

2023 3A Eastern NCHSAA Regional Championships - 2/2/2023 to 2/3/2023

**Host: Croatan HS
Swimming & Diving
Psych Sheet - Final**

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 West Brunswick		2:02.92
2 JH Rose		2:04.39
3 Croatan		2:06.40
4 South Brunswick		2:08.34
5 Swansboro		2:12.63
6 Cape Fear		2:13.39
7 Smithfield-Selma		2:13.51
8 Rocky Mount		2:15.52
9 First Flight		2:15.54
10 South Central		2:17.33
11 Terry Sanford		2:17.73
12 Fike		2:17.97
13 Southern Nash		2:18.25
14 West Carteret		2:20.98
15 Havelock		2:23.52
16 West Johnston		2:24.74
17 Hunt		2:30.04
18 Western Harnett		2:32.41
19 Currituck County		2:33.48
20 Jacksonville		2:34.71
21 Harnett Central		2:36.10
22 Northside (Jax)		2:38.22
23 Triton		2:41.56
24 South Johnston		2:42.45

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Croatan		1:43.69
2 West Carteret		1:43.95
3 South Brunswick		1:51.67
4 Cape Fear		1:51.79
5 Swansboro		1:54.39
6 First Flight		1:55.79
7 Aycock		1:58.25
8 South Central		1:58.98
9 Currituck County		1:59.17
10 West Johnston		2:01.52
11 Havelock		2:03.70
12 South Johnston		2:05.05
13 Smithfield-Selma		2:06.00
14 Harnett Central		2:06.20
15 Fike		2:07.00
16 Rocky Mount		2:07.41
17 Southern Wayne		2:08.23
18 Northern Nash		2:09.30
19 Southern Nash		2:13.68
20 Terry Sanford		2:15.87
21 West Brunswick		2:17.11
22 East Wake		2:17.62
23 Northside (Jax)		2:19.60
24 Richlands		2:23.81

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Madison Bowen	SO	Croatan	2:02.55
2 Francesca DiGiovanni		Smithfield-Selma	2:05.14
3 Lorelai Miller	SO	South Central	2:06.38
4 AJ Jackson	FR	South Brunswick	2:09.25
5 Maura Trivette		First Flight	2:09.67
6 Falon McCabe	SO	Croatan	2:12.48
7 Saline Kulas		JH Rose	2:17.73
8 Katelyn Folk	JR	Havelock	2:18.30
9 Kathleen Buckley		Western Harnett	2:20.84
10 Kate Kopka		Fike	2:21.14
11 Sophie Mitchell	JR	South Central	2:23.79
12 Taylor Cherry		JH Rose	2:23.83
13 Lana Walters		First Flight	2:25.09
14 Maddie Anderson		JH Rose	2:25.76
15 Riley Brown		JH Rose	2:27.47
16 Lainey Williams	FR	Cape Fear	2:29.28
17 Anamarie Brenes	FR	Cape Fear	2:30.44
18 Megan Denny		Smithfield-Selma	2:31.10
19 Alyece Medina		Terry Sanford	2:34.56
20 Schuyler Wilson		First Flight	2:34.67
21 Layne Taylor		Harnett Central	2:36.37
22 Chloe Wienert		First Flight	2:36.47
23 Emileigh Pace	FR	South Brunswick	2:38.25
24 Marielle Hirkala	SO	Swansboro	2:38.34

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Cade Needham	JR	South Brunswick	1:50.15
2 Ethan Tart	SR	South Central	1:51.68
3 Cameron Johnson		West Carteret	1:52.99
4 Max Kazel	SR	Jacksonville	1:55.93
5 Owen Lin		JH Rose	1:56.22
6 Aiden Pesko	JR	Croatan	2:00.58
7 Evan Sevast	FR	South Brunswick	2:01.36
8 Rylan Feimster	SO	Croatan	2:03.36
9 Ayden Burckhardt		Harnett Central	2:03.99
10 Jack Brown	SR	First Flight	2:07.72
11 Jack Spivey		First Flight	2:15.00
12 Oliver Sims		Terry Sanford	2:15.76
13 Elijah Adams	FR	South Johnston	2:15.91
14 Gabriel Lundin	FR	South Central	2:15.93
15 Aiden Nolan	SO	Swansboro	2:17.86
16 Tyler Clyde		JH Rose	2:19.29
17 Adam Steele		Havelock	2:19.32
18 Caleb Gliniak	FR	South Central	2:20.88
19 Czysz Coen		West Johnston	2:23.53
20 Hunter Bruyere	SO	Richlands	2:23.95
21 Drew Bowen	JR	West Johnston	2:24.01
22 Nicholas Serbio	FR	Cape Fear	2:25.09
23 Ethan Tolar		West Johnston	2:31.51
24 Daniel Weeks		Southern Wayne	2:31.90

