

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 1 Women 200 Yard Medley Relay**

	Team	Relay	Seed Time
1	Leesville Road		1:47.32
2	Enloe		1:50.52
3	Millbrook		1:51.07
4	Cary		1:51.21
5	Cardinal Gibbons		1:51.31
6	Apex		1:51.52
7	Sanderson		1:53.04
8	Corinth-Holders		1:53.66
9	Holly Springs		1:54.67
10	Hoggard		1:56.43
11	Middle Creek		1:57.17
12	Broughton		1:59.83
13	Heritage		2:00.17
14	Wakefield		2:00.36
15	Athens Drive		2:00.51
16	Rolesville		2:02.67
17	South Central		2:04.06
18	Ashley		2:04.65
19	Fuquay-Varina		2:05.57
20	Wake Forest		2:05.67
21	Laney		2:06.70
22	Southeast Raleigh		2:10.92
23	Garner		2:10.95
24	New Bern		2:15.31

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 2 Men 200 Yard Medley Relay**

	Team	Relay	Seed Time
1	Athens Drive		1:36.00
2	Cardinal Gibbons		1:37.41
3	Sanderson		1:37.88
4	Enloe		1:38.69
5	Wakefield		1:38.98
6	Apex		1:40.72
7	Hoggard		1:41.87
8	Broughton		1:42.67
9	Millbrook		1:42.91
10	Ashley		1:42.92
11	Middle Creek		1:42.96
12	Leesville Road		1:43.12
13	Wake Forest		1:44.34
14	Holly Springs		1:44.51
15	Heritage		1:47.38
16	Corinth-Holders		1:49.96
17	Fuquay-Varina		1:52.05
18	Laney		1:52.18
19	Garner		1:52.42
20	South Central		1:52.55
21	New Bern		1:53.03
22	Cary		1:54.04
23	Southeast Raleigh		2:06.67

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 3 Women 200 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Cera, Adrianna		Millbrook	1:54.54
2	Pennisi, Molly		Cardinal Gibbons	1:57.24
3	Adams, Jennifer		Cary	1:57.45
4	Hauser, Genny		Millbrook	1:57.50
5	Muma, Samantha		Leesville Road	1:57.94
6	Rydzewski, Amber		Middle Creek	1:58.43
7	Bachand, Maddie		Cardinal Gibbons	1:58.51
8	Cunningham, Victoria		Middle Creek	1:58.79
9	Chignell, Katie		Enloe	1:59.01
10	Frank, Jessica		Leesville Road	1:59.34
11	Tart, Bethany		South Central	2:00.16
12	Whitaker, Peyton		Corinth-Holders	2:02.22
13	Jaynes, Hope		Apex	2:02.57
14	Haroldson, Olivia		Cary	2:02.75
15	Clack, Carrington		Garner	2:03.29
16	Myhrvold, Amelia		Wakefield	2:03.55
17	Fultz, Corinna		Broughton	2:03.62
18	Smith, Sydney		Apex	2:03.71
19	Martin, Cady		Apex	2:04.27
20	Danielsen, Samantha		Apex	2:04.32
21	Curran, Kaylie		Cary	2:04.42
22	Partrick, Meghan		Corinth-Holders	2:04.57
23	Thomsen, Savannah		Corinth-Holders	2:05.65
24	Haugh, Sophie		Athens Drive	2:05.70

