

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20**Host: Lake Norman HS****Swimming & Diving****Psych Sheet****Event 1 Women 200 Yard Medley Relay**

Team	Relay	Seed Time
1 Hough		1:47.19
2 Myers Park		1:47.75
3 RJ Reynolds		1:49.65
4 Ardrey Kell		1:50.44
5 Lake Norman		1:51.14
6 Reagan		1:51.39
7 South Meck		1:51.61
8 Providence		1:51.97
9 West Forsyth		1:56.24
10 East Mecklenburg		1:59.94
11 Butler		2:00.10
12 Hickory Ridge		2:00.23
13 Mooresville		2:02.49
14 McDowell		2:06.66
15 South Caldwell		2:08.07
16 East Forsyth		2:10.62
17 Davie		2:10.95
18 Hopewell		2:13.02
19 Olympic		2:13.11
20 North Meck		2:14.52
21 Porter Ridge		2:15.59
22 Independence		2:16.70
23 Mallard Creek		2:18.30
24 Glenn		2:39.00

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 West Forsyth		1:37.07
2 South Meck		1:37.98
3 Myers Park		1:38.39
4 RJ Reynolds		1:39.09
5 Providence		1:39.94
6 Reagan		1:42.45
7 Hough		1:42.69
8 Lake Norman		1:43.12
9 South Caldwell		1:45.18
10 Ardrey Kell		1:45.40
11 Mallard Creek		1:49.03
12 Olympic		1:49.31
13 Hopewell		1:49.33
14 East Mecklenburg		1:49.37
15 Butler		1:52.06
16 Hickory Ridge		1:52.55
17 Davie		1:59.52
18 North Meck		1:59.77
19 Mooresville		2:00.81
20 Independence		2:03.56
21 Porter Ridge		2:04.29
22 East Forsyth		2:07.01
23 Glenn		2:17.41
24 McDowell		2:20.57

Event 3 Women 200 Yard Freestyle

Name	School	Seed Time
1 Rauch, Katie	South Meck	1:53.46
2 Alexander, Reece	Reagan	1:56.45
3 Merritt, Kensley	Hough	1:56.78
4 Garlick, Macyn	Lake Norman	1:58.20
5 Wozny, Makenna	Providence	1:58.30
6 Taylor, Kayana	South Caldwell	1:58.48
7 Echols, Caroline	RJ Reynolds	1:58.53
8 Bardsley, Helena	Lake Norman	1:58.56
9 Oettinger, Emily	Providence	1:58.92
10 Stowe, Caroline	Butler	2:01.47
11 Bartis, Rowan	Myers Park	2:01.58
12 Bailey, Leigh	Myers Park	2:01.98
13 Turner, Kora	Providence	2:01.99
14 Wolffis, Graylyn	Reagan	2:02.21
15 Rieker, Julianna	Reagan	2:04.05
16 McChesney, Shelby	West Forsyth	2:04.52
17 Wilson, Sarah Cameron	South Meck	2:05.52
18 Banas, Anna	Ardrey Kell	2:05.91
19 Clevenger, Scarlett	West Forsyth	2:06.49
20 Brewster, Kylie	Ardrey Kell	2:07.58
21 Doherty, Rowan	South Meck	2:07.67
22 Powell, Olivia	Providence	2:07.73
23 Emmons, Caney	Myers Park	2:07.87
24 Hanson, Genevieve	Myers Park	2:07.94

