

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Psych Sheet

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 Orange		1:54.50
2 Carrboro		2:00.29
3 DSA		2:08.21
4 Cedar Ridge		2:10.12
5 Union Pines		2:12.72
6 North Davidson		2:12.98
7 Western Alamance		2:14.01
8 Ledford		2:15.82
9 Williams		2:18.81
10 Asheboro		2:20.53
11 Eastern Alamance		2:20.79
12 Oak Grove		2:21.05
13 Scotland		2:23.35
14 Rockingham Co		2:25.33
15 Atkins		2:28.38
16 S Alamance		2:30.05
17 Montgomery Cent		2:39.12
18 Central Davidson		2:42.21

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 DSA		1:47.89
2 Carrboro		1:49.45
3 Orange		1:50.56
4 Rockingham Co		1:52.56
5 Atkins		1:53.43
6 Union Pines		1:53.92
7 North Davidson		1:54.28
8 Oak Grove		1:54.73
9 Cedar Ridge		1:57.24
10 Ledford		1:57.92
11 Western Alamance		1:59.61
12 Central Davidson		2:04.92
13 Asheboro		2:09.39
14 Scotland		2:19.35
15 Southern Lee		2:41.84

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Avery Shuping	JR	Carrboro	2:03.62
2 Taylor Johnson	SO	Scotland	2:10.51
3 Brooke Parker	SR	Rockingham Co	2:15.82
4 Anya Kallepalli	SO	Carrboro	2:19.51
5 Elizabeth Merlette	SO	Western Alamance	2:23.28
6 Mina Coers	JR	DSA	2:23.40
7 Caroline Goodnight	SO	Carrboro	2:24.92
8 Reagan Wieting	FR	Williams	2:28.28
9 Avery Ray	XX	Oak Grove	2:29.22
10 Sarah Latham	JR	Cedar Ridge	2:31.67
11 Emily Davies		North Davidson	2:32.23
12 Molly Kruse	SO	Orange	2:33.71
13 Ella Smith	XX	Oak Grove	2:39.03
14 Kirsten Hall	JR	Atkins	2:42.29
15 Melody Murray	XX	Oak Grove	2:44.27
16 Abi Sams	SO	Central Davidson	2:45.14
17 Avery Armstrong	JR	Union Pines	2:48.70
18 Mallory Atkins		North Davidson	2:51.31
19 Abby Brinker	JR	Eastern Alamance	2:52.00
20 Sophia Murray	XX	Oak Grove	2:52.33
21 Harley Lanning	SO	Central Davidson	2:52.42
22 Mykaela Newsome	SR	Atkins	2:53.24
23 Catherine Collie	SR	S Alamance	2:53.99
24 Aubrey Adkins		North Davidson	2:55.68

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Andrew Commins	SR	Carrboro	1:46.19
2 Luke Roman	JR	Orange	1:46.63
3 Nikhil Agans	SR	Cedar Ridge	1:52.33
4 Grey DeWalt	SO	Carrboro	1:55.34
5 Vincent Battaglini	FR	DSA	1:57.33
6 Zach Maiorana	SO	Carrboro	1:58.28
7 Ayden Twiddy	JR	Orange	2:01.92
8 Aiden Fleming	XX	Oak Grove	2:02.59
9 Philip Cauwels	JR	Cedar Ridge	2:04.85
10 Klay Blue	SO	Union Pines	2:09.62
11 Liam Miller	FR	Williams	2:09.83
12 Robert Gale	JR	Atkins	2:11.59
13 Elijah Mayle	SO	Eastern Alamance	2:12.56
14 Jason Spey	FR	Orange	2:14.58
15 Parker Hess	SO	Central Davidson	2:16.04
16 James Moormann	XX	Oak Grove	2:21.13
17 Julio Santillan	JR	Ledford	2:21.44
18 Dawson Meador	XX	Oak Grove	2:22.29
19 Sawyer Dobbins	JR	Ledford	2:23.43
20 Connor Hege		North Davidson	2:24.19
21 Graham Hurst	SR	Atkins	2:25.80
22 Gustavo Diaz	XX	Asheboro	2:25.96
23 Luke Riddle	JR	Ledford	2:27.15
24 Jacob Patterson	SO	Ledford	2:28.17