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 4 Men 200 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Haughey, Braeden		Middle Creek	1:43.14
2	Kring, Jaden		Sanderson	1:45.36
3	Hollett, Drew		Athens Drive	1:45.67
4	Drake, Patrick		Cardinal Gibbons	1:47.06
5	Riley, Nick		Holly Springs	1:47.41
6	Young, Hunter		Rolesville	1:47.83
7	Chignell, Connor		Enloe	1:48.27
8	Washburn, David		Broughton	1:49.17
9	Lundberg, Stephen		New Bern	1:50.59
10	Russell, Kellen		Cardinal Gibbons	1:50.70
11	Moore, Joshua		Cardinal Gibbons	1:50.76
12	Brodnick, Seth		Leesville Road	1:51.10
13	O'Neill, Trevor		Millbrook	1:51.47
14	Horman, Elijah		Cary	1:51.83
15	Miley, Kian		South Garner	1:52.90
16	Rendon, Kolby		Middle Creek	1:53.52
17	Roberts, Grayson		Sanderson	1:53.77
18	Hogewood, Ben		Enloe	1:53.78
19	Butner, Logan		Ashley	1:54.29
20	Raynor, Jonathan		Corinth-Holders	1:56.17
21	Shaver, Zack		Holly Springs	1:56.29
22	Burns, Duncan		Sanderson	1:58.03
23	Quaresma, David		Wake Forest	1:59.36
24	Muir, Avery		Apex	2:00.96

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 5 Women 200 Yard IM**

	Name	Yr	School	Seed Time
1	McCauley, Ashley		Leesville Road	2:06.07
2	Grotjohn, Kennedy		Cary	2:10.20
3	Zhang, Jolene		Enloe	2:10.75
4	Anderson, Sophie		Apex	2:10.77
5	Nordstrom, Mia		Leesville Road	2:10.79
6	Joyce, Genevieve		Apex	2:11.01
7	Clark, Abigail		Cary	2:11.61
8	Strickland, Rachel		Corinth-Holders	2:13.10
9	Worden, Ashley		Cardinal Gibbons	2:13.35
10	Speerschneider, Kate		Leesville Road	2:13.62
11	Chignell, Katie		Enloe	2:15.24
12	Campbell, Emily		Sanderson	2:15.99
13	Bridgham, Kayla		Athens Drive	2:17.81
14	Carrigan, Anna		Leesville Road	2:18.83
15	Teachey, Michaela		Millbrook	2:18.83
16	Petschauer, Madison		Apex	2:19.01
17	Alexander, Phoebe		Athens Drive	2:19.53
18	Boulware, Olivia		Millbrook	2:19.98
19	Strout, Jennifer		Cary	2:21.64
20	Johns, Morgan		Cardinal Gibbons	2:22.14
21	Lardizabal, Gabby		Cardinal Gibbons	2:22.95
22	Briggs, Miyako		Enloe	2:23.12
23	McPhaul, Anna		Sanderson	2:23.78
24	Carter, Danielle		Middle Creek	2:25.93

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 6 Men 200 Yard IM**

	Name	Yr	School	Seed Time
1	Lucht, Sammy		Sanderson	1:55.88
2	Diacumakos, Noah		Apex	1:55.92
3	Dyke, Thor		Athens Drive	1:57.20
4	Cairns, Zach		Cardinal Gibbons	1:57.53
5	Carroll, AJ		Wakefield	1:58.17
6	Baldwin, Daniel		Athens Drive	1:58.50
7	Chapman, John		Apex	1:58.58
8	Deming, Josh		Millbrook	2:00.32
9	Bezuidenhout, Gideon		Wake Forest	2:00.33
10	Bunger, Joe		Holly Springs	2:00.42
11	Silver, Ryan		Athens Drive	2:00.59
12	Whittington, Jeffrey		Broughton	2:02.45
13	Fortner, Luke		Enloe	2:02.51
14	Butner, Garrett		Ashley	2:03.56
15	Morton, Byron		Wakefield	2:04.02
16	Lee, Hyoseon		Enloe	2:04.69
17	Short, Connor		Apex	2:04.70
18	Mabunga, Aidan		Wakefield	2:06.25
19	Greeley, Matthew		Cardinal Gibbons	2:06.57
20	Sterrett, Will		Hoggard	2:07.12
21	Johnson, Brennan		Millbrook	2:08.82
22	Volk, Trevor		Holly Springs	2:11.68
23	Mealie, Matthew		Middle Creek	2:16.76
24	Absillis, Tanguy		Southeast Raleigh	2:17.81

