

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 1 Women 200 Yard Medley Relay**

	Team	Relay	Seed Time
1	Green Hope		1:50.09
2	Apex Friendship		1:50.43
3	Page		1:51.38
4	RJ Reynolds		1:52.19
5	Reagan		1:53.15
6	West Forsyth		1:55.06
7	Grimsley		1:55.21
8	Jordan		1:56.96
9	Panther Creek		1:58.65
10	High Point Centr		1:59.86
11	Northwest Guilfo		2:01.54
12	East Forsyth		2:02.91
13	Jack Britt		2:05.16
14	Pinecrest		2:08.59
15	Riverside		2:11.47
16	Ragsdale		2:18.81
17	Overhills		2:24.97
18	Glenn		2:29.46
19	Pine Forest		2:32.10
20	Scotland		2:41.76
21	Lumberton		2:42.24
22	Hoke County		2:42.95
23	South View		2:51.61

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 2 Men 200 Yard Medley Relay**

	Team	Relay	Seed Time
1	Green Hope		1:35.16
2	Reagan		1:36.50
3	Panther Creek		1:37.23
4	Page		1:37.48
5	RJ Reynolds		1:39.35
6	Riverside		1:39.98
7	Grimsley		1:40.66
8	Apex Friendship		1:40.68
9	West Forsyth		1:43.93
10	Jordan		1:46.52
11	Northwest Guilfo		1:47.70
12	Pinecrest		1:49.36
13	Ragsdale		1:51.88
14	East Forsyth		1:56.84
15	Pine Forest		1:59.00
16	Jack Britt		2:00.60
17	Glenn		2:01.03
18	High Point Centr		2:04.32
19	Lumberton		2:06.74
20	Scotland		2:11.46
21	Overhills		2:13.92
22	Purnell Swett		2:25.24

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 3 Women 200 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Morgan, Sydney		Green Hope	1:55.69
2	Alexander, Reece		Reagan	1:57.32
3	Carson, Megan		Apex Friendship	1:57.43
4	Reilly, Morgan		Green Hope	1:57.81
5	Hughes, Ashley		Panther Creek	2:00.02
6	Wolffis, Graylyn		Reagan	2:02.00
7	Hickey, Dillan		Jordan	2:02.11
8	Grubb, Sarah		Page	2:02.78
9	Cross, Caroline		Grimsley	2:02.86
10	McGrath, Natalie		Apex Friendship	2:03.32
11	Dalbo, Kyra		Green Hope	2:03.56
12	Hayley, Catherine		Green Hope	2:04.36
13	Stevenson, Izzy		Apex Friendship	2:04.45
14	Rieker, Julianna		Reagan	2:05.32
15	McChesney, Karly		West Forsyth	2:05.91
16	Randall, Lydia		Reagan	2:06.35
17	Davis, Claire		West Forsyth	2:06.59
18	Clevenger, Scarlett		West Forsyth	2:08.84
19	Li, Mona		Panther Creek	2:08.99
20	Martin, Phoebe		Northwest Guilfo	2:09.64
21	Schmidt, Sydney		Apex Friendship	2:10.58
22	Rose, Charlotte		Panther Creek	2:10.60
23	Grove, Annie		Northwest Guilfo	2:10.84
24	Short, Anabelle		Page	2:13.16

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 4 Men 200 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Satterfield, John		Green Hope	1:42.88
2	Cotter, Michael		Green Hope	1:43.21
3	Ockert, Jacob		Panther Creek	1:43.90
4	Hughes, Connor		Panther Creek	1:46.65
5	Womble, Ethan		Page	1:46.79
6	Vlahos, Luke		West Forsyth	1:46.99
7	Hughes, Spencer		Panther Creek	1:47.49
8	Benton, Jack		Apex Friendship	1:48.76
9	Harris, Dax		Grimsley	1:48.89
10	Collins, Joshua		Jordan	1:49.49
11	Carter, Jared		Green Hope	1:49.57
12	Barker, Christopher		Panther Creek	1:49.59
13	Smith, Ben		RJ Reynolds	1:50.87
14	Smelzer, Baxter		Page	1:51.65
15	Vasudevan, Srinath		Apex Friendship	1:52.95
16	Michel, Simon		Reagan	1:54.93
17	Prucha, John		Green Hope	1:55.67
18	Chhoeung, Brandon		Pine Forest	1:56.22
19	Gatling III, LaDaniel		Page	1:57.03
20	Smith, Benjamin W		Riverside	1:57.15
21	Peterson, Ben		Grimsley	1:57.51
22	Archer, Zachary W		Riverside	1:57.86
23	Fore, Daniel		Reagan	1:58.29
24	Beauchamp, Will		Reagan	1:58.75