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024**Host: Rockingham County HS****Swimming & Diving****Psych Sheet****Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Maya Lambert	SR	Carrboro	2:11.76
2 Riley White	SR	Orange	2:19.00
3 Avery Brown	JR	Carrboro	2:30.15
4 Quinn McCrimmon	JR	Cedar Ridge	2:31.51
5 Sofia Guaman	JR	Carrboro	2:33.20
6 Ainsley Rasinske	SO	Orange	2:37.23
7 Ella Werley	FR	DSA	2:39.17
8 Rowan Hunsberger	SR	Carrboro	2:40.10
9 Paige Kern	SR	Montgomery Cent	2:42.79
10 Peyton Yuan	JR	DSA	2:45.86
11 Hala Zafar	SO	Cedar Ridge	2:50.44
12 Annabelle Hazelwood	SO	S Alamance	2:52.11
13 Baylei Burgess		North Davidson	2:52.43
14 Keagan Melino	FR	Ledford	2:52.91
15 Franchesca Piansay	XX	Asheboro	2:53.00
16 Claudia Sadgrove	SO	Orange	2:53.29
17 Alejandra Gonzalez	FR	Williams	2:53.83
18 Sierra Godfrey	JR	Cedar Ridge	2:54.27
19 Adriana Carmon	FR	Western Alamance	2:54.36
20 Mattie Berrier		North Davidson	2:59.41
21 Emery Benford	XX	Oak Grove	3:07.95
22 Emily Habib	FR	Cedar Ridge	3:08.84
23 Kendall Abbott	SO	Central Davidson	3:08.91
24 Sydney Williams	JR	S Alamance	3:10.47

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Matt Strada	SR	Carrboro	2:03.22
2 Alexander Andre	JR	Orange	2:03.33
3 Zack Schambra Stevens	FR	Atkins	2:09.43
4 Alex Delgadillo	SO	Carrboro	2:10.83
5 Chase Sheffield	SR	Ledford	2:14.00
6 Nicholas Baczara	JR	Orange	2:16.42
7 Adric Ebert	FR	Atkins	2:19.35
8 Eamon Hipps	SO	Western Alamance	2:19.71
9 Jan Brynda	SR	Carrboro	2:20.79
10 Ben Sirgany	SR	Orange	2:25.76
11 Evan Sawyer	FR	Eastern Alamance	2:29.56
12 Charles McDonell	XX	Oak Grove	2:30.88
13 Aidan Sanders		North Davidson	2:32.73
14 Matthew Norman		North Davidson	2:33.64
15 Spencer Postle	SO	Atkins	2:37.31
16 Elisha Dockery	JR	Scotland	2:49.51
17 Everett Padgett	JR	Atkins	2:50.10
18 Evan Heaton	XX	Oak Grove	2:51.83
19 Jared Alderson	JR	Southern Lee	2:52.12
20 Nicholas Acree	SO	Rockingham Co	2:54.43
21 Connor Eck		North Davidson	3:00.82
22 Dawson Meador	XX	Oak Grove	3:01.21
23 Addison Terry	XX	Oak Grove	3:04.82

