

2019 3A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19

Host: Northern Guilford HS

Swimming & Diving

Results

Scores - Women

| | |
|------------------------|-----|
| 1. Chapel Hill | 313 |
| 2. East Chapel Hill | 269 |
| 3. Northern Guilford | 262 |
| 4. Northwood | 225 |
| 5. Mount Tabor | 175 |
| 6. Concord | 143 |
| 7. Orange | 129 |
| 8. Southwest Guilford | 123 |
| 8. Western Alamance | 123 |
| 10. Rockingham County | 117 |
| 11. Parkland | 99 |
| 12. Piedmont | 88 |
| 13. Southeast Guilford | 65 |
| 14. Jesse Carson | 41 |
| 15. Eastern Alamance | 34 |
| 16. Union Pines | 21 |
| 17. Western Guilford | 17 |
| 18. Walter M. Williams | 11 |
| 19. East Rowan | 4 |
| 19. Terry Sanford | 4 |
| 21. John M. Morehead | 2 |

Scores - Men

| | |
|------------------------|-----|
| 1. Chapel Hill | 318 |
| 2. Mount Tabor | 311 |
| 3. East Chapel Hill | 289 |
| 4. Southwest Guilford | 197 |
| 5. Concord | 173 |
| 6. Orange | 171 |
| 7. Northern Guilford | 133 |
| 8. Parkland | 121 |
| 9. Piedmont | 97 |
| 10. Western Alamance | 91 |
| 11. Union Pines | 83 |
| 12. Western Guilford | 50 |
| 13. Northwood | 43 |
| 14. Cedar Ridge | 40 |
| 15. Jesse Carson | 34 |
| 16. Dalton McMichael | 33 |
| 16. Walter M. Williams | 33 |
| 18. Rockingham County | 32 |
| 19. Terry Sanford | 19 |
| 19. Lee County | 19 |
| 21. Southern Alamance | 13 |
| 22. Eastern Alamance | 8 |
| 23. Southeast Guilford | 2 |

Event 1 Women 200 Yard Medley Relay

1:44.54 AA-A

1:46.44 AA-C All-America

| Team | Relay | Finals Time | Points |
|-------------------------|----------------------|--------------------|--------|
| 1 Northwood | | 1:51.51 | 40 |
| 1) Corrado, Mia | 2) Earnshaw, Suzanne | 4) Posse, Madeline | |
| 28.55 31.61 26.67 | 24.68 | | |
| 2 Northern Guilford | | 1:52.03 | 34 |
| 1) Schoppa, Maura | 2) Schoppa, Abby | 4) Bene, Sophie | |
| 27.54 31.37 28.51 | 24.61 | | |
| 3 Chapel Hill | | 1:56.64 | 32 |
| 1) Rose, Mia | 2) Kornstein, Olivia | 4) Ames, Poppy | |
| 30.36 34.54 26.65 | 25.09 | | |
| 4 Concord | | 1:56.79 | 30 |
| 1) Burchfield, Caroline | 2) Halbach, Allyson | 4) Carney, Mary | |
| 28.71 33.44 28.10 | 26.54 | | |
| 5 Mount Tabor | | 1:57.33 | 28 |
| 1) Kohrt, Lucy | 2) Wolf, Annie | 4) Miller, Summer | |
| 30.75 32.28 28.19 | 26.11 | | |
| 6 East Chapel Hill | | 1:58.44 | 26 |
| 1) Lee, Tricia | 2) Hannan, Zoe | 4) Sun, Meghan | |
| 30.41 32.03 30.17 | 25.83 | | |
| 7 Southwest Guilford | | 1:58.84 | 24 |
| 1) Mann, Haley | 2) Murphy, Rylie | 4) Jordan, Sydney | |
| 32.20 32.70 27.82 | 26.12 | | |
| 8 Orange | | 1:59.47 | 22 |
| 1) Behringer, Ashley | 2) Walker, Brooke | 4) Walker, Calla | |
| 30.48 33.19 29.23 | 26.57 | | |

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(Event 1 Women 200 Yard Medley Relay)

| Team | Relay | | | Finals Time | Points |
|-----------------------|-----------------------------|------------------------|----------------------------|-------------|--------|
| 9 Western Alamance | | | | 1:59.80 | 18 |
| 1) Henderson, Abigail | 2) Stafford, Kate | 3) McDevitt, Elizabeth | 4) Purgar, Emily | | |
| 31.84 31.41 27.14 | 29.41 | | | | |
| 10 Parkland | | | | 1:59.93 | 14 |
| 1) Pennington, Isabel | 2) Ballard, Meghan | 3) Eldeeb, Mayar | 4) Gauthier, Emma | | |
| 28.36 32.14 32.48 | 26.95 | | | | |
| 11 Piedmont | | | | 2:01.70 | 12 |
| 1) Nielsen, Ally | 2) Rose, Gabby | 3) Yandle, Ava | 4) Slape, Gabby | | |
| 34.17 34.14 26.78 | 26.61 | | | | |
| 12 Rockingham County | | | | 2:02.59 | 10 |
| 1) Wilson, Peyton | 2) Denson, Bethany | 3) Gagnon, Taylor | 4) Wilmouth, Reanna | | |
| 29.61 35.44 29.73 | 27.81 | | | | |
| 13 Union Pines | | | | 2:03.94 | 8 |
| 1) Davenport, Parker | 2) Prevatte, Madalyn | 3) Saunders, Emma | 4) Everhart, Madeline | | |
| 31.68 35.45 30.07 | 26.74 | | | | |
| 14 Southeast Guilford | | | | 2:08.20 | 6 |
| 1) Cook, Kourtney | 2) Southwell, Gracie | 3) Newman, Gabrielle | 4) Patton, Sofia | | |
| 29.30 36.50 34.53 | 27.87 | | | | |
| 15 Walter M. Williams | | | | 2:13.09 | 4 |
| 1) Higgins, Olivia | 2) Gagnon, Anna | 3) Higgins, Hannah | 4) Oroz, Maria | | |
| 35.88 34.49 35.38 | 27.34 | | | | |
| 16 Terry Sanford | | | | 2:17.76 | 2 |
| 1) Dayaprema, Selomi | 2) Hodge, Margaret | 3) Curl, Allison | 4) Jimenez-Vasquez, Briana | | |
| 39.05 39.75 31.20 | 27.76 | | | | |
| 17 Eastern Alamance | | | | 2:22.34 | |
| 1) Banko, Megan | 2) Evans, Katie | 3) Lange, Sophia | 4) Cary, Jenna | | |
| 40.32 41.38 27.66 | 32.98 | | | | |
| 18 East Rowan | | | | 2:23.89 | |
| 1) Culp, Brenna | 2) Trexler, Susie | 3) Lewis, Victoria | 4) Faller, Grace | | |
| 34.42 41.50 38.65 | 29.32 | | | | |
| 19 John M. Morehead | | | | 2:24.85 | |
| 1) Chrapliwy, Abby | 2) Walker, Kailey | 3) Smith, Kennedy | 4) Blankenship, Megan | | |
| 36.16 43.33 36.43 | 28.93 | | | | |
| 20 Cedar Ridge | | | | 2:25.49 | |
| 1) Aitkin, Olivia | 2) Raupp, Tegan | 3) Woods, Victoria | 4) Lanier, Sydney | | |
| 32.98 42.80 38.71 | 31.00 | | | | |
| 21 Southern Alamance | | | | 2:29.90 | |
| 1) Johnston, McNeil | 2) Drozdowski, Caelyn | 3) Cameron, Finley | 4) Mosely, Kelsey | | |
| 35.29 46.44 34.47 | 33.70 | | | | |
| --- Western Guilford | | | | DQ | |
| 1) Topalovic, Gloria | 2) Thompson, Mary Katherine | 3) Evans, Grace | 4) Stack, Alaina | | |
| 35.17 36.12 30.46 | 30.01 | | | | |
| --- Jesse Carson | | | | DQ | |
| 1) Hart, Savannah | 2) Bidy, Brooklyn | 3) Brown, Montana | 4) Weatherby, Olivia | | |
| 35.95 | 28.46 | | | | |
| --- Asheboro | | | | DQ | |
| 1) Herrin, Tatum | 2) Pincus, Angelia | 3) Curtis, Destiny | 4) Smith, Riley | | |
| 39.99 38.09 36.77 | 32.53 | | | | |

2019 3A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19
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Event 2 Men 200 Yard Medley Relay

