

2023 3A Central NCHSAA Regional Championships - 2/2/2023 to 2/3/2023

Host: Rockingham County HS

Swimming & Diving

Psych Sheet - Preliminary

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 Orange		1:58.47
2 Carrboro		1:58.49
3 DSA		2:00.93
4 Northwood		2:01.55
5 Western Alamance		2:06.85
6 Ledford		2:07.23
7 Eastern Alamance		2:07.77
8 Union Pines		2:08.04
9 Asheboro		2:08.19
10 Cedar Ridge		2:10.72
11 Rockingham Co		2:12.39
12 North Davidson		2:14.40
13 Oak Grove		2:16.13
14 Atkins		2:21.86
15 Scotland		2:24.85
16 High Point Cent		2:29.97
17 Williams		2:30.06
18 Montgomery Cent		2:40.38
19 Central Davidson		2:41.57

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Orange		1:48.65
2 Rockingham Co		1:49.27
3 DSA		1:50.74
4 Central Davidson		1:52.09
5 Carrboro		1:52.19
6 Northwood		1:52.75
7 North Davidson		1:54.14
8 Union Pines		1:54.15
9 Ledford		1:54.65
10 Oak Grove		1:57.68
11 Atkins		1:58.95
12 Eastern Alamance		2:01.71
13 Western Alamance		2:05.38
14 Asheboro		2:12.12
15 Montgomery Cent		2:15.60

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Abigail Emrich	SO	Northwood	1:58.75
2 Megan Becker		Asheboro	2:01.61
3 Avery Shuping	SO	Carrboro	2:02.11
4 Sophia Stinnett	SO	Cedar Ridge	2:05.05
5 Holly Thesing	SO	Northwood	2:05.59
6 Bianca Perez	SR	Northwood	2:09.07
7 Maya Peterson	SR	Carrboro	2:12.66
8 Ava Milkowich	FR	Union Pines	2:18.01
9 Megan Healey	SR	DSA	2:20.45
10 Brooke Parker	JR	Rockingham Co	2:20.60
11 Emily Davies	SO	North Davidson	2:23.56
12 Anya Kallepalli	FR	Carrboro	2:23.74
13 Madelyn Wilson		Oak Grove	2:24.52
14 Caroline Goodnight	FR	Carrboro	2:25.92
15 Caycee Bert	SO	Scotland	2:28.57
16 Mina Coers	SO	DSA	2:29.67
17 Sierra Godfrey	SO	Cedar Ridge	2:30.39
18 Abbygale Pearce	SR	Cedar Ridge	2:35.32
19 Ellie Wileman	SR	Orange	2:36.03
20 Claudia Sadgrove	FR	Orange	2:36.63
21 Audrey Luben	SR	DSA	2:39.53
22 Molly Kruse	FR	Orange	2:40.10
23 Sophia Feken	SO	Cedar Ridge	2:40.96
24 Kirsten Hall	SO	Atkins	2:41.57

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Andrew Commins	JR	Carrboro	1:45.09
2 Nikhil Agans	JR	Cedar Ridge	1:49.16
3 Alexander Andre	SO	Orange	1:50.56
4 Luke Roman	SO	Orange	1:51.69
5 Joshua Vogl		Oak Grove	1:59.52
6 Samuel Schmitz	FR	Union Pines	2:00.27
7 Lane Blankenship	SR	Rockingham Co	2:00.97
8 Zachary Maiorana	FR	Carrboro	2:02.85
9 Ryan Becker	JR	Carrboro	2:05.47
10 Christian Smith Pumalpa	SO	Northwood	2:06.60
11 Aiden Fleming		Oak Grove	2:07.33
12 Greyson Brummer	SR	Orange	2:08.89
13 Philip Cauwels	SO	Cedar Ridge	2:09.04
14 Vinton Euler	SR	DSA	2:09.71
15 Hatcher Williams	JR	Carrboro	2:12.33
16 Robert Gale	SO	Atkins	2:15.35
17 Logan Glaubitz	SO	Union Pines	2:17.89
18 Klay Blue	FR	Union Pines	2:18.94
19 Dylan Lodle		Oak Grove	2:20.24
20 Dalton Collins	JR	Central Davidson	2:23.08
21 Noah Wiggs	JR	Eastern Alamance	2:23.88
22 Graham Hurst	JR	Atkins	2:25.01
23 Elijah Mayle	FR	Eastern Alamance	2:25.93
24 Noah Jones	SO	Orange	2:26.21

