

2023 1A&2A East NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Cumberland County Schools****Swimming & Diving****Psych Sheet - Final****Event 1 Women 200 Yard Medley Relay**

Team	Relay	Seed Time
1 Raleigh Charter		2:01.62
2 Franklin Academy		2:07.07
3 Voyager Academy		2:08.60
4 Manteo		2:12.81
5 Nash Central		2:13.60
6 Ncssm-Durham		2:14.34
7 Res Triangle		2:15.96
8 Roanoke Rapids		2:19.06
9 Perquimans		2:20.59
10 Washington		2:21.57
11 East Carteret		2:22.60
12 Clinton		2:24.47
13 Vance Charter		2:27.33
14 SW Edgecombe		2:27.63
15 Rosewood		2:27.64
16 Bunn		2:34.29
17 Oxford Prep		2:35.50
18 Holmes		2:40.10
19 Camden County		2:43.48
20 Excelsior		2:49.26

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Raleigh Charter		1:42.13
2 Ncssm-Durham		1:44.61
3 Roanoke Rapids		1:50.54
4 Eno River		1:51.81
5 Washington		1:55.77
6 Franklin Academy		1:59.30
7 Camden County		1:59.38
8 NE Carolina Prep		2:03.82
9 Res Triangle		2:04.41
10 Nash Central		2:07.92
11 Princeton		2:08.53
12 East Carteret		2:09.22
13 Clinton		2:12.87
14 Pasquotank		2:13.06
15 Perquimans		2:33.97
16 Excelsior		2:37.02
17 Holmes		2:43.33

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Allyson Deans	FR	Raleigh Charter	2:04.12
2 Emilie Phillips	SO	Franklin Academy	2:08.85
3 Gwyneth Benkusky	SR	Manteo	2:09.30
4 Gabby Harper		Rosewood	2:15.85
5 Kaya Kaidel		Res Triangle	2:20.32
6 Jill Meyer		Raleigh Charter	2:20.43
7 Rylee Brewer		Nash Central	2:21.31
8 Kat Folger	SO	Oxford Prep	2:26.14
9 Sylvia Buchanan	JR	Raleigh Charter	2:29.07
10 Katelyn Elliott	JR	Voyager Academy	2:31.94
11 Sadie Owens	SR	NE Carolina Prep	2:32.60
12 Clara Burke	FR	Raleigh Charter	2:33.51
13 Hailey Bass		Perquimans	2:34.29
14 Bronagh Linn	SR	Franklin Academy	2:37.72
15 Isabella Alexander	JR	Manteo	2:40.73
16 Allie O'Leary		Nash Central	2:44.19
17 Clara Danforth		Nash Central	2:44.89
18 Karolina Pittman		Rosewood	2:45.22
19 Mariah Clark	SO	Perquimans	2:52.87
20 Emma League	JR	SW Edgecombe	2:52.88
21 Anagha Sharma		Ncssm-Durham	2:53.42

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Jack Frank	JR	Eno River	1:53.17
2 Alex Jing	FR	Raleigh Charter	1:54.03
3 Jonathan Liang	SR	Ncssm-Durham	1:54.08
4 Reagan Taylor		Roanoke Rapids	1:57.17
5 Matthew Beaman	FR	Greene Central	1:59.03
6 Thomas Healey	SO	Raleigh Charter	2:00.50
7 Eric Sullivan	SR	Ncssm-Durham	2:00.71
8 Kyler Roasa	FR	Camden County	2:03.52
9 Benjamin Hanusik	JR	Manteo	2:03.78
10 Dominic Wozniak		Nash Central	2:04.68
11 Quinn Shiosaky	FR	Greene Central	2:04.93
12 Maxim Mejouev		Ncssm-Durham	2:09.99
13 Dominic Gianna		Ncssm-Durham	2:10.07
14 Robbie Serrano	FR	Voyager Academy	2:13.86
15 Landon Creamer	JR	Manteo	2:23.06
16 Holden Foy		North Johnston	2:23.34
17 Landon Briggs		Roanoke Rapids	2:24.33
18 Mikey Hartson		Roanoke Rapids	2:25.02
19 Max Khor	SO	Franklin Academy	2:26.00
20 Jay Roberts	SO	Perquimans	2:26.56
21 Shawn Hoff		Camden County	2:27.44
22 Joshua Wells	SO	Holmes	2:27.67
23 Jacob Paynter	FR	Vance Charter	2:33.54
24 Julian FormyDuval	FR	Franklin Academy	2:37.49

