

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

Team	Relay	Seed Time
1 Lake Norman Char		1:52.10
2 Central Cabarrus		1:52.37
3 North Lincoln		2:03.60
4 NW Cabarrus		2:04.61
5 Franklin		2:05.60
6 AC Reynolds		2:07.67
7 South Point		2:08.61
8 East Lincoln		2:09.10
9 Central Academy		2:10.25
10 West Henderson		2:11.93
11 Piedmont		2:12.02
12 East Rowan		2:12.24
13 Concord		2:12.71
14 South Rowan		2:13.10
15 Parkwood		2:13.47
16 Hickory		2:14.67
17 Fred T Foard		2:14.80
18 Hibriten		2:15.73
19 JM Robinson		2:16.52
20 St Stephens		2:17.27
21 Forestview		2:17.65
22 Crest		2:22.80
23 Cramer		2:23.77
24 North Iredell		2:26.40
25 Smoky Mountain		2:26.40
26 North Buncombe		2:26.91
27 Enka		2:28.40
28 Freedom		2:29.35
29 Kings Mountain		2:37.56
30 Carson		2:37.90
31 Tuscola		2:39.23
32 North Gaston		2:47.72

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Lake Norman Char		1:43.26
2 Forestview		1:45.04
3 Central Academy		1:45.68
4 North Lincoln		1:47.80
5 East Lincoln		1:49.41
6 South Point		1:49.73
7 Central Cabarrus		1:51.29
8 West Henderson		1:52.51
9 AC Reynolds		1:54.85
10 St Stephens		1:56.30
11 NW Cabarrus		1:57.98
12 Franklin		1:59.47
13 East Rowan		1:59.68
14 Kings Mountain		2:00.39
15 Hickory		2:01.53
16 Concord		2:03.68
17 Cramer		2:03.69
18 Pisgah		2:04.95
19 Hibriten		2:05.88
20 Smoky Mountain		2:06.16
21 Piedmont		2:07.01
22 South Rowan		2:07.95
23 Tuscola		2:08.37
24 Freedom		2:12.20

2024 3A Western NCHSAA Regional Championships - 2/2/2024 to 2/3/2024**Host: Hickory HS
Swimming & Diving
Psych Sheet****Event 3 Women 200 Yard Freestyle**

Name	Yr	School	Seed Time
1 Skye Yampolsky	FR	Lake Norman Char	2:00.87
2 Kathryn Cinson	XX	Fred T Foard	2:01.24
3 Hayden Burroughs	SR	NW Cabarrus	2:01.52
4 Addyson Sechriest		East Rowan	2:06.57
5 Emmalyn Buskirk	XX	Fred T Foard	2:09.87
6 Peyton Hawkins	SO	Lake Norman Char	2:12.07
7 Violet Florian	SR	Erwin	2:13.90
8 Lily Yampolsky	SR	Lake Norman Char	2:15.01
9 Stella Pridmore	SO	East Lincoln	2:15.26
10 Kate Hannah	SR	North Buncombe	2:16.09
11 Jovie Lee	XX	St Stephens	2:17.22
12 Madison Rice	FR	South Point	2:17.42
13 Karsen Schiffel	XX	St Stephens	2:18.44
14 Leah Cronin	FR	Central Cabarrus	2:18.57
15 Tanisha Kuduva Balaji	SO	NW Cabarrus	2:20.60
16 Sara Freeman	SR	Lake Norman Char	2:21.05
17 Ellie Anderson	SR	Parkwood	2:22.55
18 Kamryn Moseman	SO	AC Reynolds	2:23.95
19 Livia Price	SR	West Henderson	2:25.54
20 Jenna Grabowski	SR	West Henderson	2:27.62
21 Maddie Saunders	SR	East Lincoln	2:27.96
22 Sarah McGrath	FR	South Point	2:28.07
23 Ava Eaton	SR	Central Cabarrus	2:30.70
24 Lily Spencer	SR	Hibriten	2:32.40