Event 4 Men 200 Yard Freestyle

Name	School	Seed Time
1 Vlahos, Luke	West Forsyth	1:45.12
2 Atherton, Alex	Hough	1:46.28
3 Ryan, Gaige	Ardrey Kell	1:46.51
4 Hohnbaum, Graham	Myers Park	1:47.26
5 Boone, Garrett	South Meck	1:47.29
6 Crew, John	South Meck	1:49.63
7 Frye, Robby	Hough	1:50.31
8 Blake, Devin	Providence	1:50.97
9 Johnson, Gavin	South Meck	1:51.03
10 Clark, Joseph	Myers Park	1:52.23
11 Stillman, Tucker	South Meck	1:53.69
12 LaChapelle, Luc	Providence	1:54.87
13 Desmond, Logan	Glenn	1:55.03
14 Garcia, Gabe	Hough	1:55.12
15 Halicigil, Baran	Reagan	1:55.18
16 Fansler, Tyler	RJ Reynolds	1:55.64
17 Campolmi, Caden	Myers Park	1:55.68
18 Brown, Logan	RJ Reynolds	1:55.93
19 Royster, Jake	Ardrey Kell	1:56.17
20 Allen, Hank	West Forsyth	1:56.47
21 Freeman, Davis	Ardrey Kell	1:56.70
22 Powell, Luke	South Caldwell	1:57.17
23 Childs, James	Myers Park	1:57.80
24 Rosenbloom, Joshua	Providence	1:59.45

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20**Host: Lake Norman HS****Swimming & Diving****Psych Sheet****Event 5 Women 200 Yard IM**

Name	School	Seed Time
1 Wilhelm, Kiley	Myers Park	2:06.12
2 Mohr, Katie	RJ Reynolds	2:06.93
3 Dona, Hanani	Lake Norman	2:08.17
4 Rainey, Grace	Hough	2:09.88
5 Davis, Laura	Providence	2:10.11
6 Whitmire, Liza	Myers Park	2:10.35
7 Hanley, Amaya	Hough	2:12.06
8 Bocian, Abby	Ardrey Kell	2:12.35
9 Mangaoang, Desirae	Lake Norman	2:13.86
10 Akins, Stella R	South Meck	2:14.68
11 Kim, Catherine	RJ Reynolds	2:14.78
12 Robinson, Haley	South Meck	2:15.00
13 Lyons, Claire	Providence	2:15.13
14 Huecker, Maddie	Lake Norman	2:16.70
15 Lang, Katherine	Ardrey Kell	2:18.28
16 Hill, Elizabeth	Myers Park	2:19.43
17 Williams, Sarah	South Meck	2:20.13
18 Brown, Emily	Ardrey Kell	2:20.20
19 Dacier, Anna	Myers Park	2:20.59
20 Briggs, Makena	South Meck	2:21.04
21 Edwards, Madison	Reagan	2:21.16
22 Yount, Carley	Hough	2:21.60
23 Frondoza, Audrienne	West Forsyth	2:21.76
24 Hamilton, Addie	Providence	2:22.33

Event 6 Men 200 Yard IM

Name	School	Seed Time
1 Monahan, Conall	Providence	1:52.53
2 Wilhelm, Alexander	Myers Park	1:58.01
3 Lowe, Kenneth	Hough	1:58.22
4 Barnett, Wesley	South Meck	1:58.87
5 McDonald, Logan	West Forsyth	1:59.67
6 Jones, Leighton	West Forsyth	2:02.23
7 Williams-Tracy, Hamlin	Myers Park	2:02.46
8 McCreery, Coleman	South Meck	2:03.26
9 Guenther, Jack	Myers Park	2:03.53
10 Howard, Sam	South Meck	2:04.42
11 Chow, Nicholas	Myers Park	2:06.69
12 Delmar, Ben	Providence	2:07.04
13 Greene, Jonah	West Forsyth	2:07.84
14 Hull, Davis	Ardrey Kell	2:08.44
15 Northington, James	RJ Reynolds	2:08.50
16 Dabhade, Armaan	Ardrey Kell	2:10.71
17 Gardner, Will	RJ Reynolds	2:10.75
18 Stallngs, Hayden	Providence	2:11.85
19 Tomberlin, Ben	South Caldwell	2:13.35
20 Friedman, Nicholas	Lake Norman	2:15.09
21 Da Mata, Eduardo	Hough	2:15.12
22 McPherson, Dyllan	West Forsyth	2:15.51
23 Dunn, Zach	RJ Reynolds	2:17.14
24 Berry, Scott	Ardrey Kell	2:19.58