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Psych Sheet - Final****Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Kaylee Eggers	JR	Rocky Mount	2:16.09
2 Mary Davis	JR	West Brunswick	2:23.82
3 Hadleigh Kulas		JH Rose	2:29.05
4 Maddie Girouard	SO	Rocky Mount	2:30.32
5 Bergan Cassiano	FR	Swansboro	2:32.81
6 Cheryl Li	SR	Terry Sanford	2:33.19
7 Kaylee Jarvis	FR	West Brunswick	2:33.70
8 Ava Williams	FR	West Brunswick	2:35.97
9 Bryn Blackmon		JH Rose	2:37.30
10 Teagan Farrell		Smithfield-Selma	2:38.11
11 Laney Dexter	SR	First Flight	2:41.36
12 Maggie Norris		JH Rose	2:45.69
13 Mackenzie Sampson	SO	Croatan	2:45.98
14 Parker Perry		East Wake	2:48.11
15 Allison Roper		First Flight	2:50.49
16 Jalynn Sneed	SR	West Brunswick	2:52.04
17 Abbie Key	FR	South Brunswick	2:53.09
18 Kaylee Lingle	FR	South Central	2:58.92
19 Hayden Hall		First Flight	3:03.41
20 Ava O'Brien		Dixon	3:08.44
21 Cameron Piland		First Flight	3:10.43
22 Grace Sherbert	SO	Cape Fear	3:11.29
23 Jordan Linton	SO	South Central	3:13.64
24 Natalia Perez	SR	South Brunswick	3:16.79

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Chance Mason	SR	South Brunswick	2:17.29
2 Gavin Pesko		Croatan	2:17.65
3 Kai Taylor		West Carteret	2:19.54
4 Logan Kinlan	SR	Swansboro	2:24.51
5 Owen Lord	JR	Rocky Mount	2:27.30
6 Hunter Proctor	SR	Northern Nash	2:27.59
7 Jackson Brooks		Croatan	2:28.97
8 Ayden Grochan-James		Dixon	2:29.71
9 Abram Norton	JR	West Brunswick	2:30.24
10 Noah Savage		First Flight	2:32.33
11 Pranav Mettu	SO	Rocky Mount	2:33.49
12 Will Robinson	SR	First Flight	2:35.48
13 Jason Michalowicz	FR	Croatan	2:37.30
14 Thomas McGraw		First Flight	2:37.46
15 Sean Boyd		Harnett Central	2:41.32
16 Drew Bryan		Southern Wayne	2:42.45
17 Aaron Creson		Western Harnett	2:42.59
18 Alexander Bridges	SO	Cape Fear	2:44.56
19 Elijah Thomas		EE Smith	2:48.84
20 Sydney Williams		West Johnston	2:50.86
21 Luke Miller		First Flight	2:52.50
22 Gavin Jessup	SR	Currituck County	2:52.53
23 Landis Eller		Harnett Central	2:53.13
24 Mason Hancock	SO	Cape Fear	2:55.10