1:33.34 AA-A

1:34.94 AA-C All-America

| Team | Relay | | | Finals Time | Points |
|-----------------------|-------------------------|-----------------------------|-----------------------|-------------|--------|
| 1 Southwest Guilford | | | | 1:41.14 | 40 |
| 1) Kwon, Kyle | 2) Moseley, Sawyer | 3) Watson, William | 4) Jones, Jeff | | |
| 25.92 28.09 23.29 | 23.84 | | | | |
| 2 Mount Tabor | | | | 1:44.11 | 34 |
| 1) Wagner, Matt | 2) Gray, Gage | 3) Whitworth, Nate | 4) Johnson, Samuel | | |
| 25.26 30.57 24.90 | 23.38 | | | | |
| 3 Concord | | | | 1:44.27 | 32 |
| 1) Lucky, Andrew | 2) Lucky, Matthew | 3) Vincent, Ben | 4) Moon, Jackson | | |
| 26.38 28.30 25.64 | 23.95 | | | | |
| 4 Orange | | | | 1:45.07 | 30 |
| 1) Walker, Gabe | 2) Geib, Matthew | 3) Jimison, Noah | 4) Rasinske, Owen | | |
| 27.50 28.95 25.44 | 23.18 | | | | |
| 5 Parkland | | | | 1:46.63 | 28 |
| 1) Brown, Bailey | 2) Vye, Nicholas | 3) Lamphier, Nicholas | 4) Vye, Benjamin | | |
| 28.92 28.10 26.30 | 23.31 | | | | |
| 6 Chapel Hill | | | | 1:46.96 | 26 |
| 1) Chang, Austin | 2) Bretzmann, Peter | 3) Cotton, Michael | 4) Volpe, Michael | | |
| 27.86 28.19 27.05 | 23.86 | | | | |
| 7 Northern Guilford | | | | 1:49.05 | 24 |
| 1) Akan, Obadele | 2) Gustafson, Connor | 3) Rodriguez, Alex | 4) Wachendorfer, Matt | | |
| 27.63 30.15 27.53 | 23.74 | | | | |
| 8 Union Pines | | | | 1:49.92 | 22 |
| 1) Majuri, Luke | 2) Prevatte, Jarrett | 3) Tranel, Keaton | 4) Venjohn, Victor | | |
| 28.90 31.94 24.38 | 24.70 | | | | |
| 9 Western Alamance | | | | 1:53.49 | 18 |
| 1) Murray, Joe | 2) Dove, Conner | 3) Henderson, Noah | 4) Pais, Mervin | | |
| 29.94 35.69 23.46 | 24.40 | | | | |
| 10 Rockingham County | | | | 1:57.53 | 14 |
| 1) McKinney, Austin | 2) Reichenbach, Matthew | 3) Cuenca Rodriquez, Alvaro | 4) Everett, John | | |
| 32.41 32.36 27.79 | 24.97 | | | | |
| 11 Northwood | | | | 1:57.57 | 12 |
| 1) Foye, Sean | 2) Earnshaw, Sam | 3) Hoeg, Lars | 4) Little, Nate | | |
| 31.86 33.01 25.79 | 26.91 | | | | |
| 12 Jesse Carson | | | | 1:58.27 | 10 |
| 1) Sever, Cooper | 2) Palmer, Hayden | 3) Epley, Matthew | 4) Dixon, Cole | | |
| 29.34 35.24 28.03 | 25.66 | | | | |
| 13 Terry Sanford | | | | 2:00.18 | 8 |
| 1) Li, David | 2) Harris, Thomas | 3) Smith, Tristan | 4) Harris, William | | |
| 28.29 36.48 28.46 | 26.95 | | | | |
| 14 Western Guilford | | | | 2:00.51 | 6 |
| 1) Dulin, Collin | 2) Ollis, Micah | 3) Dahlinghaus, Will | 4) Kashubara, Zach | | |
| 31.50 35.09 28.76 | 25.16 | | | | |
| 15 Dalton McMichael | | | | 2:00.75 | 4 |
| 1) Brim, Tanner | 2) Isley, Nate | 3) Blackard, Brody | 4) Beasley, Izik | | |
| 37.62 32.49 24.52 | 26.12 | | | | |
| 16 Piedmont | | | | 2:01.53 | 2 |
| 1) Gaura, Alex | 2) Helms, Ethan | 3) Turner, Sam | 4) Nielsen, Jonas | | |
| 33.46 35.50 27.62 | 24.95 | | | | |
| 17 Southern Alamance | | | | 2:06.99 | |
| 1) Hines, Tyler | 2) Fleming, Ryan | 3) Ickes, Kyle | 4) Rowland, Jakeb | | |
| 34.77 37.11 27.21 | 27.90 | | | | |
| 18 Southeast Guilford | | | | 2:07.31 | |
| 1) Nixon, Spencer | 2) Adt, Zachary | 3) Martin, Noah | 4) Williams, Hunter | | |
| 31.64 39.39 30.98 | 25.30 | | | | |

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Results

(Event 2 Men 200 Yard Medley Relay)

| Team | Relay | Finals Time | Points |
|----------------------|------------------------|-----------------------|---------------------|
| 19 Asheboro | | 2:07.89 | |
| 1) Surratt, Worth | 2) Hydzik, Jonah | 3) Green, Caleb | 4) Monroe, Malcolm |
| 34.57 34.10 31.80 | 27.42 | | |
| 20 Eastern Alamance | | 2:13.56 | |
| 1) Engwall, Doc | 2) Brouwer, Ethan | 3) Evans, Andrew | 4) Banko, Joseph |
| 31.10 36.97 39.47 | 26.02 | | |
| 21 Eastern Guilford | | 2:22.07 | |
| 1) Phillips, Shane | 2) Ayona-Bello, Carlos | 3) Mulvey, Samuel | 4) Maloney, Patrick |
| 34.55 45.20 32.60 | 29.72 | | |
| --- Cedar Ridge | | DQ | |
| 1) Koehler, Cameron | 2) Bunner, Devin | 3) Castaneda, Gabriel | 4) Garcia, John |
| 32.52 27.56 28.20 | 24.49 | | |
| --- East Chapel Hill | | DQ | |
| 1) Mu, Andrew | 2) Dingfelder, David | 3) Poteat, Max | 4) Charles, Miles |
| 25.61 28.92 24.17 | 22.49 | | |
| --- John M. Morehead | | DQ | |
| 1) Lusk, Reece | 2) Barham, Mason | 3) Harris, Colby | 4) Dalton, Logan |
| 35.04 35.75 29.43 | 25.81 | | |

Event 3 Women 200 Yard Freestyle

| Name | School | Finals Time | Points |
|-----------------------|--------|-------------|--------|
| 1 Schoppa, Maura | NGUIL | 1:54.53 | 20 |
| 2 Potter, Laurin | TABOR | 1:56.04 | 17 |
| 3 Regelsberger, Emily | ECHPH | 1:57.67 | 16 |
| 4 Wilson, Peyton | ROCCO | 1:58.05 | 15 |
| 5 McDevitt, Elizabeth | WALAM | 1:59.46 | 14 |
| 6 Ballard, Meghan | PARKL | 2:00.81 | 13 |
| 7 Posse, Madeline | NWOOD | 2:03.87 | 12 |
| 8 Carney, Mary | CNCRD | 2:04.82 | 11 |
| 9 Rose, Mia | CHPHL | 2:06.81 | 9 |
| 10 Oroz, Claudia | ROCCO | 2:07.38 | 7 |
| 11 Slape, Gabby | PEDMT | 2:07.67 | 6 |
| 12 Campbell, Melissa | ORNGE | 2:10.31 | 5 |
| 13 Wachendorfer, Ella | NGUIL | 2:14.19 | 4 |
| 14 Liu, Emily | ECHPH | 2:14.74 | 3 |
| 15 Stevens, Abigail | WGUIL | 2:15.01 | 2 |
| 16 Behringer, Lauren | ORNGE | 2:15.41 | 1 |
| 17 Peurifoy, McKenzie | CNCRD | 2:15.95 | |
| 18 McCormick, Hadley | CHPHL | 2:16.21 | |
| 19 Higgins, Avery | SWGUI | 2:17.08 | |
| 20 Oroz, Maria | WWLMS | 2:17.75 | |
| 21 Shopmyer, Riley | ORNGE | 2:19.66 | |
| 22 Berreth, Kate | CHPHL | 2:20.61 | |
| 23 Brice, Shelby | TABOR | 2:22.31 | |
| 24 Spaugh, Ellie | CNCRD | 2:22.41 | |

Event 4 Men 200 Yard Freestyle

| Name | School | Finals Time | Points |
|------------------------|--------|-------------|--------|
| 1 Armentrout, Will | TABOR | 1:47.50 | 20 |
| 2 Charles, Miles | ECHPH | 1:48.36 | 17 |
| 3 Xu, Ayden | CHPHL | 1:49.89 | 16 |
| 4 Lucky, Andrew | CNCRD | 1:51.68 | 15 |
| 5 Esposito, Patrick | WWLMS | 1:52.38 | 14 |
| 6 Vye, Benjamin | PARKL | 1:53.85 | 13 |
| 7 Wachendorfer, Matt | NGUIL | 1:54.28 | 12 |
| 8 Grubbs, John Avery | TABOR | 1:54.46 | 11 |
| 9 Chang, Austin | CHPHL | 1:56.40 | 9 |
| 10 Cotton, Michael | CHPHL | 1:57.25 | 7 |
| 11 DeCubellis, Eli | CNCRD | 1:59.08 | 6 |
| 12 Murray, Joe | WALAM | 1:59.27 | 5 |
| 13 Jones, Jeff | SWGUI | 2:00.88 | 4 |
| 14 Epley, Matthew | CARSN | 2:01.82 | 3 |
| 15 Simon, Jack | ECHPH | 2:02.41 | 2 |
| 16 Shank, Hudson | PEDMT | 2:03.10 | 1 |
| 17 Ballesteros, Daniel | WGUIL | 2:03.58 | |
| 18 Castaneda, Gabriel | CRIDG | 2:04.03 | |
| 19 Keat, Aaron | NGUIL | 2:05.30 | |
| 20 Armentrout, Owen | TABOR | 2:09.38 | |
| 21 George, Ethan | ORNGE | 2:09.57 | |
| 22 Dulin, Collin | WGUIL | 2:11.88 | |
| 23 Qaqish, Ameer | ECHPH | 2:12.62 | |
| --- Glebus, Chris | NGUIL | DQ | |