2023 3A Central NCHSAA Regional Championships - 2/2/2023 to 2/3/2023**Host: Rockingham County HS****Swimming & Diving****Psych Sheet - Preliminary****Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Maya Lambert	JR	Carrboro	2:04.68
2 Braylee Carter	SR	Eastern Alamance	2:22.76
3 Quinn McCrimmon	SO	Cedar Ridge	2:28.24
4 Sofia Guaman	SO	Carrboro	2:29.38
5 Avery Brown	SO	Carrboro	2:29.65
6 Taylor Johnson		Scotland	2:30.40
7 Elizabeth Merlette	FR	Western Alamance	2:30.88
8 Lauren Emrich	SR	Northwood	2:30.97
9 Ainsley Rasinske	FR	Orange	2:40.48
10 Betty Buckley	JR	Carrboro	2:43.52
11 Paige Kern		Montgomery Cent	2:43.80
12 Baylei Burgess	SO	North Davidson	2:49.51
13 Mattie Berrier	JR	North Davidson	2:52.36
14 Grace Dunzo	SR	DSA	2:52.66
15 Gracie Eanes		Oak Grove	2:53.04
16 Isabella Papendieck	SR	Northwood	2:56.37
17 Ryen Gibbs	SO	Eastern Alamance	3:02.66
18 Caitlin Davis	SR	Atkins	3:04.56
19 Allison Wiebking	SR	Atkins	3:05.06
20 Claudia Foushee	JR	DSA	3:06.28
21 Sara Cornelison	SR	Asheboro	3:07.59
22 Addison Trogdon		Asheboro	3:10.17
23 Claire Kimball	SO	Cedar Ridge	3:11.68
24 Lily Phillips		Oak Grove	3:12.60

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 William Sikes	SR	Northwood	2:00.28
2 Matt Strada	JR	Carrboro	2:03.45
3 Evan Phillips	SR	Orange	2:08.20
4 Rowan Criddlebaugh		High Point Cent	2:10.56
5 Jeremy Everitt	SR	Rockingham Co	2:10.85
6 Alex Delgadillo	FR	Carrboro	2:15.65
7 Nicholas Baczara	SO	Orange	2:18.67
8 Daniel Park	SR	Union Pines	2:22.91
9 Jan Brynda	JR	Carrboro	2:22.98
10 Andrew Weeks	SR	Orange	2:24.70
11 Chase Sheffield		Ledford	2:25.71
12 Cooper Berrier	SO	North Davidson	2:26.95
13 Tigue Hipps	SR	Western Alamance	2:27.26
14 Cullen Cox	FR	Union Pines	2:27.94
15 Tay Tranel	FR	Union Pines	2:28.54
16 Gavin Goots	SO	Rockingham Co	2:30.91
17 Dawson Benton	SO	Rockingham Co	2:31.32
18 Eli Fulcher		Oak Grove	2:35.60
19 Everett Padgett	SO	Atkins	2:38.08
20 Vincent Ardia	FR	Carrboro	2:39.56
21 Ben Sirgany	JR	Orange	2:39.91
22 Charles McDonell		Oak Grove	2:42.88
23 Xavier Lodle		Oak Grove	2:43.83
24 Spencer Postle	FR	Atkins	2:44.49

