

2024 4A Central NCHSAA Regional Championships - 2/1/2024 to 2/2/2024**Host: Northwest Guilford HS & Grimsley HS****Swimming & Diving****Psych Sheet****Event 1 Women 200 Yard Medley Relay**

Team	Relay	Seed Time
1 Apex		1:48.83
2 Green Hope		1:48.86
3 Green Level		1:52.37
4 Reagan		1:52.85
5 Grimsley		1:53.02
6 West Forsyth		1:53.03
7 Mount Tabor		1:53.37
8 Apex Friendship		1:53.40
9 Cary		1:53.63
10 RJ Reynolds		1:53.77
11 Middle Creek		1:54.48
12 Chapel Hill		1:54.59
13 Jordan		1:54.96
14 East Chapel Hill		1:55.74
15 Page		1:56.32
16 N Guilford		1:56.40
17 Riverside		1:58.38
18 Holly Springs		1:58.67
19 SW Guilford		2:00.21
20 Panther Creek		2:01.71
21 NW Guilford		2:01.85
22 Davie		2:02.00
23 Pinecrest		2:06.14
24 Ragsdale		2:10.45

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Green Level		1:36.64
2 Chapel Hill		1:37.02
3 Page		1:37.11
4 Reagan		1:37.98
5 Jordan		1:39.17
6 East Chapel Hill		1:40.47
7 Apex Friendship		1:40.54
8 Apex		1:40.69
9 Davie		1:40.83
10 Holly Springs		1:41.01
11 NW Guilford		1:41.78
12 Middle Creek		1:41.86
13 Mount Tabor		1:42.27
14 N Guilford		1:42.51
15 Green Hope		1:42.63
16 Cary		1:43.73
17 West Forsyth		1:43.79
18 Riverside		1:44.05
19 Panther Creek		1:44.08
20 Grimsley		1:44.55
21 SW Guilford		1:46.24
22 Pinecrest		1:46.35
23 Northern Durham		1:47.59
24 Ragsdale		1:51.84

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Mere Whelehan	JR	Green Hope	1:51.31
2 Sydney Holfelder	JR	Apex Friendship	1:52.61
3 Sloane Whelehan	FR	Green Hope	1:52.80
4 Isabel Wolk	SO	East Chapel Hill	1:54.56
5 Samantha Rydzewski	SR	Middle Creek	1:55.35
6 Camden Robertson	FR	RJ Reynolds	1:55.70
7 Elodie Mitchell	SR	Riverside	1:55.90
8 Catelyn Henderson	FR	Page	1:57.41
9 Sophie Perry	JR	Apex	1:59.10
10 Sophie Thornburg	SO	Jordan	1:59.75
11 Jessica Palmer	SR	Apex	1:59.97
12 Melina Megaly	FR	Green Hope	2:00.21
13 Kaylin Ray	FR	Green Level	2:00.87
14 Esme O'Neill	FR	Grimsley	2:01.13
15 Katie Kennedy	JR	West Forsyth	2:01.13
16 Paige Snyder	FR	Cary	2:01.17
17 Jordan Biggerstaff	JR	Chapel Hill	2:01.50
18 Alexandra Slavis	SO	Apex	2:02.08
19 Lakshmi Prasanth	JR	Apex Friendship	2:02.93
20 Addison Copeland	SR	Reagan	2:03.66
21 Paige Kupfrian	SO	Green Hope	2:04.45
22 Mary Dasher High	SR	Mount Tabor	2:04.53
23 Rosemary Helmedag	JR	Apex	2:06.14
24 Reese Walton	JR	West Forsyth	2:08.19

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Lucas Li	JR	East Chapel Hill	1:43.04
2 Landon Lloyd	SR	Green Hope	1:44.30
3 Nicholas Diacumakos	SR	Apex Friendship	1:45.66
4 Benjamin Pritchard	SR	Northern Durham	1:45.81
5 Vaughn Muir	FR	SW Guilford	1:46.61
6 Connor Peck	SR	Green Level	1:46.97
7 Brian Farrell	SR	Green Hope	1:47.30
8 Justin Park	SO	Green Level	1:47.59
9 Henry Cooper	FR	N Guilford	1:47.75
10 Cole Tangeman	JR	Apex Friendship	1:48.15
11 Jonathan Palamar	FR	Green Level	1:48.49
12 Jordan Matz	SO	Cary	1:48.51
13 John Zhang	SO	East Chapel Hill	1:48.63
14 Max Halpern	FR	East Chapel Hill	1:48.92
15 Calvin Provost	FR	Cary	1:48.94
16 Maximilian Marrujo	SR	Apex Friendship	1:49.42
17 Isaac Harter	SO	Panther Creek	1:49.64
18 Mason Duggins	FR	Page	1:50.79
19 Ames Wu	SO	East Chapel Hill	1:51.37
20 Jackson Zockoll	JR	Holly Springs	1:52.13
21 Jackson Hall	SR	Cary	1:52.21
22 Junhao Guan	SO	Chapel Hill	1:52.76
23 Kevin Luo	FR	Chapel Hill	1:52.88
24 Erik Oman	JR	Holly Springs	1:52.94

