

2024 3A Eastern NCHSAA Regional Championships - 2/1/2024 to 2/3/2024**Host: Croatan HS
Swimming & Diving
Psych Sheet****Event 1 Women 200 Yard Medley Relay**

Team	Relay	Seed Time
1 West Brunswick		1:56.51
2 JH Rose		1:58.79
3 Smithfield-Selma		2:00.76
4 South Brunswick		2:06.30
5 Croatan		2:07.58
6 West Carteret		2:09.34
7 Southern Nash		2:10.69
8 First Flight		2:14.32
9 South Central		2:15.12
10 Cape Fear		2:15.84
11 Swansboro		2:16.70
12 Havelock		2:16.75
13 Rocky Mount		2:16.90
14 South Johnston		2:22.56
15 Terry Sanford		2:23.18
16 Hunt		2:26.31
17 Currituck County		2:26.64
18 East Wake		2:27.23
19 Harnett Central		2:27.65
20 North Brunswick		2:28.50
21 White Oak		2:34.38
22 Aycock		2:35.58
23 Jacksonville		2:36.56
24 West Johnston		2:38.34

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Croatan		1:45.92
2 South Brunswick		1:49.47
3 West Carteret		1:49.74
4 JH Rose		1:50.63
5 First Flight		1:55.11
6 Swansboro		1:56.28
7 West Johnston		1:56.90
8 South Central		1:57.58
9 Harnett Central		1:58.48
10 Havelock		2:01.17
11 Currituck County		2:01.41
12 Northern Nash		2:04.89
13 South Johnston		2:06.51
14 Cape Fear		2:07.53
15 West Brunswick		2:07.75
16 Rocky Mount		2:10.93
17 Northside (Jax)		2:12.70
18 Dixon		2:12.84
19 Aycock		2:14.17
20 Jacksonville		2:14.88
21 North Brunswick		2:16.72
22 Terry Sanford		2:24.44
23 Western Harnett		2:33.69
24 White Oak		2:45.59

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Madison Bowen	JR	Croatan	2:01.20
2 Francesca DiGiovanni	JR	Smithfield-Selma	2:01.98
3 Kaylee Jarvis	SO	West Brunswick	2:03.34
4 Payton Millard	FR	Smithfield-Selma	2:08.67
5 Ava Willams	SO	West Brunswick	2:10.02
6 Riley Brown	XX	JH Rose	2:12.16
7 Saline Kulas	XX	JH Rose	2:12.23
8 Kaci Collins	XX	Fike	2:12.33
9 AJ Jackson	SO	South Brunswick	2:13.09
10 Teagan Farrell	SR	Smithfield-Selma	2:13.62
11 Sophia Shoneman	XX	JH Rose	2:16.08
12 Erin Wilson	FR	Northern Nash	2:20.39
13 Reagan Bembridge	SO	First Flight	2:27.66
14 Abbie Key	SO	South Brunswick	2:27.98
15 Layne Taylor	XX	Harnett Central	2:28.48
16 Lana Walters	SO	First Flight	2:29.81
17 Addison Boyer	FR	First Flight	2:32.60
18 Kayley Whiteside	SO	North Brunswick	2:32.73
19 Lainey Williams	SO	Cape Fear	2:33.80
20 Grace Smith	JR	Croatan	2:33.84
21 Sophia Pennington	XX	West Carteret	2:34.25
22 Casey Fitch	SR	Cape Fear	2:35.56
23 Zoe Brandt	SO	Aycock	2:37.45
24 Charlotte Starbuck	FR	South Central	2:40.50