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Benjamin Kimmel	SR	Huss	1:50.65
2 Rider Warner	XX	East Lincoln	1:53.66
3 Carter Hall	JR	Lake Norman Char	1:53.81
4 Alex Stinson	FR	Lake Norman Char	1:54.29
5 Isaac Cawley		East Rowan	1:54.42
6 Mason Demetro	SR	Kings Mountain	1:54.98
7 Joseph Mogray	JR	Hickory	1:56.01
8 Alex Seymour	JR	Lake Norman Char	1:56.78
9 Channing Scott	JR	Lake Norman Char	1:57.90
10 Eddie Lawson	SO	Concord	2:01.34
11 John Dotti	JR	West Henderson	2:01.62
12 Daniel Lane	JR	South Point	2:07.60
13 Nathan Mull	JR	Hibriten	2:08.99
14 Garrett Goudas	SR	Hibriten	2:09.06
15 Stone Doppke		Smoky Mountain	2:09.74
16 Zachary Kimmel	JR	Huss	2:10.26
17 Bolton Scruggs	SO	Piedmont	2:12.48
18 Cole Humpherys		East Rowan	2:13.62
19 Jack DePasquale	JR	North Lincoln	2:14.36
20 Chase Bair	SO	East Lincoln	2:16.49
21 Malik Walker	FR	Franklin	2:17.54
22 Patrick Hendley	FR	Central Academy	2:19.69
23 Anirudh Ala	FR	Central Academy	2:21.40
24 Danny Depasquale	SO	North Lincoln	2:22.59

Event 5 Women 200 Yard IM

Name	Yr	School	Seed Time
1 Campbell Cyrus	FR	Lake Norman Char	2:15.89
2 Madison Kohler	SO	Central Academy	2:18.49
3 Addison Lasarsky	JR	Lake Norman Char	2:18.75
4 Emma Pitts	JR	Hickory	2:19.16
5 Presley Horton	SR	Lake Norman Char	2:20.07
6 Whitney Johns	FR	Central Cabarrus	2:23.18
7 Kylie Moro	JR	NW Cabarrus	2:27.18
8 Makenna Garrett	XX	East Lincoln	2:34.95
9 Zoi Walker	JR	Franklin	2:36.63
10 Phoebe Thomas	SO	Forestview	2:39.39
11 Avery Hester	JR	Piedmont	2:40.70
12 Claire Eggers	JR	Central Cabarrus	2:41.68
13 Ariel Werner	SO	Lake Norman Char	2:41.81
14 Talyn Morris	JR	East Lincoln	2:44.32
15 Amelia Toothman	FR	South Point	2:44.86
16 Callie Stimpson	SR	Kings Mountain	2:46.39
17 Vivian Strickland	JR	NW Cabarrus	2:46.65
18 Summerlin Gragg	FR	Hibriten	2:48.30
19 Alyse Remery	SO	Franklin	2:48.38
20 Ava Blume		South Rowan	2:48.72
21 Piper Lewis	XX	North Iredell	2:48.86
22 Kenna Keyworth	FR	Franklin	2:49.12
23 Kate Hendricks	SR	JM Robinson	2:51.53
24 Brinley Miller	FR	NW Cabarrus	2:52.23

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Aiden Deluca	SO	North Lincoln	2:01.59
2 Carter Williams	JR	Central Academy	2:02.68
3 William Peyton	JR	Forestview	2:07.86
4 Ethan Licata	JR	Lake Norman Char	2:10.37
5 Collin Williams	FR	Central Academy	2:11.07
6 Owen Pridmore	XX	East Lincoln	2:11.68
7 Andrew Taylor	JR	Forestview	2:12.66
8 Melchisedek Kolomiyets	JR	AC Reynolds	2:12.83
9 Jack Anderson	JR	AC Reynolds	2:15.25
10 Eric Robertson	SO	Lake Norman Char	2:18.81
11 Gunner Smith	XX	St Stephens	2:19.06
12 Andrew Velazquez	FR	Concord	2:21.13
13 Jacky Lam	SR	Fred T Foard	2:21.74
14 Charles Fields	JR	Hickory	2:22.38
15 Roscoe Greene	JR	West Henderson	2:22.52
16 Massimo Parioli		Fred T Foard	2:23.30
17 Raymond Rushing	XX	St Stephens	2:23.60
18 Aidan Hite	SO	NW Cabarrus	2:23.71
19 Declan Fittz	FR	Lake Norman Char	2:23.91
20 Yuval Dinodia	FR	Central Academy	2:24.73
21 Rodney Hawkins		East Rowan	2:26.79
22 Nathaniel Carswell	XX	Freedom	2:27.28
23 Ayden Patty	FR	NW Cabarrus	2:28.21
24 William Kampmeyer	SO	Forestview	2:30.14