2019 3A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19

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Swimming & Diving

Results

Event 5 Women 200 Yard IM

2:01.69 AA-A
2:04.02 AA-C All-America

| Name | School | Finals Time | |
|-----------------------------|--------|-------------|----|
| 1 Xu, Savannah | CHPHL | 2:13.24 | 20 |
| 2 Schoppa, Abby | NGUIL | 2:13.99 | 17 |
| 3 Earnshaw, Suzanne | NWOOD | 2:14.94 | 16 |
| 4 Wolf, Annie | TABOR | 2:17.67 | 15 |
| 5 Kornstein, Olivia | CHPHL | 2:18.30 | 14 |
| 6 Behringer, Ashley | ORNGE | 2:18.55 | 13 |
| 7 Hannan, Zoe | ECHPH | 2:18.72 | 12 |
| 8 Cook, Kourtney | SEGUI | 2:19.11 | 11 |
| 9 Henderson, Abigail | WALAM | 2:19.86 | 9 |
| 10 Vancil, Anna | NGUIL | 2:25.77 | 7 |
| 11 Walker, Brooke | ORNGE | 2:27.81 | 6 |
| 12 Foye, Katie | NWOOD | 2:29.97 | 5 |
| 13 Sirgany, Madison | ORNGE | 2:30.22 | 4 |
| 14 Qin, Annie | ECHPH | 2:32.06 | 3 |
| 15 Campbell, Melissa | ORNGE | 2:32.60 | 2 |
| 16 Kluepfel, Valerie | NGUIL | 2:33.15 | 1 |
| 17 Guthrie, Mia | CNCRD | 2:34.70 | |
| 18 Burge, Laurin | WALAM | 2:34.95 | |
| 19 Curl, Allison | TSANF | 2:37.57 | |
| 20 Rose, Gabby | PEDMT | 2:38.56 | |
| 21 Thompson, Mary Katherine | WGUIL | 2:38.60 | |
| 22 Pace, Ivy | ROCCO | 2:42.71 | |
| 23 McNeill, Emma | TABOR | 2:47.68 | |
| --- Davenport, Parker | UPINS | DQ | |

Event 6 Men 200 Yard IM

1:49.83 AA-A
1:51.77 AA-C All-America

| Name | School | Finals Time | |
|----------------------|--------|-------------|----|
| 1 Bretzmann, Peter | CHPHL | 1:57.20 | 20 |
| 2 Lucky, Matthew | CNCRD | 1:59.21 | 17 |
| 3 Poteat, Max | ECHPH | 2:00.34 | 16 |
| 4 Wagner, Matt | TABOR | 2:01.42 | 15 |
| 5 Vye, Nicholas | PARKL | 2:02.84 | 14 |
| 6 Jimison, Noah | ORNGE | 2:03.69 | 13 |
| 7 Nally, Benjamin | ECHPH | 2:04.46 | 12 |
| 8 Bunner, Devin | CRIDG | 2:05.25 | 11 |
| 9 Qaqish, Danny | ECHPH | 2:08.92 | 9 |
| 10 Jeffries, Andrew | LEECO | 2:12.02 | 7 |
| 11 Li, David | TSANF | 2:14.89 | 6 |
| 12 Brown, Bailey | PARKL | 2:17.37 | 5 |
| 13 Akan, Obadele | NGUIL | 2:19.06 | 4 |
| 14 Pollina, Ethan | NGUIL | 2:22.87 | 3 |
| 15 Leder, Matthew | CNCRD | 2:23.04 | 2 |
| 16 Cassidy, Austin | TABOR | 2:25.68 | 1 |
| 17 Mullis, Nicholas | PEDMT | 2:26.70 | |
| 18 McGhee, Connor | PEDMT | 2:26.80 | |
| 19 Rasinske, Sam | ORNGE | 2:27.18 | |
| 20 Loch, Samuel | ORNGE | 2:28.24 | |
| 21 Pais, Mervin | WALAM | 2:30.91 | |
| 22 Dahlinghaus, Will | WGUIL | 2:32.29 | |
| 23 Pyati, Tejus | CHPHL | 2:32.34 | |

Event 7 Women 50 Yard Freestyle

23.23 AA-A
23.58 AA-C All-America

| Name | School | Finals Time | |
|-------------------------|--------|-------------|----|
| 1 Abbott, Tate | SWGUI | 24.69 | 20 |
| 2 Pennington, Isabel | PARKL | 25.33 | 17 |
| 3 Sept, Audrey | ECHPH | 25.36 | 16 |
| 4 Bene, Sophie | NGUIL | 25.37 | 15 |
| 5 Stafford, Kate | WALAM | 25.43 | 14 |
| 6 Ames, Poppy | CHPHL | 25.69 | 13 |
| 7 Lotfy, Christina | CNCRD | 25.74 | 12 |
| 8 Gaur, Ambika | CHPHL | 25.84 | 11 |
| *9 Burchfield, Caroline | CNCRD | 26.02 | 8 |
| *9 Murphy, Rylie | SWGUI | 26.02 | 8 |
| 11 Kent, Emma | CHPHL | 26.20 | 6 |
| 12 Sun, Meghan | ECHPH | 26.22 | 5 |
| 13 Hoeg, Gwen | NWOOD | 26.25 | 4 |
| 14 Gagnon, Anna | WWLMS | 26.34 | 3 |
| 15 Jordan, Sydney | SWGUI | 26.50 | 2 |
| 16 Whitworth, Frances | TABOR | 26.64 | 1 |
| 17 Miller, Summer | TABOR | 26.68 | |
| 18 Walker, Calla | ORNGE | 26.72 | |
| 19 Sever, Taylor | CARSN | 27.07 | |
| 20 Wilmouth, Reanna | ROCCO | 27.30 | |
| 21 Aitkin, Olivia | CRIDG | 27.43 | |
| 22 Long, Leah | CNCRD | 27.51 | |
| 23 Mann, Haley | SWGUI | 27.90 | |
| 24 Patton, Sofia | SEGUI | 27.97 | |

Event 8 Men 50 Yard Freestyle

20.60 AA-A
20.96 AA-C All-America

| Name | School | Finals Time | |
|-----------------------------|--------|-------------|----|
| 1 Henderson, Noah | WALAM | 21.08 | 20 |
| 2 McKee, Garrett | PEDMT | 22.15 | 17 |
| 3 Prestwood, Brendan | TABOR | 22.30 | 16 |
| 4 Kwon, Kyle | SWGUI | 22.69 | 15 |
| 5 Blackard, Brody | MCMHL | 22.75 | 14 |
| 6 Walker, Gabe | ORNGE | 23.13 | 13 |
| 7 Ickes, Kyle | SALAM | 23.20 | 12 |
| 8 Majuri, Luke | UPINS | 23.23 | 11 |
| 9 Seelbach, Zachary | ECHPH | 23.25 | 9 |
| 10 Johnson, Samuel | TABOR | 23.36 | 7 |
| 11 Hoeg, Lars | NWOOD | 23.39 | 6 |
| 12 Rasinske, Owen | ORNGE | 23.51 | 5 |
| 13 Tranel, Keaton | UPINS | 23.58 | 4 |
| 14 Pressley, Wyatt | SWGUI | 24.09 | 3 |
| 15 Moon, Jackson | CNCRD | 24.13 | 2 |
| 16 Foye, Sean | NWOOD | 24.38 | 1 |
| 17 Kreider, Alex | EALAM | 24.52 | |
| 18 Cuenca Rodriguez, Alvaro | ROCCO | 24.55 | |
| 19 Venjohn, Victor | UPINS | 24.75 | |
| 20 Lyon, Josh | SWGUI | 24.96 | |
| 21 Roman, Cross | ORNGE | 25.03 | |
| 22 Welch, Sam | ECHPH | 25.20 | |
| 23 Burnette, Avinson | ORNGE | 25.26 | |
| 24 Dixon, Cole | CARSN | 25.60 | |

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Swimming & Diving

Results

Event 9 Women 1 mtr Diving

| | | 375.00 | AA-C All-America | | |
|-----------------|--------|--------------|------------------|----|--|
| Name | School | Finals Score | | | |
| 1 Cook, Katelyn | SEGUI | 434.25 | | 20 | |
| 2 Tate, Clara | CHPHL | 433.30 | | 17 | |
| 3 Paul, Jessica | NGUIL | 395.45 | | 16 | |
| 4 Huan, Cloris | CHPHL | 327.50 | | 15 | |
| 5 Petrella, Eva | CHPHL | 233.15 | | 14 | |
| 6 McNeill, Emma | TABOR | 211.85 | | 13 | |

Event 10 Men 1 mtr Diving

| | | 375.00 | AA-C All-America | | |
|---------------------|--------|--------------|------------------|----|--|
| Name | School | Finals Score | | | |
| 1 Newis, Nicholas | WGUIL | 472.75 | | 20 | |
| 2 Zitko, Statz | ORNGE | 342.40 | | 17 | |
| 3 Purves, Jameson | CHPHL | 231.15 | | 16 | |
| 4 Jones, Jeff | SWGUI | 229.10 | | 15 | |
| 5 McCrary, Chase | TABOR | 228.65 | | 14 | |
| 6 Knight, Alexander | CHPHL | 228.20 | | 13 | |
| 7 Gray, Gage | TABOR | 197.30 | | 12 | |
| 8 George, Julius | CHPHL | 195.35 | | 11 | |
| 9 Luck, Langston | ECHPH | 182.90 | | 9 | |
| 10 Smith, Drew | TABOR | 180.05 | | 7 | |
| 11 Gaspar, Adam | TABOR | 145.80 | | 6 | |