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Owen Lin	XX	JH Rose	1:44.15
2 Cade Needham	SR	South Brunswick	1:48.86
3 Paul Padgett	JR	Croatan	1:58.32
4 Rylan Feimster	SR	Croatan	2:01.79
5 Ayden Burckhardt	XX	Harnett Central	2:04.04
6 Oliver Boehmer	FR	South Brunswick	2:08.43
7 Jack Spivey	JR	First Flight	2:09.82
8 Jordan Spannhake	XX	Harnett Central	2:11.05
9 Camden Lenz	JR	Currituck County	2:11.21
10 Gabriel Lundin	SO	South Central	2:12.89
11 Henry Heinzerling	SO	Smithfield-Selma	2:14.02
12 Abram Norton	SR	West Brunswick	2:14.34
13 Nathan Folk	SO	Havelock	2:14.80
14 Caleb Gliniak	SO	South Central	2:18.15
15 Coen Cysz	XX	West Johnston	2:18.71
16 Abraham Ahmad	XX	JH Rose	2:19.58
17 Dan Brown	SO	First Flight	2:19.74
18 Noah Martinez	SO	Rocky Mount	2:21.95
19 Hunter Bruyere	JR	Richlands	2:24.60
20 Nate O'Day	JR	Jacksonville	2:25.61
21 Jonathan Wilson	FR	Croatan	2:26.18
22 Nicholas Serbio	SO	Cape Fear	2:26.58
23 Kaden Proctor	FR	Swansboro	2:29.10
24 Bert Waddington	SR	First Flight	2:29.51

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Name	Yr	School	Seed Time
1 Kaylee Eggers	SR	Rocky Mount	2:17.38
2 Alely Williams	JR	West Brunswick	2:18.47
3 Anya Muminovic	SO	Smithfield-Selma	2:19.63
4 Hadleigh Kulas	XX	JH Rose	2:19.77
5 Lily Walls	JR	South Johnston	2:24.33
6 Maddie Girouard	JR	Rocky Mount	2:30.32
7 Tess Caron	SO	West Brunswick	2:33.75
8 Bergan Cassiano	SO	Swansboro	2:34.57
9 Maggie Norris	XX	JH Rose	2:41.85
10 Kate Kopka	XX	Fike	2:42.71
11 Reese Castecka	SO	Havelock	2:43.35
12 Elizabeth Perry	XX	JH Rose	2:46.65
13 Sophie Mitchell	SR	South Central	2:47.62
14 Caroline Morris	FR	South Brunswick	2:48.58
15 Ava O'Brien		Dixon	2:48.95
16 Emma Frierdich	JR	Currituck County	2:51.50
17 Schuyler Wilson	JR	First Flight	2:52.42
18 Noah Cheney	XX	Hunt	2:56.03
19 Josie Klaumann	JR	Croatan	2:57.33
20 Anamarie Brenes	SO	Cape Fear	3:02.06
21 Sadie Wills	FR	First Flight	3:02.96
22 Martha Claire Daniels	FR	First Flight	3:09.03
23 Piper Costa	FR	First Flight	3:14.72
24 Aiden Johnson	SO	Richlands	3:14.82

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Trevor Hucal	SO	Swansboro	2:10.00
2 Evan Sevast	SO	South Brunswick	2:11.39
3 Benjamin O'Brien	FR	Smithfield-Selma	2:15.84
4 Gavin Pesko	JR	Croatan	2:20.50
5 Jakob Boehmer	FR	South Brunswick	2:20.79
6 Owen Lord	SR	Rocky Mount	2:22.13
7 Blake Denton	FR	Northern Nash	2:25.35
8 Isaac Gedman	JR	South Brunswick	2:26.41
9 Jackson Brooks	SR	Croatan	2:27.42
10 Noah Savage	JR	First Flight	2:29.57
11 Josh Mouser	JR	First Flight	2:30.06
12 Oliver Sims	JR	Terry Sanford	2:32.30
13 Jack Chen	XX	JH Rose	2:32.66
14 Gavin Goldie	JR	South Central	2:33.57
15 Finnegan Walls	FR	South Johnston	2:33.88
16 Rodrigo Diago	JR	West Brunswick	2:33.92
17 Tyler Clyde	XX	JH Rose	2:34.03
18 Sean Boyd	XX	Harnett Central	2:35.70
19 Elijah Thomas	XX	EE Smith	2:40.65
20 Daniel Prane	SO	Swansboro	2:40.88
21 Landis Eller	XX	Harnett Central	2:42.52
22 Charlie Laughinghouse	JR	South Central	2:45.88
23 Sam Sarbora	SO	First Flight	2:48.53
24 Xander Stanke	FR	Swansboro	2:56.32