Event 7 Women 50 Yard Freestyle

Name	School	Seed Time
1 Ivan, Teresa	Ardrey Kell	23.55
2 Sowards, Elizabeth	Hough	24.19
3 Ruppert, Vivian	Providence	24.92
4 Brashear, Grace	South Meck	24.96
5 Fitzgerald, Jane	RJ Reynolds	24.96
6 Money, Adelynn	Butler	24.99
7 Martinson, Brynn	South Meck	25.07
8 Jennings, Abby	Reagan	25.18
9 Tripsa, Martha	Hough	25.40
10 Yang, Iris	Providence	25.41
11 Hohm, Anneliese	East Mecklenburg	25.44
12 Garrison, Lene	Providence	25.51
13 Russell, Claire	Myers Park	25.57
14 Xerras, Alexandra	Myers Park	25.63
15 Vandal, Ella	South Meck	25.66
16 Sursi, Madelyn	Lake Norman	25.70
17 Spina, Gabriella	Ardrey Kell	25.91
18 Putnam, Riche`	Hough	25.96
19 Tidwell, Katherine	Lake Norman	26.04
20 Donaldson, Adelyn	East Mecklenburg	26.04
21 Goins, Carolyn	Myers Park	26.10
22 Respass, Josie	Lake Norman	26.14
23 Presley, Amelia	RJ Reynolds	26.16
24 McMillion, Naomi	Hickory Ridge	26.20

Event 8 Men 50 Yard Freestyle

Name	School	Seed Time
1 Greene, Connor	West Forsyth	21.64
2 Harris, Tiesyn	Butler	22.22
3 Primm, Rocket	Myers Park	22.26
4 Wait, Daniel	South Meck	22.36
5 Valliere, Alex	West Forsyth	22.40
6 Walls, Harrison	RJ Reynolds	22.60
7 Ford, Nathan	Providence	22.67
8 Moore, Jacob	East Mecklenburg	22.74
9 Green, Mason	South Meck	22.80
10 Copeland, Harrison	Reagan	22.85
11 Mathiason, Carter	Lake Norman	22.98
12 Kirkpatrick, Owen	Providence	23.00
13 Scott, Andrew	East Mecklenburg	23.04
14 Patton, Cole	Providence	23.12
15 Ickes, Grayson	Providence	23.13
16 Dixon, Dylan	Hopewell	23.22
17 Michel, Simon	Reagan	23.25
18 Freiberg, Jake	West Forsyth	23.30
19 Watkins, Griffin	West Forsyth	23.35
20 Campolmi, Caden	Myers Park	23.44
21 Lucktong, Samuel	Lake Norman	23.62
22 Holland, Kellyn A	Hickory Ridge	23.71
23 Lanois, Jake	Lake Norman	23.78
24 Giegengack, Finn	RJ Reynolds	23.79

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20

Host: Lake Norman HS

Swimming & Diving

Psych Sheet

Event 9 Women 1 mtr Diving

Name	School	
1 Pierce, Lexi	Reagan	327.20
2 Sprinkle, Kate	Reagan	303.45
3 Morris, Cameron	Reagan	276.80
4 Shearer, Maddie	Reagan	234.35
5 Buchan, Andra	Hough	230.15
6 Thelen, Makenzie	RJ Reynolds	213.40
7 Gilroy, Ava	Hough	210.70
8 Studnek, Emma	Myers Park	189.20
9 Skalsky, Morgan	Lake Norman	187.35
10 Hurd, Emily	Hopewell	166.85
11 Hite, Kat	Providence	166.80
12 Nystrom, Tenley	South Meck	166.60
13 Studnek, Abigail	Myers Park	151.85
14 Cornwall, Hannah	Myers Park	145.15
15 Offschanka, Carly	Hough	144.00
16 Covey, Payton	Hough	143.20
17 Sidler, Sophia	Ardrey Kell	138.80
18 Parker, Emma Grace	Myers Park	138.30
19 Schmoll, Sophia	Providence	136.95
20 Dupont, Amaris	South Meck	135.45
21 Racine, Allie	South Meck	130.85
22 Herrick, Shea	Lake Norman	130.15
23 Sinclair, Caroline	Ardrey Kell	123.92
24 Gentile, Emily	Providence	123.85
25 Locklear, Taylor	Hickory Ridge	118.35
26 Villaret, Genevieve	Providence	115.80
27 Scalabrino, Maya	South Meck	110.00
28 Bennett, Mickey	Hickory Ridge	72.55
29 Balakrishnan, Neha	Hickory Ridge	64.55