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Name	Yr	School	Seed Time
1 Natalie Cooper	SO	Raleigh Charter	2:24.12
2 Devanshi Garg	FR	Raleigh Charter	2:30.78
3 Joliegh Connor	SR	Perquimans	2:31.14
4 Esther Lee		Raleigh Charter	2:33.69
5 Abbie Phillips	FR	Franklin Academy	2:43.15
6 Francesca Mueller	FR	Manteo	2:47.37
7 Valerie Zamudio	SR	Franklin Academy	2:49.27
8 Stefanie Flores-Carias	JR	Clinton	2:52.69
9 Merry Wang		Ncssm-Durham	2:57.19
10 Sophia Roman		Ncssm-Durham	2:59.70
11 Lilly Bullock	SO	Voyager Academy	3:00.44
12 Bailey Wheeler	SO	Raleigh Charter	3:04.26
13 Gabby Johnson	SO	Northeastern	3:09.20
14 Emma Stone	JR	Clinton	3:12.19
15 Hazel Marion	SR	Ncssm-Durham	3:13.44
16 Zoe Clark		Excelsior	3:15.51
17 Presley Gibbs	FR	Bunn	3:22.66

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Topher Roberts	SR	Ncssm-Durham	1:58.32
2 Owen VonWeihe	JR	Raleigh Charter	1:58.60
3 Alex Lee	FR	Raleigh Charter	2:06.14
4 Sam Nguyen		Ncssm-Durham	2:13.97
5 Collin Overby	SR	Eno River	2:17.49
6 Jake Walker	FR	Raleigh Charter	2:20.26
7 Peyton Matthis	SR	Clinton	2:21.79
8 Henry Powell		Ncssm-Durham	2:22.73
9 Nick Sedman-Young		Eno River	2:28.27
10 Gabriel Curtis	SR	Raleigh Charter	2:30.03
11 Apurva Upadhyay	SO	Franklin Academy	2:36.25
12 Mikey Hartson		Roanoke Rapids	2:45.21
13 Connor Lewis	SR	Washington	2:45.67
14 Lucas Norman		Pasquotank	2:52.12
15 Samuel Pendell	JR	Clinton	2:59.41
16 Jackson Lynch		Roanoke Rapids	3:02.10
17 Anton Matthew		Res Triangle	3:02.26
18 Barrett McDOUGALD	JR	Camden County	3:20.53
19 Dennis Gutierrez	SR	Camden County	3:22.99
20 Jonovan Manuel	SO	Pasquotank	3:24.03
21 Jacob Cooper	SR	Camden County	3:33.57

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Aubrey Woolard		Washington	25.99
2 Delta Cole	SR	Southside	26.83
3 Kate Ragsdale	JR	Raleigh Charter	27.09
4 Ashlin Wootton	SR	Voyager Academy	27.16
5 Madeline Hart		Nash Central	27.37
6 Sabrina Yeh		Ncssm-Durham	27.73
7 Liza Gillam	SO	Camden County	27.80
8 Lucia Tuinstra	JR	Raleigh Charter	28.01
9 Jolie Duquene	SR	Ncssm-Durham	28.12
10 Kenzy Yang	JR	Clinton	28.22
11 Sage Kuehner	JR	Voyager Academy	28.33
12 Marissa Jing		Raleigh Charter	28.39
13 Kailen Craddock	JR	Vance Charter	28.50
14 Ava Rypkema	SO	Franklin Academy	28.94
15 Jayden Pupoh		Ncssm-Durham	29.12
16 Langley Payton		Nash Central	29.23
17 Nether Cornier	JR	Camden County	29.33
18 Emerald Dorsey		East Carteret	29.52
19 Izzy Kuehner	FR	Voyager Academy	29.69
20 Rowan White		Ncssm-Durham	29.78
21 Casey Neal		Roanoke Rapids	30.20
22 Gabby Johnson	SO	Northeastern	30.67
23 Bri Pfennig		Goldsboro	30.69
24 Kayla Foster		East Carteret	31.19