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Erica Wu		JH Rose	26.22
2 Clara Pierce Smith	XX	JH Rose	26.23
3 Ashlyn Lewis	XX	West Carteret	26.88
4 Lorelai Miller	JR	South Central	26.92
5 Ireland Rundquist	JR	North Brunswick	27.02
6 Sophia Monica	SR	Croatan	27.26
7 Mary Catherine Shook	JR	Cape Fear	27.70
8 Carys Carson	XX	JH Rose	27.71
9 Carlee Beckham	JR	Southern Nash	27.72
10 Chloe Avon	XX	West Carteret	27.99
11 Kaygan Draughon	JR	Terry Sanford	28.42
12 Genevieve Osborne	SO	South Brunswick	28.55
13 Mysl Carpenter	SO	Swansboro	28.65
14 Kennedy Torsiello	FR	West Brunswick	28.89
15 Carson Fraley	XX	JH Rose	29.20
16 Karly Futral	JR	Croatan	29.28
17 Skylar Brown	SR	Croatan	29.42
18 Madelyn Yates	FR	Swansboro	29.48
19 Hannah Cumbee	JR	West Brunswick	29.61
20 Hannah Wilson		Franklinton	29.79
21 Rubygail Coulter	XX	Fike	29.83
22 Grace Sherbert	JR	Cape Fear	29.84
23 Chesney Woodall	JR	South Johnston	29.97
24 Madison Emery	SO	South Central	30.03

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Ezra Zapler	XX	JH Rose	22.12
2 Nathan Michalowicz	SR	Croatan	22.79
3 Cole Bowen	SO	West Johnston	23.47
4 Sam Johnson	XX	West Carteret	23.47
5 Merrick Shumaker	JR	First Flight	23.69
6 Matej Roth	JR	Croatan	23.73
7 Ryan Ventry	SO	Havelock	23.93
8 Tyler Henry	XX	East Wake	24.03
9 Nolan Walker		Harnett Central	24.21
10 Ollie Womble	XX	West Carteret	24.38
11 Conner Ezzell	SO	Northern Nash	24.39
12 Sam Suggs	XX	West Carteret	24.47
13 Jake McClanan	JR	Currituck County	24.68
14 Aiden Hurd	XX	Hunt	24.97
15 Jason Michalowicz	SO	Croatan	24.99
16 Ethan Overton	SR	South Brunswick	24.99
17 Patrick Boldt	SR	South Brunswick	25.03
18 Noah George	SR	South Central	25.06
19 Alexander Kirby	XX	Hunt	25.73
20 Logan Blake		White Oak	25.79
21 Thomas Sellew	XX	West Johnston	25.90
22 Julian DiGuiseppe	SR	South Brunswick	26.09
23 Casey Kleman	FR	Currituck County	26.11
24 Taylen Avant	SR	Swansboro	26.34

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Event	10	Men 1 mtr Diving		
		Name	Yr	School
1		Gray Miller	SR	First Flight
2		Braxton Morris	XX	West Carteret
				450.15
				202.60