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 5 Women 200 Yard IM**

	Name	Yr	School	Seed Time
1	Zettel, Brooke		Apex Friendship	2:06.32
2	Campbell, McKenzie		Page	2:09.89
3	Mohr, Katie		RJ Reynolds	2:11.10
4	Walker, Alexis		Jordan	2:12.85
5	Gasper, Ashton		Apex Friendship	2:14.84
6	Maloy, Jenna N		Riverside	2:15.63
7	Holian, Sinclair		Page	2:16.89
8	Guo, Vivian		Panther Creek	2:17.39
9	Bunting, Meredith		Reagan	2:17.50
10	Rider, MacKenzie		Grimsley	2:18.91
11	Lin, Jennings		Grimsley	2:18.92
12	Adams, Mackenzie		Green Hope	2:19.78
13	Medins, Delaney		Apex Friendship	2:20.27
14	Carawan, Morgan		West Forsyth	2:22.19
15	Miller, Emily		Jack Britt	2:22.31
16	Hoover, Mary Catherine C		Grimsley	2:22.89
17	Xiao, Sunny		Grimsley	2:23.02
18	Spieler, Chloe		Reagan	2:23.40
19	Armstrong, Taylor		Green Hope	2:23.70
20	Stark, Liv		Panther Creek	2:24.18
21	McRae, Katie		Panther Creek	2:26.32
22	Valent, Cameron		Green Hope	2:26.56
23	Kranis, Lauren		West Forsyth	2:27.76
24	Moossavi, Melody		RJ Reynolds	2:28.38

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 6 Men 200 Yard IM**

	Name	Yr	School	Seed Time
1	Curlee, Mitch		Green Hope	1:53.94
2	Moore, Michael		Green Hope	1:54.64
3	Mikuta, Reid		Page	1:56.46
4	Keaney, Reilly		Grimsley	1:58.19
5	Thompson, Brian		Panther Creek	1:58.91
6	Tjandra, Davin		Panther Creek	1:59.40
7	Echols, Todd		RJ Reynolds	1:59.57
8	Nouchi, Noah		Reagan	2:01.90
9	Ghim, Christopher		Panther Creek	2:02.54
10	Cotter, Colin		Green Hope	2:02.91
11	Zhang, Jason		Green Hope	2:03.35
12	Soleo, Will		Panther Creek	2:03.82
13	Hering, Flinn		Page	2:04.23
14	Nario, Austin		RJ Reynolds	2:04.53
15	Pena, Wyatt		Apex Friendship	2:06.01
16	Rigsbee, Matthew A		Riverside	2:06.17
17	Valliere, Alex		West Forsyth	2:07.44
18	Jiang, Calvin		Reagan	2:07.53
19	Bria, Alex		Jordan	2:09.08
20	Paroly, Josh		Apex Friendship	2:11.34
21	Cramer, Joseph		Apex Friendship	2:12.13
22	Tate, Fletcher		Grimsley	2:13.59
23	Hock, Mason		Grimsley	2:16.01
24	Newman, Aaron		Ragsdale	2:21.41

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 7 Women 50 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Baric, Maria		Green Hope	23.98
2	Medlin, Lauren		Green Hope	24.23
3	Ally, Emily		Page	24.82
4	Baric, Elizabeth		Green Hope	25.08
5	Copeland, Hannah		Page	25.15
6	Frisbie, Sarah		West Forsyth	25.25
7	Candelaria, Bianca		Panther Creek	25.35
8	Murtaugh, Emma		Apex Friendship	25.49
9	Parks, Lizzie		West Forsyth	25.54
10	Copeland, Mary Grace		Page	25.57
11	Fitzgerald, Jane		RJ Reynolds	25.65
12	McChesney, Shelby		West Forsyth	25.72
13	Link, Madison		Panther Creek	25.77
14	Pinnix, Omega		Grimsley	25.84
15	Swenson, Sophia		Apex Friendship	25.94
16	Goetz, Sidney		Grimsley	25.95
17	Legarth, Megan		Apex Friendship	25.98
18	Montanus, Abby		Panther Creek	26.02
19	Horn, Ainsley		Apex Friendship	26.11
20	Day, Keenan		Jordan	26.12
21	Jennings, Abby		Reagan	26.19
22	Driscoll, Leanne		Reagan	26.30
23	Vann, Kelly		Jordan	26.33
24	Gladden, Carlin		East Forsyth	26.40