2024 3A Western NCHSAA Regional Championships - 2/2/2024 to 2/3/2024**Host: Hickory HS
Swimming & Diving
Psych Sheet****Event 7 Women 50 Yard Freestyle**

Name	Yr	School	Seed Time
1 Lily Hermans	SO	Concord	24.75
2 Lyla Johns	JR	Central Cabarrus	25.02
3 Audrey Wolff	JR	Central Cabarrus	25.20
4 Ila Turner	FR	South Point	25.38
5 Ashlynn Cassada	SR	Franklin	26.32
6 Kristina Rooney	SR	Lake Norman Char	26.60
7 Sofia Moro	JR	NW Cabarrus	26.70
8 Avery Newsome	SO	Lake Norman Char	26.90
9 Reese Gettys	JR	Crest	26.92
10 Callie Copeland	FR	JM Robinson	27.34
11 Sara Freeman	SR	Lake Norman Char	27.53
12 Gracie Lineberger		East Rowan	27.53
13 Connelly Smith	JR	NW Cabarrus	27.56
14 Aubrey Little	JR	Parkwood	27.61
15 Emma Witham	SO	South Point	27.79
16 Leah Cronin	FR	Central Cabarrus	27.90
17 Darby Keen	SR	Hibriten	28.01
18 Piper Jillings	FR	Hickory	28.02
19 Karis Miller	FR	Carson	28.06
20 Harper Sikorski	JR	West Henderson	28.08
21 Yasmin Pauls	SO	NW Cabarrus	28.08
22 Capucine Bouillon	SR	AC Reynolds	28.27
23 Avery Hester	JR	Piedmont	28.31
24 Ava Blume		South Rowan	28.38
25 Amelia Barrineau	SR	East Lincoln	28.44
26 Madeline Allen	FR	Concord	28.44
27 Ama Higgs	FR	Hibriten	28.75
28 Poppy Bouillon	FR	AC Reynolds	28.83
29 Ellie Anderson	SR	Parkwood	29.07
30 Annika Dellinger	SO	West Charlotte	29.10
31 Audrey Rockstad		South Rowan	29.34
32 Laurel Everett		South Rowan	29.37

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Beckett Tabor	JR	Forestview	22.19
2 Luke Gonzales	SR	Pisgah	22.54
3 Miles Ferguson	JR	South Point	23.01
4 James Burroughs	SR	Lake Norman Char	23.02
5 Logan Kelly	XX	St Stephens	23.37
6 Jack Rodgers	JR	Lake Norman Char	23.64
7 Benjamin Williams	JR	Central Cabarrus	23.72
8 Emmanuel Enhombi	JR	Central Academy	23.82
9 Gavin Hamblin	SR	Parkwood	24.01
10 Austin Major	JR	Cramer	24.21
11 Benjamin Redhing	SR	Central Academy	24.24
12 Cooper Cavicchia	JR	Lake Norman Char	24.36
13 Marshal Faw		South Rowan	24.38
14 Jose Gomez	SR	Franklin	24.39
15 Samuel Best	XX	Ashbrook	24.45
16 Luke Nesbitt	JR	AC Reynolds	24.61
17 Grant Hunnicutt	JR	South Point	24.74
18 Josh Gardner		East Rowan	24.86
19 Coleman Moon	SR	Central Cabarrus	24.91
20 Carter Dubiel	SR	Lake Norman Char	24.98
21 Ayden Miller	XX	East Lincoln	25.11
22 Aidan Holmes	JR	West Henderson	25.12
23 Braydon Schiff	SR	Central Cabarrus	25.26
24 John-Patrick Andrews	FR	Hibriten	25.50