Event	11	Women 100 Yard Butterfly			
		Name	Yr	School	Seed Time
1		Lorelai Miller	JR	South Central	1:04.74
2		Lily Walls	JR	South Johnston	1:04.74
3		Iris Eldridge		JH Rose	1:06.39
4		Maddie Girouard	JR	Rocky Mount	1:06.90
5		Ava Willams	SO	West Brunswick	1:07.08
6		Kennedy Gordon	SO	South Brunswick	1:08.29
7		Natalie Irish	FR	Smithfield-Selma	1:09.60
8		Brielle DuBois	SO	Smithfield-Selma	1:10.36
9		Elizabeth Perry	XX	JH Rose	1:11.41
10		Katelyn Folk	SR	Havelock	1:12.73
11		Adelaide Kelley	XX	West Carteret	1:12.73
12		Campbell Shepherd	FR	Terry Sanford	1:13.39
13		Sophie Mitchell	SR	South Central	1:14.61
14		Layne Taylor	XX	Harnett Central	1:14.68
15		Kira Walters	SR	First Flight	1:15.47
16		Kennedy Torsiello	FR	West Brunswick	1:15.86
17		Emma Kimzey	JR	Croatan	1:19.80
18		Grace Sherbert	JR	Cape Fear	1:19.91
19		Lainey Williams	SO	Cape Fear	1:20.53
20		Aiden Johnson	SO	Richlands	1:25.01
21		Charlotte Starbuck	FR	South Central	1:25.31
22		Schuyler Wilson	JR	First Flight	1:25.64
23		Haleigh Gordon	FR	Swansboro	1:30.43
24		Piper Hedgepeth	SO	First Flight	1:30.63

Event	12	Men 100 Yard Butterfly			
		Name	Yr	School	Seed Time
1		Owen Lin	XX	JH Rose	51.83
2		Cameron Johnson	XX	West Carteret	54.42
3		Paul Padgett	JR	Croatan	55.11
4		Evan Sevast	SO	South Brunswick	57.59
5		Merrick Shumaker	JR	First Flight	1:01.77
6		Conner Ezzell	SO	Northern Nash	1:02.34
7		Jackson Brooks	SR	Croatan	1:02.69
8		Elijah Adams	SO	South Johnston	1:04.41
9		Jackson Sanders	JR	Havelock	1:05.96
10		Josh Mouser	JR	First Flight	1:05.99
11		Carter Mitchell	SO	South Central	1:07.04
12		Tyler Clyde	XX	JH Rose	1:07.68
13		Ayden Grochan-James	XX	Dixon	1:09.21
14		Elijah Thomas	XX	EE Smith	1:09.23
15		Finnegan Walls	FR	South Johnston	1:09.59
16		Ryan Ferguson	JR	Croatan	1:10.28
17		Charlie Laughinghouse	JR	South Central	1:11.47
18		Nick Avery	XX	West Johnston	1:11.65
19		Mason Hancock	JR	Cape Fear	1:12.14
20		Alexander Bridges	JR	Cape Fear	1:12.32
21		Coen Czysz	XX	West Johnston	1:12.43
22		Josh Bundy	JR	Smithfield-Selma	1:16.64
23		Parker Byrum	JR	South Central	1:18.36
24		Tray Quinn		South Central	1:18.63

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Psych Sheet****Event 13 Women 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Mary Davis	SR	West Brunswick	57.40
2 Payton Millard	FR	Smithfield-Selma	58.21
3 AJ Jackson	SO	South Brunswick	58.37
4 Kaci Collins	XX	Fike	59.91
5 Riley Brown	XX	JH Rose	1:00.02
6 Saline Kulas	XX	JH Rose	1:00.10
7 Falon McCabe	JR	Croatan	1:00.17
8 Allison Roper	SO	First Flight	1:01.59
9 Ireland Rundquist	JR	North Brunswick	1:02.18
10 Opal Grey Boehmer	FR	South Brunswick	1:02.24
11 Avery Bissette	SR	Southern Nash	1:02.96
12 Mysl Carpenter	SO	Swansboro	1:03.53
13 Carys Carson	XX	JH Rose	1:03.78
14 Chloe Avon	XX	West Carteret	1:03.78
15 Campbell Shepherd	FR	Terry Sanford	1:05.14
16 Hayden Hall	JR	First Flight	1:06.40
17 Chloe Gilbreath	SR	Havelock	1:06.56
18 Kayley Whiteside	SO	North Brunswick	1:06.61
19 Olivia Perry	XX	JH Rose	1:07.11
20 Chloe Shreve	SR	Jacksonville	1:07.97
21 Finley Zeron	FR	South Brunswick	1:08.79
22 Katie Del Key	JR	South Brunswick	1:08.92
23 Lillian Hall	XX	Western Harnett	1:09.73
24 Mackenzie Morrow	SR	Jacksonville	1:10.11