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Clara Pierce Smith		JH Rose	25.73
2 Ashlyn Lewis		West Carteret	26.59
3 Sophia Monica	JR	Croatan	27.05
4 Mary Catherine Shook	SO	Cape Fear	27.18
5 Alely Williams	SO	West Brunswick	27.44
6 Lanie Johnson		Hunt	27.47
7 Chloe Avon		West Carteret	27.51
8 Avery Bisette	JR	Southern Nash	27.69
9 Lauren Morace		JH Rose	27.77
10 Aubry Wahlen		JH Rose	27.83
11 Betsy Shepard	SR	Terry Sanford	28.06
12 Izzy Klue		JH Rose	28.13
13 Rebekah Garrow	SR	Northside (Jax)	28.23
14 Mysl Carpenter	FR	Swansboro	28.48
15 Brooke Holmes	SR	West Brunswick	28.68
16 Keira Stegman	SO	South Brunswick	29.05
17 Genevieve Osborne	FR	South Brunswick	29.11
18 Emma Swenson		Aycock	29.20
19 Alyssa Knight		West Johnston	29.38
20 Josie Klaumann	SO	Croatan	30.08
21 Emily Stuckey		Smithfield-Selma	30.39
22 Ava Groesser		Northern Nash	30.58
23 Madison Emery	FR	South Central	30.65
24 Carlee Beckham	SO	Southern Nash	30.74

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Ryan Simcic		Croatan	22.34
2 Ezra Zapler		JH Rose	22.64
3 Sam Johnson		West Carteret	23.27
4 Nolan Walker		Harnett Central	23.58
5 Paul Padgett		Croatan	23.69
6 Logan Kennemore	SO	Currituck County	23.98
7 Matej Roth		Croatan	24.06
8 Jake Gronowski		Terry Sanford	24.28
9 Cooper Law	SR	West Carteret	24.31
10 Nick Radom		Franklinton	24.40
11 Walker Jenkins	SR	South Brunswick	24.75
12 Aiden Hurd		Hunt	25.05
13 Patrick Ventry	SR	Havelock	25.05
14 Noah George	JR	South Central	25.06
15 Sam Suggs		West Carteret	25.11
16 Cole Bowen	9	West Johnston	25.17
17 Conner Ezzell		Northern Nash	25.33
18 Patrick Boldt	JR	South Brunswick	25.44
19 Jackson Harris		Smithfield-Selma	25.58
20 Lucas Alexander	SO	Jacksonville	25.70
21 Joshua Eason	SR	South Johnston	25.73
22 Carson Gainous		Aycock	25.76
23 William Brumsey	JR	Currituck County	25.92
24 Julian DiGuiseppe	JR	South Brunswick	26.05

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Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Gray Miller	JR	First Flight	450.15
2 Braxton Morris		West Carteret	115.20
3 Sam Suggs		West Carteret	90.20
4 Colton Ellis	SR	West Carteret	81.00
5 David Garner		West Carteret	53.50

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Lorelai Miller	SO	South Central	1:03.51
2 Maddie Girouard	SO	Rocky Mount	1:07.03
3 Elizabeth Perry		JH Rose	1:11.77
4 Bryn Blackmon		JH Rose	1:12.00
5 Layne Taylor		Harnett Central	1:12.38
6 Katelyn Folk	JR	Havelock	1:12.45
7 Kira Walters		First Flight	1:13.59
8 Brielle DuBois		Smithfield-Selma	1:14.14
9 Kathleen Buckley		Western Harnett	1:14.66
10 Maddie Anderson		JH Rose	1:15.85
11 Kennedy Gordon	FR	South Brunswick	1:15.94
12 Lauren Milligan	SR	Northern Nash	1:18.84
13 Grace Sherbert	SO	Cape Fear	1:21.45
14 Olivia Bishop	JR	West Johnston	1:21.86
15 Tanya Wilmore	SR	Cape Fear	1:22.79
16 Emily Terry	SR	Southern Nash	1:24.05
17 Allison Roper		First Flight	1:25.62
18 Emma Kimzey	SO	Croatan	1:26.92
19 Alison Bundle	SR	Richlands	1:27.13
20 Caitlin Priecheufried	SO	Swansboro	1:28.56
21 Aubry Wahlen		JH Rose	1:29.84
22 Jordan Linton	SO	South Central	1:31.24
23 Eva Reyes		Western Harnett	1:31.88
24 Foye Southard	SR	Terry Sanford	1:34.41