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 7 Women 50 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Morgan, Brooke		Leesville Road	24.24
2	Hicks, Hailey		Sanderson	24.35
3	Gschwind, Olivia		Broughton	24.47
4	Parkes, Callie		Hoggard	24.71
5	Kondratick, Morgan		Holly Springs	24.76
6	Myhrvold, Mathea		Wakefield	24.80
7	Carlson, Alayna		Millbrook	25.15
8	Fu, Jiayu		Apex	25.18
9	Grill, Jenna		Laney	25.31
10	Rex, Kennedy		Corinth-Holders	25.38
11	Milberg, Katy		Cardinal Gibbons	25.40
12	Hartis, Sydney		Millbrook	25.52
13	Baldwin, LeighAnne		Enloe	25.55
14	Burgess, Stefanie		Cardinal Gibbons	25.62
15	Mitchell, Katie		Cardinal Gibbons	25.80
16	Newton, Grace		Leesville Road	25.82
17	Pluska, Olivia		Enloe	26.21
18	Wells, Mary		Hoggard	26.25
19	Divoky, Brenna		Ashley	26.32
20	Rudolph, Olivia		Wake Forest	26.39
21	Galloway, Claire		Holly Springs	26.60
22	Chance, Kristin		Southeast Raleigh	26.69
23	Blandford, Callie		Corinth-Holders	26.69
24	Giuliano, Meg		Apex	26.76

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 8 Men 50 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Johnson, Bryson		Enloe	21.33
2	Foulkes, T'Lez		Cardinal Gibbons	21.49
3	Howard, Finn		Hoggard	21.65
4	Greeley, David		Cardinal Gibbons	21.81
5	Smyre, Alex		Leesville Road	21.90
6	Brown, Taye		Wakefield	21.93
7	Lockhart, Kevon		Cardinal Gibbons	22.16
8	Adkins, Trey		Laney	22.18
9	Smith, Ian		Holly Springs	22.44
10	Parker, Will		Hoggard	22.49
11	Furbay, Patrick		Ashley	22.64
12	Wall, Josh		Sanderson	22.69
13	Heffron, Fisher		Holly Springs	22.70
14	Lawless, Liam		Broughton	22.78
15	Soroka, Landon		Broughton	22.78
16	Coppedge, Thomas		Sanderson	22.80
17	Smith, Nick		Middle Creek	22.83
18	Bacon, Tate		Wake Forest	22.99
19	Lee, Alec		Enloe	23.00
20	Wingard, Nathan		South Central	23.01
21	McLawhorn, Melvin		Wake Forest	23.15
22	Saah, Orion		Enloe	23.19
23	King, Ryan		Heritage	23.47
24	Dionne, Benjamin		Millbrook	23.57

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 9 Women 1 mtr Diving**

	Name	Yr	School	
1	Zuburg, Ashton		Leesville Road	459.40
2	Smith, Zoe		Sanderson	395.30
3	Iannon, Megan		Millbrook	392.35
4	Fanjoy, Daisy		Sanderson	326.60
5	Overholt, Hannah		Holly Springs	303.10
6	Rozansky, Rachel		Enloe	288.75
7	Salcido, Julianna		Cardinal Gibbons	281.50
8	Quinlivan, Colleen		Cary	272.40
9	Maiorana, Ava		Apex	258.85
10	Holene, Sabrina		Millbrook	255.95
11	Gawin-Parigini, Alexandra		Cary	254.90
12	Watson, Bailey		Middle Creek	243.00
13	Middleton, Alex		Cardinal Gibbons	195.90
14	Delborne, Moe		Enloe	191.75
15	Woods, Ella		Cardinal Gibbons	183.20
16	Lawson, Amy		Cardinal Gibbons	179.60
17	Barrett, Brooke		Enloe	158.15
18	Desousa, Marina		Leesville Road	130.70
19	Barnes, Morgan		Leesville Road	110.40
20	Jackson, Demaris		Millbrook	100.80
21	Brower, Jade		Cary	87.20