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Katie Belle Sikes	JR	Orange	23.48
2 Kaley White	SR	Eastern Guilford	25.18
3 Cassidy Grubb	SR	Oak Grove	25.58
4 Eva Doyle		High Point Cent	26.80
5 Abi Robinson	JR	Williams	26.81
6 Brea White		Ledford	27.01
7 Piper White	FR	Orange	27.44
8 Kyla Conner	FR	Carrboro	27.48
9 Kinsey McCubbin	FR	Carrboro	28.24
10 Abbygale Pearce	SR	Cedar Ridge	28.44
11 Aylin McGowan	FR	Carrboro	28.47
12 Audrey Hupman	SR	Eastern Alamance	28.47
13 Anna Wesley	FR	Carrboro	28.65
14 Peyton Yuan	SO	DSA	28.67
15 Emmerson Topete	FR	DSA	28.83
16 Izzy Everhart	FR	Union Pines	28.88
17 Madison Burnette	SR	Asheboro	28.89
18 Anna Wiebking	SO	Atkins	28.95
19 Sarah McLaughlin	SO	Western Alamance	29.09
20 Rachel Hartsell	SO	North Davidson	29.48
21 Molly Widderich	SR	Eastern Alamance	29.60
22 Chelsea Quinn	SR	Western Alamance	29.62
23 Lily Peele		Ledford	29.99
24 Abby Brinker	SO	Eastern Alamance	30.05

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Lucca Battaglini	JR	DSA	21.00
2 Connor Cayer	SR	Central Davidson	21.88
3 Lawson McMichael	SR	Rockingham Co	23.07
4 Wyatt Wilson	JR	Rockingham Co	23.11
5 Oliver Normand	JR	Carrboro	23.31
6 Jesse Sikes	SO	Northwood	23.94
7 Connor Danelson	SR	Atkins	23.94
8 Jacob Meuser		North Davidson	24.18
9 Tyler Smith	JR	Asheboro	24.27
10 Evan Messer		Oak Grove	24.31
11 Ryan Becker	JR	Carrboro	24.78
12 Brody Tranel	SR	Union Pines	24.80
13 Logan Thoma		Ledford	25.01
14 Rance Jackson	FR	Central Davidson	25.13
15 Eamon Hipps	FR	Western Alamance	25.42
16 Wylie Kline	JR	Western Alamance	25.56
17 Seth Hydzik	SR	Asheboro	25.67
18 Dreizin Ginsberg	SR	DSA	25.99
19 Landon James	SO	North Davidson	26.26
20 Matthew Norman	JR	North Davidson	26.26
21 Aiden Simmons	SO	Union Pines	26.38
22 Jeffery Dang		Ben L Smith	26.50
23 Tucker Queen		Ledford	26.50
24 Jacob Coble	SO	Eastern Alamance	26.71

2023 3A Central NCHSAA Regional Championships - 2/2/2023 to 2/3/2023

Host: Rockingham County HS

Swimming & Diving

Psych Sheet - Preliminary

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Rachel Vandersea	SR	Carrboro	359.95

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Maya Lambert	JR	Carrboro	55.82
2 Abigail Emrich	SO	Northwood	59.30
3 Riley White	JR	Orange	1:01.28
4 Kaley White	SR	Eastern Guilford	1:01.37
5 Jordan Marley	SR	DSA	1:03.29
6 Quinn McCrimmon	SO	Cedar Ridge	1:06.42
7 Avery Brown	SO	Carrboro	1:07.62
8 Chloe Scott	SR	Eastern Alamance	1:07.64
9 Ava Milkowich	FR	Union Pines	1:07.80
10 Ella Artrip		North Davidson	1:17.89
11 Camille Lambert		Oak Grove	1:24.62
12 Caitlin Davis	SR	Atkins	1:25.30
13 Rachel Hartsell	SO	North Davidson	1:26.92
14 Kendall Abbott	FR	Central Davidson	1:29.04
15 Callie Freeman	JR	Central Davidson	1:30.84
16 Catherine Latham	JR	Cedar Ridge	1:35.55