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 8 Men 50 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Ivy, Michael		Green Hope	21.23
2	Edwards, Max		Reagan	21.36
3	Weaver, Ryan A		Riverside	21.50
4	Herndon, Craig		Page	21.78
5	Tan, Jed		Panther Creek	21.82
6	Ross, Ben		Reagan	22.31
7	Prucha, Ben		Green Hope	22.38
8	Williams, Cooper		Apex Friendship	22.39
9	Greene, Connor		Reagan	22.41
10	Muire, Eric		Northwest Guilfo	22.54
11	Gillispie, Jake		Grimsley	22.64
12	Kornatz, Brendan		Grimsley	22.75
13	Scudder, Will		Apex Friendship	23.18
14	Ulrich, Thomas		Ragsdale	23.22
15	Talbott, Michael		Panther Creek	23.25
16	Eason, Miles		Green Hope	23.27
17	Roth, Shane		Riverside	23.33
18	Fiffick, Sam		Apex Friendship	23.34
19	Cochis, Matt		Panther Creek	23.38
20	Copeland, Harrison		Reagan	23.47
21	Lord, Jace		Jordan	23.55
22	Stowers, Charlie		Grimsley	23.61
23	Torre-Nieto, Sebastian		Panther Creek	23.67
24	Walls, Harrison		RJ Reynolds	23.71

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 9 Women 1 mtr Diving**

	Name	Yr	School	
1	Gillis, Samantha		Northwest Guilfo	438.75
2	Gray, Abigail		Page	368.05
3	Pierce, Lexi		Reagan	341.15
4	Church, Tatum		Grimsley	320.40
5	Sprinkle, Sylvia		Reagan	300.00
6	Rhoades, Rachel		Reagan	298.20
7	Shearer, Maddie		Reagan	269.15
8	Ehlin, Sophia		Green Hope	265.60
9	Conroy, Megan		Apex Friendship	235.25
10	Getz, Emma		Green Hope	225.55
11	Heuman, Alex		Apex Friendship	225.40
12	Jones, Sam		Green Hope	111.05
13	Ealy, Jaden		Green Hope	98.80

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 10 Men 1 mtr Diving**

	Name	Yr	School	
1	Edin, Peter		Panther Creek	404.80
2	Andrus, Whit		RJ Reynolds	384.80
3	Greene, Connor		Reagan	350.70
4	Robinson, Bryce		Green Hope	339.85
5	Graff, Ethan		Grimsley	334.60
6	Joram, Jack		West Forsyth	327.95
7	Allen, Conner		Reagan	301.65
8	Rogers, Charlie		Green Hope	271.30
9	Kuhn, Chase		RJ Reynolds	247.90
10	Giannelli, Nick		Reagan	224.20
11	Clifford, Owen		RJ Reynolds	211.55
12	Lee, Dongjae		Panther Creek	165.50
13	Kenkel, John		Green Hope	100.90

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 11 Women 100 Yard Butterfly**

	Name	Yr	School	Seed Time
1	Alexander, Reece		Reagan	57.25
2	Campbell, McKenzie		Page	57.34
3	Walker, Alexis		Jordan	59.44
4	Allred, Samantha		Green Hope	1:01.38
5	Parks, Lizzie		West Forsyth	1:01.56
6	Hoover, Mary Catherine C		Grimsley	1:01.65
7	Tomlinson, Abigail		Apex Friendship	1:02.07
8	Holian, Sinclair		Page	1:02.08
9	McGuinness, Madison		West Forsyth	1:02.10
10	Stevenson, Izzy		Apex Friendship	1:02.61
11	Clowes, Mia		Apex Friendship	1:02.79
12	Hall, Kristy		West Forsyth	1:03.54
13	Honaker, Olivia		Panther Creek	1:03.58
14	Li, Mona		Panther Creek	1:04.01
15	Starnes, Aden		Reagan	1:04.08
16	Miller, Emily		Jack Britt	1:04.43
17	Murphy, Ella		Northwest Guilfo	1:05.46
18	Febre, Kirsten		Jordan	1:05.52
19	Hall, Katie		Reagan	1:06.02
20	Tapper, Abbie		Apex Friendship	1:06.27
21	Gladden, Carlin		East Forsyth	1:06.31
22	DeSimone, Alice		Jordan	1:06.51
23	Coker, Tyler		Page	1:06.83
24	Moossavi, Melody		RJ Reynolds	1:06.85