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Madilyn Varnum	XX	Lake Norman Char	321.10
2 Morgan Buckner	SR	Erwin	222.90
3 Camryn Russell	SO	Crest	217.95
4 Ashlynn Peeler	JR	Crest	196.15
5 Kate Shapard	JR	Lake Norman Char	187.30

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Hayden Schroeder	SR	Lake Norman Char	391.35
2 Jonah Brant	SO	Franklin	344.85

2024 3A Western NCHSAA Regional Championships - 2/2/2024 to 2/3/2024**Host: Hickory HS
Swimming & Diving
Psych Sheet****Event 11 Women 100 Yard Butterfly**

Name	Yr	School	Seed Time
1 Savanna Bush	SR	North Lincoln	57.86
2 Lyla Johns	JR	Central Cabarrus	1:00.36
3 Addison Lasarsky	JR	Lake Norman Char	1:00.80
4 Skye Yampolsky	FR	Lake Norman Char	1:01.06
5 Kylie Moro	JR	NW Cabarrus	1:04.39
6 Avery Hegge	SO	AC Reynolds	1:06.18
7 Stella Pridmore	SO	East Lincoln	1:06.79
8 Riley Caudle	XX	St Stephens	1:07.74
9 Connelly Smith	JR	NW Cabarrus	1:09.65
10 Layla Kiser	SR	AC Reynolds	1:12.56
11 Ava Sinclair	SO	North Buncombe	1:12.71
12 Addison Brookeshire	SO	Hibriten	1:13.23
13 Callie Stimpson	SR	Kings Mountain	1:14.51
14 Caroline Suber	FR	Forestview	1:15.22
15 Vivian Strickland	JR	NW Cabarrus	1:16.97
16 Kenna Keyworth	FR	Franklin	1:18.42
17 Sydney Hoppensteadt	SR	Enka	1:19.08
18 Sarah McGrath	FR	South Point	1:20.04
19 Emely Chavez Rosa	SR	West Henderson	1:20.37
20 Eleanor Burdette	JR	Lake Norman Char	1:22.20
21 Lily Baran	JR	Central Cabarrus	1:22.23
22 Elle Minges	FR	Lake Norman Char	1:22.29
23 Georgia Trexler	JR	North Lincoln	1:23.40
24 Neyli Lopez-Rodriguez	XX	Freedom	1:23.47

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Jackson Kroh	FR	North Lincoln	54.44
2 Mason Demetro	SR	Kings Mountain	56.00
3 Neil Hart	SO	Lake Norman Char	56.14
4 Joseph Mogray	JR	Hickory	57.68
5 Channing Scott	JR	Lake Norman Char	58.34
6 Graham Kines	JR	Forestview	58.77
7 Samuel Weslake	SR	Central Academy	1:00.36
8 Roscoe Greene	JR	West Henderson	1:00.41
9 Jacky Lam	SR	Fred T Foard	1:01.23
10 Charlie Arning	SO	Lake Norman Char	1:01.25
11 Gunner Smith	XX	St Stephens	1:01.92
12 Benjamin Redhing	SR	Central Academy	1:02.36
13 Ethan Gliptis	JR	North Lincoln	1:03.15
14 Massimo Parioli		Fred T Foard	1:03.64
15 Andrew Velazquez	FR	Concord	1:04.09
16 Jackson Kain	JR	West Henderson	1:05.38
17 James Gunter	SR	Forestview	1:05.75
18 Ryland Matthews	SR	Lake Norman Char	1:06.43
19 Ashton Small	XX	East Lincoln	1:07.35
20 James Poag	JR	Forestview	1:07.43
21 Donovan McFadden	SR	North Lincoln	1:07.68
22 Trentyn Shanahan	FR	North Lincoln	1:07.92
23 Yuval Dinodia	FR	Central Academy	1:08.30
24 Cameron White	SO	NW Cabarrus	1:08.68