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Lucca Battaglini	JR	DSA	49.73
2 William Sikes	SR	Northwood	55.32
3 Owen Sawyer	SR	Eastern Alamance	55.84
4 Nicholas Baczara	SO	Orange	59.52
5 Daniel Park	SR	Union Pines	1:00.56
6 Lane Cooke	SR	North Davidson	1:00.97
7 Connor Danelson	SR	Atkins	1:02.86
8 Zachary Maiorana	FR	Carrboro	1:03.82
9 Morgan Turner	JR	Northwood	1:03.95
10 Everett Padgett	SO	Atkins	1:05.21
11 Hatcher Williams	JR	Carrboro	1:07.45
12 Matthew Norman	JR	North Davidson	1:08.38
13 Aiden Simmons	SO	Union Pines	1:08.50
14 Judah Steinberg		North Davidson	1:09.17
15 Adan Conte		Ledford	1:10.03
16 Tucker Queen		Ledford	1:10.17
17 Devon Bronson	JR	North Davidson	1:12.10
18 Luke Riddle		Ledford	1:15.60
19 Abraham Williard		Oak Grove	1:15.61
20 William Dishmon	SR	Rockingham Co	1:16.98
21 Grayson Messer		Oak Grove	1:18.01
22 Benjamin Pudlo	FR	Union Pines	1:19.61
23 Andrew Morris		Oak Grove	1:21.30

Event 13 Women 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Katie Belle Sikes	JR	Orange	52.04
2 Jenna Koh		Ledford	55.28
3 Cassidy Grubb	SR	Oak Grove	56.66
4 Megan Becker		Asheboro	56.75
5 Alexis Krzyzaniak	JR	DSA	57.04
6 Piper White	FR	Orange	58.68
7 Abi Robinson	JR	Williams	1:00.15
8 Brea White		Ledford	1:01.26
9 Lyndsey Heathcote	SR	Western Alamance	1:01.36
10 Elizabeth Merlette	FR	Western Alamance	1:01.57
11 Kyla Conner	FR	Carrboro	1:02.26
12 Claire Weld	SO	Union Pines	1:02.30
13 Catherine Miller		High Point Cent	1:02.47
14 Madelyn Wilson		Oak Grove	1:02.80
15 Frances Reed	JR	Carrboro	1:03.80
16 Kinsey McCubbin	FR	Carrboro	1:04.34
17 Emily Davies	SO	North Davidson	1:05.10
18 Claire Ramsey	SR	DSA	1:05.23
19 Sydney Leventhal	SR	Eastern Alamance	1:06.17
20 Sarah McLaughlin	SO	Western Alamance	1:06.40
21 Grace Dunzo	SR	DSA	1:08.50
22 Aylin McGowan	FR	Carrboro	1:08.87
23 Isabella Papendieck	SR	Northwood	1:11.18
24 Grace Gabrielli	JR	Williams	1:11.22

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Will Thompson	SR	Carrboro	47.31
2 William Gray	JR	DSA	49.74
3 Wyatt Wilson	JR	Rockingham Co	51.16
4 Nikhil Agans	JR	Cedar Ridge	51.17
5 Lawson McMichael	SR	Rockingham Co	52.39
6 Connor Cayer	SR	Central Davidson	52.97
7 Oliver Normand	JR	Carrboro	52.98
8 Aaron Reyes	SR	Atkins	54.01
9 Sam McCallion	SR	Carrboro	54.59
10 Evan Messer		Oak Grove	56.01
11 Tigie Hipps	SR	Western Alamance	56.08
12 Tyler Smith	JR	Asheboro	56.10
13 Jacob Meuser		North Davidson	56.41
14 Jason Pattison	SR	Cedar Ridge	56.56
15 Brody Tranel	SR	Union Pines	56.84
16 Vinton Euler	SR	DSA	57.48
17 Landon James	SO	North Davidson	57.87
18 Ayden Twiddy	SO	Orange	58.12
19 Dalton McMichael	FR	Rockingham Co	58.87
20 Greyson Brummer	SR	Orange	1:00.36
21 Robert Gale	SO	Atkins	1:00.49
22 Wesley Blankenship	SO	Rockingham Co	1:00.84
23 Rylan Brummer	JR	Orange	1:01.24
24 Will Simpson	SR	Atkins	1:01.71