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 12 Men 100 Yard Butterfly**

	Name	Yr	School	Seed Time
1	Edwards, Max		Reagan	50.35
2	Ssengonzi, Jesse		Green Hope	50.83
3	Echols, Jeff		RJ Reynolds	51.92
4	Tan, Jed		Panther Creek	51.95
5	Auderer, Michael		Jack Britt	52.87
6	Vlahos, Luke		West Forsyth	53.12
7	Pollard, Jackson		Green Hope	54.38
8	Hering, Flinn		Page	54.61
9	Barker, Christopher		Panther Creek	54.62
10	Prucha, John		Green Hope	55.05
11	Cochis, Matt		Panther Creek	55.79
12	Roberts, Nicholas		Jordan	55.81
13	McCullen, Andrew		Riverside	56.54
14	Pena, Wyatt		Apex Friendship	56.67
15	Eason, Miles		Green Hope	56.69
16	Smith, Ben		RJ Reynolds	56.78
17	Farabow, Brooks		Page	56.80
18	Curran, Garrett		Panther Creek	57.04
19	McDonald, Logan		West Forsyth	57.11
20	Coffield, Aidan		Reagan	57.22
21	Mann, Ben		Apex Friendship	57.44
22	Vann, Samuel		Jack Britt	57.67
23	Bock, Michael		Apex Friendship	57.95
24	Cramer, Joseph		Apex Friendship	57.95

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 13 Women 100 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Medlin, Lauren		Green Hope	52.82
2	Copeland, Hannah		Page	53.57
3	Carson, Katherine		Green Hope	54.51
4	Murtaugh, Emma		Apex Friendship	54.55
5	Neal, Maddie		Reagan	55.41
6	McChesney, Shelby		West Forsyth	55.54
7	Candelaria, Bianca		Panther Creek	55.74
8	Ally, Emily		Page	55.86
9	Wolffis, Graylyn		Reagan	56.47
10	Pinnix, Omega		Grimsley	56.66
11	Joseph, Neha		Apex Friendship	56.74
12	Horn, Ainsley		Apex Friendship	56.91
13	Montanus, Abby		Panther Creek	56.91
14	Driscoll, Leanne		Reagan	57.11
15	Jacobs, Audrey		Pinecrest	57.24
16	Vann, Kelly		Jordan	57.34
17	Swenson, Sophia		Apex Friendship	57.46
18	Jennings, Abby		Reagan	57.75
19	Hayley, Catherine		Green Hope	58.99
20	Cornea, Andreea		Green Hope	59.28
21	Gregory, Lauren		Northwest Guilfo	59.81
22	Cox, Caroline		Grimsley	59.97
23	Link, Madison		Panther Creek	1:00.57
24	Thomas, Camden		Grimsley	1:00.62

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 14 Men 100 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Ivy, Michael		Green Hope	46.98
2	Ockert, Jacob		Panther Creek	47.96
3	Satterfield, John		Green Hope	48.34
4	Herndon, Craig		Page	48.46
5	Womble, Ethan		Page	48.59
6	Ross, Ben		Reagan	49.13
7	Spieler, Ellis		Reagan	49.48
8	Muire, Eric		Northwest Guilfo	49.75
9	Cooper, William		Pinecrest	49.82
10	McKenna, Patrick		Reagan	49.97
11	Tars, Robert		Ragsdale	50.18
12	Vasudevan, Srikant		Apex Friendship	50.71
13	Kornatz, Brendan		Grimsley	50.81
14	Smelzer, Baxter		Page	50.89
15	Gatling III, LaDaniel		Page	51.26
16	Nagy, Justin		Apex Friendship	51.75
17	Watkins, Griffin		West Forsyth	51.75
18	McGovern, Camden		Jordan	51.82
19	Copeland, Harrison		Reagan	51.86
20	Prucha, Ben		Green Hope	51.88
21	Williams, Cooper		Apex Friendship	52.19
22	Thrower, Thomas		Panther Creek	52.22
23	Jong, Ethan		Panther Creek	52.96
24	Morrow, Connor		RJ Reynolds	53.42