Event 13 Women 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Abbey Cronin	JR	Central Cabarrus	53.29
2 Lily Hermans	SO	Concord	54.59
3 Lily Price	FR	Lake Norman Char	55.81
4 Hayden Burroughs	SR	NW Cabarrus	56.10
5 Ila Turner	FR	South Point	56.11
6 Caylee Hollar	FR	North Lincoln	56.73
7 Campbell Cyrus	FR	Lake Norman Char	56.83
8 Audrey Wolff	JR	Central Cabarrus	57.26
9 Lilian Vine	SR	Central Cabarrus	58.47
10 Kristina Rooney	SR	Lake Norman Char	58.82
11 Reese Gettys	JR	Crest	59.12
12 Gracie Lineberger		East Rowan	1:00.01
13 Aubrey Little	JR	Parkwood	1:00.76
14 Lily Yampolsky	SR	Lake Norman Char	1:01.66
15 Makenna Garrett	XX	East Lincoln	1:02.31
16 Makenzie Sechriest		East Rowan	1:02.56
17 Kate Hannah	SR	North Buncombe	1:02.89
18 Skylar Baucom	SO	Piedmont	1:02.99
19 Ama Higgs	FR	Hibriten	1:03.63
20 Darby Keen	SR	Hibriten	1:04.49
21 Annika Dellinger	SO	West Charlotte	1:05.51
22 Audrey Rockstad		South Rowan	1:05.64
23 Ava Eaton	SR	Central Cabarrus	1:05.89
24 Livia Price	SR	West Henderson	1:06.62

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Beckett Tabor	JR	Forestview	48.72
2 Benjamin Kimmel	SR	Huss	49.35
3 Luke Gonzales	SR	Pisgah	49.68
4 Tellis Bumgarner	FR	Central Cabarrus	49.83
5 Timur Atabekov	SR	JM Robinson	50.91
6 Logan Kelly	XX	St Stephens	50.91
7 James Burroughs	SR	Lake Norman Char	50.92
8 Melchisedek Kolomiyets	JR	AC Reynolds	51.67
9 Joseph Bria	SO	Central Academy	51.73
10 Isaac Cawley		East Rowan	51.78
11 Grant Hunnicutt	JR	South Point	52.34
12 John Dotti	JR	West Henderson	53.24
13 Austin Major	JR	Cramer	53.81
14 Josh Gardner		East Rowan	54.31
15 Marshal Faw		South Rowan	55.15
16 Barron Bell	SO	Concord	55.76
17 Lake Braham	SO	East Lincoln	56.05
18 Daniel Overbay	JR	East Lincoln	56.16
19 Carter Dubiel	SR	Lake Norman Char	56.30
20 Garrett Goudas	SR	Hibriten	56.48
21 Cooper Cavicchia	JR	Lake Norman Char	56.52
22 Trajan Bianchin	JR	Central Academy	56.93
23 James Gunter	SR	Forestview	58.11
24 Samuel Best	XX	Ashbrook	58.39

2024 3A Western NCHSAA Regional Championships - 2/2/2024 to 2/3/2024**Host: Hickory HS
Swimming & Diving
Psych Sheet****Event 15 Women 500 Yard Freestyle**

Name	Yr	School	Seed Time
1 Savannah Kees	SR	Piedmont	5:17.05
2 Kathryn Cinson	XX	Fred T Foard	5:19.74
3 Emma Pitts	JR	Hickory	5:32.69
4 Addyson Sechriest		East Rowan	5:37.97
5 Emmalyn Buskirk	XX	Fred T Foard	5:44.59
6 Kelly Todd	JR	Central Academy	5:53.69
7 Mary Williams	FR	Lake Norman Char	5:53.79
8 Arden Pallozzi	SR	South Point	5:54.07
9 Avery Newsome	SO	Lake Norman Char	5:54.78
10 Mikayla Freeland	FR	Lake Norman Char	5:57.66
11 Karsen Schiffel	XX	St Stephens	6:03.30
12 Jovie Lee	XX	St Stephens	6:04.75
13 Emory Pickett	FR	AC Reynolds	6:13.95
14 Tanisha Kuduva Balaji	SO	NW Cabarrus	6:17.88
15 Berkley Koontz		North Iredell	6:22.16
16 Madison Rice	FR	South Point	6:23.83
17 Addison Garsik	SO	Lake Norman Char	6:25.13
18 Denise Olguin-Abreu	JR	Hickory	6:28.44
19 Claire Eggers	JR	Central Cabarrus	6:32.91
20 Kamryn Moseman	SO	AC Reynolds	6:34.49
21 Skyler White	XX	St Stephens	6:45.15
22 Summerlin Gragg	FR	Hibriten	6:47.45
23 Alyse Remery	SO	Franklin	6:50.23
24 Mara Eisenhuth	JR	South Point	7:04.17