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Sam Johnson	XX	West Carteret	49.81
2 Matej Roth	JR	Croatan	53.49
3 Ollie Womble	XX	West Carteret	54.25
4 Dylan Hallac	JR	First Flight	54.56
5 Aiden Hurd	XX	Hunt	55.28
6 Cole Bowen	SO	West Johnston	55.77
7 Noah George	SR	South Central	56.52
8 Aiden Nolan	JR	Swansboro	56.96
9 Jake McClanan	JR	Currituck County	57.06
10 Ethan Overton	SR	South Brunswick	57.78
11 Thomas Sellew	XX	West Johnston	58.19
12 Jason Michalowicz	SO	Croatan	58.21
13 Logan Blake		White Oak	58.51
14 Casey Kleman	FR	Currituck County	1:01.17
15 Ian Daub	JR	Havelock	1:02.04
16 Hunter Bruyere	JR	Richlands	1:02.18
17 Timothy Edwards	XX	White Oak	1:03.16
18 Mason Goldie	JR	South Central	1:03.19
19 Aaron Mowatt	XX	Northern Nash	1:03.21
20 Ty Swenson	XX	Aycock	1:03.30
21 Parker Hansen	SO	Jacksonville	1:03.56
22 Tucker Hamilton	SO	West Brunswick	1:04.29
23 Alexander Kirby	XX	Hunt	1:04.41
24 Ryan Jennings	SO	Smithfield-Selma	1:04.51

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Francesca DiGiovanni	JR	Smithfield-Selma	5:27.03
2 Madison Bowen	JR	Croatan	5:27.78
3 Kaylee Jarvis	SO	West Brunswick	5:30.16
4 Iris Eldridge		JH Rose	5:44.40
5 Teagan Farrell	SR	Smithfield-Selma	5:55.63
6 Maison Moore	FR	Havelock	5:56.87
7 Abigail Long	FR	South Brunswick	6:07.06
8 Alyce Medina	SO	Terry Sanford	6:13.29
9 Adelaide Kelley	XX	West Carteret	6:20.65
10 Bergan Cassiano	SO	Swansboro	6:23.57
11 Reagan Bembridge	SO	First Flight	6:39.86
12 Lana Walters	SO	First Flight	6:44.29
13 Grace Smith	JR	Croatan	6:44.30
14 Anamarie Brenes	SO	Cape Fear	6:46.19
15 Abbie Key	SO	South Brunswick	6:46.24
16 Casey Fitch	SR	Cape Fear	6:47.81
17 Sophia Pennington	XX	West Carteret	6:52.39
18 Brooklyn Stratton	JR	Currituck County	7:06.09
19 Bergan Osborne	XX	JH Rose	7:10.80
20 Sadie Wills	FR	First Flight	7:12.98
21 Cameron Piland	JR	First Flight	7:16.28
22 Haleigh Gordon	FR	Swansboro	7:19.56
23 Carson Ketner	SR	Croatan	7:20.08
24 Kinley Duffin	FR	Havelock	7:26.92

