

2023 3A State NCHSAA Championships - 2/10/2023 to 2/11/2023

Swimming & Diving

Host: Cumberland County Schools

Psych Sheet - Final

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 Central Cabarrus		1:54.48
2 DSA		1:56.41
3 Orange		1:56.53
4 St Stephens		1:57.68
5 Lake Norman Char		1:58.00
6 JH Rose		1:59.16
7 Northwood		1:59.82
8 Concord		2:01.26
9 West Brunswick		2:01.31
10 Ledford		2:03.76
11 Eastern Alamance		2:03.83
12 Carrboro		2:04.10
13 Franklin		2:04.57
14 Union Pines		2:04.80
15 Western Alamance		2:06.35
16 NW Cabarrus		2:06.91
17 South Brunswick		2:07.02
18 East Lincoln		2:07.48
19 Forestview		2:07.79
20 Smithfield-Selma		2:07.97
21 First Flight		2:07.97
22 South Point		2:08.75
23 West Henderson		2:09.73
24 Cape Fear		2:11.64

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 NW Cabarrus		1:39.59
2 Croatan		1:41.13
3 West Carteret		1:42.49
4 Forestview		1:42.81
5 DSA		1:46.07
6 East Lincoln		1:46.79
7 Orange		1:46.96
8 Lake Norman Char		1:47.34
9 Carrboro		1:48.63
10 Concord		1:48.95
11 Cape Fear		1:49.91
12 Swansboro		1:50.77
13 St Stephens		1:50.87
14 West Henderson		1:52.63
15 Union Pines		1:53.19
16 North Davidson		1:53.20
17 First Flight		1:54.07
18 Northwood		1:54.30
19 Carson		1:55.66
20 Central Davidson		1:56.15
21 Atkins		1:56.25
22 Ledford		1:56.54
23 Franklin		1:56.66
24 Currituck County		1:56.91

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Madison Bowen	SO	Croatan	1:55.04
2 Katelyn Parmenter		St Stephens	1:55.26
3 Francesca DiGiovanni		Smithfield-Selma	1:56.15
4 Abigail Emrich	SO	Northwood	1:56.58
5 Hayden Burroughs	JR	NW Cabarrus	1:57.31
6 Megan Becker		Asheboro	1:57.67
7 Lorelai Miller	SO	South Central	1:59.31
8 Ella Brett Hitchcock	SO	Hickory	1:59.97
9 Avery Shuping	SO	Carrboro	2:01.26
10 Sophia Stinnett	SO	Cedar Ridge	2:02.84
11 Bianca Perez	SR	Northwood	2:03.01
12 Emmalyn Buskirk		Fred T Foard	2:04.68
13 AJ Jackson	FR	South Brunswick	2:06.08
14 Holly Thesing	SO	Northwood	2:08.49
15 Maura Trivette		First Flight	2:09.03
16 Maya Peterson	SR	Carrboro	2:09.34
17 Addyson Sechriest		East Rowan	2:10.89
18 Ava Milkowich	FR	Union Pines	2:11.17
19 Jovie Lee		St Stephens	2:11.60
20 Falon McCabe	SO	Croatan	2:11.69
21 Brooke Parker	JR	Rockingham Co	2:11.85
22 Kelly Todd	SO	Central Academy	2:12.16
23 Stella Pridmore		East Lincoln	2:12.31
24 Lily Yampolsky	JR	Lake Norman Char	2:12.52

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Owen Lin		JH Rose	1:42.56
2 Andrew Commins	JR	Carrboro	1:44.00
3 Luke Roman	SO	Orange	1:47.43
4 Justin Gould	SO	NW Cabarrus	1:47.57
5 Nikhil Agans	JR	Cedar Ridge	1:47.77
6 Cameron Johnson		West Carteret	1:48.06
7 Keller Kain	SR	West Henderson	1:48.58
8 Graham Kines		Forestview	1:48.61
9 Cade Needham	JR	South Brunswick	1:48.67
10 Ethan Tart	SR	South Central	1:48.95
11 Luke Wesson	SR	Crest	1:49.32
12 Grant Willis	SO	Central Cabarrus	1:51.24
13 Beckett Tabor		Forestview	1:51.45
14 Alexander Andre	SO	Orange	1:51.54
15 Ben Kimmel		Huss	1:51.66
16 Rider Warner		East Lincoln	1:51.77
17 Max Kazel	SR	Jacksonville	1:53.53
18 Austin Major	SO	Cramer	1:53.97
19 Cameron Broos		St Stephens	1:53.99
20 Alex Seymour	SO	Lake Norman Char	1:54.35
21 Dylan Lunsik	SR	Tuscola	1:55.12
22 Aiden Pesko	JR	Croatan	1:56.96
23 Samuel Schmitz	FR	Union Pines	1:57.15
24 Joshua Vogl		Oak Grove	1:57.45