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Katie Belle Sikes	SR	Orange	23.29
2 Brea White	SR	Ledford	25.63
3 Piper White	SO	Orange	26.54
4 Parker Ridge	FR	Ledford	26.64
5 Emmerson Topete	SO	DSA	27.07
6 Ava Milkowich	SO	Union Pines	27.17
7 Abigale Robinson	SR	Williams	27.27
8 Claire Weld	JR	Union Pines	27.45
9 Catherine Miller	XX	High Point Cent	27.71
10 Madelyn Wilson	XX	Oak Grove	27.91
11 Anna Wesley	SO	Carrboro	28.00
12 Elizabeth Norman	FR	DSA	28.10
13 Rachel Hartsell		North Davidson	28.11
14 Frances Reed	SR	Carrboro	28.46
15 Anna Hartsell	FR	Carrboro	28.51
16 Maggie Richard	XX	Oak Grove	28.68
17 Abigail Meuser		North Davidson	28.76
18 Logan McCauley	SO	Carrboro	29.17
19 Ann Hrycay	XX	Oak Grove	29.24
20 Zoey Bowman	JR	Scotland	29.31
21 Ella Smith	XX	Oak Grove	29.78
22 Charlie Aldridge	SR	Eastern Alamance	30.00
23 Sarah McLaughlin	JR	Western Alamance	30.03
24 Abigail Becker	XX	Asheboro	30.06

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 William Gray	SR	DSA	22.00
2 Wyatt Wilson	SR	Rockingham Co	23.14
3 Jacob Meuser		North Davidson	23.22
4 Joshua Vogl	XX	Oak Grove	23.42
5 Oliver Normand	SR	Carrboro	23.77
6 Rance Jackson	SO	Central Davidson	23.88
7 Tyler Smith	XX	Asheboro	24.14
8 Logan Thoma	JR	Ledford	24.34
9 Wylie Kline	SR	Western Alamance	24.56
10 Dalton McMichael	SO	Rockingham Co	24.59
11 Cooper Berrier		North Davidson	24.87
12 Evan Messer	XX	Oak Grove	24.92
13 Landon James		North Davidson	25.00
14 Aiden Simmons	JR	Union Pines	25.30
15 Jacob Miles	SR	Western Alamance	25.34
16 Dylan Cowan	SR	Orange	25.49
17 Connor Lee	XX	Oak Grove	25.54
18 Stefan Reedy	XX	Asheboro	26.07
19 Jack Herr	SR	Scotland	26.34
20 Duke Gadsden	FR	Carrboro	26.35
21 Marshall Brown	SO	Ledford	26.39
22 Emiliano Santillan	SR	Ledford	26.53
23 Reyansh Pol	FR	Atkins	26.61
24 Cayne Duranceau	XX	Asheboro	26.72

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Psych Sheet

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Michaela Bentley	SO	Western Alamance	357.00
2 Courtney Moore	SO	Western Alamance	349.50
3 Elizabeth Butler		Carrboro	302.70
4 Emmie Craig	JR	Carrboro	246.90
5 Emmalyne Parnitzke	FR	Atkins	235.95
6 Lily Howard	JR	Orange	219.75

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 William Clark	FR	DSA	395.55
2 Judah Kolling - Perin	SO	Carrboro	183.00

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Maya Lambert	SR	Carrboro	58.71
2 Riley White	SR	Orange	1:02.69
3 Brea White	SR	Ledford	1:04.28
4 Quinn McCrimmon	JR	Cedar Ridge	1:04.66
5 Ellie Hill	SO	Carrboro	1:05.42
6 Ava Milkowich	SO	Union Pines	1:05.65
7 Zoe Jones	JR	Orange	1:08.02
8 Addison Bartlett	JR	DSA	1:13.84
9 Ella Artrip		North Davidson	1:13.88
10 Ella Werley	FR	DSA	1:14.11
11 Elizabeth Stokes	FR	Williams	1:16.36
12 Claudia Foushee	SR	DSA	1:18.68
13 Keagan Melino	FR	Ledford	1:20.99
14 Annabelle Hazelwood	SO	S Alamance	1:21.13
15 Franchesca Piansay	XX	Asheboro	1:22.99
16 Emery Benford	XX	Oak Grove	1:26.49
17 Callie Freeman	SR	Central Davidson	1:27.29
18 Catherine Latham	SR	Cedar Ridge	1:34.27
19 Karson Hill	JR	Rockingham Co	1:34.56
20 Lily Golden	JR	Cedar Ridge	1:34.61
21 Avery Armstrong	JR	Union Pines	1:34.79
22 Emily Aguilar	SO	Montgomery Cent	1:35.51
23 Isabelle Sams	FR	Central Davidson	1:37.63
24 Ella Morton	XX	Oak Grove	1:37.97