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Matt Czar		Eno River	22.89
2 Matthew MacNichol	SR	Roanoke Rapids	23.27
3 Andrew Cook	FR	Franklin Academy	23.29
4 Harry Stacey	SR	Raleigh Charter	23.71
5 Teagan Laursen		Ncssm-Durham	24.04
6 Alex Fink	SR	Ncssm-Durham	24.19
7 Logan Schiffbauer	FR	Pasquotank	24.20
8 Thomas Healey	SO	Raleigh Charter	24.35
9 Hunter Sparks	SR	Roanoke Rapids	24.86
10 Kyler Roasa	FR	Camden County	24.92
11 Chase Anderson	SR	NE Carolina Prep	25.00
12 Ryan Mann	SO	NE Carolina Prep	25.12
13 Liam Harding		East Carteret	25.44
14 Clark Allis	FR	Louisburg	25.54
15 Davin Tipton		Ncssm-Durham	25.58
16 Garrett Carignan		Ncssm-Durham	26.19
17 Cooper Lewin	SO	Camden County	26.27
18 Lauch Young		Excelsior	26.33
19 Luke Brown		Washington	26.58
20 Cole Anderson		NE Carolina Prep	26.70
21 Braxton Coggins		Roanoke Rapids	26.97
22 Victor Hill	SO	Washington	27.09
23 William Brooks	SR	St Pauls	27.10
24 Landon Spencer		Nash Central	27.30

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Name	Yr	School	Seed Time
1 Elizabeth Markulic	SR	Southern Wake	242.74

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Mary Shanahan	JR	Eno River	56.27
2 Katie Hu	SO	Raleigh Charter	1:05.90
3 Maggie Murray		East Carteret	1:06.25
4 Esther Lee		Raleigh Charter	1:07.87
5 Aubrey Woolard		Washington	1:08.20
6 Natalie Weaver	JR	Res Triangle	1:09.42
7 Rylee Brewer		Nash Central	1:11.05
8 Meredith Gaskill	FR	Manteo	1:11.40
9 Emmy Smithwick	FR	Franklin Academy	1:12.67
10 Liza Gillam	SO	Camden County	1:12.68
11 Rhoslyn Brant	FR	Raleigh Charter	1:14.37
12 Carly Court		Goldsboro	1:18.65
13 Ava Rypkema	SO	Franklin Academy	1:22.96
14 Clara Burke	FR	Raleigh Charter	1:24.12
15 Isabella Alexander	JR	Manteo	1:25.23
16 Clara Danforth		Nash Central	1:25.26
17 Amelia Smith		Res Triangle	1:30.37
18 Sofia Fleury-Mendible	JR	Clinton	1:34.93
19 Hazel Marion	SR	Ncssm-Durham	1:34.98
20 Emma Stone	JR	Clinton	1:36.03
21 Stella Sophia	SR	Camden County	1:38.39