Event 10 Men 1 mtr Diving

Name	School	
1 Andrus, Whit	RJ Reynolds	470.85
2 Dymond, John	Reagan	366.10
3 Allen, Conner	Reagan	318.45
4 Allen, Hank	West Forsyth	279.55
5 Giannelli, Nick	Reagan	241.95
6 Gourlay, James	South Meck	240.85
7 Treanor, Dean	Hough	227.25
8 Tripp, CW	West Forsyth	199.80
9 Harris, William	Reagan	192.10
10 Walakovits, John	South Meck	177.50
11 Johnston, Garrett	Hough	170.00
12 Boles, John	Butler	168.55
13 Young, Samuel	Myers Park	164.50
14 Scott, Andrew	East Mecklenburg	161.90
15 Collins, Will	East Mecklenburg	155.20
16 Griffin, Jackson	Myers Park	150.00
17 Schuster, David	Ardrey Kell	147.25
18 Wood, Carson	Lake Norman	135.55
19 Dalrymple, Parker	South Meck	133.90
20 Pfaller, Ryan	Butler	128.30
21 Kormanek, Kevin	Lake Norman	126.80
22 Baswell, Reese	Lake Norman	114.80
23 Richards, Davis	East Mecklenburg	113.60
24 Walker, Jeffrey	Myers Park	109.35
25 Cappelli, Adam	Lake Norman	101.70
26 Silipigni, Adam	Myers Park	95.55

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20**Host: Lake Norman HS****Swimming & Diving****Psych Sheet****Event 11 Women 100 Yard Butterfly**

Name	School	Seed Time
1 Wilhelm, Kiley	Myers Park	57.80
2 Alexander, Reece	Reagan	58.03
3 Stolberg, Emma	Lake Norman	58.04
4 Harrison, Helena	Providence	58.29
5 Donlan, Molly	South Meck	59.33
6 Whitmire, Liza	Myers Park	59.74
7 Xerras, Alexandra	Myers Park	1:00.31
8 Yang, Iris	Providence	1:00.84
9 Kim, Catherine	RJ Reynolds	1:01.02
10 Frondoza, Audrianne	West Forsyth	1:01.05
11 Gendzel, Maya	Myers Park	1:01.14
12 Taylor, Kayana	South Caldwell	1:01.44
13 McGuinness, Madison	West Forsyth	1:01.96
14 Yount, Katelyn	Hough	1:02.26
15 Hall, Kristy	West Forsyth	1:02.36
16 Williams, Sarah	South Meck	1:02.56
17 Sursi, Madelyn	Lake Norman	1:02.68
18 Tidwell, Katherine	Lake Norman	1:02.81
19 Wilson, Sarah Cameron	South Meck	1:03.03
20 Wondra, Elizabeth	Reagan	1:03.53
21 Frisbie, Mary Kate	Hough	1:04.07
22 Sidler, Sophia	Ardrey Kell	1:04.36
23 Eickenhorst, Riley	Providence	1:04.47
24 Jones, Ann	South Meck	1:04.73