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Owen Lin		JH Rose	53.00
2 Nicholas Shook	SR	Cape Fear	54.54
3 Paul Padgett		Croatan	54.76
4 Nathan Michalowicz	SO	Croatan	57.23
5 Logan Thiessen	SR	First Flight	58.94
6 Trevor Hucal	FR	Swansboro	59.11
7 Evan Sevast	FR	South Brunswick	59.68
8 Merrick Shumaker		First Flight	1:02.00
9 Tyler Henry		East Wake	1:03.77
10 Elijah Adams	FR	South Johnston	1:04.38
11 Jacob Hoffman	JR	West Johnston	1:04.58
12 Conner Ezzell		Northern Nash	1:07.43
13 Jackson Sanders		Havelock	1:07.50
14 Josh Mouser		First Flight	1:09.62
15 Christian Lingle	SR	South Central	1:11.76
16 Thomas McGraw		First Flight	1:12.89
17 Mason Hancock	SO	Cape Fear	1:13.85
18 Charlie Laughinghouse	SO	South Central	1:13.95
19 Elijah Thomas		EE Smith	1:14.22
20 Micah Vande Slunt		Havelock	1:14.69
21 Nicholas Avery	9	West Johnston	1:15.03
22 Trathen Quinn	FR	South Central	1:20.52
23 Richardo Martinez	SR	Northside (Jax)	1:25.12
24 Zachary Simpson		East Wake	1:25.64

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Name	Yr	School	Seed Time
1 Falon McCabe	SO	Croatan	59.84
2 Maura Trivette		First Flight	59.88
3 Avery Bisette	JR	Southern Nash	1:01.26
4 Saline Kulas		JH Rose	1:01.36
5 Tess Caron	FR	West Brunswick	1:02.42
6 Ava Williams	FR	West Brunswick	1:02.49
7 Lanie Johnson		Hunt	1:02.64
8 Carson Fraley		JH Rose	1:02.89
9 Lauren Morace		JH Rose	1:02.95
10 Chloe Avon		West Carteret	1:02.97
11 Mysl Carpenter	FR	Swansboro	1:03.31
12 Meghan Ulevich	SR	South Brunswick	1:03.83
13 Carys Carson		JH Rose	1:04.06
14 Betsy Shepard	SR	Terry Sanford	1:05.40
15 Emma Spencer		Fike	1:06.49
16 Skylar Brown	JR	Croatan	1:07.14
17 Lainey Williams	FR	Cape Fear	1:07.23
18 Alyssa Knight		West Johnston	1:07.77
19 Megan Denny		Smithfield-Selma	1:08.54
20 Natalia Perez	SR	South Brunswick	1:09.70
21 Hannah Cumbee	SO	West Brunswick	1:09.76
22 Lily Brinker	SR	Cape Fear	1:09.78
23 Brooke Holmes	SR	West Brunswick	1:10.04
24 Madison Emery	FR	South Central	1:10.46

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Ryan Simcic		Croatan	48.54
2 Sam Johnson		West Carteret	49.77
3 Ezra Zapler		JH Rose	50.17
4 Ethan Tart	SR	South Central	50.83
5 Chance Mason	SR	South Brunswick	52.20
6 Nathan Priecheufried	SR	Swansboro	53.73
7 Max Kazel	SR	Jacksonville	53.99
8 Matej Roth		Croatan	54.20
9 Patrick Ventry	SR	Havelock	55.13
10 Jake Gronowski		Terry Sanford	55.22
11 Tyler Henry		East Wake	56.35
12 Aiden Hurd		Hunt	56.66
13 Noah George	JR	South Central	56.67
14 Hunter Anderson	SR	Cape Fear	56.84
15 Grayson Gibbs	JR	West Johnston	57.20
16 Jackson Harris		Smithfield-Selma	57.78
17 Dylan Hallac		First Flight	58.25
18 Joshua Eason	SR	South Johnston	58.36
19 Abram Norton	JR	West Brunswick	58.92
20 Cole Bowen	9	West Johnston	59.04
21 Carter Mitchell	FR	South Central	59.86
22 Andrew Sherrod	JR	South Brunswick	59.96
23 Lucas Alexander	SO	Jacksonville	1:00.67
24 Ian Daub		Havelock	1:01.74