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Matt Czar		Eno River	55.58
2 Leon Zhang	SO	Raleigh Charter	55.72
3 Logan Page	JR	Franklin Academy	58.39
4 Kyle Su	SO	Raleigh Charter	59.28
5 Eric Sullivan	SR	Ncssm-Durham	1:00.35
6 Devin Johnson	SO	Princeton	1:01.98
7 Garrett Carignan		Ncssm-Durham	1:02.01
8 Peyton Matthis	SR	Clinton	1:03.81
9 Nick Sedman-Young	FR	Eno River	1:05.87
10 Dominic Gianna		Ncssm-Durham	1:06.21
11 Evan Makepeace		Washington	1:07.25
12 Austin Fender		Roanoke Rapids	1:07.32
13 Lucas Norman		Pasquotank	1:09.08
14 Liam Harding		East Carteret	1:09.61
15 Connor Lewis	SR	Washington	1:12.62
16 Eli Britton	SR	Franklin Academy	1:15.00
17 Anshuman Battula	SR	Res Triangle	1:20.85
18 Michael Miller	SO	Clinton	1:37.99

Event 13 Women 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Kate Ragsdale	JR	Raleigh Charter	57.75
2 Delta Cole	SR	Southside	59.26
3 Gwyneth Benkusky	SR	Manteo	59.94
4 Madeline Hart		Nash Central	1:01.07
5 Amy Lin	FR	Raleigh Charter	1:02.06
6 Lucia Tuinstra	JR	Raleigh Charter	1:03.59
7 Sabrina Yeh		Ncssm-Durham	1:03.76
8 Francesca Mueller	FR	Manteo	1:06.11
9 Jayden Pupoh		Ncssm-Durham	1:06.82
10 Lilly Frank	SO	Eno River	1:07.81
11 Langley Payton		Nash Central	1:07.90
12 Sadie Owens	SR	NE Carolina Prep	1:08.41
13 Sylvia Buchanan	JR	Raleigh Charter	1:08.77
14 Grace McNamara		Ncssm-Durham	1:08.84
15 Bri Pfennig		Goldsboro	1:11.45
16 Allie Pratt	SR	Franklin Academy	1:11.46
17 Cally Salvador	SR	Ncssm-Durham	1:11.95
18 Karolina Pittman		Rosewood	1:14.65
19 Hayden Schneider	SO	Vance Charter	1:14.91
20 Abby Capps	JR	Princeton	1:15.11
21 Sterling Wright	FR	Manteo	1:15.25
22 Cam King		Goldsboro	1:15.64

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Harry Stacey	SR	Raleigh Charter	51.55
2 Matthew Beaman	FR	Greene Central	52.36
3 Bridger Stewardson	SO	Vance Charter	53.34
4 Teagan Laursen		Ncssm-Durham	55.07
5 Chase Anderson	SR	NE Carolina Prep	55.14
6 Ty Cole	JR	Southside	56.00
7 Andrew Cook	FR	Franklin Academy	56.14
8 Robbie Serrano	FR	Voyager Academy	57.43
9 Davin Tipton		Ncssm-Durham	58.99
10 Timothy Liu		Res Triangle	59.20
11 Daniel Zou		Goldsboro	59.97
12 Evan Hancock	SR	Raleigh Charter	1:00.99
13 Lauchlan Young		Excelsior	1:01.13
14 Avanesht Vijayakumar		Ncssm-Durham	1:01.64
15 Leighton Scott	SR	Raleigh Charter	1:02.72
16 Eli Allis	FR	Louisburg	1:03.11
17 Jackson Lynch		Roanoke Rapids	1:03.40
18 Cole Anderson		NE Carolina Prep	1:03.73
19 Ethan Strubbe	SR	Ncssm-Durham	1:03.86
20 Owen Cho	FR	Raleigh Charter	1:04.64
21 Colby Phillips	SR	Princeton	1:04.67
22 Landon Speight	JR	NE Carolina Prep	1:04.82
23 Luke Brown		Washington	1:05.27
24 Ashton Sykes		Nash Central	1:05.45

2023 1A&2A East NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Cumberland County Schools****Swimming & Diving****Psych Sheet - Final****Event 15 Women 500 Yard Freestyle**