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Alex Stinson	FR	Lake Norman Char	5:07.00
2 Carter Hall	JR	Lake Norman Char	5:07.02
3 Aiden Deluca	SO	North Lincoln	5:13.78
4 Jack Rodgers	JR	Lake Norman Char	5:19.88
5 Alex Seymour	JR	Lake Norman Char	5:24.40
6 Aidan Hite	SO	NW Cabarrus	5:35.12
7 Rodney Hawkins		East Rowan	5:39.48
8 Eddie Lawson	SO	Concord	5:43.55
9 Ethan Gliptis	JR	North Lincoln	5:43.79
10 Stone Doppke		Smoky Mountain	5:56.30
11 Patrick Hendley	FR	Central Academy	5:56.47
12 Raymond Rushing	XX	St Stephens	6:02.30
13 Zack Jordan	JR	Central Cabarrus	6:02.37
14 Liam Murray	SR	AC Reynolds	6:04.84
15 Zachary Kimmel	JR	Huss	6:05.18
16 Bear Schofield	XX	East Rowan	6:09.72
17 Ashton Small	XX	East Lincoln	6:12.23
18 Aedon Stevens	SO	Hibriten	6:14.41
19 William Kampmeyer	SO	Forestview	6:23.13
20 Danny Depasquale	SO	North Lincoln	6:36.00
21 Jospeh Friddle	FR	Smoky Mountain	6:43.83
22 Caleb Homan	SR	AC Reynolds	6:45.45
23 Dominic Freeman	SO	North Buncombe	6:58.62
24 Eli Strong	XX	St Stephens	6:59.08

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Central Cabarrus		1:41.89
2 Lake Norman Char		1:46.25
3 North Lincoln		1:50.40
4 NW Cabarrus		1:51.38
5 Franklin		1:52.33
6 East Lincoln		1:54.44
7 Hibriten		1:55.35
8 East Rowan		1:55.81
9 South Rowan		1:56.34
10 Piedmont		1:56.84
11 AC Reynolds		1:57.60
12 South Point		1:58.69
13 Concord		1:58.84
14 Hickory		1:59.12
15 North Buncombe		1:59.81
16 Parkwood		1:59.83
17 Fred T Foard		1:59.97
18 JM Robinson		2:02.04
19 West Henderson		2:03.17
20 Crest		2:03.28
21 Forestview		2:04.56
22 Central Academy		2:07.76
23 Enka		2:09.43
24 Freedom		2:12.37

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Lake Norman Char		1:36.62
2 South Point		1:37.98
3 West Henderson		1:38.77
4 East Lincoln		1:39.58
5 AC Reynolds		1:39.67
6 East Rowan		1:40.85
7 Central Cabarrus		1:41.43
8 Forestview		1:42.09
9 Hibriten		1:42.27
10 Central Academy		1:42.45
11 Franklin		1:42.94
12 North Lincoln		1:45.61
13 Freedom		1:45.68
14 St Stephens		1:47.30
15 NW Cabarrus		1:47.51
16 Kings Mountain		1:47.51
17 Cramer		1:47.76
18 Huss		1:49.32
19 South Rowan		1:50.06
20 Pisgah		1:50.99
21 Hickory		1:51.84
22 Smoky Mountain		1:52.55
23 North Buncombe		1:52.91
24 Tuscola		1:53.48

2024 3A Western NCHSAA Regional Championships - 2/2/2024 to 2/3/2024**Host: Hickory HS
Swimming & Diving
Psych Sheet**