Event 11 Women 100 Yard Butterfly

| | | 54.45 | AA-A | | |
|----------------------------|--------|-------------|------------------|----|--|
| | | 55.63 | AA-C All-America | | |
| Name | School | Finals Time | | | |
| 1 Yandle, Ava | PEDMT | 57.81 | | 20 | |
| 2 Lange, Sophia | EALAM | 58.48 | | 17 | |
| 3 McDevitt, Elizabeth | WALAM | 58.66 | | 16 | |
| 4 Potter, Laurin | TABOR | 59.76 | | 15 | |
| 5 Tocci, Marissa | CHPHL | 59.93 | | 14 | |
| 6 Earnshaw, Julia | NWOOD | 1:01.05 | | 13 | |
| 7 Behringer, Ashley | ORNGE | 1:01.97 | | 12 | |
| 8 Beane, Kyndall | NGUIL | 1:02.26 | | 11 | |
| 9 Sun, Meghan | ECHPH | 1:03.92 | | 9 | |
| 10 Shorter, Olivia | CARSN | 1:05.29 | | 7 | |
| 11 Dease, Abby | ORNGE | 1:05.92 | | 6 | |
| 12 Grajzar, Maddie | WALAM | 1:06.72 | | 5 | |
| 13 Whitworth, Frances | TABOR | 1:06.80 | | 4 | |
| 14 Liu, Emily | ECHPH | 1:08.50 | | 3 | |
| 15 McCormick, Hadley | CHPHL | 1:08.54 | | 2 | |
| 16 Guthrie, Mia | CNCRD | 1:10.00 | | 1 | |
| 17 Jimenez-Vasquez, Briana | TSANF | 1:10.13 | | | |
| 18 Saunders, Emma | UPINS | 1:10.42 | | | |
| 19 Curl, Allison | TSANF | 1:11.05 | | | |
| 20 Conger, Elizabeth | NWOOD | 1:11.49 | | | |
| 21 Swink, Ashlyn | TABOR | 1:11.82 | | | |
| 22 Challa, Malli | CHPHL | 1:12.66 | | | |
| 23 Serano, Emma | NWOOD | 1:12.69 | | | |
| 24 Nunez, Katrina | CHPHL | 1:12.84 | | | |

Event 12 Men 100 Yard Butterfly

| | | 48.96 | AA-A | | |
|-----------------------|--------|-------------|------------------|----|--|
| | | 50.03 | AA-C All-America | | |
| Name | School | Finals Time | | | |
| 1 Henderson, Noah | WALAM | 50.30 | | 20 | |
| 2 Watson, William | SWGUI | 51.90 | | 17 | |
| 3 Poteat, Max | ECHPH | 54.21 | | 16 | |
| 4 Charles, Miles | ECHPH | 54.57 | | 15 | |
| 5 Whitworth, Nate | TABOR | 54.61 | | 14 | |
| 6 Volpe, Michael | CHPHL | 55.40 | | 13 | |
| 7 Geib, Matthew | ORNGE | 55.82 | | 12 | |
| 8 Blackard, Brody | MCMHL | 56.13 | | 11 | |
| 9 Majuri, Luke | UPINS | 57.00 | | 9 | |
| 10 Tranel, Keaton | UPINS | 57.85 | | 7 | |
| 11 Qaqish, Danny | ECHPH | 58.15 | | 6 | |
| 12 Lamphier, Nicholas | PARKL | 58.31 | | 5 | |
| 13 Nicholson, Graham | ECHPH | 1:00.11 | | 4 | |
| 14 Li, David | TSANF | 1:00.88 | | 3 | |
| 15 Cotton, Michael | CHPHL | 1:01.70 | | 2 | |
| 16 Johnson, Samuel | TABOR | 1:02.03 | | 1 | |
| 17 Hagler, Austin | SWGUI | 1:02.67 | | | |
| 18 Sever, Cooper | CARSN | 1:03.26 | | | |
| 19 Turner, Sam | PEDMT | 1:03.40 | | | |
| 20 Castaneda, Gabriel | CRIDG | 1:04.24 | | | |
| 21 Dahlinghaus, Will | WGUIL | 1:05.84 | | | |
| 22 Moore, Ian | ORNGE | 1:05.99 | | | |
| 23 Smith, Tristan | TSANF | 1:06.91 | | | |
| 24 Rodriguez, Alex | NGUIL | 1:08.45 | | | |

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Event 13 Women 100 Yard Freestyle

50.29 AA-A
51.13 AA-C All-America

| Name | School | Finals Time | |
|----------------------------|--------|-------------|----|
| 1 Schoppa, Maura | NGUIL | 52.81 | 20 |
| 2 Sept, Audrey | ECHPH | 54.39 | 17 |
| 3 Posse, Madeline | NWOOD | 54.54 | 16 |
| 4 Earnshaw, Julia | NWOOD | 54.65 | 15 |
| 5 Abbott, Tate | SWGUI | 55.85 | 14 |
| 6 Heetderks, Claire | ECHPH | 55.91 | 13 |
| 7 Gaur, Ambika | CHPHL | 56.29 | 12 |
| 8 Lee, Tricia | ECHPH | 56.35 | 11 |
| 9 Lotfy, Christina | CNCRD | 57.11 | 9 |
| 10 Ames, Poppy | CHPHL | 57.59 | 7 |
| 11 Burchfield, Caroline | CNCRD | 57.87 | 6 |
| 12 Oroz, Claudia | ROCCO | 58.39 | 5 |
| 13 Bene, Sophie | NGUIL | 58.68 | 4 |
| 14 Denson, Bethany | ROCCO | 58.81 | 3 |
| 15 Miller, Summer | TABOR | 59.00 | 2 |
| 16 Sever, Taylor | CARSN | 59.85 | 1 |
| 17 Halbach, Allyson | CNCRD | 59.88 | |
| 18 Hoeg, Gwen | NWOOD | 59.92 | |
| 19 Jimenez-Vasquez, Briana | TSANF | 1:00.04 | |
| 20 Aitkin, Olivia | CRIDG | 1:00.09 | |
| 21 Oroz, Maria | WWLMS | 1:01.18 | |
| 22 Jordan, Sydney | SWGUI | 1:02.56 | |

Event 14 Men 100 Yard Freestyle

44.99 AA-A
45.78 AA-C All-America

| Name | School | Finals Time | |
|-----------------------------|--------|-------------|----|
| 1 Hoover, Sam | CHPHL | 46.16 | 20 |
| 2 Watson, William | SWGUI | 48.77 | 17 |
| 3 McKee, Garrett | PEDMT | 48.87 | 16 |
| 4 Prestwood, Brendan | TABOR | 49.27 | 15 |
| 5 Xu, Ayden | CHPHL | 50.03 | 14 |
| 6 Mu, Andrew | ECHPH | 50.05 | 13 |
| 7 Dingfelder, David | ECHPH | 50.09 | 12 |
| 8 Kwon, Kyle | SWGUI | 50.48 | 11 |
| 9 Wohl, David | ECHPH | 51.40 | 9 |
| 10 Vincent, Ben | CNCRD | 51.89 | 7 |
| 11 Wachendorfer, Matt | NGUIL | 51.90 | 6 |
| 12 Vye, Benjamin | PARKL | 51.95 | 5 |
| 13 Walker, Gabe | ORNGE | 51.97 | 4 |
| 14 Rasinske, Owen | ORNGE | 52.31 | 3 |
| 15 Earnshaw, Sam | NWOOD | 53.31 | 2 |
| 16 Ickes, Kyle | SALAM | 53.67 | 1 |
| 17 Moon, Jackson | CNCRD | 53.90 | |
| 18 Roman, Cross | ORNGE | 54.09 | |
| 19 DeCubellis, Eli | CNCRD | 55.06 | |
| 20 Ballesteros, Daniel | WGUIL | 55.13 | |
| 21 Garcia, John | CRIDG | 55.91 | |
| 22 Cuenca Rodriguez, Alvaro | ROCCO | 56.65 | |
| 23 Dixon, Cole | CARSN | 57.25 | |

Event 15 Women 500 Yard Freestyle

4:52.26 AA-A
4:57.09 AA-C All-America

| Name | School | Finals Time | |
|-----------------------|--------|-------------|----|
| 1 Wilson, Peyton | ROCCO | 5:11.42 | 20 |
| 2 Lange, Sophia | EALAM | 5:15.67 | 17 |
| 3 Regelsberger, Emily | ECHPH | 5:15.68 | 16 |
| 4 Corrado, Mia | NWOOD | 5:16.26 | 15 |
| 5 Beane, Kyndall | NGUIL | 5:25.02 | 14 |
| 6 Ballard, Meghan | PARKL | 5:26.79 | 13 |
| 7 Kornstein, Olivia | CHPHL | 5:32.40 | 12 |
| 8 Rose, Mia | CHPHL | 5:33.36 | 11 |
| 9 Dease, Abby | ORNGE | 5:35.79 | 9 |
| 10 Carney, Mary | CNCRD | 5:40.64 | 7 |
| 11 Kohrt, Lucy | TABOR | 5:42.33 | 6 |
| 12 Shorter, Olivia | CARSN | 5:46.39 | 5 |
| 13 Gauthier, Emma | PARKL | 5:48.70 | 4 |
| 14 Slape, Gabby | PEDMT | 5:48.96 | 3 |
| 15 Holmes, Mary | ECHPH | 5:50.12 | 2 |
| 16 Foye, Katie | NWOOD | 5:57.94 | 1 |
| 17 Stevens, Abigail | WGUIL | 6:04.86 | |
| 18 Berreth, Kate | CHPHL | 6:07.61 | |
| 19 Wachendorfer, Ella | NGUIL | 6:09.95 | |
| 20 Behringer, Lauren | ORNGE | 6:11.06 | |
| 21 Purgar, Emily | WALAM | 6:11.35 | |
| 22 Roberts, Cameron | ECHPH | 6:13.81 | |
| 23 Sorjonen, Taika | NGUIL | 6:23.54 | |
| 24 Brice, Shelby | TABOR | 6:38.32 | |