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Madison Bowen	SO	Croatan	5:29.93
2 Francesca DiGiovanni		Smithfield-Selma	5:32.25
3 AJ Jackson	FR	South Brunswick	5:46.00
4 Kaylee Jarvis	FR	West Brunswick	5:58.70
5 Bergan Cassiano	FR	Swansboro	6:17.35
6 Cheryl Li	SR	Terry Sanford	6:18.90
7 Laney Dexter	SR	First Flight	6:24.97
8 Lana Walters		First Flight	6:26.33
9 Casey Fitch	JR	Cape Fear	6:27.75
10 Teagan Farrell		Smithfield-Selma	6:29.92
11 Sophia Shoneman		JH Rose	6:35.34
12 Anamarie Brenes	FR	Cape Fear	6:39.36
13 Emma Spencer		Fike	6:44.37
14 Reese Castecka	FR	Havelock	6:48.42
15 Riley Brown		JH Rose	6:51.00
16 Olivia Perry		JH Rose	6:51.70
17 Chloe Wienert		First Flight	6:57.66
18 Sophia Pennington		West Carteret	7:03.85
19 Schuyler Wilson		First Flight	7:04.25
20 Annabelle O'Donnell	JR	Currituck County	7:17.59
21 Lottie Henry		EE Smith	7:18.11
22 Emileigh Pace	FR	South Brunswick	7:23.34
23 Marielle Hirkala	SO	Swansboro	7:29.20
24 Alexis Martine	SR	Currituck County	7:30.11

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Cameron Johnson		West Carteret	5:00.91
2 Cade Needham	JR	South Brunswick	5:04.06
3 Logan Kennemore	SO	Currituck County	5:21.31
4 Aiden Pesko	JR	Croatan	5:27.80
5 Jack Brown	SR	First Flight	5:37.69
6 Trevor Hucal	FR	Swansboro	5:42.17
7 Isaac Gedman	SO	South Brunswick	5:42.34
8 Blake Reason		Fike	6:02.20
9 Jack Spivey		First Flight	6:04.22
10 Hunter Anderson	SR	Cape Fear	6:05.17
11 Noah Savage		First Flight	6:06.51
12 Jacob Hoffman	JR	West Johnston	6:06.69
13 Gabriel Lundin	FR	South Central	6:15.15
14 Josh Mouser		First Flight	6:15.62
15 Jason Michalowicz	FR	Croatan	6:16.86
16 Caleb Gliniak	FR	South Central	6:19.42
17 Nicholas Serbio	FR	Cape Fear	6:30.11
18 Tyler Clyde		JH Rose	6:39.15
19 Henry Heinzerling		Smithfield-Selma	6:40.16
20 Noah Martinez	FR	Rocky Mount	6:47.48
21 Sean Boyd		Harnett Central	6:53.16
22 Jack Harvin	JR	South Central	6:56.05
23 Daniel Weeks		Southern Wayne	6:57.71
24 Charlie Laughinghouse	SO	South Central	7:02.11

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Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 JH Rose		1:50.92
2 South Brunswick		1:52.20
3 Croatan		1:52.38
4 West Brunswick		1:55.76
5 First Flight		1:56.71
6 Smithfield-Selma		1:57.27
7 Southern Nash		1:58.01
8 South Central		1:58.12
9 Cape Fear		1:59.98
10 West Carteret		2:00.15
11 Fike		2:01.46
12 Swansboro		2:02.79
13 Havelock		2:02.85
14 Rocky Mount		2:03.55
15 Terry Sanford		2:07.39
16 West Johnston		2:08.03
17 Currituck County		2:10.97
18 Western Harnett		2:11.14
19 Northside (Jax)		2:13.71
20 Jacksonville		2:13.75
21 Aycock		2:14.21
22 Harnett Central		2:14.78
23 Triton		2:16.16
24 Dixon		2:20.67