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Name	Yr	School	Seed Time
1 Nicole Zettel	JR	Apex Friendship	2:04.48
2 Lily Willis	JR	Green Level	2:06.08
3 Janice Qiu	SO	Green Hope	2:07.45
4 Mia Jeltema	JR	Green Hope	2:08.21
5 Katya Ivanov	SR	Apex	2:10.72
6 Kiley Lloyd	SO	Green Hope	2:10.84
7 Carson Broadbent	FR	Apex Friendship	2:11.18
8 Breanna Smith	SR	Panther Creek	2:12.03
9 Keira Chia	FR	Green Hope	2:12.92
10 Antoinette Marshall	FR	Cary	2:12.96
11 Kaidy Stout	FR	West Forsyth	2:13.90
12 Claire Farrell	JR	Reagan	2:15.16
13 Kalle Rendon	SO	Middle Creek	2:15.34
14 Savannah Nelson	FR	Middle Creek	2:15.66
15 Elizabeth Palmer	JR	Apex	2:16.18
16 Kennedy Oman	FR	Holly Springs	2:17.80
17 Gabrielle Schell	JR	Grimsley	2:18.99
18 Katherine Bakelaar	JR	Riverside	2:19.44
19 Poppy Manning	FR	Grimsley	2:19.86
20 Mackenzie Hall	FR	Cary	2:19.90
21 Winifred Stuart	SO	Apex	2:20.84
22 Alena Volpe	SO	Chapel Hill	2:21.57
23 Adah Clifford	SO	Reagan	2:22.66
24 Juliana Galeano Insuasti	SR	Chapel Hill	2:22.77

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Bence Burton	JR	Reagan	1:52.42
2 Grayson Nye	SR	Middle Creek	1:53.83
3 Griffin Jones	SR	Page	1:54.46
4 Abhay Tharakan	JR	Apex	1:55.08
5 Ryan Sutherland	SO	Jordan	1:56.14
6 Matthew Schoenagel	SR	Green Level	1:56.20
7 Christian Marrujo	JR	Apex Friendship	1:58.27
8 Tyler Burton	SO	Reagan	1:58.64
9 Ethan Liang	SO	Chapel Hill	1:58.89
10 Harris Abernathy	SO	Grimsley	1:59.84
11 Mark Brown		Western Guilford	2:00.07
12 Darren Liu	JR	Green Level	2:00.95
13 Nick Shalhoub	SO	Green Hope	2:01.37
14 Brennan Rothchild	JR	Apex Friendship	2:01.41
15 Jack Kondratick	JR	Holly Springs	2:01.93
16 William Zhang	FR	East Chapel Hill	2:02.17
17 Jason Li	SO	Chapel Hill	2:02.85
18 Grant Turner	JR	Reagan	2:03.06
19 Isaac Harter	SO	Panther Creek	2:03.20
20 Colton Chaires	FR	East Chapel Hill	2:03.59
21 Dane Hogan	JR	Holly Springs	2:03.70
22 Otto Schonwalder	SR	Riverside	2:04.78
23 Adrian Villalobos	JR	Cary	2:05.10
24 Jason Tao	SO	Chapel Hill	2:05.18

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Sloane Whelehan	FR	Green Hope	24.15
2 Taylor Cureton	SR	Apex	24.48
3 Audrey Wolk	SR	East Chapel Hill	24.59
4 Ellie Hunt	SR	Grimsley	24.76
5 Brooke Bourn	JR	N Guilford	24.78
6 Andie Quisumbing	SR	Green Hope	24.91
7 Luca Pirone	JR	Chapel Hill	24.94
8 Ada Mittendorf	FR	Cary	25.18
9 Angelina Lu	SO	Green Hope	25.32
10 Gracie Hunt	SR	Grimsley	25.34
11 Lauren Roberts	SR	East Chapel Hill	25.55
12 Anna Dimmick	FR	SE Guilford	25.56
13 Lauron Smith	FR	NW Guilford	25.61
14 Lindsay Lauver	JR	Green Hope	25.62
15 Riley Petronzio	SO	Mount Tabor	25.62
16 Peyton Clifford	SO	Reagan	25.63
17 Lauren Carlson	SO	Cary	25.69
18 Camilla Marriott	SR	Apex	25.73
19 Ailey Craig	FR	Cary	25.74
20 Claire Isaac	FR	Mount Tabor	25.82
21 Sydney Hodulik	JR	Chapel Hill	25.85
22 Emory Katz	SR	Panther Creek	25.96
23 Cassandra Nichols	SR	Holly Springs	26.00
24 Eva Doyle	JR	Page	26.04