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 10 Men 1 mtr Diving**

	Name	Yr	School	
1	Tibbs, Devin		Leesville Road	424.30
2	Wood, Jaxxyn		Broughton	361.35
3	Kissell, Sergei		Sanderson	333.70
4	Bunn, Jason		Hoggard	301.35
5	Butler, Bennett		Broughton	276.95
6	Biggs, Jack		Leesville Road	276.00
7	Yardley, Luke		Leesville Road	269.35
8	Tabb, Treyton		Garner	260.80
9	Messenger, Hank		Broughton	248.95
10	Kinney, Martin		Broughton	248.55
11	Stasiewicz, Samuel		Sanderson	245.90
12	Ziobro, Mathew		Enloe	243.65
13	Schroeder, Henning		Enloe	242.00
14	Williams, Patrick		Heritage	235.55
15	Sobocinski, Lukas		Cardinal Gibbons	223.90
16	Van Dyke, Hampton (Ivan)		Sanderson	218.50
17	Roy, Tyler		Heritage	207.65
18	Johnson, Devin		Middle Creek	202.25
19	Villiers, Michael		Apex	195.95
20	Kovac, Kiernan		Apex	186.40
21	Adas, Luke		Cardinal Gibbons	182.25
22	Seate, Will		Sanderson	143.25
23	Brockman, Clay		Heritage	113.25
24	Halik, Thomas		Heritage	98.45
25	Hernandez, Manuel		Cary	65.10

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 11 Women 100 Yard Butterfly**

	Name	Yr	School	Seed Time
1	Curzan, Claire		Cardinal Gibbons	53.78
2	Ray, Amanda		Leesville Road	56.47
3	Watts, Mimi		Enloe	56.70
4	Worden, Ashley		Cardinal Gibbons	58.44
5	Jones, Acacia		Corinth-Holders	58.87
6	Boulware, Sophie		Millbrook	59.04
7	Mitchell, Katie		Cardinal Gibbons	59.07
8	Zhu, Caroline		Enloe	59.29
9	Fullerton, Mikaela		Apex	1:00.35
10	Campbell, Emily		Sanderson	1:00.69
11	Whitaker, Peyton		Corinth-Holders	1:00.78
12	Castle, Kendall		Cary	1:01.18
13	Burgess, Stefanie		Cardinal Gibbons	1:01.26
14	Pena, Karsen		Middle Creek	1:01.62
15	Pham, Jacquelyn		Cary	1:01.77
16	Walton, Ashlyn		Leesville Road	1:01.94
17	Boulware, Olivia		Millbrook	1:02.01
18	Fortner, Abi		Enloe	1:02.70
19	Hurlbert, Kaherine		Holly Springs	1:02.85
20	Grill, Jenna		Laney	1:02.97
21	Ball, Emily		Hoggard	1:03.12
22	Wisz, Emme		Sanderson	1:03.37
23	Miller, Alexis		Athens Drive	1:03.59
24	Edelson, Anna		Leesville Road	1:04.26

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 12 Men 100 Yard Butterfly**

	Name	Yr	School	Seed Time
1	Kring, Jaden		Sanderson	51.31
2	Smyre, Alex		Leesville Road	52.22
3	Settlemyre, Jeffrey		Hoggard	53.08
4	Silver, Ryan		Athens Drive	53.19
5	Wombacher, Rio		Cardinal Gibbons	53.20
6	Berkowitz, Jeremy		Cary	53.26
7	Bunger, Joe		Holly Springs	53.79
8	Wingard, Nathan		South Central	54.15
9	Armbruster, Sam		Apex	54.65
10	Bacon, Tate		Wake Forest	54.87
11	Tobul, Tommy		Holly Springs	55.28
12	Bridgham, Joey		Athens Drive	55.32
13	Sobocinski, Lukas		Cardinal Gibbons	55.53
14	Deming, Josh		Millbrook	55.60
15	Hensley, Noah		Enloe	55.60
16	Donnelly, Jason		Millbrook	56.01
17	Shearin, Will		Athens Drive	56.14
18	Sterrett, Will		Hoggard	56.77
19	Maier, Kyle		Wakefield	56.92
20	Rendon, Kolby		Middle Creek	56.93
21	Miley, Kian		South Garner	56.94
22	Balkus, Ethan		Laney	57.01
23	Benson, Zach		Broughton	57.75
24	Langtry, Bobby		Hoggard	58.41