Event 12 Men 100 Yard Butterfly

Name	School	Seed Time
1 Echols, Jeff	RJ Reynolds	50.58
2 Schneider, Ethan	Hough	51.89
3 Carroll, Brody	South Caldwell	52.19
4 Vlahos, Luke	West Forsyth	52.77
5 Freeman, Spencer	Myers Park	53.04
6 Frye, Tommy	Hough	53.31
7 Berkeley, William	Myers Park	54.08
8 Blake, Devin	Providence	54.30
9 Green, Mason	South Meck	54.64
10 Coffield, Aidan	Reagan	54.72
11 Clark, Joseph	Myers Park	55.16
12 Jones, Leighton	West Forsyth	55.18
13 Williams-Tracy, Hamlin	Myers Park	55.26
14 Shives, Evan	Davie	56.42
15 Reboussin, Auguste	RJ Reynolds	56.75
16 Bundy, Sam	Ardrey Kell	56.80
17 Mason, Preston	Lake Norman	57.39
18 Farrell, Michael	Reagan	57.66
19 Royster, Jake	Ardrey Kell	57.82
20 Park, Luke	Providence	58.11
21 Lyon, Blake	Providence	58.42
22 Spearman, William	East Mecklenburg	58.48
23 Laube, Jacob	Ardrey Kell	58.60
24 Hanks, Wyatt	East Mecklenburg	58.82

Event 13 Women 100 Yard Freestyle

Name	School	Seed Time
1 Ivan, Teresa	Ardrey Kell	51.47
2 Sowards, Elizabeth	Hough	52.88
3 Gendzel, Maya	Myers Park	54.43
4 Martinson, Brynn	South Meck	54.52
5 Garlick, Macyn	Lake Norman	54.62
6 Echols, Caroline	RJ Reynolds	54.69
7 Wozny, Makenna	Providence	54.76
8 Brashear, Grace	South Meck	54.77
9 Garrison, Lene	Providence	55.06
10 Ruppert, Vivian	Providence	55.08
11 Cottingham, Brianna	Reagan	55.11
12 Anton, Isabella	Lake Norman	55.13
13 Bailey, Leigh	Myers Park	55.26
14 Lindauer, Sophia	Myers Park	55.47
15 Wolffis, Graylyn	Reagan	55.50
16 Vendal, Ella	South Meck	55.81
17 Presley, Amelia	RJ Reynolds	56.85
18 Stowe, Caroline	Butler	56.87
19 Tripsa, Martha	Hough	57.05
20 McChesney, Shelby	West Forsyth	57.19
21 Wirz, Kaitlyn	Olympic	57.27
22 Parks, Ella	West Forsyth	57.36
23 Jennings, Abby	Reagan	57.40
24 Thomas, Bizzy	Providence	57.42

Event 14 Men 100 Yard Freestyle

Name	School	Seed Time
1 Boone, Garrett	South Meck	46.65
2 Ryan, Gaige	Ardrey Kell	47.99
3 Harris, Tiesyn	Butler	48.55
4 Sapp, John	Myers Park	48.65
5 Copeland, Harrison	Reagan	49.95
6 Brashear, Michael	South Meck	50.13
7 Patton, Cole	Providence	50.21
8 Fore, Daniel	Reagan	50.70
9 Park, Luke	Providence	50.84
10 Hutchinson, Matthew	South Caldwell	50.91
11 Freiberg, Jake	West Forsyth	51.01
12 Wait, Daniel	South Meck	51.07
13 Crew, John	South Meck	51.24
14 Mazarguil, Bastian	Ardrey Kell	51.29
15 Yeh, Ryan	Lake Norman	51.30
16 Kirkpatrick, Owen	Providence	51.30
17 LaChapelle, Luc	Providence	51.42
18 Moore, Jacob	East Mecklenburg	51.61
19 Brown, Logan	RJ Reynolds	51.96
20 Dixon, Dylan	Hopewell	52.14
21 Watkins, Griffin	West Forsyth	52.22
22 Garcia, Gabe	Hough	52.57
23 Holland, Kellyn A	Hickory Ridge	52.59
24 Zielinski, Zane	Olympic	52.85

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20**Host: Lake Norman HS****Swimming & Diving****Psych Sheet****Event 15 Women 500 Yard Freestyle**