2023 3A Central NCHSAA Regional Championships - 2/2/2023 to 2/3/2023

Host: Rockingham County HS

Swimming & Diving

Psych Sheet - Preliminary

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Avery Shuping	SO	Carrboro	5:19.10
2 Braylee Carter	SR	Eastern Alamance	5:30.58
3 Maci Columbia	SO	Asheboro	5:34.33
4 Sophia Stinnett	SO	Cedar Ridge	5:38.32
5 Holly Thesing	SO	Northwood	5:46.31
6 Maya Peterson	SR	Carrboro	5:47.49
7 Bianca Perez	SR	Northwood	5:56.59
8 Kensley Gasaway	FR	Western Alamance	5:57.94
9 Taylor Johnson		Scotland	6:00.44
10 Ainsley Rasinske	FR	Orange	6:14.63
11 Maya Sipper	JR	Northwood	6:17.22
12 Chloe Scott	SR	Eastern Alamance	6:20.83
13 Anya Kallepalli	FR	Carrboro	6:26.19
14 Caroline Goodnight	FR	Carrboro	6:30.50
15 Caycee Bert	SO	Scotland	6:31.44
16 Kinsey Meador	SR	Oak Grove	6:38.93
17 Hala Zafar	FR	Cedar Ridge	6:47.82
18 Mattie Berrier	JR	North Davidson	6:57.00
19 Ellie Wileman	SR	Orange	7:11.73
20 Sarah Latham	SO	Cedar Ridge	7:12.68
21 Kirsten Hall	SO	Atkins	7:13.71
22 Sara Cornelison	SR	Asheboro	7:28.29

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Carrboro		1:47.19
2 Orange		1:47.33
3 DSA		1:50.29
4 Ledford		1:53.83
5 Oak Grove		1:54.30
6 Asheboro		1:54.65
7 Rockingham Co		1:55.55
8 Cedar Ridge		1:56.09
9 Western Alamance		1:56.68
10 Eastern Alamance		1:56.92
11 North Davidson		2:00.16
12 Union Pines		2:00.29
13 Northwood		2:02.39
14 Williams		2:11.87
15 Montgomery Cent		2:11.96
16 Atkins		2:12.43
17 Scotland		2:20.84
18 Central Davidson		2:21.62

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Andrew Commins	JR	Carrboro	4:32.86
2 Luke Roman	SO	Orange	4:54.40
3 Matt Strada	JR	Carrboro	4:58.60
4 Alexander Andre	SO	Orange	4:59.03
5 Grey DeWalt	FR	Carrboro	5:18.10
6 Alex Delgadillo	FR	Carrboro	5:26.23
7 Samuel Schmitz	FR	Union Pines	5:35.00
8 Philip Cauwels	SO	Cedar Ridge	5:37.38
9 Lane Cooke	SR	North Davidson	5:47.13
10 Aiden Fleming		Oak Grove	5:52.83
11 Christian Smith Pumalpa	SO	Northwood	5:53.51
12 Eamon Hips	FR	Western Alamance	5:56.11
13 Ayden Twiddy	SO	Orange	6:05.11
14 Morgan Turner	JR	Northwood	6:24.23
15 Dylan Lodle		Oak Grove	6:42.65
16 Rylan Brummer	JR	Orange	6:47.55
17 Owen Gearren		Oak Grove	6:51.93
18 Noah Wiggs	JR	Eastern Alamance	6:52.40
19 Gustavo Diaz		Asheboro	7:15.84
20 Spencer Postle	FR	Atkins	7:16.21
21 Jayden Wagner		Oak Grove	7:17.64
22 Zach Hartup	FR	Atkins	7:21.98
23 Julio Santillan		Ledford	7:24.23

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Carrboro		1:31.53
2 Rockingham Co		1:33.35
3 DSA		1:34.29
4 Orange		1:40.11
5 Oak Grove		1:40.78
6 Ledford		1:42.93
7 North Davidson		1:43.66
8 Cedar Ridge		1:47.68
9 Western Alamance		1:48.17
10 Asheboro		1:49.02
11 Atkins		1:49.23
12 Union Pines		1:49.85
13 Eastern Alamance		1:52.67
14 Montgomery Cent		1:53.10
15 Central Davidson		1:54.91
16 Ben L Smith		2:08.74
17 Scotland		2:25.04