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Cade Needham	SR	South Brunswick	4:55.00
2 Cameron Johnson	XX	West Carteret	4:58.30
3 Benjamin O'Brien	FR	Smithfield-Selma	5:26.84
4 Isaac Gedman	JR	South Brunswick	5:46.07
5 Noah Savage	JR	First Flight	5:48.50
6 Jack Spivey	JR	First Flight	5:56.26
7 Gabriel Lundin	SO	South Central	5:57.24
8 Henry Heinzerling	SO	Smithfield-Selma	6:09.77
9 Oliver Sims	JR	Terry Sanford	6:12.47
10 Abram Norton	SR	West Brunswick	6:17.27
11 Dan Brown	SO	First Flight	6:17.36
12 Caleb Gliniak	SO	South Central	6:29.19
13 Sean Boyd	XX	Harnett Central	6:30.23
14 Connor Sampson	FR	Croatan	6:34.70
15 Nate O'Day	JR	Jacksonville	6:37.08
16 Noah Martinez	SO	Rocky Mount	6:38.66
17 Parker Hansen	SO	Jacksonville	6:44.09
18 Ethan Scott		Dixon	6:45.98
19 Nicolas Groesser	XX	Northern Nash	6:47.42
20 Jack Harvin	SR	South Central	6:50.14
21 Sam Sarbora	SO	First Flight	6:50.23
22 Parker Byrum	JR	South Central	6:53.04
23 Daniel Prane	SO	Swansboro	6:54.77
24 Cole Edwards	SO	Southern Nash	7:06.16

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Event	17	Women 200 Yard Freestyle Relay		
	Team	Relay	Seed Time	
1	West Brunswick		1:47.47	
2	Smithfield-Selma		1:48.28	
3	JH Rose		1:50.06	
4	Croatan		1:50.38	
5	West Carteret		1:52.24	
6	South Brunswick		1:53.03	
7	First Flight		1:55.59	
8	Fike		1:57.89	
9	Southern Nash		1:58.79	
10	Cape Fear		1:59.92	
11	Havelock		2:00.91	
12	South Central		2:01.18	
13	Swansboro		2:03.67	
14	Terry Sanford		2:03.75	
15	Rocky Mount		2:05.82	
16	Harnett Central		2:05.87	
17	Hunt		2:07.51	
18	Currituck County		2:08.22	
19	North Brunswick		2:09.98	
20	Jacksonville		2:10.45	
21	East Wake		2:13.52	
22	White Oak		2:15.47	
23	Dixon		2:16.88	
24	Western Harnett		2:17.51	

Event	18	Men 200 Yard Freestyle Relay		
	Team	Relay	Seed Time	
1	Croatan		1:32.83	
2	JH Rose		1:35.89	
3	West Carteret		1:35.91	
4	South Brunswick		1:37.30	
5	First Flight		1:39.74	
6	Currituck County		1:41.88	
7	South Central		1:42.73	
8	Harnett Central		1:43.71	
9	West Johnston		1:44.05	
10	Havelock		1:44.21	
11	Northern Nash		1:47.83	
12	Swansboro		1:47.98	
13	West Brunswick		1:50.23	
14	Smithfield-Selma		1:51.02	
15	Jacksonville		1:51.66	
16	Rocky Mount		1:52.21	
17	Cape Fear		1:54.66	
18	Aycock		1:55.41	
19	Dixon		1:58.66	
20	Southern Nash		1:58.81	
21	North Brunswick		1:59.49	
22	Terry Sanford		2:03.25	
23	Northside (Jax)		2:03.76	
24	Western Harnett		2:04.27	