Name	School	Seed Time
1 Rauch, Katie	South Meck	5:03.49
2 Davis, Laura	Providence	5:12.75
3 Stolberg, Emma	Lake Norman	5:13.19
4 Bardsley, Helena	Lake Norman	5:16.43
5 Neal, Maddie	Reagan	5:17.99
6 Oettinger, Emily	Providence	5:18.28
7 Rieker, Julianna	Reagan	5:25.77
8 Bartis, Rowan	Myers Park	5:26.05
9 Yount, Carley	Hough	5:30.40
10 Goins, Carolyn	Myers Park	5:32.27
11 Morrow, Julianna	Mooreville	5:32.97
12 Banas, Anna	Ardrey Kell	5:34.44
13 Brewster, Kylie	Ardrey Kell	5:35.81
14 Spieler, Chloe	Reagan	5:41.63
15 Hanson, Genevieve	Myers Park	5:44.60
16 Welch, Abigail	Providence	5:44.78
17 Oxrider, AnneGrey	Myers Park	5:45.02
18 Kirkpatrick, Olivia	Providence	5:45.52
19 Randall, Lydia	Reagan	5:46.86
20 Brannen, Molly	Lake Norman	5:47.77
21 Koelz, Shelby	Butler	5:54.16
22 Bombien, Ansley	South Meck	5:54.60
23 Williamson, Riley	South Meck	5:54.65
24 Toohey, Olivia	Hopewell	5:56.09

Event 16 Men 500 Yard Freestyle

Name	School	Seed Time
1 Freeman, Spencer	Myers Park	4:47.03
2 Atherton, Alex	Hough	4:47.25
3 Frye, Tommy	Hough	4:47.28
4 Frye, Robby	Hough	4:53.86
5 Berkeley, William	Myers Park	4:55.78
6 Bundy, Sam	Ardrey Kell	5:00.04
7 Deng, Jake	Mallard Creek	5:01.83
8 Howard, Sam	South Meck	5:02.08
9 Johnson, Gavin	South Meck	5:04.59
10 Brewer, Ethan J	Mooreville	5:06.73
11 Stillman, Tucker	South Meck	5:07.67
12 Herger, Tripp	Hopewell	5:07.87
13 Greene, Jonah	West Forsyth	5:10.98
14 Michel, Simon	Reagan	5:11.63
15 Fansler, Tyler	RJ Reynolds	5:16.61
16 Freeman, Davis	Ardrey Kell	5:19.02
17 Reboussin, Auguste	RJ Reynolds	5:20.66
18 Bryson, Rutherford	Myers Park	5:21.13
19 Powell, Luke	South Caldwell	5:21.77
20 Rosenbloom, Joshua	Providence	5:24.68
21 LeFevre, Ben	RJ Reynolds	5:25.80
22 Schott, Ayden	Lake Norman	5:27.23
23 Grandits, Dylan	Providence	5:34.36
24 Campbell, William	Myers Park	5:40.37

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Lake Norman		1:40.24
2 Hough		1:40.32
3 Ardrey Kell		1:41.14
4 Reagan		1:41.43
5 Providence		1:41.59
6 RJ Reynolds		1:41.81
7 Myers Park		1:41.87
8 South Meck		1:43.17
9 West Forsyth		1:44.13
10 East Mecklenburg		1:46.58
11 Mooresville		1:47.53
12 Butler		1:48.07
13 Hickory Ridge		1:48.28
14 South Caldwell		1:52.95
15 Davie		1:57.58
16 Hopewell		1:58.86
17 East Forsyth		1:59.23
18 Olympic		2:00.57
19 North Meck		2:00.98
20 McDowell		2:01.86
21 Porter Ridge		2:03.63
22 Independence		2:04.05
23 Mallard Creek		2:10.56
24 Glenn		2:19.68

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 West Forsyth		1:28.93
2 Myers Park		1:30.03
3 South Meck		1:31.19
4 Providence		1:31.64
5 Lake Norman		1:31.97
6 RJ Reynolds		1:32.81
7 East Mecklenburg		1:32.84
8 Hough		1:33.14
9 Reagan		1:33.35
10 Ardrey Kell		1:33.43
11 South Caldwell		1:34.29
12 Davie		1:36.64
13 Hopewell		1:39.75
14 Butler		1:39.90
15 Mallard Creek		1:39.97
16 Hickory Ridge		1:40.10
17 Olympic		1:40.39
18 Mooresville		1:45.00
19 Independence		1:48.53
20 Porter Ridge		1:48.89
21 East Forsyth		1:50.33
22 Berry Academy		1:51.46
23 McDowell		1:58.60
24 Glenn		1:58.62