2023 3A State NCHSAA Championships - 2/10/2023 to 2/11/2023

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Psych Sheet - Final

Event 5 Women 200 Yard IM

Name	Yr	School	Seed Time
1 Maya Lambert	JR	Carrboro	2:09.75
2 Kaylee Eggers	JR	Rocky Mount	2:10.25
3 Emma Pitts	JR	Hickory	2:12.25
4 Kathryn Cinson		Fred T Foard	2:13.49
5 Braylee Carter	SR	Eastern Alamance	2:16.22
6 Presley Horton	JR	Lake Norman Char	2:17.77
7 Laurel Keasler	SR	Concord	2:18.32
8 Addison Lasarsky	SO	Lake Norman Char	2:21.53
9 Mary Davis	JR	West Brunswick	2:22.71
10 Madison Kohler	FR	Central Academy	2:23.39
11 Quinn McCrimmon	SO	Cedar Ridge	2:23.61
12 Isabella Thompson	SR	NW Cabarrus	2:26.82
13 Maddie Girouard	SO	Rocky Mount	2:26.83
14 Hadleigh Kulas		JH Rose	2:26.99
15 Kylie Moro	SO	NW Cabarrus	2:27.15
16 Avery Brown	SO	Carrboro	2:27.69
17 Taylor Johnson		Scotland	2:29.27
18 Kaylee Jarvis	FR	West Brunswick	2:30.56
19 Bergan Cassiano	FR	Swansboro	2:31.19
20 Sofia Guaman	SO	Carrboro	2:32.63
21 Laney Dexter	SR	First Flight	2:32.93
22 Zoi Walker	SO	Franklin	2:33.22
23 Lauren Emrich	SR	Northwood	2:33.39
24 Teagan Farrell		Smithfield-Selma	2:33.49

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Harrison Ranier	SR	NW Cabarrus	1:54.67
2 Lane Bradshaw	SR	NW Cabarrus	1:58.34
3 Tristan Peyton		Forestview	2:00.76
4 William Sikes	SR	Northwood	2:01.23
5 Rowan Cridlebaugh		High Point Cent	2:03.17
6 Aiden Deluca	FR	North Lincoln	2:04.91
7 Evan Phillips	SR	Orange	2:07.25
8 Matt Strada	JR	Carrboro	2:07.95
9 Ethan Hill	SR	Lake Norman Char	2:08.46
10 Junior Enohmbi	SO	Central Academy	2:08.54
11 Ethan Licata	SO	Lake Norman Char	2:10.38
12 Jeremy Everitt	SR	Rockingham Co	2:10.48
13 Alex Delgadillo	FR	Carrboro	2:13.04
14 Charles Fields	JR	Hickory	2:13.21
15 Kai Taylor		West Carteret	2:14.32
16 Gavin Pesko		Croatan	2:14.33
17 Chance Mason	SR	South Brunswick	2:14.71
18 Joseph Bria	FR	Central Academy	2:15.25
19 Owen Pridmore		East Lincoln	2:15.91
20 Benjamin Williams	SO	Central Cabarrus	2:16.49
21 Jan Brynda	JR	Carrboro	2:16.51
22 Logan Kinlan	SR	Swansboro	2:26.40
23 Jason Michalowicz	FR	Croatan	2:26.97
24 Owen Lord	JR	Rocky Mount	2:28.15