Name	Yr	School	Seed Time
1 Emilie Phillips	SO	Franklin Academy	5:30.36
2 Allyson Deans	FR	Raleigh Charter	5:30.46
3 Gabby Harper		Rosewood	5:54.98
4 Catherine Howell	SO	Perquimans	5:58.84
5 Natalie Weaver	JR	Res Triangle	5:59.10
6 Devanshi Garg	FR	Raleigh Charter	6:00.60
7 Meredith Gaskill	FR	Manteo	6:01.04
8 Kayla Liang	SR	Raleigh Charter	6:02.39
9 Emmy Smithwick	FR	Franklin Academy	6:05.82
10 Valerie Zamudio	SR	Franklin Academy	6:29.51
11 Emily Westbrook	JR	Oxford Prep	6:29.84
12 Ellison White		Excelsior	6:36.06
13 Katelyn Elliott	JR	Voyager Academy	6:36.67
14 Nether Cornier	JR	Camden County	6:39.55
15 Kat Folger	SO	Oxford Prep	6:46.86
16 Carly Court		Goldsboro	7:03.62
17 Natalie Baker		Roanoke Rapids	7:06.28
18 Hailey Bass		Perquimans	7:08.14
19 Caroline Honeycutt	FR	Vance Charter	7:24.04

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Jack Frank	JR	Eno River	4:57.73
2 Calvin Schaper		Res Triangle	5:03.70
3 Alex Jing	FR	Raleigh Charter	5:03.81
4 Topher Roberts	SR	Ncssm-Durham	5:04.06
5 Benjamin Hanusik	JR	Manteo	5:34.09
6 Jake Walker	FR	Raleigh Charter	5:41.33
7 Dominic Wozniak		Nash Central	5:51.53
8 Maxim Mejouev		Ncssm-Durham	5:59.89
9 Ethan Overby	FR	Eno River	6:41.08
10 Jay Roberts	SO	Perquimans	6:42.33
11 Roman Keeling	FR	Camden County	6:53.73
12 Karan Singh	FR	Franklin Academy	6:56.28
13 Eli Britton	SR	Franklin Academy	7:04.12
14 Shawn Hoff		Camden County	7:05.14
15 Daniel Zou		Goldsboro	7:12.79
16 Tyson Watson	SR	NE Carolina Prep	7:29.29
17 Ethan Strubbe	SR	Ncssm-Durham	7:32.98
18 Joseph Barr	JR	Eno River	7:34.25

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Raleigh Charter		1:50.17
2 Franklin Academy		1:56.72
3 Ncssm-Durham		1:57.13
4 Voyager Academy		1:57.31
5 Nash Central		1:57.55
6 Manteo		1:58.95
7 Perquimans		2:01.07
8 East Carteret		2:01.41
9 Washington		2:03.95
10 Roanoke Rapids		2:06.73
11 Res Triangle		2:08.02
12 Rosewood		2:08.09
13 Clinton		2:08.33
14 Goldsboro		2:08.69
15 SW Edgecombe		2:13.39
16 Bunn		2:15.09
17 Vance Charter		2:15.40
18 Camden County		2:15.92
19 Excelsior		2:17.69
20 Holmes		2:20.29
21 Eastern Wayne		2:25.31
22 Princeton		2:29.25

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Ncssm-Durham		1:38.43
2 Roanoke Rapids		1:38.86
3 Raleigh Charter		1:39.50
4 Eno River		1:39.81
5 Camden County		1:45.10
6 Washington		1:45.65
7 NE Carolina Prep		1:47.23
8 East Carteret		1:51.39
9 Res Triangle		1:51.62
10 Franklin Academy		1:51.98
11 Clinton		1:54.26
12 Greene Central		1:59.27
13 Princeton		1:59.41
14 Perquimans		2:03.63
15 Holmes		2:07.64
16 Excelsior		2:21.56