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 15 Women 500 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Morgan, Sydney		Green Hope	5:01.90
2	Carson, Megan		Apex Friendship	5:10.64
3	Reilly, Morgan		Green Hope	5:16.05
4	Hughes, Ashley		Panther Creek	5:20.58
5	Banks, Madeline		Panther Creek	5:20.92
6	Smith, Corina		Green Hope	5:22.20
7	Rieker, Julianna		Reagan	5:27.55
8	Dalbo, Kyra		Green Hope	5:27.72
9	Legarth, Megan		Apex Friendship	5:27.84
10	Cross, Caroline		Grimsley	5:28.11
11	Gesse, Eliza		Page	5:28.50
12	McGrath, Natalie		Apex Friendship	5:36.64
13	McChesney, Karly		West Forsyth	5:37.37
14	Spieler, Chloe		Reagan	5:41.50
15	Davis, Claire		West Forsyth	5:42.53
16	Randall, Lydia		Reagan	5:43.13
17	Rose, Charlotte		Panther Creek	5:43.16
18	Lillis, Ryan		Apex Friendship	5:45.08
19	Wondra, Elizabeth		Reagan	5:53.91
20	Frisbie, Mary Kate		West Forsyth	5:54.53
21	Cooper, Amy		Pinecrest	5:55.17
22	Sullivan, Claire		Grimsley	6:03.59
23	Peoples, Aubrey		Ragsdale	6:04.87
24	Hartwick, Isabella		Page	6:08.87

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 16 Men 500 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Cotter, Michael		Green Hope	4:38.76
2	Hughes, Connor		Panther Creek	4:41.06
3	Carter, Jared		Green Hope	4:44.95
4	Moore, Michael		Green Hope	4:45.37
5	Soleo, Will		Panther Creek	4:48.43
6	Hughes, Spencer		Panther Creek	4:52.80
7	Collins, Joshua		Jordan	4:54.11
8	Cantrell, Eric		Grimsley	4:54.42
9	Pollard, Jackson		Green Hope	4:57.12
10	Harris, Dax		Grimsley	5:01.99
11	Chhoeung, Brandon		Pine Forest	5:04.93
12	Kranis, Justin		West Forsyth	5:09.38
13	Peterson, Ben		Grimsley	5:11.28
14	Smith, Benjamin W		Riverside	5:11.77
15	Michel, Simon		Reagan	5:15.06
16	Archer, Nathan A		Riverside	5:19.60
17	Vasudevan, Srinath		Apex Friendship	5:19.73
18	Gardner, Will		RJ Reynolds	5:19.78
19	LeFevre, Ben		RJ Reynolds	5:21.03
20	Fore, Daniel		Reagan	5:25.78
21	Jiang, Calvin		Reagan	5:27.83
22	Brown, Logan		RJ Reynolds	5:29.20
23	Beauchamp, Will		Reagan	5:34.09
24	Fansler, Tyler		RJ Reynolds	5:41.31

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 17 Women 200 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Green Hope		1:39.63
2	Page		1:41.71
3	West Forsyth		1:42.65
4	RJ Reynolds		1:43.41
5	Apex Friendship		1:43.63
6	Reagan		1:43.94
7	Grimsley		1:45.36
8	Panther Creek		1:45.49
9	Jordan		1:47.85
10	Northwest Guilfo		1:50.64
11	East Forsyth		1:54.62
12	Jack Britt		1:55.32
13	High Point Centr		1:57.38
14	Riverside		1:57.63
15	Overhills		2:04.14
16	Glenn		2:11.94
17	Purnell Swett		2:15.97
18	Scotland		2:16.69
19	Lumberton		2:16.89
20	Pinecrest		2:20.34
21	Hoke County		2:22.01
22	South View		2:24.26
23	Pine Forest		2:25.42
24	Ragsdale		2:33.08