Event 19	Women 100 Yard Backstroke			
	Name	Yr	School	Seed Time
1	Abbey Cronin	JR	Central Cabarrus	57.14
2	Savanna Bush	SR	North Lincoln	1:00.25
3	Lily Price	FR	Lake Norman Char	1:01.80
4	Violet Florian	SR	Erwin	1:05.71
5	Avery Hegge	SO	AC Reynolds	1:06.01
6	Savannah Kees	SR	Piedmont	1:06.53
7	Arden Pallozzi	SR	South Point	1:06.96
8	Sofia Moro	JR	NW Cabarrus	1:07.15
9	Mikayla Freeland	FR	Lake Norman Char	1:09.71
10	Emory Pickett	FR	AC Reynolds	1:11.22
11	Makenzie Sechriest		East Rowan	1:11.29
12	Addison Garsik	SO	Lake Norman Char	1:11.33
13	Piper Lewis	XX	North Iredell	1:11.67
14	Jenna Grabowski	SR	West Henderson	1:12.39
15	Eva Green	FR	West Charlotte	1:12.43
16	Kate Hendricks	SR	JM Robinson	1:12.72
17	Lilly Riley	SR	Forestview	1:12.77
18	Karis Miller	FR	Carson	1:12.88
19	Layla Kiser	SR	AC Reynolds	1:13.00
20	Skyлар Baucom	SO	Piedmont	1:13.09
21	Capucine Bouillon	SR	AC Reynolds	1:13.61
22	Maddie Saunders	SR	East Lincoln	1:13.62
23	Taylor Mickey	SR	West Henderson	1:15.16
24	Kate Phillips	JR	Franklin	1:15.86

Event 20	Men 100 Yard Backstroke			
	Name	Yr	School	Seed Time
1	Jackson Kroh	FR	North Lincoln	54.85
2	Carter Williams	JR	Central Academy	55.03
3	Neil Hart	SO	Lake Norman Char	56.41
4	Rider Warner	XX	East Lincoln	56.57
5	William Peyton	JR	Forestview	57.55
6	Joseph Bria	SO	Central Academy	57.71
7	Benjamin Williams	JR	Central Cabarrus	58.58
8	Emmanuel Enhombi	JR	Central Academy	59.56
9	Graham Kines	JR	Forestview	1:00.28
10	Owen Pridmore	XX	East Lincoln	1:00.75
11	Barron Bell	SO	Concord	1:01.81
12	Declan Fittz	FR	Lake Norman Char	1:02.10
13	Charlie Arning	SO	Lake Norman Char	1:03.45
14	Trentyn Shanahan	FR	North Lincoln	1:03.51
15	Nathaniel Carswell	XX	Freedom	1:04.08
16	Alex Negrete	JR	Lake Norman Char	1:05.36
17	Zack Jordan	JR	Central Cabarrus	1:06.12
18	Trajan Bianchin	JR	Central Academy	1:07.53
19	Truman Adcock	SO	South Point	1:07.70
20	Chase Bair	SO	East Lincoln	1:08.77
21	Sean Merrill	SO	West Henderson	1:08.83
22	Cameron Simons	JR	West Henderson	1:09.40
23	Andy Moore		Smoky Mountain	1:09.47
24	Jackson Kain	JR	West Henderson	1:10.53

Event 21	Women 100 Yard Breaststroke			
	Name	Yr	School	Seed Time
1	Caylee Hollar	FR	North Lincoln	1:09.03
2	Presley Horton	SR	Lake Norman Char	1:09.55
3	Natalie Ballard	SR	Franklin	1:11.14
4	Whitney Johns	FR	Central Cabarrus	1:11.30
5	Madison Kohler	SO	Central Academy	1:12.63
6	Lilian Vine	SR	Central Cabarrus	1:15.54
7	Mary Williams	FR	Lake Norman Char	1:16.76
8	Peyton Hawkins	SO	Lake Norman Char	1:18.57
9	Callie Copeland	FR	JM Robinson	1:18.91
10	Riley Caudle	XX	St Stephens	1:19.78
11	Harper Sikorski	JR	West Henderson	1:19.83
12	Eva Green	FR	West Charlotte	1:21.20
13	Amelia Toothman	FR	South Point	1:21.85
14	Claire Casciani	SO	Cramer	1:21.99
15	Aiden Shepherd		South Rowan	1:21.99
16	Ariel Werner	SO	Lake Norman Char	1:22.09
17	Tommi Poland	SO	Concord	1:22.70
18	Blakely Irvin	JR	Concord	1:23.27
19	Elsie Handy	FR	North Lincoln	1:23.59
20	Talyn Morris	JR	East Lincoln	1:25.60
21	Maggie Bishop	SO	AC Reynolds	1:25.76
22	Riley Clifford	FR	Central Cabarrus	1:26.76
23	Brinley Patterson	XX	South Rowan	1:27.30
24	Yasmin Pauls	SO	NW Cabarrus	1:27.84