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Andrew Commins	SR	Carrboro	51.74
2 William Gray	SR	DSA	52.74
3 Eli Fulcher	XX	Oak Grove	59.10
4 Nicholas Baczara	JR	Orange	59.29
5 Tyler Smith	XX	Asheboro	1:01.34
6 Braden Schwenke	FR	Atkins	1:02.44
7 Matthew Norman		North Davidson	1:03.36
8 Aiden Simmons	JR	Union Pines	1:03.53
9 Everett Padgett	JR	Atkins	1:03.89
10 Judah Steinberg		North Davidson	1:04.50
11 Grayson Messer	XX	Oak Grove	1:10.23
12 Owen Gearren	XX	Oak Grove	1:10.36
13 Baker Leonard	XX	Oak Grove	1:12.29
14 Luke Riddle	JR	Ledford	1:14.48
15 Allan Gwyn	SO	Rockingham Co	1:15.40
16 Kevin Rodriguez	XX	Asheboro	1:18.61

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024**Host: Rockingham County HS****Swimming & Diving****Psych Sheet****Event 13 Women 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Katie Belle Sikes	SR	Orange	50.81
2 Alexis Krzyzaniak	SR	DSA	57.45
3 Piper White	SO	Orange	58.90
4 Peyton Walker	FR	DSA	1:01.26
5 Abigale Robinson	SR	Williams	1:01.75
6 Kyla Conner	SO	Carrboro	1:01.80
7 Emmerson Topete	SO	DSA	1:02.05
8 Madelyn Wilson	XX	Oak Grove	1:03.07
9 Rachel Hartsell		North Davidson	1:05.06
10 Reagan Wieting	FR	Williams	1:06.99
11 Ann Hrycay	XX	Oak Grove	1:07.89
12 Logan McCauley	SO	Carrboro	1:08.06
13 Aspen Unwin	JR	Carrboro	1:08.55
14 Hannah Strada	FR	Carrboro	1:08.84
15 Zoey Bowman	JR	Scotland	1:08.89
16 Abigail Becker	XX	Asheboro	1:09.27
17 Taylor Lazenby	JR	Atkins	1:09.92
18 Ceilidh Clendenin	JR	Union Pines	1:10.50
19 Kinsley Odum		North Davidson	1:11.44
20 Emma Houg	SR	Scotland	1:11.59
21 Sadie Page	FR	Rockingham Co	1:12.01
22 Elliza Duranceau	XX	Asheboro	1:12.19
23 Ashley Wang	SR	Atkins	1:12.52
24 Sophia Eusantos	SR	S Alamance	1:12.65

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Lucca Battaglini	SR	DSA	47.60
2 Wyatt Wilson	SR	Rockingham Co	51.36
3 Nikhil Agans	SR	Cedar Ridge	51.39
4 Oliver Normand	SR	Carrboro	52.05
5 Jacob Meuser		North Davidson	53.28
6 Zach Maiorana	SO	Carrboro	54.08
7 Rance Jackson	SO	Central Davidson	54.13
8 Christopher Seawell	FR	Cedar Ridge	54.32
9 Dalton McMichael	SO	Rockingham Co	55.53
10 Justin Cole	JR	Union Pines	55.70
11 Cullen Cox	SO	Union Pines	55.87
12 Landon James		North Davidson	55.88
13 Wylie Kline	SR	Western Alamance	56.41
14 Dalton Collins	SR	Central Davidson	57.67
15 Connor Lee	XX	Oak Grove	58.22
16 Jack Herr	SR	Scotland	58.56
17 Owen Johnson		North Davidson	58.71
18 Noah Jones	JR	Orange	59.06
19 Robert Gale	JR	Atkins	59.07
20 Jacob Miles	SR	Western Alamance	59.35
21 Wesley Blankenship	FR	Rockingham Co	59.68
22 Alejandro Prado	JR	Atkins	59.69
23 Duke Gadsden	FR	Carrboro	59.72
24 Zack Ollis	SR	Western Alamance	59.74