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 18 Men 200 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Green Hope		1:27.05
2	Panther Creek		1:28.57
3	Page		1:29.73
4	Reagan		1:31.19
5	Riverside		1:31.59
6	West Forsyth		1:32.21
7	Grimsley		1:34.06
8	RJ Reynolds		1:34.36
9	Apex Friendship		1:34.67
10	Northwest Guilfo		1:35.41
11	Jordan		1:36.03
12	East Forsyth		1:41.81
13	Pinecrest		1:42.80
14	Glenn		1:43.97
15	Lumberton		1:50.47
16	Jack Britt		1:51.49
17	High Point Centr		1:51.92
18	Overhills		1:52.81
19	Scotland		1:57.78
20	Purnell Swett		2:00.39
21	Pine Forest		2:08.36
22	Ragsdale		2:08.82

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 19 Women 100 Yard Backstroke**

	Name	Yr	School	Seed Time
1	Copeland, Mary Grace		Page	59.92
2	Carson, Katherine		Green Hope	1:00.19
3	Hoyle, Caroline		RJ Reynolds	1:00.47
4	Joseph, Neha		Apex Friendship	1:01.08
5	Neal, Maddie		Reagan	1:01.16
6	Cox, Caroline		Grimsley	1:01.31
7	Starnes, Aden		Reagan	1:01.56
8	Guo, Vivian		Panther Creek	1:02.00
9	Rider, MacKenzie		Grimsley	1:02.11
10	Hickey, Dillan		Jordan	1:02.22
11	Allred, Samantha		Green Hope	1:02.28
12	Banks, Madeline		Panther Creek	1:03.24
13	Lillis, Ryan		Apex Friendship	1:03.64
14	Honaker, Olivia		Panther Creek	1:03.66
15	Medins, Delaney		Apex Friendship	1:04.30
16	McGuinness, Madison		West Forsyth	1:04.85
17	Clevenger, Scarlett		West Forsyth	1:05.18
18	Mohr, Maribeth		RJ Reynolds	1:05.34
19	Hall, Kristy		West Forsyth	1:05.44
20	Stark, Liv		Panther Creek	1:05.46
21	Martin, Phoebe		Northwest Guilfo	1:05.69
22	Van Luvender, Harley		Green Hope	1:05.98
23	Armstrong, Taylor		Green Hope	1:06.33
24	Thomas, Camden		Grimsley	1:06.76

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 20 Men 100 Yard Backstroke**

	Name	Yr	School	Seed Time
1	Weaver, Ryan A		Riverside	51.28
2	Cotter, Colin		Green Hope	53.38
3	Ssengonzi, Jesse		Green Hope	53.75
4	Ghim, Christopher		Panther Creek	53.90
5	Tars, Robert		Ragsdale	54.19
6	Echols, Jeff		RJ Reynolds	54.42
7	Spieler, Ellis		Reagan	54.44
8	Cantrell, Eric		Grimsley	54.53
9	Benton, Jack		Apex Friendship	54.79
10	Nario, Austin		RJ Reynolds	55.40
11	Gillispcie, Jake		Grimsley	55.88
12	Mann, Ben		Apex Friendship	56.41
13	McDonald, Logan		West Forsyth	57.04
14	Roberts, Nicholas		Jordan	58.72
15	Walls, Harrison		RJ Reynolds	58.93
16	Vasudevan, Srikant		Apex Friendship	59.21
17	Coffield, Aidan		Reagan	59.37
18	Farabow, Brooks		Page	59.76
19	Rice, Andrew		Green Hope	59.93
20	Nolet, Alec		Green Hope	1:00.41
21	Stowers, Charlie		Grimsley	1:00.47
22	Hazzard, Henry		Grimsley	1:00.57
23	Curran, Garrett		Panther Creek	1:00.82
24	Lord, Jace		Jordan	1:01.23

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 21 Women 100 Yard Breaststroke**