Event 16 Men 500 Yard Freestyle

4:28.75 AA-A
4:33.39 AA-C All-America

| Name | School | Finals Time | |
|-----------------------|--------|-------------|----|
| 1 Bretzmann, Peter | CHPHL | 4:48.61 | 20 |
| 2 Nally, Benjamin | ECHPH | 4:54.62 | 17 |
| 3 Chang, Austin | CHPHL | 4:59.75 | 16 |
| 4 Jimison, Noah | ORNGE | 5:03.32 | 15 |
| 5 Moseley, Sawyer | SWGUI | 5:10.87 | 14 |
| 6 Simon, Jack | ECHPH | 5:25.95 | 13 |
| 7 Glebus, Chris | NGUIL | 5:27.69 | 12 |
| 8 Sever, Cooper | CARSN | 5:29.52 | 11 |
| 9 Keat, Aaron | NGUIL | 5:38.64 | 9 |
| 10 Hagler, Austin | SWGUI | 5:41.35 | 7 |
| 11 Spottswood, Aidan | TABOR | 5:42.69 | 6 |
| 12 Cassidy, Ethan | ORNGE | 5:44.54 | 5 |
| 13 Gessidy, Austin | TABOR | 5:52.17 | 4 |
| 14 Campbell, Benjamin | CHPHL | 5:52.34 | 3 |
| 15 McGhee, Connor | PEDMT | 5:54.01 | 2 |
| 16 Armentrout, Owen | TABOR | 5:56.73 | 1 |
| 17 Murali, Preetish | PARKL | 5:58.97 | |
| 18 Dulin, Collin | WGUIL | 6:01.36 | |
| 19 Nielsen, Jonas | PEDMT | 6:02.78 | |
| 20 Pais, Mervin | WALAM | 6:05.42 | |
| 21 Sherwood, Josh | CHPHL | 6:11.56 | |
| 22 Yow, Brandon | CARSN | 6:26.16 | |
| 23 Smull, Brendan | TABOR | 6:26.17 | |
| 24 Gaillard, Alston | PARKL | 6:31.95 | |

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Event 17 Women 200 Yard Freestyle Relay

1:35.50 AA-A

1:37.16 AA-C All-America

| Team | Relay | | | Finals Time | Points |
|-----------------------|--|--------------------------------------|-------------------------|-----------------------------------|---------------|
| 1 Northern Guilford | 1) Schoppa, Maura 24.54 25.26 25.51 | 2) Schoppa, Abby 25.32 | 3) Beane, Kyndall | 1:40.63 4) Bene, Sophie | 40 |
| 2 Chapel Hill | 1) Ames, Poppy 25.77 25.64 25.12 | 2) Kent, Emma 25.07 | 3) Gaur, Ambika | 1:41.60 4) Xu, Savannah | 34 |
| 3 East Chapel Hill | 1) Sept, Audrey 25.41 25.78 25.49 | 2) Sun, Meghan 25.14 | 3) Heetderks, Claire | 1:41.82 4) Regelsberger, Emily | 32 |
| 4 Southwest Guilford | 1) Jordan, Sydney 27.01 27.83 25.94 | 2) Patel, Alayna 24.50 | 3) Murphy, Rylie | 1:45.28 4) Abbott, Tate | 30 |
| 5 Mount Tabor | 1) Whitworth, Frances 26.84 26.34 27.76 | 2) Miller, Summer 24.70 | 3) Gaspar, Ella | 1:45.64 4) Potter, Laurin | 28 |
| 6 Concord | 1) Guthrie, Mia 27.43 26.40 26.56 | 2) Halbach, Allyson 25.89 | 3) Burchfield, Caroline | 1:46.28 4) Lotfy, Christina | 26 |
| 7 Rockingham County | 1) Tate, Hunter 28.33 26.67 26.79 | 2) Oroz, Claudia 26.73 | 3) Gagnon, Taylor | 1:48.52 4) Wilmouth, Reanna | 24 |
| 8 Piedmont | 1) Slape, Gabby 27.10 28.43 28.39 | 2) Nielsen, Ally 25.48 | 3) Rose, Gabby | 1:49.40 4) Yandle, Ava | 22 |
| 9 Jesse Carson | 1) Sever, Taylor 27.10 28.06 27.30 | 2) Hughley, Malia 27.27 | 3) Sears, Cassidy | 1:49.73 4) Shorter, Olivia | 18 |
| 10 Orange | 1) Behringer, Ashley 26.29 30.10 26.72 | 2) Shopmyer, Emmy 27.41 | 3) Dease, Abby | 1:50.52 4) Walker, Calla | 14 |
| 11 Northwood | 1) Foye, Katie 27.65 29.14 28.85 | 2) Gisser, Sarena 26.73 | 3) Beck, Sarah | 1:52.37 4) Hoeg, Gwen | 12 |
| 12 Union Pines | 1) Saunders, Emma 27.36 29.66 28.29 | 2) Anderson, Abby 28.68 | 3) Prevatte, Madalyn | 1:53.99 4) Davenport, Parker | 10 |
| 13 Western Guilford | 1) Stack, Alaina 30.38 28.73 28.16 | 2) Thompson, Mary Katherine 27.36 | 3) Stevens, Abigail | 1:54.63 4) Evans, Grace | 8 |
| 14 Southeast Guilford | 1) Southwell, Gracie 30.19 31.88 29.75 | 2) Newman, Gabrielle 28.39 | 3) Reid, Kloe | 2:00.21 4) Patton, Sofia | 6 |
| 15 East Rowan | 1) Hill, Baleigh 30.03 31.20 59.82 | 2) Braun, Sierra | 3) Mari, Maria | 2:01.05 4) Faller, Grace | 4 |
| 16 John M. Morehead | 1) Fisher, Kylie 32.47 31.94 29.44 | 2) Barton, Sarah 28.81 | 3) Chrapliwy, Abby | 2:02.66 4) Blankenship, Megan | 2 |
| 17 Cedar Ridge | 1) Lanier, Sydney 32.07 32.26 27.19 | 2) Badgett, Savannah 31.77 | 3) Aitkin, Olivia | 2:03.29 4) Myler, Jillian | |
| 18 Western Alamance | 1) Snyder, Stella 32.50 33.35 32.12 | 2) Conklin, Claire 27.78 | 3) Gauthier, Marielle | 2:05.75 4) Burge, Laurin | |

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(Event 17 Women 200 Yard Freestyle Relay)

| Team | Relay | Finals Time | Points |
|---------------------|-------------------|--------------------|--------|
| 19 Asheboro | | 2:07.13 | |
| 1) Smith, Riley | 2) Herrin, Tatum | 4) Pincus, Angelia | |
| 32.95 32.84 32.93 | 28.41 | | |
| 20 Dalton McMichael | | 2:11.01 | |
| 1) Griffin, Ashlyn | 2) Smith, Taylor | 4) Zenquis, Selena | |
| 33.28 33.26 35.00 | 29.47 | | |
| 21 Western Harnett | | 2:15.22 | |
| 1) Engstad, Aubrey | 2) Foy, Amanda | 4) Jones, Emma | |
| 30.95 34.82 35.00 | 34.45 | | |
| 22 Eastern Alamance | | 2:21.72 | |
| 1) Byrd, Audrey | 2) Hulsey, Kaila | 4) Dobson, Grace | |
| 35.41 39.14 35.55 | 31.62 | | |
| 23 Parkland | | 2:22.70 | |
| 1) Ebhodaghe, Joyce | 2) Onasanya, Ife | 4) Glazener, Abby | |
| 31.63 39.54 40.61 | 30.92 | | |
| 24 Eastern Guilford | | 2:22.80 | |
| 1) Sides, Jordan | 2) Nguyen, Monica | 4) White, Ashley | |
| 35.43 40.07 36.83 | 30.47 | | |

Event 18 Men 200 Yard Freestyle Relay

1:24.92 AA-A

1:26.03 AA-C All-America

| Team | Relay | Finals Time | Points |
|----------------------|----------------------|-----------------------|--------|
| 1 Chapel Hill | | 1:30.51 | 40 |
| 1) Xu, Ayden | 2) Cotton, Michael | 4) Hoover, Sam | |
| 22.94 23.49 25.03 | 19.05 | | |
| 2 Mount Tabor | | 1:30.83 | 34 |
| 1) Armentrout, Will | 2) Johnson, Samuel | 4) Prestwood, Brendan | |
| 22.97 23.26 22.84 | 21.76 | | |
| 3 Southwest Guilford | | 1:32.28 | 32 |
| 1) Kwon, Kyle | 2) Moseley, Sawyer | 4) Watson, William | |
| 22.96 23.12 24.12 | 22.08 | | |
| 4 East Chapel Hill | | 1:33.79 | 30 |
| 1) Nicholson, Graham | 2) Seelbach, Zachary | 4) Nally, Benjamin | |
| 25.07 23.08 22.66 | 22.98 | | |
| 5 Piedmont | | 1:34.93 | 28 |
| 1) Turner, Sam | 2) Nielsen, Jonas | 4) McKee, Garrett | |
| 24.91 24.35 23.99 | 21.68 | | |
| 6 Union Pines | | 1:35.61 | 26 |
| 1) Tranel, Keaton | 2) Graham, Dalton | 4) Majuri, Luke | |
| 23.88 24.63 23.85 | 23.25 | | |
| 7 Northern Guilford | | 1:37.03 | 24 |
| 1) Singh, Yash | 2) Keat, Aaron | 4) Wachendorfer, Matt | |
| 23.81 24.81 24.94 | 23.47 | | |
| 8 Northwood | | 1:37.10 | 22 |
| 1) Earnshaw, Sam | 2) Foye, Sean | 4) Hoeg, Lars | |
| 23.98 23.86 26.34 | 22.92 | | |
| 9 Concord | | 1:37.34 | 18 |
| 1) DeCubellis, Eli | 2) Leder, Matthew | 4) Moon, Jackson | |
| 24.57 24.61 24.23 | 23.93 | | |
| 10 Cedar Ridge | | 1:37.89 | 14 |
| 1) Koehler, Cameron | 2) Bunner, Devin | 4) Garcia, John | |
| 25.26 23.33 24.88 | 24.42 | | |