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20**Host: Lake Norman HS****Swimming & Diving****Psych Sheet****Event 19 Women 100 Yard Backstroke**

Name	School	Seed Time
1 Merritt, Kensley	Hough	56.89
2 Hanley, Amaya	Hough	57.94
3 Dona, Hanani	Lake Norman	58.32
4 Neal, Maddie	Reagan	58.62
5 Donlan, Molly	South Meck	58.88
6 Hoyle, Caroline	RJ Reynolds	59.42
7 Brown, Emily	Ardrey Kell	59.49
8 Russell, Claire	Myers Park	59.69
9 Harrison, Helena	Providence	1:00.17
10 Starnes, Aden	Reagan	1:00.43
11 Lyons, Claire	Providence	1:01.06
12 Akins, Stella R	South Meck	1:01.27
13 Robinson, Haley	South Meck	1:01.82
14 Turner, Kora	Providence	1:02.78
15 Yount, Katelyn	Hough	1:03.00
16 Powell, Olivia	Providence	1:03.01
17 Lang, Katherine	Ardrey Kell	1:03.12
18 Hall, Kristy	West Forsyth	1:03.56
19 Luh, Katrine	Myers Park	1:03.83
20 Respass, Josie	Lake Norman	1:03.94
21 Clevenger, Scarlett	West Forsyth	1:04.45
22 Bombien, Ansley	South Meck	1:04.73
23 Ku, Katherine	Myers Park	1:04.86
24 Lack, Emilia	Reagan	1:05.62

Event 20 Men 100 Yard Backstroke

Name	School	Seed Time
1 Echols, Jeff	RJ Reynolds	52.26
2 Sapp, John	Myers Park	53.98
3 Barnett, Wesley	South Meck	54.21
4 McDonald, Logan	West Forsyth	54.36
5 Wilhelm, Alexander	Myers Park	54.78
6 Nario, Austin	RJ Reynolds	55.46
7 Ford, Nathan	Providence	55.56
8 Brashear, Michael	South Meck	55.62
9 Shives, Evan	Davie	55.98
10 Carroll, Brody	South Caldwell	56.82
11 Coffield, Aidan	Reagan	56.86
12 Yeh, Ryan	Lake Norman	57.25
13 Herger, Tripp	Hopewell	58.66
14 Claborn, Nathan	Lake Norman	58.77
15 Mazarguil, Bastian	Ardrey Kell	58.83
16 Zielinski, Zane	Olympic	59.48
17 Tomberlin, Ben	South Caldwell	59.96
18 Stoup, Kenan	Lake Norman	1:00.66
19 Childs, James	Myers Park	1:00.70
20 Geiger, Cole	Providence	1:01.74
21 Figiel, Nick	Porter Ridge	1:01.78
22 White, Ethan	Butler	1:01.82
23 Kratt, Ted	Lake Norman	1:02.35
24 Chiott, Aidan	Reagan	1:02.43