2023 3A Central NCHSAA Regional Championships - 2/2/2023 to 2/3/2023**Host: Rockingham County HS****Swimming & Diving****Psych Sheet - Preliminary****Event 19 Women 100 Yard Backstroke**

Name	Yr	School	Seed Time
1 Alexis Krzyzaniak	JR	DSA	1:03.73
2 Jordan Marley	SR	DSA	1:04.43
3 Riley White	JR	Orange	1:04.51
4 Catherine Miller		High Point Cent	1:08.79
5 Brooke Parker	JR	Rockingham Co	1:08.96
6 Kensley Gasaway	FR	Western Alamance	1:09.39
7 Izzy Everhart	FR	Union Pines	1:09.45
8 Megan Healey	SR	DSA	1:10.53
9 Anna Wesley	FR	Carrboro	1:10.96
10 Frances Reed	JR	Carrboro	1:11.17
11 Maya Sipper	JR	Northwood	1:11.71
12 Kinsey Meador	SR	Oak Grove	1:11.98
13 Peyton Yuan	SO	DSA	1:12.70
14 Betty Buckley	JR	Carrboro	1:12.91
15 Paige Kern		Montgomery Cent	1:13.36
16 Ella Artrip		North Davidson	1:13.81
17 Rowan Hunsberger	JR	Carrboro	1:15.21
18 Fiona Wolfe-Roberts		Asheboro	1:15.38
19 Sierra Godfrey	SO	Cedar Ridge	1:17.02
20 Lily Peele		Ledford	1:17.56
21 Madison Pryor	SR	Rockingham Co	1:17.87
22 Lillian Bacigalupo	JR	Eastern Alamance	1:18.18
23 Reese Kline	FR	Western Alamance	1:21.70
24 Maddy Lehman	SR	Union Pines	1:24.18

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Will Thompson	SR	Carrboro	50.54
2 William Gray	JR	DSA	56.12
3 Chase Sheffield		Ledford	1:00.28
4 Owen Sawyer	SR	Eastern Alamance	1:00.73
5 Grey DeWalt	FR	Carrboro	1:00.84
6 Jeremy Everitt	SR	Rockingham Co	1:00.95
7 Andrew Weeks	SR	Orange	1:01.16
8 Cooper Berrier	SO	North Davidson	1:01.38
9 Sam McCallion	SR	Carrboro	1:02.81
10 Jason Pattison	SR	Cedar Ridge	1:05.51
11 Tay Tranel	FR	Union Pines	1:08.31
12 Dawson Benton	SO	Rockingham Co	1:10.27
13 Owen Johnson		North Davidson	1:11.09
14 Ben Sirgany	JR	Orange	1:11.10
15 Wesley Blankenship	SO	Rockingham Co	1:11.39
16 Klay Blue	FR	Union Pines	1:11.47
17 Owen Gearren		Oak Grove	1:12.98
18 Colin Wuthrich	FR	Orange	1:13.64
19 Brett Hupman	SR	Eastern Alamance	1:14.14
20 Shepherd Causby	JR	Atkins	1:14.22
21 Xavier Lodle		Oak Grove	1:14.79
22 Zackery Ollis	JR	Western Alamance	1:16.61
23 William Dishmon	SR	Rockingham Co	1:17.31
24 Marshall Brown		Ledford	1:20.14