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 13 Women 100 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Cera, Adrianna		Millbrook	52.57
2	Morgan, Brooke		Leesville Road	53.11
3	Hicks, Hailey		Sanderson	53.17
4	Parkes, Callie		Hoggard	53.58
5	Myhrvold, Mathea		Wakefield	53.89
6	Gschwind, Olivia		Broughton	54.29
7	Pennisi, Molly		Cardinal Gibbons	54.55
8	Frank, Jessica		Leesville Road	54.55
9	Hartis, Sydney		Millbrook	54.98
10	Fu, Jiayu		Apex	55.01
11	Rex, Kennedy		Corinth-Holders	55.18
12	Muma, Samantha		Leesville Road	55.41
13	Adams, Jennifer		Cary	55.58
14	Kondratick, Morgan		Holly Springs	55.65
15	Tart, Bethany		South Central	55.73
16	Baldwin, LeighAnne		Enloe	55.78
17	Pilecki, Sarah		Apex	55.83
18	Milberg, Katy		Cardinal Gibbons	55.92
19	Bridgham, Kayla		Athens Drive	56.59
20	Smith, Sydney		Apex	56.89
21	Clack, Carrington		Garner	56.99
22	Jean, Ashley		Millbrook	58.30
23	Newcome, Ava		Cardinal Gibbons	58.34
24	Carter, Danielle		Middle Creek	59.26
25	Le, Lona		Apex	59.26
26	Miller, Sadler		Corinth-Holders	59.65
27	Baumgartner, Allison		Cardinal Gibbons	59.76
28	Moore, Cameron		Sanderson	1:00.09
29	Baysben, Kaley		Leesville Road	1:00.15
30	Rudolph, Olivia		Wake Forest	1:00.66
31	Fine, Grace		Broughton	1:00.96
32	Williford, Caroline		Holly Springs	1:01.37

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 14 Men 100 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Brown, Taye		Wakefield	46.50
2	Wahlen, David		Athens Drive	47.80
3	Johnson, Bryson		Enloe	47.88
4	Young, Hunter		Rolesville	47.93
5	Lockhart, Kevon		Cardinal Gibbons	48.06
6	Greeley, David		Cardinal Gibbons	48.25
7	Adkins, Trey		Laney	48.29
8	Hollett, Drew		Athens Drive	49.12
9	Speerschneider, Zach		Leesville Road	49.28
10	Howard, Finn		Hoggard	49.43
11	Thomas, Cameron		Athens Drive	49.43
12	Parker, Will		Hoggard	49.50
13	Noble, Ross		Millbrook	49.73
14	Smith, Ian		Holly Springs	49.86
15	Lawless, Liam		Broughton	50.17
16	Becker, Perry		Sanderson	50.20
17	Soroka, Landon		Broughton	50.62
18	Morton, Byron		Wakefield	50.68
19	Down, Robert		Middle Creek	51.20
20	Goembel, Matthew		Athens Drive	51.30
21	Roberts, Grayson		Sanderson	51.44
22	Blackburn, Conner		Leesville Road	51.60
23	Wall, Josh		Sanderson	51.68
24	Lee, Alec		Enloe	52.04

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 15 Women 500 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Grotjohn, Kennedy		Cary	5:03.93
2	Ray, Amanda		Leesville Road	5:07.00
3	Cunningham, Victoria		Middle Creek	5:08.63
4	Martin, Cady		Apex	5:15.29
5	Rydzewski, Amber		Middle Creek	5:15.45
6	Boulware, Sophie		Millbrook	5:15.80
7	Bachand, Maddie		Cardinal Gibbons	5:17.33
8	Walton, Ashlyn		Leesville Road	5:21.29
9	Pilecki, Sarah		Apex	5:24.30
10	Fultz, Corinna		Broughton	5:27.48
11	Lahiff, Julie		Cardinal Gibbons	5:28.17
12	Fortner, Abi		Enloe	5:30.11
13	Overton, Sam		Enloe	5:30.84
14	Jaynes, Hope		Apex	5:31.18
15	Briggs, Miyako		Enloe	5:32.13
16	Curran, Kaylie		Cary	5:33.35
17	Teachey, Michaela		Millbrook	5:34.79
18	Partrick, Meghan		Corinth-Holders	5:36.55
19	Inscore, Janie		Millbrook	5:37.95
20	Hawkins, Taylor		Leesville Road	5:39.11
21	Thomsen, Savannah		Corinth-Holders	5:40.21
22	Groce, April		Apex	5:41.78
23	Madden, Lindsay		Wake Forest	5:42.68
24	Sadowski, Maura		Cardinal Gibbons	5:44.20