Event 21 Women 100 Yard Breaststroke

Name	School	Seed Time
1 Mohr, Katie	RJ Reynolds	1:03.93
2 Rainey, Grace	Hough	1:05.38
3 Cottingham, Brianna	Reagan	1:06.31
4 Mangaoang, Desirae	Lake Norman	1:06.56
5 Hill, Elizabeth	Myers Park	1:08.44
6 Huecker, Maddie	Lake Norman	1:08.48
7 Anton, Isabella	Lake Norman	1:09.22
8 Hohm, Anneliese	East Mecklenburg	1:10.16
9 Edwards, Madison	Reagan	1:10.31
10 Lindauer, Sophia	Myers Park	1:10.42
11 Smith, Kelly	West Forsyth	1:12.15
12 Kranis, Lauren	West Forsyth	1:12.24
13 Briggs, Makena	South Meck	1:12.38
14 Frisbie, Mary Kate	Hough	1:12.41
15 Wallace, Emma	Ardrey Kell	1:12.41
16 Meier, Anna	South Meck	1:12.46
17 Altmeyer, Lillian	Myers Park	1:12.48
18 Hamilton, Addie	Providence	1:12.77
19 Jaynes, Allyson M	Hickory Ridge	1:13.40
20 Rome, Kaylee	Providence	1:13.42
21 Bocian, Abby	Ardrey Kell	1:13.45
22 Bienstock, Ashley	Lake Norman	1:13.91
23 White, Riley	Davie	1:14.65
24 Dacier, Anna	Myers Park	1:14.73

Event 22 Men 100 Yard Breaststroke

Name	School	Seed Time
1 Lowe, Kenneth	Hough	57.97
2 Monahan, Conall	Providence	58.89
3 Greene, Connor	West Forsyth	59.91
4 McCreery, Coleman	South Meck	59.99
5 Pimm, Rocket	Myers Park	1:00.71
6 Guenther, Jack	Myers Park	1:00.83
7 Northington, James	RJ Reynolds	1:01.69
8 Valliere, Alex	West Forsyth	1:01.70
9 Walker, Jalen	Olympic	1:03.36
10 LeFevre, Ben	RJ Reynolds	1:03.66
11 Delmar, Ben	Providence	1:04.62
12 Fore, Daniel	Reagan	1:04.82
13 Deng, Jake	Mallard Creek	1:04.94
14 Hutchinson, Matthew	South Caldwell	1:05.10
15 Da Mata, Eduardo	Hough	1:05.22
16 Chow, Nicholas	Myers Park	1:05.24
17 Stallngs, Hayden	Providence	1:06.18
18 Hull, Davis	Ardrey Kell	1:07.00
19 Dabhade, Armaan	Ardrey Kell	1:07.03
20 Berry, Scott	Ardrey Kell	1:07.61
21 Farrell, Michael	Reagan	1:08.41
22 Dorgan, William	Hough	1:08.97
23 Hanks, Wyatt	East Mecklenburg	1:09.22
24 Bitter, Sam	South Meck	1:09.28

2020 4A West NCHSAA Regional Championships - 1/31/20 to 2/1/20**Host: Lake Norman HS****Swimming & Diving****Psych Sheet****Event 23 Women 400 Yard Freestyle Relay**

Team	Relay	Seed Time
1 South Meck		3:36.87
2 Hough		3:38.25
3 Lake Norman		3:38.84
4 Providence		3:39.24
5 Myers Park		3:42.72
6 Reagan		3:42.90
7 RJ Reynolds		3:42.90
8 West Forsyth		3:49.60
9 Ardrey Kell		3:51.68
10 Mooresville		3:58.07
11 Butler		4:01.75
12 East Mecklenburg		4:04.03
13 Hickory Ridge		4:16.11
14 South Caldwell		4:18.12
15 McDowell		4:25.90
16 East Forsyth		4:27.49
17 Olympic		4:31.38
18 Davie		4:33.99
19 Porter Ridge		4:42.59
20 Hopewell		4:42.70
21 Independence		4:48.41

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Myers Park		3:15.11
2 South Meck		3:17.45
3 West Forsyth		3:18.46
4 RJ Reynolds		3:22.89
5 Hough		3:23.01
6 Providence		3:23.08
7 Lake Norman		3:29.26
8 Hopewell		3:34.23
9 Ardrey Kell		3:35.33
10 East Mecklenburg		3:36.30
11 Reagan		3:36.44
12 Davie		3:40.49
13 South Caldwell		3:40.74
14 Mallard Creek		3:44.77
15 Butler		3:46.99
16 Olympic		3:52.26
17 Hickory Ridge		3:54.10
18 Mooresville		3:57.37
19 North Meck		4:02.78
20 Porter Ridge		4:10.58
21 East Forsyth		4:14.47
22 Independence		4:15.20