Event	19	Women 100 Yard Backstroke			
	Name	Yr	School	Seed Time	
1	Mary Davis	SR	West Brunswick	1:04.68	
2	Clara Pierce Smith	XX	JH Rose	1:05.63	
3	Erica Wu		JH Rose	1:07.67	
4	Sophia Shoneman	XX	JH Rose	1:09.99	
5	Natalie Irish	FR	Smithfield-Selma	1:10.42	
6	Tess Caron	SO	West Brunswick	1:11.02	
7	Opal Grey Boehmer	FR	South Brunswick	1:11.24	
8	Abigail Long	FR	South Brunswick	1:11.68	
9	Mary Catherine Shook	JR	Cape Fear	1:12.90	
10	Genevieve Osborne	SO	South Brunswick	1:13.13	
11	Erin Wilson	FR	Northern Nash	1:13.26	
12	Mackenzie Sampson	SR	Croatan	1:14.96	
13	Kira Walters	SR	First Flight	1:15.49	
14	Skylar Brown	SR	Croatan	1:15.64	
15	Brielle DuBois	SO	Smithfield-Selma	1:15.87	
16	Emma Frierdich	JR	Currituck County	1:16.11	
17	Carson Fraley	XX	JH Rose	1:18.32	
18	Maxine Baker	XX	East Wake	1:18.63	
19	Rubygail Coulter	XX	Fike	1:19.37	
20	Kaygan Draughon	JR	Terry Sanford	1:19.38	
21	Piper Hedgepeth	SO	First Flight	1:19.57	
22	Abby Stoll	XX	West Carteret	1:21.00	
23	Abigail Russell		Dixon	1:21.99	
24	Marilyn Hiester	SO	Swansboro	1:22.09	

Event	20	Men 100 Yard Backstroke			
	Name	Yr	School	Seed Time	
1	Nathan Michalowicz	SR	Croatan	57.82	
2	Tyler Henry	XX	East Wake	1:02.99	
3	Ayden Burckhardt	XX	Harnett Central	1:03.66	
4	Rylan Feimster	SR	Croatan	1:04.84	
5	Oliver Boehmer	FR	South Brunswick	1:05.33	
6	Connor Sampson	FR	Croatan	1:07.51	
7	Carter Mitchell	SO	South Central	1:07.67	
8	Patrick Boldt	SR	South Brunswick	1:07.84	
9	Blake Denton	FR	Northern Nash	1:07.91	
10	Camden Lenz	JR	Currituck County	1:07.98	
11	Elijah Adams	SO	South Johnston	1:08.86	
12	Aiden Nolan	JR	Swansboro	1:09.65	
13	Jack Chen	XX	JH Rose	1:10.48	
14	Rodrigo Diago	JR	West Brunswick	1:10.53	
15	Ryan Ferguson	JR	Croatan	1:10.55	
16	Ethan Bonney	SR	South Brunswick	1:11.56	
17	Abraham Ahmad	XX	JH Rose	1:13.72	
18	Sydney Williams	XX	West Johnston	1:16.58	
19	Bert Waddington	SR	First Flight	1:16.62	
20	Mason Hancock	JR	Cape Fear	1:17.29	
21	David Garner	XX	West Carteret	1:17.73	
22	Josh Bundy	JR	Smithfield-Selma	1:19.24	
23	Ty Brewer	JR	South Central	1:19.42	
24	Matthew King	JR	South Central	1:19.95	

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

Host: Croatan HS Swimming & Diving Psych Sheet

Event 21	Women 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Aley Williams	JR	West Brunswick	1:09.13
2 Anya Muminovic	SO	Smithfield-Selma	1:10.66
3 Hadleigh Kulas	XX	JH Rose	1:11.95
4 Kaylee Eggers	SR	Rocky Mount	1:13.98
5 Kennedy Gordon	SO	South Brunswick	1:14.89
6 Keira Stegman	JR	South Brunswick	1:16.48
7 Sophia Monica	SR	Croatan	1:20.21
8 Ashlyn Lewis	XX	West Carteret	1:20.75
9 Maggie Norris	XX	JH Rose	1:20.83
10 Alyece Medina	SO	Terry Sanford	1:21.08
11 Caroline Morris	FR	South Brunswick	1:22.89
12 Cameron Piland	JR	First Flight	1:22.94
13 Kate Kopka	XX	Fike	1:22.95
14 Zoe Brandt	SO	Aycock	1:23.14
15 Ali Williams	SR	South Brunswick	1:25.45
16 Abigail Davis	FR	West Brunswick	1:26.94
17 Emma Batchelor	FR	Southern Nash	1:27.37
18 Kat Gregg	JR	First Flight	1:27.46
19 Parker Perry	XX	East Wake	1:29.10
20 Alyssa Carkhuff		White Oak	1:29.27
21 Hannah Cumbee	JR	West Brunswick	1:29.30
22 Chesney Woodall	JR	South Johnston	1:29.66
23 Noah Cheney	XX	Hunt	1:29.94
24 Aubrey Rosenbach	SR	Swansboro	1:30.39