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Katie Belle Sikes	JR	Orange	22.88
2 Lyla Johns	SO	Central Cabarrus	24.81
3 Caroline Rinker	SR	NW Cabarrus	24.88
4 Natalie Ballard	JR	Franklin	25.03
5 Cassidy Grubb	SR	Oak Grove	25.10
6 Clara Pierce Smith		JH Rose	25.48
7 Eva Doyle		High Point Cent	25.67
8 Kaley White	SR	Eastern Guilford	25.68
9 Lily Hermans	FR	Concord	25.78
10 Audrey Wolff	SO	Central Cabarrus	25.83
11 Ashlynn Cassada	JR	Franklin	25.83
12 Kristina Rooney	JR	Lake Norman Char	25.89
13 Brea White		Ledford	25.98
14 Piper White	FR	Orange	26.11
15 Abi Robinson	JR	Williams	26.15
16 Ashlyn Lewis		West Carteret	26.45
17 Izzy Klue		JH Rose	26.52
18 Lanie Johnson		Hunt	26.66
19 Aubrey Little	SO	Parkwood	26.67
20 Mary Catherine Shook	SO	Cape Fear	26.72
21 Connelly Smith	SO	NW Cabarrus	26.89
22 Sophia Monica	JR	Croatan	26.90
23 Aubry Wahlen		JH Rose	26.96
24 Aley Williams	SO	West Brunswick	27.06

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Lucca Battaglini	JR	DSA	20.26
2 Davis Adcock	SR	South Point	21.58
3 Ryan Simcic		Croatan	21.74
4 Luke Gonzales	JR	Pisgah	21.85
5 Connor Cayer	SR	Central Davidson	21.86
6 Ezra Zapler		JH Rose	22.11
7 Lawson McMichael	SR	Rockingham Co	22.61
8 James Burroughs	JR	Lake Norman Char	22.61
9 Sam Johnson		West Carteret	22.62
10 Nolan Walker		Harnett Central	22.85
11 Emerson Miller	JR	Freedom	23.01
12 Cameron Ritchie		East Rowan	23.10
13 Raeder McIntire	SR	Central Cabarrus	23.33
14 Jake Gronowski		Terry Sanford	23.45
15 Clayton Guynn	SR	Franklin	23.47
16 Cooper Law	SR	West Carteret	23.50
17 Wyatt Wilson	JR	Rockingham Co	23.67
18 Oliver Normand	JR	Carrboro	23.87
19 Miles Ferguson	SO	South Point	23.88
20 Tyler Smith	JR	Asheboro	23.89
21 Brody Tranel	SR	Union Pines	23.94
22 Matej Roth		Croatan	23.99
23 Connor Danelson	SR	Atkins	24.05
24 Nick Radom		Franklinton	24.07

2023 3A State NCHSAA Championships - 2/10/2023 to 2/11/2023

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Psych Sheet - Final

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Madi Varnum	JR	Lake Norman Char	419.45
2 Rachel Vandersea	SR	Carrboro	365.45
3 Camryn Russell	9	Crest	352.60
4 Kate Shapard	SO	Lake Norman Char	276.65

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Hayden Schroeder	JR	Lake Norman Char	531.25
2 Gray Miller	JR	First Flight	403.95
3 Jonah Brant	9	Franklin	227.55
4 Jarren Freistuhler	JR	Kings Mountain	203.10
5 Braxton Morris		West Carteret	177.85
6 Colton Ellis	SR	West Carteret	144.65

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Maya Lambert	JR	Carrboro	58.16
2 Ella Brett Hitchcock	SO	Hickory	59.01
3 Lorelai Miller	SO	South Central	59.39
4 Abbey Cronin	SO	Central Cabarrus	59.53
5 Riley White	JR	Orange	59.71
6 Jordan Marley	SR	DSA	59.72
7 Elettra Dalcetri		Hibriten	1:00.40
8 Hayden Burroughs	JR	NW Cabarrus	1:00.44
9 Abigail Emrich	SO	Northwood	1:01.13
10 Addison Lasarsky	SO	Lake Norman Char	1:01.65
11 Zoe Coburn		St Stephens	1:01.86
12 Quinn McCrimmon	SO	Cedar Ridge	1:03.31
13 Kaley White	SR	Eastern Guilford	1:03.89
14 Riley Caudle		St Stephens	1:03.96
15 Ava Milkowich	FR	Union Pines	1:04.28
16 Ava Gruber		St Stephens	1:04.52
17 Isabella Neri	SR	Concord	1:05.18
18 Maddie Girouard	SO	Rocky Mount	1:05.20
19 Kylie Moro	SO	NW Cabarrus	1:05.38
20 Avery Brown	SO	Carrboro	1:06.03
21 Kennedy Gordon	FR	South Brunswick	1:08.67
22 Elizabeth Perry		JH Rose	1:08.81
23 Bryn Blackmon		JH Rose	1:10.10
24 Brielle DuBois		Smithfield-Selma	1:10.51