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Avery Shuping	JR	Carrboro	5:23.02
2 Maci Columbia	XX	Asheboro	5:31.57
3 Sophia Stinnett	JR	Cedar Ridge	5:31.96
4 Taylor Johnson	SO	Scotland	5:48.06
5 Kensley Gasaway	SO	Western Alamance	5:48.47
6 Avery Brown	JR	Carrboro	6:01.34
7 Zoe Jones	JR	Orange	6:10.53
8 Sarah McLaughlin	JR	Western Alamance	6:11.14
9 Anya Kallepalli	SO	Carrboro	6:20.09
10 Elizabeth Norman	FR	DSA	6:24.48
11 Caroline Goodnight	SO	Carrboro	6:25.12
12 Elizabeth Stokes	FR	Williams	6:27.05
13 Paige Kern	SR	Montgomery Cent	6:28.81
14 Mattie Berrier		North Davidson	7:07.99
15 Avery Ray	XX	Oak Grove	7:11.03
16 Kirsten Hall	JR	Atkins	7:14.78
17 Sydney Williams	JR	S Alamance	7:24.56
18 Taylor Lazenby	JR	Atkins	7:37.73
19 Kendall Abbott	SO	Central Davidson	7:38.01
20 Mykaela Newsome	SR	Atkins	7:48.62
21 Brianna Blackwell	SR	Rockingham Co	7:51.01
22 Erin Eames	XX	Asheboro	7:51.30
23 Piper Egan	XX	Oak Grove	7:52.14
24 Melody Murray	XX	Oak Grove	7:59.46

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Luke Roman	JR	Orange	4:47.39
2 Matt Strada	SR	Carrboro	4:56.29
3 Alexander Andre	JR	Orange	5:08.49
4 Grey DeWalt	SO	Carrboro	5:09.70
5 Alex Delgadillo	SO	Carrboro	5:11.36
6 Vincent Battaglini	FR	DSA	5:18.28
7 Philip Cauwels	JR	Cedar Ridge	5:29.29
8 Ayden Twiddy	JR	Orange	5:40.65
9 Aiden Fleming	XX	Oak Grove	5:45.32
10 Jason Spey	FR	Orange	5:45.47
11 Eamon Hipps	SO	Western Alamance	5:51.57
12 Elijah Mayle	SO	Eastern Alamance	6:20.72
13 Zion Green	FR	Cedar Ridge	6:26.05
14 Shepherd Causby	SR	Atkins	6:33.46
15 Zach Hartup	SO	Atkins	6:34.69
16 Spencer Postle	SO	Atkins	6:38.27
17 James Moormann	XX	Oak Grove	6:39.07
18 Andrew Morris	XX	Oak Grove	6:39.24
19 Cooper McMillan	FR	Western Alamance	6:41.67
20 Owen Gearren	XX	Oak Grove	6:44.21
21 Sawyer Dobbins	JR	Ledford	6:50.60
22 Kevin Rodriguez	XX	Asheboro	6:51.34
23 Connor Hege		North Davidson	6:54.31
24 Grayson Alexander		North Davidson	6:55.17

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024**Host: Rockingham County HS****Swimming & Diving****Psych Sheet****Event 17 Women 200 Yard Freestyle Relay**

Team	Relay	Seed Time
1 Orange		1:44.63
2 Carrboro		1:51.38
3 DSA		1:53.70
4 Oak Grove		1:55.14
5 Cedar Ridge		1:55.26
6 North Davidson		1:55.97
7 Asheboro		1:58.58
8 Union Pines		1:58.76
9 Ledford		1:58.85
10 Williams		2:01.85
11 Scotland		2:05.33
12 Rockingham Co		2:06.86
13 Montgomery Cent		2:11.91
14 Eastern Alamance		2:14.59
15 S Alamance		2:15.08
16 Atkins		2:16.36
17 Central Davidson		2:18.46