2023 1A&2A East NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Cumberland County Schools****Swimming & Diving****Psych Sheet - Final****Event 19 Women 100 Yard Backstroke**

Name	Yr	School	Seed Time
1 Mary Shanahan	JR	Eno River	59.59
2 Natalie Cooper	SO	Raleigh Charter	1:06.78
3 Maggie Murray		East Carteret	1:07.38
4 Amy Lin	FR	Raleigh Charter	1:08.70
5 Marissa Jing		Raleigh Charter	1:10.35
6 Lilly Bullock	SO	Voyager Academy	1:11.35
7 Emily Westbrook	JR	Oxford Prep	1:13.28
8 Stefanie Flores-Carias	JR	Clinton	1:14.87
9 Rowan White		Ncssm-Durham	1:17.12
10 Lilly Frank	SO	Eno River	1:17.94
11 Merry Wang		Ncssm-Durham	1:20.17
12 Andie Migliore		East Carteret	1:22.25
13 Bailey Wheeler	SO	Raleigh Charter	1:23.52
14 Sophia Valente	SO	Res Triangle	1:23.64
15 Morgan Cutlip	SO	Bunn	1:25.05
16 Cally Salvador	SR	Ncssm-Durham	1:25.20
17 Anagha Sharma		Ncssm-Durham	1:25.79
18 Jemma Campbell-Godfrey	SO	East Carteret	1:26.09
19 Bailey Claudino		Excelsior	1:27.09
20 Carlyn Hodge	SO	SW Edgecombe	1:27.46
21 Haleigh Spencer		Goldsboro	1:27.58
22 Hayden Schneider	SO	Vance Charter	1:28.98
23 Holley Weiss	SR	Pasquotank	1:29.42
24 Sterling Wright	FR	Manteo	1:30.99

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Kyle Su	SO	Raleigh Charter	57.17
2 Jonathan Liang	SR	Ncssm-Durham	59.15
3 Alex Fink	SR	Ncssm-Durham	1:01.97
4 Bridger Stewardson	SO	Vance Charter	1:03.73
5 Alex Lee	FR	Raleigh Charter	1:04.03
6 Ty Cole	JR	Southside	1:04.46
7 Owen Taffar		Ncssm-Durham	1:04.99
8 Quinn Shiosaky	FR	Greene Central	1:05.29
9 Devin Johnson	SO	Princeton	1:05.70
10 Logan Schiffbauer	FR	Pasquotank	1:06.99
11 Eli Allis	FR	Louisburg	1:09.05
12 Roman Keeling	FR	Camden County	1:10.69
13 Jonovan Manuel	SO	Pasquotank	1:12.74
14 Landon Briggs		Roanoke Rapids	1:13.69
15 Karan Singh	FR	Franklin Academy	1:14.25
16 Leighton Scott	SR	Raleigh Charter	1:14.29
17 Wyatt Nowacek		East Carteret	1:14.70
18 Landon Creamer	JR	Manteo	1:15.00
19 Owen Cho	FR	Raleigh Charter	1:16.31
20 Landon Speight	JR	NE Carolina Prep	1:16.80
21 Tyson Watson	SR	NE Carolina Prep	1:17.07
22 Ethan Overby	FR	Eno River	1:17.14
23 Max Khor	SO	Franklin Academy	1:17.89
24 Austin Roebuck	SO	Holmes	1:19.71