Event 22	Men 100 Yard Breaststroke			
	Name	Yr	School	Seed Time
1	Timur Atabekov	SR	JM Robinson	1:01.54
2	Tellis Bumgarner	FR	Central Cabarrus	1:03.54
3	Ethan Licata	JR	Lake Norman Char	1:03.68
4	Collin Williams	FR	Central Academy	1:04.59
5	Charles Fields	JR	Hickory	1:05.22
6	Andrew Taylor	JR	Forestview	1:05.24
7	Miles Ferguson	JR	South Point	1:06.38
8	Gavin Hamblin	SR	Parkwood	1:07.75
9	Jack Anderson	JR	AC Reynolds	1:08.67
10	Eric Robertson	SO	Lake Norman Char	1:08.72
11	Thomas Spicer	JR	Kings Mountain	1:11.17
12	Aidan Holmes	JR	West Henderson	1:12.09
13	Ayden Patty	FR	NW Cabarrus	1:12.31
14	Jace Zboch	SO	Piedmont	1:13.41
15	Cameron White	SO	NW Cabarrus	1:14.80
16	Ryland Matthews	SR	Lake Norman Char	1:15.38
17	James Poag	JR	Forestview	1:16.16
18	Joseph Fargher	JR	Cramer	1:16.37
19	Jack DePasquale	JR	North Lincoln	1:16.87
20	Luke Nesbitt	JR	AC Reynolds	1:17.03
21	Jude Sanderson	XX	St Stephens	1:17.75
22	Conner Coy		South Rowan	1:18.33
23	Baker Collins		Statesville	1:18.79
24	Ollie Moffitt	JR	East Lincoln	1:20.06

2024 3A Western NCHSAA Regional Championships - 2/2/2024 to 2/3/2024**Host: Hickory HS
Swimming & Diving
Psych Sheet**

Event 23	Women 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Central Cabarrus		3:44.07
2 Lake Norman Char		3:45.06
3 NW Cabarrus		4:00.73
4 South Point		4:13.16
5 Franklin		4:13.52
6 East Rowan		4:17.30
7 AC Reynolds		4:18.79
8 Hibriten		4:18.90
9 East Lincoln		4:25.75
10 Central Academy		4:26.05
11 Hickory		4:26.26
12 North Lincoln		4:26.46
13 St Stephens		4:29.47
14 North Buncombe		4:31.52
15 Forestview		4:35.64
16 Piedmont		4:36.54
17 West Henderson		4:38.84
18 Concord		4:39.76
19 Crest		4:40.50
20 South Rowan		4:42.50
21 North Iredell		4:43.55
22 Parkwood		4:50.14
23 Kings Mountain		5:00.22
24 Cramer		5:04.67

Event 24	Men 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Lake Norman Char		3:32.63
2 Forestview		3:33.99
3 St Stephens		3:39.81
4 Central Cabarrus		3:41.88
5 Central Academy		3:46.12
6 North Lincoln		3:46.20
7 East Rowan		3:49.38
8 AC Reynolds		3:50.66
9 Franklin		3:54.03
10 West Henderson		3:57.41
11 NW Cabarrus		3:57.77
12 Concord		3:57.90
13 East Lincoln		3:59.26
14 Hibriten		4:00.55
15 Huss		4:11.83
16 Kings Mountain		4:16.34
17 Smoky Mountain		4:21.29
18 North Buncombe		4:23.66
19 Tuscola		4:24.97
20 Freedom		4:26.02
21 Piedmont		4:34.26
22 Enka		4:38.09
23 Parkwood		4:40.08
24 Carson		4:59.14