	Name	Yr	School	Seed Time
1	Baric, Maria		Green Hope	1:05.85
2	Mohr, Katie		RJ Reynolds	1:06.95
3	Tomlinson, Abigail		Apex Friendship	1:08.26
4	Frisbie, Sarah		West Forsyth	1:08.35
5	Zettel, Brooke		Apex Friendship	1:08.50
6	Gesse, Eliza		Page	1:08.92
7	Maloy, Jenna N		Riverside	1:10.30
8	Lin, Jennings		Grimsley	1:10.30
9	Xiao, Sunny		Grimsley	1:10.79
10	Gaspar, Ashton		Apex Friendship	1:10.82
11	Smith, Corina		Green Hope	1:11.28
12	Day, Keenan		Jordan	1:11.69
13	Bunting, Meredith		Reagan	1:12.18
14	Frisbie, Mary Kate		West Forsyth	1:12.72
15	Carawan, Morgan		West Forsyth	1:13.25
16	Ralston, Maggie		Green Hope	1:13.80
17	Adams, Mackenzie		Green Hope	1:13.96
18	Miller, Anna		Jack Britt	1:14.09
19	Murphy, Ella		Northwest Guilfo	1:14.43
20	Clowes, Mia		Apex Friendship	1:14.64
21	Roberts, Lucy		Jordan	1:15.01
22	Kranis, Lauren		West Forsyth	1:15.16
23	Wondra, Elizabeth		Reagan	1:15.67
24	McRae, Katie		Panther Creek	1:15.80

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 22 Men 100 Yard Breaststroke**

	Name	Yr	School	Seed Time
1	Mikuta, Reid		Page	57.86
2	Nouchi, Noah		Reagan	58.32
3	Tjandra, Davin		Panther Creek	59.61
4	Echols, Todd		RJ Reynolds	59.84
5	McKenna, Patrick		Reagan	59.91
6	Keaney, Reilly		Grimsley	1:00.96
7	Zhang, Jason		Green Hope	1:01.01
8	Thompson, Brian		Panther Creek	1:01.23
9	Auderer, Michael		Jack Britt	1:01.66
10	Bria, Alex		Jordan	1:03.24
11	McGovern, Camden		Jordan	1:03.40
12	Rigsbee, Matthew A		Riverside	1:04.21
13	Kranis, Justin		West Forsyth	1:04.47
14	Fiffick, Sam		Apex Friendship	1:04.56
15	Paroly, Josh		Apex Friendship	1:04.70
16	Watkins, Griffin		West Forsyth	1:04.91
17	LeFevre, Ben		RJ Reynolds	1:04.97
18	Valliere, Alex		West Forsyth	1:05.41
19	Cooper, William		Pinecrest	1:06.09
20	Spreher, Preston		Green Hope	1:06.90
21	Jong, Ethan		Panther Creek	1:07.21
22	Harriss, William		Grimsley	1:07.25
23	Davis, Caleb		Apex Friendship	1:08.62
24	Curran, Connor		Panther Creek	1:10.16

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 23 Women 400 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Green Hope		3:35.93
2	Apex Friendship		3:40.63
3	Page		3:42.72
4	Reagan		3:44.25
5	Panther Creek		3:48.30
6	Grimsley		3:49.68
7	Jordan		3:50.96
8	West Forsyth		3:50.97
9	RJ Reynolds		3:59.13
10	Jack Britt		4:08.32
11	East Forsyth		4:26.27
12	Northwest Guilfo		4:27.57
13	Riverside		4:33.62
14	Ragsdale		4:37.40
15	High Point Centr		4:40.78
16	Pinecrest		4:41.15
17	Overhills		5:07.50
18	Glenn		5:09.69
19	Scotland		5:09.99
20	Pine Forest		5:13.67
21	Lumberton		5:32.30

2019 4A Central NCHSAA Regional Championships - 1/31/19 to 2/2/19**Host: RJ Reynolds HS****Swimming & Diving****Psych Sheet****Event 24 Men 400 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Green Hope		3:12.38
2	Panther Creek		3:13.91
3	Reagan		3:17.12
4	Page		3:18.40
5	Apex Friendship		3:20.95
6	Grimsley		3:21.41
7	RJ Reynolds		3:22.70
8	Jordan		3:26.69
9	West Forsyth		3:35.92
10	Riverside		3:37.45
11	Pinecrest		3:43.44
12	Ragsdale		3:45.36
13	Northwest Guilfo		3:45.68
14	East Forsyth		3:56.85
15	Pine Forest		4:00.06
16	Glenn		4:00.21
17	Jack Britt		4:00.38
18	Scotland		4:27.20
19	Overhills		4:46.33
20	High Point Centr		4:50.33
21	Lumberton		4:59.49