Event 22	Men 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Ezra Zapler	XX	JH Rose	1:03.64
2 Trevor Hucal	SO	Swansboro	1:04.32
3 Nolan Walker		Harnett Central	1:06.53
4 Jakob Boehmer	FR	South Brunswick	1:07.72
5 Gavin Pesko	JR	Croatan	1:07.76
6 Dylan Hallac	JR	First Flight	1:10.41
7 Julian DiGuiseppe	SR	South Brunswick	1:10.74
8 Owen Lord	SR	Rocky Mount	1:11.44
9 Kenan Hill	XX	West Johnston	1:12.25
10 Alexander Bridges	JR	Cape Fear	1:12.51
11 Jordan Spannhake	XX	Harnett Central	1:13.05
12 Gavin Goldie	JR	South Central	1:13.53
13 Dylan Pate	XX	Aycock	1:13.56
14 Anderson Metty	SR	North Brunswick	1:14.52
15 Jonathan Wilson	FR	Croatan	1:16.18
16 Christan Morales	SO	Northside (Jax)	1:18.18
17 Andrew Sherrod	SR	South Brunswick	1:19.38
18 Brady Jarman	SR	Richlands	1:19.59
19 Ayden Grochan-James	XX	Dixon	1:19.91
20 Aaron Creson	XX	Western Harnett	1:19.93
21 Danny Gardill	SO	First Flight	1:21.53
22 Isaac Johnson	JR	South Johnston	1:21.57
23 Landis Eller	XX	Harnett Central	1:21.85
24 Sydney Williams	XX	West Johnston	1:22.73

Event 23	Women 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 JH Rose		3:55.34
2 Smithfield-Selma		3:57.77
3 West Brunswick		4:01.46
4 Croatan		4:15.69
5 South Brunswick		4:16.56
6 Havelock		4:22.61
7 Swansboro		4:27.27
8 First Flight		4:31.31
9 Fike		4:31.49
10 South Central		4:34.23
11 Rocky Mount		4:38.62
12 Southern Nash		4:41.97
13 Cape Fear		4:49.83
14 Harnett Central		4:50.45
15 South Johnston		4:56.37
16 West Carteret		5:01.09
17 Jacksonville		5:12.26
18 Currituck County		5:15.00
19 Western Harnett		5:16.46
20 White Oak		5:24.25
21 West Johnston		5:26.96
22 Dixon		5:31.61
23 Northern Nash		5:43.30
24 North Brunswick		5:43.94

Event 24	Men 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 West Carteret		3:34.78
2 Croatan		3:36.52
3 JH Rose		3:37.86
4 South Brunswick		3:42.04
5 First Flight		3:51.27
6 South Central		3:55.96
7 Havelock		3:57.32
8 Harnett Central		3:59.75
9 Currituck County		4:00.06
10 Swansboro		4:03.19
11 Smithfield-Selma		4:10.24
12 West Johnston		4:12.91
13 Jacksonville		4:19.20
14 Cape Fear		4:23.68
15 Rocky Mount		4:24.12
16 Northern Nash		4:28.44
17 South Johnston		4:38.79
18 Southern Nash		4:40.81
19 West Brunswick		4:43.18
20 Western Harnett		4:47.57
21 North Brunswick		4:56.25
22 Dixon		4:56.84
23 Fike		5:07.26
24 Northside (Jax)		5:22.11