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 16 Men 500 Yard Freestyle**

	Name	Yr	School	Seed Time
1	Dyke, Thor		Athens Drive	4:40.13
2	Haughey, Braeden		Middle Creek	4:42.11
3	Washburn, David		Broughton	4:49.36
4	Perkins, Tull		Cardinal Gibbons	4:52.05
5	Martinez, Roman		Fuquay-Varina	4:52.83
6	Cairns, Zach		Cardinal Gibbons	4:53.49
7	Riley, Nick		Holly Springs	4:54.14
8	Brodnick, Seth		Leesville Road	4:55.79
9	Russell, Kellen		Cardinal Gibbons	4:55.86
10	Horman, Elijah		Cary	4:56.83
11	Donnelly, Jason		Millbrook	4:58.97
12	Partrick, Michael		Corinth-Holders	4:59.65
13	Schrage, Avery		Broughton	5:02.71
14	Johnson, Brennan		Millbrook	5:06.36
15	Moore, Joshua		Cardinal Gibbons	5:11.10
16	McNutt, Joe		Holly Springs	5:11.17
17	Kirby, Evan		Hoggard	5:14.35
18	Raynor, Jonathan		Corinth-Holders	5:16.58
19	Hogewood, Ben		Enloe	5:16.59
20	Haxholdt, Victor		Athens Drive	5:19.58
21	Quaresma, David		Wake Forest	5:19.97
22	Balkus, Ethan		Laney	5:20.12
23	Lesko, Cameron		Ashley	5:21.31
24	Pramojaney, Kevin		Enloe	5:32.51

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 17 Women 200 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Cardinal Gibbons		1:38.68
2	Leesville Road		1:39.33
3	Millbrook		1:41.81
4	Enloe		1:42.28
5	Apex		1:42.66
6	Cary		1:43.08
7	Sanderson		1:43.12
8	Corinth-Holders		1:45.91
9	Hoggard		1:46.13
10	Heritage		1:48.26
11	Wakefield		1:48.50
12	Athens Drive		1:49.15
13	Holly Springs		1:49.95
14	Wake Forest		1:50.21
15	Rolesville		1:50.51
16	Ashley		1:52.18
17	Broughton		1:53.12
18	Fuquay-Varina		1:53.62
19	South Central		1:53.70
20	Laney		1:54.00
21	Middle Creek		1:56.57
22	Southeast Raleigh		1:57.04
23	New Bern		1:58.92
24	Garner		1:59.94

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 18 Men 200 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Cardinal Gibbons		1:28.37
2	Athens Drive		1:28.50
3	Sanderson		1:30.50
4	Leesville Road		1:30.76
5	Holly Springs		1:31.01
6	Enloe		1:31.38
7	Apex		1:32.13
8	Hoggard		1:32.15
9	Wakefield		1:32.69
10	Wake Forest		1:33.49
11	Fuquay-Varina		1:34.66
12	Ashley		1:35.40
13	Broughton		1:35.44
14	Millbrook		1:36.62
15	Heritage		1:36.78
16	Laney		1:36.80
17	Corinth-Holders		1:40.61
18	Garner		1:40.69
19	Rolesville		1:41.19
20	South Central		1:43.26
21	New Bern		1:43.48
22	Middle Creek		1:44.69
23	Cary		1:49.11
24	Southeast Raleigh		1:55.39

