldwin, Daniel	SR	Athens Drive	58.42
4 Tjandra, Davin	SR	Panther Creek	58.74
5 Keaney, Reilly	JR	Grimsley	1:00.43
6 Maycock, Julian	JR	Page	1:01.45
7 Martinez, Roman	SR	Fuquay-Varina	1:02.17
8 Juricak, Will		Apex Friendship	1:02.67
9 Jong, Ethan	SO	Panther Creek	1:03.50
10 Spreher, Preston	JR	Green Hope	1:03.78
11 Esposito, Patty	JR	Grimsley	1:04.03
12 McNutt, Joe	SR	Holly Springs	1:04.99
13 Shearin, Will	JR	Athens Drive	1:05.07
14 Mei, Garlan	FR	Green Hope	1:05.20
15 Ayres, Maxwell	FR	Apex	1:05.33
16 Cooper, William	SR	Pincrest	1:05.62
17 Paroly, Josh		Apex Friendship	1:05.64
18 Tate, Fletcher	SO	Grimsley	1:05.74
19 Thomas, Braden	FR	Athens Drive	1:06.74
20 Zakaria, Aidan	JR	Panther Creek	1:07.24
21 Yi, Feiran	FR	Green Level	1:07.33
22 Delcambre, Avery	FR	Cary	1:07.40
23 Cook, Parker		Apex Friendship	1:07.73
24 Smith, Benjamin W	SO	Riverside	1:07.73

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Green Hope		3:36.29
2 Apex Friendship		3:41.00
3 Cary		3:41.23
4 Apex		3:47.53
5 Panther Creek		3:52.10
6 Page		3:53.34
7 Grimsley		3:53.44
8 Holly Springs		3:53.89
9 Green Level		3:54.56
10 Middle Creek		3:54.63
11 Jordan		3:58.60
12 Athens Drive		3:58.91
13 Fuquay-Varina		4:09.31
14 NW Guilford		4:13.12
15 Jack Britt		4:14.59
16 Garner		4:29.95
17 High Point Cent.		4:34.62
18 Riverside		4:35.02
19 Ragsdale		4:35.53
20 Pincrest		4:42.14
21 Hoke County		5:00.77
22 Scotland		5:03.96
23 Lumberton		5:18.43

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Green Hope		3:11.55
2 Page		3:12.09
3 Panther Creek		3:16.90
4 Grimsley		3:17.17
5 Athens Drive		3:18.49
6 Apex Friendship		3:22.21
7 Holly Springs		3:22.72
8 Jordan		3:26.09
9 Apex		3:29.98
10 Riverside		3:30.70
11 Ragsdale		3:31.19
12 Middle Creek		3:36.55
13 Fuquay-Varina		3:36.93
14 Cary		3:37.45
15 Pincrest		3:42.09
16 Jack Britt		3:45.60
17 Green Level		3:47.18
18 Garner		3:50.72
19 NW Guilford		3:59.60
20 Scotland		4:14.51
21 Lumberton		4:30.30
22 High Point Cent.		5:19.62