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Carrboro		1:36.08
2 Oak Grove		1:36.29
3 DSA		1:37.70
4 Rockingham Co		1:41.67
5 Union Pines		1:42.09
6 North Davidson		1:42.18
7 Cedar Ridge		1:42.33
8 Ledford		1:43.22
9 Western Alamance		1:44.06
10 Atkins		1:44.34
11 Asheboro		1:45.72
12 Orange		1:45.96
13 Scotland		1:59.26
14 Montgomery Cent		2:07.62
15 Southern Lee		2:16.54

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Alexis Krzyzaniak	SR	DSA	1:04.79
2 Parker Ridge	FR	Ledford	1:06.10
3 Sophia Stinnett	JR	Cedar Ridge	1:06.24
4 Brooke Parker	SR	Rockingham Co	1:07.71
5 Anna Wesley	SO	Carrboro	1:08.29
6 Kensley Gasaway	SO	Western Alamance	1:09.06
7 Catherine Miller	XX	High Point Cent	1:09.56
8 Ella Artrip		North Davidson	1:11.51
9 Frances Reed	SR	Carrboro	1:11.60
10 Rowan Hunsberger	SR	Carrboro	1:12.32
11 Elizabeth Merlette	SO	Western Alamance	1:12.39
12 Peyton Yuan	JR	DSA	1:13.65
13 Ainsley Rasinske	SO	Orange	1:15.37
14 Caroline Hoos	FR	Carrboro	1:15.71
15 Sierra Godfrey	JR	Cedar Ridge	1:15.76
16 Addison Bartlett	JR	DSA	1:17.02
17 Adriana Carmon	FR	Western Alamance	1:18.85
18 Claudia Foushee	SR	DSA	1:19.04
19 Maggie Richard	XX	Oak Grove	1:21.47
20 Karson Hill	JR	Rockingham Co	1:22.85
21 Sarah Latham	JR	Cedar Ridge	1:23.94
22 Harper Trost	SR	Orange	1:23.96
23 Zaina Threet	JR	Union Pines	1:25.14
24 Abi Sams	SO	Central Davidson	1:25.21

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Lucca Battaglini	SR	DSA	49.77
2 Chase Sheffield	SR	Ledford	58.40
3 Christopher Seawell	FR	Cedar Ridge	1:00.62
4 Cooper Berrier		North Davidson	1:00.66
5 Adric Ebert	FR	Atkins	1:01.88
6 Evan Messer	XX	Oak Grove	1:05.85
7 Logan Thoma	JR	Ledford	1:06.27
8 Klay Blue	SO	Union Pines	1:06.55
9 Tay Tranel	SO	Union Pines	1:07.99
10 Shepherd Causby	SR	Atkins	1:09.43
11 Owen Johnson		North Davidson	1:09.88
12 Judah Kolling - Perin	SO	Carrboro	1:10.31
13 Wesley Blankenship	FR	Rockingham Co	1:11.28
14 Colin Wuthrich	SO	Orange	1:11.94
15 Cooper McMillan	FR	Western Alamance	1:12.04
16 Parker Hess	SO	Central Davidson	1:12.84
17 Noah Jones	JR	Orange	1:12.90
18 Baker Leonard	XX	Oak Grove	1:13.44
19 Andrew Morris	XX	Oak Grove	1:13.66
20 Tyler Lambert		Oak Grove	1:16.78
21 Ephraim Causby	FR	Atkins	1:17.75
22 Wyatt Hobby	JR	Orange	1:17.90
23 Ryan Jouannet	JR	Orange	1:21.39
24 Jackson Bailey	FR	Central Davidson	1:23.48

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024**Host: Rockingham County HS****Swimming & Diving****Psych Sheet**