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 19 Women 100 Yard Backstroke**

	Name	Yr	School	Seed Time
1	Curzan, Claire		Cardinal Gibbons	55.46
2	Clark, Abigail		Cary	57.28
3	Strickland, Rachel		Corinth-Holders	58.39
4	Nordstrom, Mia		Leesville Road	58.49
5	Carlson, Alayna		Millbrook	59.87
6	Carrigan, Anna		Leesville Road	1:01.15
7	Bazinet, Laurie-Anne		Hoggard	1:02.68
8	Pham, Jacquelyn		Cary	1:03.09
9	Myhrvold, Amelia		Wakefield	1:03.15
10	Grasso, Aynslee		Heritage	1:03.29
11	Pena, Karsen		Middle Creek	1:03.72
12	Danielsen, Samantha		Apex	1:03.83
13	Blandford, Callie		Corinth-Holders	1:03.85
14	Pluska, Olivia		Enloe	1:03.96
15	Castle, Kendall		Cary	1:04.13
16	Newcome, Ava		Cardinal Gibbons	1:04.60
17	Bennison, Caroline		Heritage	1:04.64
18	Haugh, Sophie		Athens Drive	1:04.79
19	Groce, April		Apex	1:04.82
20	Inscore, Janie		Millbrook	1:05.00
21	Tse, Mya		Sanderson	1:05.26
22	Clausen, Sage		Cary	1:05.49
23	Sadowski, Maura		Cardinal Gibbons	1:05.52
24	Miller, Sadler		Corinth-Holders	1:05.60

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 20 Men 100 Yard Backstroke**

	Name	Yr	School	Seed Time
1	Wahlen, David		Athens Drive	51.05
2	Hensley, Noah		Enloe	52.26
3	Carroll, AJ		Wakefield	53.52
4	Wombacher, Rio		Cardinal Gibbons	53.55
5	Settlemyre, Jeffrey		Hoggard	53.82
6	Chignell, Connor		Enloe	53.89
7	Noble, Ross		Millbrook	54.07
8	Berkowitz, Jeremy		Cary	54.13
9	Furbay, Patrick		Ashley	54.22
10	Chapman, John		Apex	54.25
11	Smith, Nick		Middle Creek	54.70
12	Bridgham, Joey		Athens Drive	55.74
13	O'Neill, Trevor		Millbrook	55.75
14	Doherty, Evan		Heritage	56.37
15	Burns, Duncan		Sanderson	57.80
16	Mabunga, Aidan		Wakefield	57.87
17	Shaver, Zack		Holly Springs	58.05
18	Schrage, Avery		Broughton	58.07
19	Haxholdt, Victor		Athens Drive	58.17
20	McDonald, Trevor		Athens Drive	1:00.12
21	Kreske, Hunter		Corinth-Holders	1:00.40
22	Hope, Scott		South Central	1:00.76
23	Muir, Avery		Apex	1:01.06
24	Duke, Brian		Leesville Road	1:01.39

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 21 Women 100 Yard Breaststroke**

	Name	Yr	School	Seed Time
1	McCauley, Ashley		Leesville Road	1:05.03
2	Joyce, Genevieve		Apex	1:05.81
3	Fullerton, Mikaela		Apex	1:06.21
4	Zhu, Caroline		Enloe	1:06.82
5	Divoky, Brenna		Ashley	1:08.06
6	Zhang, Jolene		Enloe	1:08.22
7	Anderson, Sophie		Apex	1:08.24
8	Johnson, Emma		Hoggard	1:08.62
9	Speerschneider, Kate		Leesville Road	1:09.85
10	Lahiff, Julie		Cardinal Gibbons	1:10.21
11	Haroldson, Olivia		Cary	1:11.17
12	Jones, Acacia		Corinth-Holders	1:11.53
13	Newton, Grace		Leesville Road	1:11.62
14	Alexander, Phoebe		Athens Drive	1:11.73
15	Galloway, Claire		Holly Springs	1:12.14
16	Petschauer, Madison		Apex	1:12.23
17	Lardizabal, Gabby		Cardinal Gibbons	1:12.50
18	Hauser, Genny		Millbrook	1:12.64
19	Edelson, Anna		Leesville Road	1:12.93
20	Zalkind, Grace		Sanderson	1:13.51
21	Strout, Jennifer		Cary	1:13.95
22	Chance, Kristin		Southeast Raleigh	1:14.33
23	Ahart, Savannah		Fuquay-Varina	1:14.33
24	Carter, Alexis		Corinth-Holders	1:14.36