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Croatan		1:31.36
2 West Carteret		1:35.38
3 JH Rose		1:36.69
4 South Brunswick		1:37.21
5 Swansboro		1:41.22
6 First Flight		1:41.56
7 Cape Fear		1:43.80
8 South Central		1:44.01
9 Currituck County		1:47.20
10 Rocky Mount		1:47.31
11 West Johnston		1:48.20
12 Aycock		1:48.37
13 Havelock		1:48.52
14 Smithfield-Selma		1:48.75
15 Harnett Central		1:48.78
16 South Johnston		1:51.10
17 Northern Nash		1:51.96
18 Fike		1:52.39
19 Jacksonville		1:53.02
20 East Wake		1:54.66
21 Dixon		1:55.79
22 Southern Wayne		1:55.92
23 Southern Nash		1:56.43
24 West Brunswick		1:57.26

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Kaylee Eggers	JR	Rocky Mount	1:02.97
2 Clara Pierce Smith		JH Rose	1:03.69
3 Mary Catherine Shook	SO	Cape Fear	1:06.50
4 Mary Davis	JR	West Brunswick	1:07.21
5 Ruby George	SR	Triton	1:09.24
6 Tess Caron	FR	West Brunswick	1:10.13
7 Meghan Ulevich	SR	South Brunswick	1:12.97
8 Casey Fitch	JR	Cape Fear	1:13.06
9 Sophie Mitchell	JR	South Central	1:13.60
10 Elizabeth Perry		JH Rose	1:13.79
11 Carson Fraley		JH Rose	1:14.52
12 Nina Bolten	JR	Southern Nash	1:15.07
13 Kira Walters		First Flight	1:16.22
14 Genevieve Osborne	FR	South Brunswick	1:16.53
15 Emma Swenson		Aycock	1:16.90
16 Kaylee Lingle	FR	South Central	1:18.28
17 Emma Kimzey	SO	Croatan	1:18.64
18 Skylar Brown	JR	Croatan	1:18.95
19 Olivia Perry		JH Rose	1:18.97
20 Marilyn Hiester	FR	Swansboro	1:20.46
21 Jalynn Sneed	SR	West Brunswick	1:20.75
22 Amelia Osornio	FR	Cape Fear	1:21.31
23 Ava O'Brien		Dixon	1:21.63
24 Brielle DuBois		Smithfield-Selma	1:21.68

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Nicholas Shook	SR	Cape Fear	57.42
2 Nathan Michalowicz	SO	Croatan	57.94
3 Rylan Feimster	SO	Croatan	1:02.79
4 Nick Radom		Franklinton	1:05.50
5 Braxton Morris		West Carteret	1:05.70
6 Ayden Burckhardt		Harnett Central	1:07.51
7 Carson Gainous		Aycock	1:07.99
8 Isaac Gedman	SO	South Brunswick	1:08.46
9 Pranav Mettu	SO	Rocky Mount	1:08.76
10 Patrick Boldt	JR	South Brunswick	1:09.18
11 Ayden Grochan-James		Dixon	1:09.37
12 Camden Lenz	SO	Currituck County	1:10.04
13 Carter Mitchell	FR	South Central	1:10.85
14 Aiden Nolan	SO	Swansboro	1:11.70
15 Will Robinson	SR	First Flight	1:12.02
16 Oliver Sims		Terry Sanford	1:12.27
17 Ryan Ferguson		Croatan	1:12.33
18 Drew Bryan		Southern Wayne	1:13.68
19 Trathen Quinn	FR	South Central	1:13.75
20 Jackson Payne		Fike	1:14.16
21 Christian Lingle	SR	South Central	1:15.16
22 Ethan Bonney	JR	South Brunswick	1:15.39
23 Aaron Creson		Western Harnett	1:16.83
24 Johnny Terrazas	SR	Swansboro	1:18.18