Event 21 Women 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Katie Hu	SO	Raleigh Charter	1:15.28
2 Joliegh Connor	SR	Perquimans	1:17.27
3 Kayla Liang	SR	Raleigh Charter	1:17.33
4 Catherine Howell	SO	Perquimans	1:17.55
5 Kailen Craddock	JR	Vance Charter	1:17.85
6 Abbie Phillips	FR	Franklin Academy	1:17.91
7 Izzy Kuehner	FR	Voyager Academy	1:18.14
8 Kenzy Yang	JR	Clinton	1:19.81
9 Jolie Duquene	SR	Ncssm-Durham	1:21.13
10 Avery Qualls		Roanoke Rapids	1:23.53
11 Ellison White		Excelsior	1:24.42
12 Lillian Rogers	SR	SW Edgecombe	1:25.65
13 Kaya Kaidel		Res Triangle	1:27.14
14 Jill Meyer		Raleigh Charter	1:27.53
15 Sophia Roman		Ncssm-Durham	1:28.46
16 Rhoslyn Brant	FR	Raleigh Charter	1:31.28
17 Bronagh Linn	SR	Franklin Academy	1:33.15
18 Cam King		Goldsboro	1:34.57
19 Alayna Damron	SO	Perquimans	1:35.03
20 Carlyn Hodge	SO	SW Edgecombe	1:35.12
21 Noa Garcia Vina		Nash Central	1:36.11
22 Emma League	JR	SW Edgecombe	1:36.28
23 Srivalli Kantamneni		Ncssm-Durham	1:36.48
24 Allie O'Leary		Nash Central	1:37.64

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Owen VonWeihe	JR	Raleigh Charter	1:00.11
2 Calvin Schaper		Res Triangle	1:00.26
3 Leon Zhang	SO	Raleigh Charter	1:03.08
4 Logan Page	JR	Franklin Academy	1:05.56
5 Collin Overby	SR	Eno River	1:08.57
6 Sam Nguyen		Ncssm-Durham	1:08.97
7 Henry Powell		Ncssm-Durham	1:11.41
8 John Hinchey	SR	Washington	1:11.44
9 Ryan Mann	SO	NE Carolina Prep	1:11.91
10 Kelvin Zhang		Ncssm-Durham	1:13.05
11 Damien Wozniak	SR	Ncssm-Durham	1:13.89
12 Timothy Liu		Res Triangle	1:14.19
13 Cooper Lewin	SO	Camden County	1:14.43
14 Brandall Coggins	SR	Roanoke Rapids	1:15.20
15 Gabriel Curtis	SR	Raleigh Charter	1:16.12
16 Clark Allis	FR	Louisburg	1:16.30
17 Apurva Upadhyay	SO	Franklin Academy	1:17.78
18 Roger Hawryschuk		East Carteret	1:19.32
19 Noah League	JR	SW Edgecombe	1:20.61
20 Ryland Yeatts		Roanoke Rapids	1:20.82
21 Evan Hancock	SR	Raleigh Charter	1:21.71
22 Blaine Hale		Nash Central	1:22.73
23 Anton Matthew		Res Triangle	1:22.79
24 Holden Foy		North Johnston	1:23.11

2023 1A&2A East NCHSAA Regional Championships - 2/2/2023 to 2/4/2023

Host: Cumberland County Schools

Swimming & Diving

Psych Sheet - Final

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Raleigh Charter		4:03.56
2 Franklin Academy		4:21.24
3 Nash Central		4:30.74
4 Perquimans		4:35.97
5 Voyager Academy		4:38.82
6 East Carteret		4:41.29
7 Washington		4:46.84
8 Goldsboro		4:48.84
9 Ncssm-Durham		4:49.82
10 Clinton		4:57.04
11 Rosewood		4:58.37
12 Roanoke Rapids		4:59.80
13 Camden County		5:08.27
14 Holmes		5:42.81
15 Eastern Wayne		5:51.23

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Raleigh Charter		3:29.12
2 Ncssm-Durham		3:34.69
3 Roanoke Rapids		3:42.47
4 Eno River		3:47.25
5 Franklin Academy		3:55.48
6 Washington		3:56.62
7 Camden County		4:13.65
8 Nash Central		4:22.27
9 East Carteret		4:27.13
10 Clinton		4:33.69
11 Princeton		4:39.21
12 Greene Central		4:41.21
13 Pasquotank		4:45.11
14 Perquimans		5:03.29
15 Holmes		5:21.53