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 22 Men 100 Yard Breaststroke**

	Name	Yr	School	Seed Time
1	Diacumakos, Noah		Apex	59.16
2	Foulkes, T'Lez		Cardinal Gibbons	59.40
3	Lucht, Sammy		Sanderson	59.54
4	Drake, Patrick		Cardinal Gibbons	1:00.00
5	Baldwin, Daniel		Athens Drive	1:00.16
6	Fortner, Luke		Enloe	1:01.03
7	Speerschneider, Zach		Leesville Road	1:01.24
8	Bezuidenhout, Gideon		Wake Forest	1:01.56
9	Butner, Logan		Ashley	1:02.13
10	Butner, Garrett		Ashley	1:02.85
11	Perkins, Tull		Cardinal Gibbons	1:03.23
12	Martinez, Roman		Fuquay-Varina	1:03.33
13	Partrick, Michael		Corinth-Holders	1:03.34
14	Lee, Hyoseon		Enloe	1:04.28
15	Whittington, Jeffrey		Broughton	1:04.39
16	Short, Connor		Apex	1:04.73
17	Anderson, Nick		Cardinal Gibbons	1:06.38
18	Vargas, Julio		Apex	1:06.82
19	McNutt, Joe		Holly Springs	1:07.11
20	Huo, Jack		Hoggard	1:07.37
21	Shearin, Will		Athens Drive	1:07.77
22	Steparian, Andrew		Leesville Road	1:08.35
23	Croteau, Eric		Garner	1:08.66
24	Ji, Frederick		Enloe	1:08.91

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 23 Women 400 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Millbrook		3:36.23
2	Leesville Road		3:37.51
3	Enloe		3:41.26
4	Cary		3:41.28
5	Cardinal Gibbons		3:42.43
6	Apex		3:42.47
7	Middle Creek		3:48.63
8	Corinth-Holders		3:48.87
9	Broughton		3:52.32
10	Hoggard		3:53.07
11	Wakefield		3:53.79
12	Sanderson		3:55.25
13	Heritage		3:55.75
14	Holly Springs		3:58.68
15	Rolesville		4:01.20
16	Athens Drive		4:02.88
17	South Central		4:11.00
18	Ashley		4:11.31
19	Garner		4:18.39
20	Fuquay-Varina		4:18.44
21	New Bern		4:20.54
22	Southeast Raleigh		4:33.46
23	Laney		4:33.53
24	Wake Forest		4:55.08

2019 4A East NCHSAA Regional Championships - 2/1/19 to 2/2/19**Host: Corinth-Holders HS & Sanderson HS****Swimming & Diving****Psych Sheet****Event 24 Men 400 Yard Freestyle Relay**

	Team	Relay	Seed Time
1	Cardinal Gibbons		3:14.34
2	Athens Drive		3:14.95
3	Sanderson		3:17.16
4	Wakefield		3:19.17
5	Enloe		3:20.69
6	Millbrook		3:20.91
7	Middle Creek		3:22.43
8	Broughton		3:24.00
9	Holly Springs		3:24.21
10	Apex		3:26.03
11	Leesville Road		3:31.77
12	Ashley		3:33.21
13	Hoggard		3:34.44
14	Corinth-Holders		3:36.69
15	South Central		3:37.98
16	Heritage		3:38.86
17	Fuquay-Varina		3:43.63
18	New Bern		3:43.78
19	Rolesville		3:43.84
20	Cary		3:48.92
21	Garner		3:54.75
22	Wake Forest		3:58.00
23	Laney		4:08.63
24	Southeast Raleigh		4:36.11