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Lucca Battaglini	JR	DSA	48.39
2 Harrison Ranier	SR	NW Cabarrus	51.26
3 Owen Lin		JH Rose	51.97
4 Zachary Clendenning		East Lincoln	52.84
5 Nicholas Shook	SR	Cape Fear	53.43
6 Paul Padgett		Croatan	53.93
7 William Sikes	SR	Northwood	54.20
8 Luke Wesson	SR	Crest	54.47
9 Luke Gonzales	JR	Pisgah	54.86
10 Joseph Mogray	JR	Hickory	55.46
11 Dalton Messenger		Kings Mountain	55.92
12 Mason Demetro		Kings Mountain	56.41
13 Owen Sawyer	SR	Eastern Alamance	56.94
14 Dylan Lunsik	SR	Tuscola	57.74
15 Cameron Ritchie		East Rowan	57.88
16 Channing Scott	SO	Lake Norman Char	58.32
17 Trevor Hucal	FR	Swansboro	59.15
18 Bennett Leder	SR	Concord	59.23
19 Evan Sevast	FR	South Brunswick	59.43
20 Jacky Lam	JR	Fred T Foard	59.67
21 Logan Thiessen	SR	First Flight	59.74
22 Daniel Park	SR	Union Pines	59.76
23 Connor Danelson	SR	Atkins	1:00.60
24 Lane Cooke	SR	North Davidson	1:00.95

2023 3A State NCHSAA Championships - 2/10/2023 to 2/11/2023

Swimming & Diving

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Psych Sheet - Final

Event 13 Women 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Katie Belle Sikes	JR	Orange	50.99
2 Katelyn Parmenter		St Stephens	53.81
3 Megan Becker		Asheboro	53.87
4 Lyla Johns	SO	Central Cabarrus	54.07
5 Jenna Koh		Ledford	54.28
6 Cassidy Grubb	SR	Oak Grove	55.25
7 Alexis Krzyzaniak	JR	DSA	56.08
8 Colby Fields	SR	Hickory	57.00
9 Bellum Vine	JR	Central Cabarrus	57.30
10 Lily Hermans	FR	Concord	57.52
11 Kristina Rooney	JR	Lake Norman Char	57.97
12 Piper White	FR	Orange	58.18
13 Peyton Hawkins	FR	Lake Norman Char	58.40
14 Lucia Edwards	SR	North Buncombe	58.45
15 Abi Robinson	JR	Williams	58.48
16 Aubrey Little	SO	Parkwood	58.51
17 Falon McCabe	SO	Croatan	58.63
18 Maura Trivette		First Flight	58.65
19 Sofia Moro	SO	NW Cabarrus	58.79
20 Saline Kulas		JH Rose	59.05
21 Madelyn Hendershot	JR	Tuscola	59.11
22 Lanie Johnson		Hunt	59.96
23 Lauren Morace		JH Rose	1:01.05
24 Ava Williams	FR	West Brunswick	1:01.09

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Kathryn Cinson		Fred T Foard	5:06.43
2 Madison Bowen	SO	Croatan	5:09.76
3 Francesca DiGiovanni		Smithfield-Selma	5:14.79
4 Avery Shuping	SO	Carrboro	5:19.13
5 Caroline Rinker	SR	NW Cabarrus	5:20.41
6 Braylee Carter	SR	Eastern Alamance	5:20.49
7 Sophia Stinnett	SO	Cedar Ridge	5:26.76
8 Bianca Perez	SR	Northwood	5:27.87
9 Emmalyn Buskirk		Fred T Foard	5:28.12
10 AJ Jackson	FR	South Brunswick	5:39.00
11 Maci Columbia	SO	Asheboro	5:39.87
12 Colby Fields	SR	Hickory	5:40.23
13 Maya Peterson	SR	Carrboro	5:44.45
14 Jovie Lee		St Stephens	5:45.13
15 Holly Thesing	SO	Northwood	5:48.42
16 Taylor Johnson		Scotland	5:49.80
17 Kensley Gasaway	FR	Western Alamance	5:52.83
18 Addyson Sechriest		East Rowan	5:53.00
19 Stella Pridmore		East Lincoln	5:53.31
20 Maya Sipper	JR	Northwood	5:53.34
21 Kelly Todd	SO	Central Academy	5:53.88
22 Kaylee Jarvis	FR	West Brunswick	5:56.65
23 Cheryl Li	SR	Terry Sanford	6:06.98
24 Bergen Cassiano	FR	Swansboro	6:07.17