Event 21	Women 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Claire Weld	JR	Union Pines	1:14.10
2 Maci Columbia	XX	Asheboro	1:14.70
3 Ellie Hill	SO	Carrboro	1:17.44
4 Kyla Conner	SO	Carrboro	1:19.04
5 Baylei Burgess		North Davidson	1:20.07
6 Caroline Hoos	FR	Carrboro	1:20.07
7 Sofia Guaman	JR	Carrboro	1:21.26
8 Mina Coers	JR	DSA	1:21.33
9 Peyton Walker	FR	DSA	1:21.86
10 Alejandra Gonzalez	FR	Williams	1:23.14
11 Abigail Meuser		North Davidson	1:24.48
12 Molly Kruse	SO	Orange	1:25.19
13 Hala Zafar	SO	Cedar Ridge	1:25.81
14 Mya Creek	FR	DSA	1:26.22
15 Ruby Barron	FR	DSA	1:27.77
16 Lily Phillips	XX	Oak Grove	1:27.79
17 Carlie Aldridge	SR	Eastern Alamance	1:29.45
18 Claudia Sadgrove	SO	Orange	1:31.37
19 Bella Reece Shearer	SO	Rockingham Co	1:32.24
20 Colette Causby	JR	Atkins	1:32.26
21 Gentry Smith		North Davidson	1:32.53
22 Kaleigh Altman	JR	Atkins	1:33.24
23 Emma Post	JR	Union Pines	1:33.61
24 Harper Trost	SR	Orange	1:33.65

Event 22	Men 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Zack Schambra Stevens	FR	Atkins	1:07.55
2 Joshua Vogl	XX	Oak Grove	1:08.66
3 Eli Fulcher	XX	Oak Grove	1:09.24
4 Cullen Cox	SO	Union Pines	1:09.46
5 Dalton Collins	SR	Central Davidson	1:11.89
6 Jan Brynda	SR	Carrboro	1:12.60
7 Gavin Goots	FR	Rockingham Co	1:12.78
8 Liam Miller	FR	Williams	1:13.09
9 Jayden Wagner	XX	Oak Grove	1:13.24
10 Braden Schwenke	FR	Atkins	1:14.85
11 Aidan Sanders		North Davidson	1:16.76
12 Charles McDonell	XX	Oak Grove	1:16.88
13 Julio Santillan	JR	Ledford	1:17.41
14 Evan Sawyer	FR	Eastern Alamance	1:17.43
15 Marshall Brown	SO	Ledford	1:18.27
16 Elisha Dockery	JR	Scotland	1:19.41
17 Zack Ollis	SR	Western Alamance	1:20.64
18 Jose Ontiveros	SR	Ledford	1:20.70
19 Ben Sirgany	SR	Orange	1:21.21
20 Dylan Cowan	SR	Orange	1:22.08
21 Alex Anderson	SR	Western Alamance	1:22.62
22 Judah Steinberg		North Davidson	1:23.44
23 Zion Green	FR	Cedar Ridge	1:25.00
24 Nicholas Acree	SO	Rockingham Co	1:25.86

Event 23	Women 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Carrboro		3:59.45
2 Orange		4:04.01
3 Cedar Ridge		4:19.23
4 Western Alamance		4:21.70
5 North Davidson		4:21.96
6 Williams		4:22.36
7 DSA		4:25.14
8 Oak Grove		4:29.44
9 Asheboro		4:29.72
10 Scotland		4:36.40
11 Union Pines		4:37.55
12 Ledford		4:44.92
13 Rockingham Co		4:45.72
14 Atkins		4:54.87
15 S Alamance		5:00.62
16 Central Davidson		5:07.52
17 Montgomery Cent		5:18.44
18 Eastern Alamance		5:33.83

Event 24	Men 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Carrboro		3:30.22
2 Orange		3:37.59
3 Oak Grove		3:40.81
4 North Davidson		3:44.12
5 Rockingham Co		3:45.09
6 Western Alamance		3:51.23
7 Atkins		3:54.23
8 Union Pines		3:57.01
9 Asheboro		4:03.76
10 Central Davidson		4:10.26
11 Ledford		4:18.66
12 Scotland		4:38.61
13 Montgomery Cent		4:55.66
14 Cedar Ridge		5:12.09
15 Southern Lee		5:53.87