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(Event 18 Men 200 Yard Freestyle Relay)

| Team | | Relay | | Finals Time | Points |
|------|---------------------|----------------------|------------------------|---------------------|--------|
| 11 | Orange | | | 1:40.18 | 12 |
| | 1) Roman, Cross | 2) George, Ethan | 3) Rasinske, Sam | 4) Geib, Matthew | |
| | 24.88 26.13 25.31 | 23.86 | | | |
| 12 | Western Guilford | | | 1:43.10 | 10 |
| | 1) Chen, Derek | 2) Ollis, Micah | 3) Ballesteros, Daniel | 4) Kashubara, Zach | |
| | 27.51 26.15 24.66 | 24.78 | | | |
| 13 | Eastern Alamance | | | 1:43.87 | 8 |
| | 1) Banko, Joseph | 2) Lawrence, Macon | 3) Engwall, Doc | 4) Kreider, Alex | |
| | 25.07 27.69 26.91 | 24.20 | | | |
| 14 | Rockingham County | | | 1:44.21 | 6 |
| | 1) Carter, Heath | 2) McKinney, Matthew | 3) Shreve, Hawk | 4) Everett, John | |
| | 26.59 27.02 25.99 | 24.61 | | | |
| 15 | Dalton McMichael | | | 1:44.28 | 4 |
| | 1) Beasley, Izik | 2) Isley, Nate | 3) Brim, Tanner | 4) Blackard, Brody | |
| | 26.74 28.06 26.93 | 22.55 | | | |
| 16 | Southeast Guilford | | | 1:46.12 | 2 |
| | 1) Williams, Hunter | 2) Martin, Noah | 3) Brown, Jonah | 4) Nixon, Spencer | |
| | 27.73 26.57 26.32 | 25.50 | | | |
| 17 | John M. Morehead | | | 1:47.90 | |
| | 1) Harris, Colby | 2) Dodson, Logan | 3) Lusk, Reece | 4) Dalton, Logan | |
| | 27.81 26.81 26.96 | 26.32 | | | |
| 18 | Asheboro | | | 1:49.71 | |
| | 1) Green, Caleb | 2) Surratt, Worth | 3) Monroe, Malcolm | 4) Hydzik, Jonah | |
| | 28.69 26.29 28.71 | 26.02 | | | |
| 19 | Jesse Carson | | | 1:52.60 | |
| | 1) Tipton, Mitchell | 2) Jones, TJ | 3) Foster, Simon | 4) Palmer, Hayden | |
| | 28.46 27.99 26.73 | 29.42 | | | |
| 20 | Lee County | | | 1:54.01 | |
| | 1) Escobar, Carlos | 2) Soto, Isaac | 3) Cooper, Nicholas | 4) Jeffries, Andrew | |
| | 29.24 33.01 26.95 | 24.81 | | | |
| 21 | Southern Alamance | | | 1:54.32 | |
| | 1) Fleming, Ryan | 2) Hines, Tyler | 3) Rowland, Jakeb | 4) Spivey, George | |
| | 28.84 28.37 28.85 | 28.26 | | | |
| 22 | Parkland | | | 1:55.47 | |
| | 1) Scott, Alex | 2) Russell, Nathan | 3) Williams, Xander | 4) Murali, Preetish | |
| | 26.97 30.16 31.08 | 27.26 | | | |
| 23 | Terry Sanford | | | 1:55.83 | |
| | 1) Basnight, Jordan | 2) Gephart, Arjuna | 3) Harris, Thomas | 4) Hakeman, Michael | |
| | 30.94 28.83 28.54 | 27.52 | | | |
| 24 | Eastern Guilford | | | 1:59.60 | |
| | 1) Maloney, Patrick | 2) White, Tahri | 3) Mulvey, Samuel | 4) Phillips, Shane | |
| | 29.62 34.67 28.83 | 26.48 | | | |

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Event 19 Women 100 Yard Backstroke

| | | 54.89 | AA-A | | |
|------------------------|--------|--------------|-------------------------|--|--|
| | | 56.11 | AA-C All-America | | |
| Name | School | Finals Time | | | |
| 1 Yandle, Ava | PEDMT | 57.79 | 20 | | |
| 2 Corrado, Mia | NWOOD | 1:00.15 | 17 | | |
| 3 Xu, Savannah | CHPHL | 1:00.23 | 16 | | |
| 4 Pennington, Isabel | PARKL | 1:00.85 | 15 | | |
| 5 Cook, Kourtney | SEGUI | 1:01.17 | 14 | | |
| 6 Tocci, Marissa | CHPHL | 1:01.61 | 13 | | |
| 7 Stafford, Kate | WALAM | 1:02.26 | 12 | | |
| 8 Heetderks, Claire | ECHPH | 1:02.61 | 11 | | |
| 9 Kent, Emma | CHPHL | 1:04.03 | 9 | | |
| 10 Kluepfel, Valerie | NGUIL | 1:04.93 | 7 | | |
| 11 Rountree, Madelaine | NGUIL | 1:05.71 | 6 | | |
| 12 Henderson, Abigail | WALAM | 1:05.77 | 5 | | |
| 13 Kohrt, Lucy | TABOR | 1:06.38 | 4 | | |
| 14 Davenport, Parker | UPINS | 1:07.11 | 3 | | |
| 15 Serano, Emma | NWOOD | 1:08.18 | 2 | | |
| 16 Gauthier, Emma | PARKL | 1:09.50 | 1 | | |
| 17 Neakta, Madelyn | ECHPH | 1:09.56 | | | |
| 18 Walker, Calla | ORNGE | 1:09.71 | | | |
| 19 Swink, Ashlyn | TABOR | 1:10.16 | | | |
| 20 Mann, Haley | SWGUI | 1:10.29 | | | |
| 21 Stevens, Emily | WGUIL | 1:12.09 | | | |
| 22 Patel, Alayna | SWGUI | 1:12.27 | | | |
| 23 Singh, Sanya | NGUIL | 1:13.03 | | | |

Event 20 Men 100 Yard Backstroke

| | | 49.53 | AA-A | | |
|----------------------|--------|--------------|-------------------------|--|--|
| | | 50.64 | AA-C All-America | | |
| Name | School | Finals Time | | | |
| 1 Lucky, Andrew | CNCRD | 54.23 | 20 | | |
| 2 Armentrout, Will | TABOR | 55.15 | 17 | | |
| 3 Dingfelder, David | ECHPH | 55.26 | 16 | | |
| 4 Mu, Andrew | ECHPH | 56.87 | 15 | | |
| 5 Whitworth, Nate | TABOR | 57.01 | 14 | | |
| 6 Grubbs, John Avery | TABOR | 57.17 | 13 | | |
| 7 Jeffries, Andrew | LEECO | 57.74 | 12 | | |
| 8 Akan, Obadele | NGUIL | 58.43 | 11 | | |
| 9 Shank, Hudson | PEDMT | 1:01.63 | 9 | | |
| 10 Brown, Bailey | PARKL | 1:02.29 | 7 | | |
| 11 Nadolski, Patrick | WWLMS | 1:02.40 | 6 | | |
| 12 Moore, Ian | ORNGE | 1:02.50 | 5 | | |
| 13 Murray, Joe | WALAM | 1:02.75 | 4 | | |
| 14 Rodriguez, Alex | NGUIL | 1:03.02 | 3 | | |
| 15 Doughty, Jack | ECHPH | 1:03.86 | 2 | | |
| 16 Klein, Daniel | ECHPH | 1:04.00 | 1 | | |
| 17 Foster, Simon | CARSN | 1:08.08 | | | |
| 18 Engwall, Doc | EALAM | 1:08.38 | | | |
| 19 Murali, Preetish | PARKL | 1:08.46 | | | |
| 20 Scardina, Nate | CNCRD | 1:08.99 | | | |
| 21 Loch, Samuel | ORNGE | 1:11.21 | | | |
| 22 McKinney, Austin | ROCCO | 1:11.50 | | | |
| 23 Chen, Derek | WGUIL | 1:12.36 | | | |
| 24 Gaillard, Alston | PARKL | 1:19.48 | | | |

Event 21 Women 100 Yard Breaststroke

| | | 1:02.60 | AA-A | | |
|-----------------------------|--------|----------------|-------------------------|--|--|
| | | 1:04.05 | AA-C All-America | | |
| Name | School | Finals Time | | | |
| 1 Schoppa, Abby | NGUIL | 1:08.33 | 20 | | |
| 2 Earnshaw, Suzanne | NWOOD | 1:08.52 | 17 | | |
| 3 Wolf, Annie | TABOR | 1:09.32 | 16 | | |
| 4 Hannan, Zoe | ECHPH | 1:10.64 | 15 | | |
| 5 Lee, Tricia | ECHPH | 1:12.92 | 14 | | |
| 6 Murphy, Rylie | SWGUI | 1:13.15 | 13 | | |
| 7 Vancil, Anna | NGUIL | 1:13.27 | 12 | | |
| 8 Walker, Brooke | ORNGE | 1:14.39 | 11 | | |
| 9 Halbach, Allyson | CNCRD | 1:15.67 | 9 | | |
| 10 Qin, Annie | ECHPH | 1:16.37 | 7 | | |
| 11 Sirgany, Madison | ORNGE | 1:16.46 | 6 | | |
| 12 Rose, Gabby | PEDMT | 1:17.39 | 5 | | |
| 13 Holmes, Mary | ECHPH | 1:17.77 | 4 | | |
| 14 Denson, Bethany | ROCCO | 1:18.10 | 3 | | |
| 15 Pace, Ivy | ROCCO | 1:19.23 | 2 | | |
| 16 Thompson, Mary Katherine | WGUIL | 1:19.72 | 1 | | |
| 17 Prevatte, Madalyn | UPINS | 1:20.10 | | | |
| 18 Nunez, Katrina | CHPHL | 1:21.21 | | | |
| 19 Johansson, Majken | SWGUI | 1:22.18 | | | |
| 20 Burge, Laurin | WALAM | 1:22.65 | | | |
| 21 Southwell, Gracie | SEGUI | 1:22.69 | | | |
| 22 Blake, Sadie | WGUIL | 1:22.95 | | | |
| 23 Epler, Emily | CNCRD | 1:23.18 | | | |
| 24 Challa, Malli | CHPHL | 1:27.14 | | | |