Event 21 Women 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Jenna Koh		Ledford	1:09.26
2 Lauren Emrich	SR	Northwood	1:13.87
3 Lyndsey Heathcote	SR	Western Alamance	1:14.65
4 Claire Weld	SO	Union Pines	1:15.27
5 Ellie Hill	FR	Carrboro	1:15.33
6 Maci Columbia	SO	Asheboro	1:17.62
7 Chelsea Quinn	SR	Western Alamance	1:17.65
8 Sydney Leventhal	SR	Eastern Alamance	1:18.19
9 Claire Ramsey	SR	DSA	1:18.64
10 Eva Doyle		High Point Cent	1:18.72
11 Sofia Guaman	SO	Carrboro	1:19.97
12 Baylei Burgess	SO	North Davidson	1:20.08
13 Mina Coers	SO	DSA	1:20.77
14 Addison Bartlett	SO	DSA	1:21.61
15 Carole-Ann Page	SR	Rockingham Co	1:22.21
16 Rowan Hunsberger	JR	Carrboro	1:24.67
17 Fiona Wolfe-Roberts		Asheboro	1:25.96
18 Katherine Maddock	SR	Oak Grove	1:26.51
19 Abigail Meuser		North Davidson	1:27.70
20 Ally Stevens		Ledford	1:28.29
21 Hala Zafar	FR	Cedar Ridge	1:28.88
22 Claudia Sadgrove	FR	Orange	1:29.70
23 Savannah Matthews	SR	Northwood	1:29.76
24 Molly Kruse	FR	Orange	1:29.97

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Evan Phillips	SR	Orange	1:03.80
2 Rowan Cridlebaugh		High Point Cent	1:03.93
3 Aaron Reyes	SR	Atkins	1:04.81
4 Lane Blankenship	SR	Rockingham Co	1:08.35
5 Jesse Sikes	SO	Northwood	1:09.77
6 Joshua Vogl		Oak Grove	1:09.90
7 Gavin Goots	SO	Rockingham Co	1:11.17
8 Cullen Cox	FR	Union Pines	1:12.27
9 Myers McCulloch	SR	Central Davidson	1:12.47
10 Jan Brynda	JR	Carrboro	1:12.98
11 Jacob Garrett	SR	Northwood	1:16.03
12 Adan Conte		Ledford	1:16.94
13 Eli Fulcher		Oak Grove	1:16.96
14 Dreizin Ginsberg	SR	DSA	1:17.54
15 Vincent Ardia	FR	Carrboro	1:17.90
16 Seth Hydzik	SR	Asheboro	1:18.03
17 Logan Glaubitz	SO	Union Pines	1:18.40
18 Grayson Byrd	SR	North Davidson	1:18.56
19 Jayden Wagner		Oak Grove	1:18.95
20 Charles McDonell		Oak Grove	1:19.03
21 Wylie Kline	JR	Western Alamance	1:19.04
22 Henry Gage	SR	Atkins	1:19.80
23 Garrett Richardson		Montgomery Cent	1:22.52
24 Iain Nicol	JR	Union Pines	1:22.78

2023 3A Central NCHSAA Regional Championships - 2/2/2023 to 2/3/2023

Host: Rockingham County HS

Swimming & Diving

Psych Sheet - Preliminary

Event 23	Women 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Carrboro		3:53.75
2 Orange		3:56.12
3 Northwood		4:01.06
4 Asheboro		4:11.65
5 Oak Grove		4:13.88
6 Cedar Ridge		4:17.65
7 Western Alamance		4:19.31
8 Eastern Alamance		4:24.76
9 DSA		4:26.99
10 North Davidson		4:27.40
11 Union Pines		4:30.90
12 Rockingham Co		4:33.66
13 Scotland		4:38.96
14 Atkins		4:56.88
15 Montgomery Cent		5:12.81
16 Central Davidson		5:22.46
17 Ledford		5:35.64

Event 24	Men 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Carrboro		3:17.89
2 Rockingham Co		3:32.00
3 Northwood		3:38.55
4 Orange		3:39.61
5 Oak Grove		3:45.79
6 North Davidson		3:47.15
7 Central Davidson		3:51.33
8 Union Pines		3:52.71
9 Cedar Ridge		3:59.59
10 Atkins		4:04.96
11 Western Alamance		4:06.87
12 Eastern Alamance		4:10.38
13 Asheboro		4:17.92
14 Ledford		4:33.03
15 Montgomery Cent		4:35.25
16 Ben L Smith		5:19.87