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Will Thompson	SR	Carrboro	46.44
2 Ryan Simcic		Croatan	47.25
3 William Gray	JR	DSA	47.30
4 Connor Cayer	SR	Central Davidson	48.47
5 Devin Buckler	SR	Lake Norman Char	48.84
6 Beckett Tabor		Forestview	49.15
7 Ezra Zapler		JH Rose	49.38
8 Sam Johnson		West Carteret	49.56
9 Ben Kimmel		Huss	49.60
10 Ethan Tart	SR	South Central	49.76
11 Nikhil Agans	JR	Cedar Ridge	49.92
12 James Burroughs	JR	Lake Norman Char	50.14
13 Lawson McMichael	SR	Rockingham Co	50.52
14 Wyatt Wilson	JR	Rockingham Co	50.68
15 Carter Williams	SO	Central Academy	50.99
16 Austin Major	SO	Cramer	51.62
17 Graham Powers	SR	NW Cabarrus	51.62
18 Joseph Mogray	JR	Hickory	51.68
19 Max Kazel	SR	Jacksonville	52.01
20 Sam McCallion	SR	Carrboro	52.46
21 Oliver Normand	JR	Carrboro	52.51
22 Chance Mason	SR	South Brunswick	52.60
23 Alex Seymour	SO	Lake Norman Char	52.74
24 Nathan Priecheufried	SR	Swansboro	53.31

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Andrew Commins	JR	Carrboro	4:41.69
2 Justin Gould	SO	NW Cabarrus	4:51.94
3 Luke Roman	SO	Orange	4:52.23
4 Keller Kain	SR	West Henderson	4:54.96
5 Matt Strada	JR	Carrboro	4:56.02
6 Cameron Johnson		West Carteret	4:56.09
7 Grant Willis	SO	Central Cabarrus	4:56.57
8 Cade Needham	JR	South Brunswick	4:57.78
9 Alexander Andre	SO	Orange	5:05.20
10 Aiden Deluca	FR	North Lincoln	5:08.34
11 Grey DeWalt	FR	Carrboro	5:10.36
12 Alex Delgadillo	FR	Carrboro	5:14.85
13 Carter Hall	SO	Lake Norman Char	5:15.38
14 Jackson Broos		St Stephens	5:17.43
15 Owen Pridmore		East Lincoln	5:18.16
16 Aiden Pesko	JR	Croatan	5:19.49
17 Andrew Taylor		Forestview	5:20.02
18 Jack Rodgers	SO	Lake Norman Char	5:21.48
19 Samuel Schmitz	FR	Union Pines	5:23.16
20 Logan Kennemore	SO	Currituck County	5:23.24
21 Noah Hedrick		St Stephens	5:26.07
22 Channing Scott	SO	Lake Norman Char	5:26.37
23 Jack Brown	SR	First Flight	5:31.06
24 Trevor Hucal	FR	Swansboro	5:35.75

2023 3A State NCHSAA Championships - 2/10/2023 to 2/11/2023

Swimming & Diving

Host: Cumberland County Schools

Psych Sheet - Final

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 NW Cabarrus		1:43.52
2 Orange		1:44.50
3 JH Rose		1:46.24
4 DSA		1:46.83
5 Carrboro		1:46.98
6 Franklin		1:47.64
7 Lake Norman Char		1:47.72
8 West Brunswick		1:48.02
9 Hickory		1:48.42
10 Asheboro		1:48.99
11 Concord		1:49.98
12 South Brunswick		1:50.77
13 Smithfield-Selma		1:51.72
14 West Henderson		1:52.00
15 Croatan		1:52.10
16 First Flight		1:52.57
17 Ledford		1:52.62
18 South Rowan		1:52.87
19 South Central		1:53.71
20 Oak Grove		1:53.91
21 West Carteret		1:54.20
22 Forestview		1:55.69
23 Rockingham Co		1:55.72
24 Southern Nash		1:56.17