Event 22 Men 100 Yard Breaststroke

| | | 55.93 | AA-A | | |
|-----------------------|--------|--------------|-------------------------|--|--|
| | | 57.11 | AA-C All-America | | |
| Name | School | Finals Time | | | |
| 1 Hoover, Sam | CHPHL | 57.35 | 20 | | |
| 2 Wagner, Matt | TABOR | 1:00.00 | 17 | | |
| 3 Vye, Nicholas | PARKL | 1:01.22 | 16 | | |
| 4 Lucky, Matthew | CNCRD | 1:01.46 | 15 | | |
| 5 Moseley, Sawyer | SWGUI | 1:02.44 | 14 | | |
| 6 Esposito, Patrick | WWLMS | 1:02.47 | 13 | | |
| 7 Volpe, Michael | CHPHL | 1:02.60 | 12 | | |
| 8 Vincent, Ben | CNCRD | 1:02.87 | 11 | | |
| 9 Bunner, Devin | CRIDG | 1:03.62 | 9 | | |
| 10 Geib, Matthew | ORNGE | 1:03.68 | 7 | | |
| 11 Gustafson, Connor | NGUIL | 1:05.97 | 6 | | |
| 12 Seelbach, Zachary | ECHPH | 1:07.16 | 5 | | |
| 13 Nicholson, Graham | ECHPH | 1:07.40 | 4 | | |
| 14 Wohl, David | ECHPH | 1:07.42 | 3 | | |
| 15 Lamphier, Nicholas | PARKL | 1:08.33 | 2 | | |
| 16 Singh, Yash | NGUIL | 1:08.64 | 1 | | |
| 17 Gray, Gage | TABOR | 1:08.90 | | | |
| 18 Epley, Matthew | CARSN | 1:09.37 | | | |
| 19 Spottswood, Aidan | TABOR | 1:10.16 | | | |
| 20 Vilarin, Julen | UPINS | 1:11.29 | | | |
| 21 Prevatte, Jarrett | UPINS | 1:11.59 | | | |
| 22 Kreider, Alex | EALAM | 1:11.89 | | | |
| 23 Ollis, Micah | WGUIL | 1:17.26 | | | |
| --- Leder, Matthew | CNCRD | | DQ | | |

2019 3A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19

Host: Northern Guilford HS

Swimming & Diving

Results

Event 23 Women 400 Yard Freestyle Relay

3:27.79 AA-A

3:31.27 AA-C All-America

| Team | Relay | | | | Finals Time | Points |
|-----------------------|-------------------------|---------------------------|----------------------------|--|-------------|--------|
| 1 Northwood | | | | | 3:38.53 | 40 |
| 1) Corrado, Mia | 2) Earnshaw, Suzanne | 3) Earnshaw, Julia | 4) Posse, Madeline | | | |
| 26.63 55.49 26.65 | 55.46 25.38 53.19 | 25.44 54.39 | | | | |
| 2 East Chapel Hill | | | | | 3:42.55 | 34 |
| 1) Sept, Audrey | 2) Lee, Tricia | 3) Heetderks, Claire | 4) Regelsberger, Emily | | | |
| 26.37 54.98 26.26 | 55.77 26.52 55.90 | 26.42 55.90 | | | | |
| 3 Chapel Hill | | | | | 3:45.74 | 32 |
| 1) Gaur, Ambika | 2) Tocci, Marissa | 3) Rose, Mia | 4) Xu, Savannah | | | |
| 27.07 56.96 26.17 | 54.98 27.74 58.30 | 26.37 55.50 | | | | |
| 4 Western Alamance | | | | | 3:50.32 | 30 |
| 1) Grajzar, Maddie | 2) Henderson, Abigail | 3) McDevitt, Elizabeth | 4) Stafford, Kate | | | |
| 30.10 1:02.78 27.49 | 57.34 26.07 55.03 | 26.43 55.17 | | | | |
| 5 Rockingham County | | | | | 3:53.95 | 28 |
| 1) Oroz, Claudia | 2) Wilmouth, Reanna | 3) Denson, Bethany | 4) Wilson, Peyton | | | |
| 28.52 59.70 28.55 | 1:00.25 27.68 58.33 | 26.66 55.67 | | | | |
| 6 Mount Tabor | | | | | 3:54.26 | 26 |
| 1) Kohrt, Lucy | 2) Wolf, Annie | 3) Swink, Ashlyn | 4) Potter, Laurin | | | |
| 28.95 59.76 | 59.53 28.51 1:01.14 | 25.50 53.83 | | | | |
| 7 Concord | | | | | 3:59.63 | 24 |
| 1) Long, Leah | 2) Peurifoy, McKenzie | 3) Guthrie, Mia | 4) Carney, Mary | | | |
| 29.22 1:00.48 26.91 | 58.14 28.53 1:01.63 | 27.77 59.38 | | | | |
| 8 Parkland | | | | | 4:03.38 | 22 |
| 1) Ballard, Meghan | 2) Gauthier, Emma | 3) Eldeeb, Mayar | 4) Pennington, Isabel | | | |
| 28.18 57.72 29.02 | 1:00.53 1:08.04 1:35.18 | 29.95 | | | | |
| 9 Orange | | | | | 4:07.84 | 18 |
| 1) Shopmyer, Riley | 2) Sirgany, Madison | 3) Walker, Brooke | 4) Dease, Abby | | | |
| 30.64 1:03.82 29.31 | 1:02.33 29.67 1:02.58 | 27.88 59.11 | | | | |
| 10 Northern Guilford | | | | | 4:08.46 | 14 |
| 1) Vancil, Anna | 2) Wachendorfer, Ella | 3) Kluepfel, Valerie | 4) Rountree, Madelaine | | | |
| 28.10 58.72 28.69 | 1:00.46 31.24 1:06.61 | 29.91 1:02.67 | | | | |
| 11 Southwest Guilford | | | | | 4:11.60 | 12 |
| 1) Higgins, Avery | 2) Patel, Alayna | 3) Hampton, Ansley | 4) Mann, Haley | | | |
| 1:00.60 30.42 | 1:04.76 30.76 1:03.95 | 29.77 1:02.29 | | | | |
| 12 Jesse Carson | | | | | 4:16.40 | 10 |
| 1) Sever, Taylor | 2) Hart, Savannah | 3) Weatherby, Olivia | 4) Shorter, Olivia | | | |
| 28.63 1:02.23 32.56 | 1:09.51 29.82 1:03.98 | 28.94 1:00.68 | | | | |
| 13 Southeast Guilford | | | | | 4:16.74 | 8 |
| 1) Patton, Sofia | 2) Reid, Kloe | 3) Southwell, Gracie | 4) Cook, Kourtney | | | |
| 1:02.44 | 1:09.78 | 27.10 56.74 | | | | |
| 14 Western Guilford | | | | | 4:21.19 | 6 |
| 1) Stevens, Abigail | 2) Berry, Leah | 3) Stevens, Emily | 4) Evans, Grace | | | |
| 29.86 1:03.26 32.28 | 1:08.05 31.73 1:09.06 | 28.74 1:00.82 | | | | |
| 15 Walter M. Williams | | | | | 4:21.73 | 4 |
| 1) Gagnon, Anna | 2) Higgins, Olivia | 3) Higgins, Hannah | 4) Oroz, Maria | | | |
| 27.98 58.63 32.57 | 1:14.18 30.98 1:06.81 | 29.67 1:02.11 | | | | |
| 16 Terry Sanford | | | | | 4:25.48 | 2 |
| 1) Curl, Allison | 2) Black, Hannah | 3) Hodge, Margaret | 4) Jimenez-Vasquez, Briana | | | |
| 29.37 1:02.31 | 1:12.76 | 1:10.73 59.68 | | | | |
| 17 East Rowan | | | | | 4:35.75 | |
| 1) Hill, Baleigh | 2) Braun, Sierra | 3) Faller, Grace | 4) Culp, Brenna | | | |
| 32.07 1:08.79 33.37 | 1:11.62 32.16 1:06.43 | 32.14 1:08.91 | | | | |
| 18 Union Pines | | | | | 4:36.68 | |
| 1) Green, Megan | 2) White, Bridget | 3) Lobo Gonzales, Vilaria | 4) Anderson, Abby | | | |
| 32.26 1:13.62 31.31 | 1:06.10 32.23 1:07.89 | 32.22 1:09.07 | | | | |

2019 3A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19
Host: Northern Guilford HS
Swimming & Diving
Results