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Name	Yr	School	Seed Time
1 Alely Williams	SO	West Brunswick	1:13.31
2 Hadleigh Kulas		JH Rose	1:16.53
3 Kennedy Gordon	FR	South Brunswick	1:19.00
4 Ruby George	SR	Triton	1:19.52
5 Sophia Monica	JR	Croatan	1:21.11
6 Izzy Klue		JH Rose	1:21.32
7 Ashlyn Lewis		West Carteret	1:21.65
8 Maggie Norris		JH Rose	1:22.08
9 Rebekah Garrow	SR	Northside (Jax)	1:22.47
10 Alyece Medina		Terry Sanford	1:22.61
11 Caitlin Priechenfried	SO	Swansboro	1:23.10
12 Keira Stegman	SO	South Brunswick	1:23.51
13 Emily Stuckey		Smithfield-Selma	1:23.58
14 Langley Curry	SO	First Flight	1:25.38
15 Kate Kopka		Fike	1:25.71
16 Mackenzie Sampson	SO	Croatan	1:25.84
17 Lily Brinker	SR	Cape Fear	1:26.32
18 Cameron Piland		First Flight	1:26.49
19 Ali Williams	JR	South Brunswick	1:28.35
20 Morigana Van Wagenen	SR	Havelock	1:29.16
21 Aubrey Rosenbach	JR	Swansboro	1:29.81
22 Lauren Milligan	SR	Northern Nash	1:30.51
23 Abbie Key	FR	South Brunswick	1:30.53
24 Hannah Cumbee	SO	West Brunswick	1:31.04

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Nathan Priechenfried	SR	Swansboro	1:02.88
2 Nolan Walker		Harnett Central	1:06.98
3 Kai Taylor		West Carteret	1:07.57
4 Colton Ellis	SR	West Carteret	1:07.84
5 Robert Jack Helmer		Smithfield-Selma	1:09.28
6 Gavin Pesko		Croatan	1:11.04
7 Alexander Bridges	SO	Cape Fear	1:11.31
8 Blake Reason		Fike	1:12.47
9 Julian DiGuseppe	JR	South Brunswick	1:13.11
10 Drew Bowen	JR	West Johnston	1:13.67
11 Dylan Hallac		First Flight	1:15.05
12 Dylan Pate		Aycock	1:15.22
13 Walker Jenkins	SR	South Brunswick	1:15.31
14 Kenan Hill		West Johnston	1:15.92
15 Logan Kinlan	SR	Swansboro	1:16.30
16 Jackson Brooks		Croatan	1:16.65
17 Grayson Gibbs	JR	West Johnston	1:16.66
18 Andrew Sherrod	JR	South Brunswick	1:17.56
19 Owen Lord	JR	Rocky Mount	1:18.52
20 Landon Bridgers		Aycock	1:18.60
21 Nolan Waugh	JR	Currituck County	1:20.46
22 Christian Morales	FR	Northside (Jax)	1:21.40
23 Zackary Fick	JR	Cape Fear	1:22.35
24 Ryan Ventry	FR	Havelock	1:22.50

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 West Brunswick		4:07.71
2 JH Rose		4:11.00
3 Croatan		4:17.07
4 First Flight		4:24.63
5 Swansboro		4:28.85
6 South Central		4:29.39
7 South Brunswick		4:30.03
8 Southern Nash		4:30.59
9 Rocky Mount		4:31.70
10 Cape Fear		4:31.73
11 Havelock		4:41.87
12 Smithfield-Selma		4:43.71
13 West Johnston		4:55.37
14 Western Harnett		4:55.64
15 Jacksonville		5:07.34
16 Harnett Central		5:08.32
17 West Carteret		5:09.12
18 Currituck County		5:11.34
19 Fike		5:19.88
20 Northside (Jax)		5:28.02
21 Terry Sanford		5:37.30
22 South Johnston		5:42.88
23 White Oak		5:45.23
24 Byrd		6:01.87

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Croatan		3:32.90
2 JH Rose		3:35.26
3 West Carteret		3:40.60
4 South Brunswick		3:42.65
5 Swansboro		3:50.06
6 First Flight		3:54.62
7 Cape Fear		3:55.49
8 South Central		4:00.12
9 Currituck County		4:00.84
10 Havelock		4:01.36
11 West Johnston		4:07.67
12 Harnett Central		4:11.72
13 Southern Wayne		4:13.91
14 South Johnston		4:15.33
15 Jacksonville		4:18.48
16 Northern Nash		4:28.93
17 Southern Nash		4:35.12
18 Smithfield-Selma		4:36.13
19 East Wake		4:48.14
20 Fike		4:53.81
21 Richlands		5:03.00
22 Dixon		5:03.31
23 Western Harnett		5:08.64
24 Northside (Jax)		5:15.43