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 DSA		1:29.79
2 Carrboro		1:30.32
3 Rockingham Co		1:31.25
4 Lake Norman Char		1:31.28
5 Croatan		1:33.55
6 Central Cabarrus		1:34.51
7 South Point		1:35.50
8 South Brunswick		1:36.10
9 East Lincoln		1:36.53
10 West Carteret		1:36.99
11 East Rowan		1:37.66
12 Concord		1:38.15
13 Freedom		1:38.85
14 Oak Grove		1:39.26
15 JH Rose		1:39.60
16 South Central		1:40.18
17 First Flight		1:40.51
18 Franklin		1:40.59
19 NW Cabarrus		1:40.85
20 North Davidson		1:41.55
21 Ledford		1:42.03
22 Crest		1:42.29
23 Cramer		1:42.78
24 Kings Mountain		1:43.14

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Abbey Cronin	SO	Central Cabarrus	58.63
2 Zoe Coburn		St Stephens	59.46
3 Kaylee Eggers	JR	Rocky Mount	1:00.03
4 Jordan Marley	SR	DSA	1:00.29
5 Alexis Krzyzaniak	JR	DSA	1:01.40
6 Riley White	JR	Orange	1:01.65
7 Clara Pierce Smith		JH Rose	1:02.19
8 Isabella Neri	SR	Concord	1:03.44
9 Mary Davis	JR	West Brunswick	1:03.83
10 Audrey Wolff	SO	Central Cabarrus	1:04.59
11 Catherine Miller		High Point Cent	1:05.22
12 Ruby George	SR	Triton	1:05.26
13 Mary Catherine Shook	SO	Cape Fear	1:05.34
14 Violet Florian	JR	Erwin	1:06.17
15 Izzy Everhart	FR	Union Pines	1:06.66
16 Brooke Parker	JR	Rockingham Co	1:06.75
17 Isabella Thompson	SR	NW Cabarrus	1:07.17
18 Megan Healey	SR	DSA	1:07.75
19 Ava Gruber		St Stephens	1:07.85
20 Anna Wesley	FR	Carrboro	1:07.86
21 Kensley Gasaway	FR	Western Alamance	1:08.29
22 Maddy Lavelle	JR	Tuscola	1:08.31
23 Madelyn Hendershot	JR	Tuscola	1:08.56
24 Tess Caron	FR	West Brunswick	1:10.40

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Will Thompson	SR	Carrboro	50.23
2 Davis Adcock	SR	South Point	52.56
3 Tristan Peyton		Forestview	54.67
4 William Gray	JR	DSA	56.18
5 Nicholas Shook	SR	Cape Fear	56.55
6 Graham Kines		Forestview	56.74
7 Nathan Michalowicz	SO	Croatan	57.15
8 Rider Warner		East Lincoln	57.73
9 Junior Enohmbi	SO	Central Academy	58.26
10 Carter Williams	SO	Central Academy	58.47
11 Kyle Hawkins	SR	Lake Norman Char	58.66
12 Ayden Burckhardt		Harnett Central	59.12
13 Graham Powers	SR	NW Cabarrus	59.35
14 Jeremy Everitt	SR	Rockingham Co	59.35
15 Joseph Bria	FR	Central Academy	59.92
16 Andrew Weeks	SR	Orange	1:00.29
17 Owen Sawyer	SR	Eastern Alamance	1:00.47
18 Chase Sheffield		Ledford	1:00.65
19 Benjamin Williams	SO	Central Cabarrus	1:00.73
20 Neil Hart	FR	Lake Norman Char	1:00.81
21 Rylan Feimster	SO	Croatan	1:00.86
22 Grey DeWalt	FR	Carrboro	1:00.96
23 Braxton Morris		West Carteret	1:04.14
24 Nick Radom		Franklinton	1:05.25