(Event 23 Women 400 Yard Freestyle Relay)

| Team | Relay | | | | | | Finals Time | Points |
|---------------------|----------------------|---------|----------------------|---------|-----------------------|---------|-------------|--------|
| 19 John M. Morehead | | | | | | | 4:37.92 | |
| 1) Fisher, Kylie | 2) Smith, Kennedy | | 3) Chrapliwy, Abby | | 4) Blankenship, Megan | | | |
| 35.00 | 32.52 | 1:09.02 | 30.30 | 1:04.85 | | | | |
| 20 Piedmont | | | | | | | 4:48.27 | |
| 1) Pollock, Lauren | 2) Noonan, Lexi | | 3) Bigham, Landri | | 4) Nielsen, Ally | | | |
| 1:10.92 | 37.52 | 1:19.58 | 32.76 | 1:11.47 | 30.99 | 1:06.30 | | |
| 21 Cedar Ridge | | | | | | | 4:56.94 | |
| 1) Myler, Jillian | 2) Raupp, Tegan | | 3) Badgett, Savannah | | 4) Lanier, Sydney | | | |
| 33.85 | 1:13.54 | 32.71 | 1:14.10 | 35.35 | 1:15.63 | 34.88 | 1:13.67 | |
| 22 Dalton McMichael | | | | | | | 4:57.20 | |
| 1) Griffin, Ashlyn | 2) Holleman, Trinity | | 3) Holleman, Justice | | 4) Zenquis, Selena | | | |
| 36.88 | 1:15.80 | 37.87 | 1:16.43 | 40.86 | 1:19.71 | 1:05.26 | | |
| 23 Asheboro | | | | | | | 4:58.83 | |
| 1) Herrin, Tatum | 2) Curtis, Destiny | | 3) McKaughn, Delaney | | 4) Pincus, Angelia | | | |
| 1:18.33 | 36.81 | 1:17.03 | 36.25 | 1:17.58 | 31.01 | 1:05.89 | | |
| 24 Eastern Alamance | | | | | | | 5:04.33 | |
| 1) Engwall, Eiona | 2) Walsh, Emily | | 3) Shelansky, Tatum | | 4) Wade, Mattie | | | |
| 36.36 | 1:17.51 | 35.20 | 1:15.75 | 35.74 | 1:16.08 | 35.03 | 1:14.99 | |

Event 24 Men 400 Yard Freestyle Relay

3:06.24 AA-A
3:08.93 AA-C All-America

| Team | Relay | | | | | | Finals Time | Points |
|---------------------|----------------------|-------|-----------------------|-------|------------------------|-------|-------------|--------|
| 1 Chapel Hill | | | | | | | 3:16.15 | 40 |
| 1) Xu, Ayden | 2) Chang, Austin | | 3) Bretzmann, Peter | | 4) Hoover, Sam | | | |
| 24.37 | 50.30 | 50.34 | | 21.76 | 45.78 | | | |
| 2 East Chapel Hill | | | | | | | 3:17.90 | 34 |
| 1) Charles, Miles | 2) Mu, Andrew | | 3) Poteat, Max | | 4) Dingfelder, David | | | |
| 24.04 | 49.78 | 23.31 | 49.24 | 23.63 | 49.44 | 23.53 | 49.44 | |
| 3 Mount Tabor | | | | | | | 3:18.65 | 32 |
| 1) Wagner, Matt | 2) Armentrout, Will | | 3) Grubbs, John Avery | | 4) Prestwood, Brendan | | | |
| 23.92 | 49.86 | 23.53 | 49.70 | 23.92 | 50.59 | 22.79 | 48.50 | |
| 4 Orange | | | | | | | 3:28.12 | 30 |
| 1) Rasinske, Owen | 2) Walker, Gabe | | 3) Roman, Cross | | 4) Jimison, Noah | | | |
| 25.36 | 52.73 | 24.28 | 51.82 | 25.66 | 53.35 | 23.84 | 50.22 | |
| 5 Concord | | | | | | | 3:31.06 | 28 |
| 1) DeCubellis, Eli | 2) Vincent, Ben | | 3) Lucky, Matthew | | 4) Lucky, Andrew | | | |
| 26.12 | 54.16 | 25.15 | 53.27 | 23.91 | 51.61 | 24.55 | 52.02 | |
| 6 Parkland | | | | | | | 3:33.83 | 26 |
| 1) Brown, Bailey | 2) Vye, Benjamin | | 3) Lamphier, Nicholas | | 4) Vye, Nicholas | | | |
| 25.15 | 53.83 | 24.59 | 52.77 | 26.22 | 54.53 | 24.19 | 52.70 | |
| 7 Western Alamance | | | | | | | 3:36.42 | 24 |
| 1) Roy, Vaughn | 2) Murray, Joe | | 3) Pais, Mervin | | 4) Henderson, Noah | | | |
| 26.78 | 55.24 | | 59.55 | 26.10 | 55.17 | 22.02 | 46.46 | |
| 8 Piedmont | | | | | | | 3:36.61 | 22 |
| 1) Shank, Hudson | 2) Turner, Sam | | 3) Mullis, Nicholas | | 4) McKee, Garrett | | | |
| 25.85 | 55.28 | 26.47 | 55.95 | 26.17 | 57.07 | 22.89 | 48.31 | |
| 9 Northern Guilford | | | | | | | 3:41.54 | 18 |
| 1) Singh, Yash | 2) Gentrey, Bradley | | 3) Keat, Aaron | | 4) Akan, Obadele | | | |
| 26.61 | 55.61 | 26.05 | 57.16 | 26.41 | 56.31 | 24.84 | 52.46 | |
| 10 Western Guilford | | | | | | | 3:51.57 | 14 |
| 1) Dulin, Collin | 2) Dahlinghaus, Will | | 3) Kashubara, Zach | | 4) Ballesteros, Daniel | | | |
| 27.49 | 58.92 | 28.31 | 59.23 | 28.54 | 59.08 | 26.25 | 54.34 | |

2019 3A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19
Host: Northern Guilford HS
Swimming & Diving
Results

(Event 24 Men 400 Yard Freestyle Relay)

| Team | Relay | Finals Time | Points |
|-----------------------|-----------------------|------------------------|-----------------------------|
| 11 Rockingham County | | 3:52.46 | 12 |
| 1) Shreve, Hawk | 2) McKinney, Austin | 3) Everett, John | 4) Cuenca Rodriguez, Alvaro |
| 59.24 28.82 | 1:01.15 25.87 56.40 | 55.67 | |
| 12 Jesse Carson | | 3:52.71 | 10 |
| 1) Sever, Cooper | 2) Yow, Brandon | 3) Epley, Matthew | 4) Dixon, Cole |
| 27.41 58.32 | 1:02.70 26.38 55.74 | 26.90 55.95 | |
| 13 Southwest Guilford | | 3:53.23 | 8 |
| 1) Lyon, Josh | 2) Slaton, Jacob | 3) Hagler, Austin | 4) Pressley, Wyatt |
| 26.56 57.12 29.40 | 1:04.10 26.06 56.13 | 25.77 55.88 | |
| 14 Cedar Ridge | | 3:56.07 | 6 |
| 1) Koehler, Cameron | 2) Garcia, John | 3) Wallace, Samuel | 4) Fox, Grant |
| 28.42 1:00.70 26.63 | 56.12 28.82 59.77 | 59.48 | |
| 15 Union Pines | | 3:56.97 | 4 |
| 1) Greene, Randall | 2) Freeland, Tanner | 3) Graham, Dalton | 4) Vilarin, Julen |
| 28.51 1:02.91 | 1:01.82 26.54 55.72 | 27.01 56.52 | |
| 16 Terry Sanford | | 4:01.77 | 2 |
| 1) Harris, William | 2) Harris, Thomas | 3) Smith, Tristan | 4) Li, David |
| 1:03.49 31.40 | 1:06.85 27.61 58.04 | 53.39 | |
| 17 Southeast Guilford | | 4:10.68 | |
| 1) Martin, Noah | 2) Adt, Zachary | 3) Brown, Jonah | 4) Nixon, Spencer |
| 1:05.25 32.16 | 1:05.04 1:02.68 | 27.14 57.71 | |
| 18 John M. Morehead | | 4:15.09 | |
| 1) Bell, Broch | 2) Harris, Colby | 3) Lusk, Reece | 4) Dalton, Logan |
| 31.95 1:08.06 31.24 | 1:05.06 29.66 1:02.39 | 28.04 59.58 | |
| 19 Western Harnett | | 4:17.29 | |
| 1) Smith, Dillon | 2) Abbott, Kaleo | 3) Cathcart, JaMichael | 4) Wilber, Ethan |
| 30.28 1:01.32 29.97 | 1:03.10 31.70 1:06.21 | 32.16 1:06.66 | |
| 20 Dalton McMichael | | 4:18.52 | |
| 1) Bedard, Matthew | 2) Swisher, Jacob | 3) Brim, Tanner | 4) Beasley, Izik |
| 30.70 1:03.90 31.48 | 1:05.55 29.52 1:04.20 | 31.06 1:04.87 | |
| 21 East Rowan | | 4:25.62 | |
| 1) Buck, Brandon | 2) Turner, Victor | 3) Ritchie, Corbin | 4) Lee, Ryan |
| 30.94 1:04.28 32.48 | 1:07.37 34.16 1:08.21 | 31.77 1:05.76 | |
| 22 Eastern Alamance | | 4:26.95 | |
| 1) Banko, Joseph | 2) Evans, Andrew | 3) Lawrence, Macon | 4) Brouwer, Ethan |
| 27.24 1:00.17 35.71 | 1:16.38 1:06.60 | 30.81 1:03.80 | |
| 23 Southern Alamance | | 4:28.54 | |
| 1) Spivey, George | 2) Fleming, Ryan | 3) Hines, Tyler | 4) Rowland, Jakeb |
| 30.91 1:05.42 32.43 | 1:11.12 29.69 1:04.73 | 30.98 1:07.27 | |
| 24 Eastern Guilford | | 4:35.99 | |
| 1) White, Tahri | 2) Maloney, Patrick | 3) Mulvey, Samuel | 4) Phillips, Shane |
| 36.96 1:20.58 33.05 | 1:09.17 30.71 1:05.26 | 28.66 1:00.98 | |