2023 3A State NCHSAA Championships - 2/10/2023 to 2/11/2023

Swimming & Diving

Host: Cumberland County Schools

Psych Sheet - Final

Event 21 Women 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Jenna Koh		Ledford	1:07.51
2 Presley Horton	JR	Lake Norman Char	1:08.81
3 Laurel Keasler	SR	Concord	1:09.66
4 Alely Williams	SO	West Brunswick	1:11.06
5 Emma Pitts	JR	Hickory	1:11.61
6 Madison Kohler	FR	Central Academy	1:12.82
7 Lauren Emrich	SR	Northwood	1:13.69
8 Bellum Vine	JR	Central Cabarrus	1:13.73
9 Eva Doyle		High Point Cent	1:14.19
10 Claire Weld	SO	Union Pines	1:14.73
11 Lyndsey Heathcote	SR	Western Alamance	1:14.95
12 Peyton Hawkins	FR	Lake Norman Char	1:15.29
13 Hadleigh Kulas		JH Rose	1:15.38
14 Izzy Klue		JH Rose	1:15.41
15 Sydney Leventhal	SR	Eastern Alamance	1:15.96
16 Maggie Dotti	SR	West Henderson	1:16.18
17 Riley Caudle		St Stephens	1:16.81
18 Maci Columbia	SO	Asheboro	1:16.83
19 Kennedy Gordon	FR	South Brunswick	1:17.17
20 Chelsea Quinn	SR	Western Alamance	1:17.27
21 Claire Ramsey	SR	DSA	1:17.86
22 Sofia Guaman	SO	Carrboro	1:17.95
23 Maggie Norris		JH Rose	1:18.49
24 Sophia Monica	JR	Croatan	1:19.25

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 NW Cabarrus		3:42.73
2 Central Cabarrus		3:43.50
3 Northwood		3:53.12
4 Lake Norman Char		3:55.25
5 Hickory		3:55.46
6 Carrboro		3:55.51
7 St Stephens		3:56.03
8 Franklin		4:00.93
9 Asheboro		4:03.35
10 JH Rose		4:07.30
11 First Flight		4:09.12
12 Hibriten		4:09.32
13 Central Academy		4:11.39
14 Cedar Ridge		4:11.54
15 Oak Grove		4:14.86
16 Western Alamance		4:15.82
17 West Henderson		4:17.48
18 East Rowan		4:17.64
19 Forestview		4:18.54
20 Rocky Mount		4:19.95
21 South Central		4:20.29
22 Croatan		4:21.14
23 North Buncombe		4:21.34
24 Swansboro		4:21.63

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Lane Bradshaw	SR	NW Cabarrus	59.36
2 Rowan Cridlebaugh		High Point Cent	1:00.93
3 Zachary Clendenning		East Lincoln	1:01.47
4 Aaron Reyes	SR	Atkins	1:02.37
5 Devin Buckler	SR	Lake Norman Char	1:02.42
6 Nolan Walker		Harnett Central	1:02.56
7 Nathan Priecheufried	SR	Swansboro	1:02.78
8 Evan Phillips	SR	Orange	1:03.40
9 Ethan Hill	SR	Lake Norman Char	1:04.69
10 Colton Ellis	SR	West Carteret	1:04.85
11 Charles Fields	JR	Hickory	1:05.15
12 Ethan Licata	SO	Lake Norman Char	1:05.53
13 Kai Taylor		West Carteret	1:06.28
14 Andrew Taylor		Forestview	1:06.55
15 Robert Jack Helmer		Smithfield-Selma	1:07.22
16 Cameron Broos		St Stephens	1:07.24
17 Jonah DeCubellis	SO	Concord	1:07.28
18 Gavin Pesko		Croatan	1:07.34
19 Joshua Vogl		Oak Grove	1:08.03
20 Jesse Sikes	SO	Northwood	1:08.27
21 Dalton Messenger		Kings Mountain	1:08.98
22 Alexander Bridges	SO	Cape Fear	1:09.00
23 Lane Blankenship	SR	Rockingham Co	1:09.03
24 Gavin Goots	SO	Rockingham Co	1:09.14

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 NW Cabarrus		3:18.82
2 Carrboro		3:18.84
3 Croatan		3:20.48
4 Lake Norman Char		3:21.89
5 Forestview		3:25.25
6 Rockingham Co		3:25.54
7 Orange		3:28.23
8 West Carteret		3:28.25
9 Central Cabarrus		3:34.28
10 South Brunswick		3:35.53
11 St Stephens		3:36.29
12 East Rowan		3:39.49
13 JH Rose		3:41.17
14 First Flight		3:41.87
15 Central Davidson		3:42.41
16 Kings Mountain		3:43.38
17 West Henderson		3:43.43
18 Union Pines		3:44.07
19 Swansboro		3:44.65
20 Freedom		3:45.25
21 Oak Grove		3:46.32
22 North Davidson		3:48.23
23 Franklin		3:48.82
24 Central Academy		3:48.99