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Albert Smelzer	SO	Page	20.94
2 Matthew Honaker	SR	Green Level	21.38
3 Connor Vargas	SR	Reagan	21.49
4 Cohen Singletary	JR	Apex Friendship	21.67
5 Edward Wang	SR	Chapel Hill	21.68
6 Maverick Crowell	JR	NW Guilford	21.75
7 Ethan Frondoza	JR	West Forsyth	21.87
8 Andrew Volpe	SR	Chapel Hill	21.90
9 Will Cooper	SR	N Guilford	22.09
10 Grant Larsen		Pinecrest	22.28
11 Alex Nelson	SO	East Chapel Hill	22.32
12 Kai Leisten	JR	Apex	22.38
13 Collin Zhang	SR	Chapel Hill	22.42
14 JT Trowbridge	SO	Reagan	22.49
15 Cody Sha	FR	East Chapel Hill	22.64
16 Matt Mungas	SO	NW Guilford	22.65
17 Spencer Mann	SR	SW Guilford	22.72
18 Christopher Schilling	SR	N Guilford	22.75
19 Ben Grimstead	JR	Mount Tabor	22.76
20 Anderson Cathey	JR	Page	22.83
21 Lucas Kehn	SR	Green Hope	22.87
22 Benjamin Rakusin	JR	Cary	22.90
23 Ian Campbell	SR	Reagan	22.91
24 Ryan West	SR	Middle Creek	22.92

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Name	Yr	School	
1 Vivian Brennan	JR	Riverside	469.65
2 Serena Cui	SR	East Chapel Hill	440.25
3 Laila Kwong	FR	East Chapel Hill	422.40
4 Isabella Tessier	SO	Page	376.10
5 Kaylee Kim	SO	Panther Creek	351.80
6 Alis Yadushlivi	SO	Apex Friendship	343.35
7 Elena Wang	JR	East Chapel Hill	337.65
8 Sinead Valero	JR	Holly Springs	332.30
9 Taylor Ralph	FR	Holly Springs	328.55
10 Olivia Rudolph	JR	NW Guilford	296.05
11 Michella Ward	JR	Reagan	279.20
12 Avery Morris	SR	Reagan	277.20
13 Maisie Clarke	SR	East Chapel Hill	271.95
14 Zella Ann Cook	SO	Mount Tabor	270.94
15 Elle Falkiner	JR	Apex	270.70
16 Hailey Stuart	FR	N Guilford	263.65
17 Emory Rhodes	JR	West Forsyth	254.40
18 Abbygail Beauchesne	SO	Holly Springs	254.20
19 Zoe Williams	SR	Cary	242.20
20 Sarah Welsh	SR	RJ Reynolds	240.25
21 Brooke Starritt	JR	Middle Creek	239.05
22 Reagan Salentine	JR	Holly Springs	223.95
23 Violet Low	JR	Middle Creek	220.05
24 Hannah Hubbell	SO	Cary	202.95
25 Christelle Matar	SO	Middle Creek	177.75
26 Kaelyn Harmon	SR	Green Level	161.80
27 Eva Bostwick	SO	Green Hope	154.35
28 Callie Coulter	SO	Cary	154.05

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Jacob Pollina	SO	N Guilford	438.65
2 Dorian Albee	JR	Grimsley	348.80
3 Hudson Weinhausen	JR	Holly Springs	346.60
4 Hugh Fitzgerald	FR	RJ Reynolds	338.40
5 Jack Adler	SR	East Chapel Hill	312.00
6 Walton Lamkin	JR	RJ Reynolds	262.35
7 Peyton Joncich	JR	Cary	261.35
8 Aksel Pepper	JR	Green Hope	257.85
9 Nathan Eichenseer	FR	Green Hope	217.55
10 Will Gilmore	SO	Cary	217.55
11 Carson Hall	FR	Green Hope	205.80

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Andie Quisumbing	SR	Green Hope	56.50
2 Elodie Mitchell	SR	Riverside	57.46
3 Maeren McGonigal	SR	Grimsley	57.94
4 Angelina Lu	SO	Green Hope	58.45
5 Taylor Cureton	SR	Apex	58.48
6 Ava Kiser	SO	RJ Reynolds	58.69
7 Lily Grieve		Pinecrest	59.44
8 Marisa White	SR	Apex	59.45
9 Katharine Perdue	JR	West Forsyth	59.47
10 Camilla Marriott	SR	Apex	59.52
11 Tara Talwar	SO	Green Level	59.68
12 Jessica Palmer	SR	Apex	1:00.03
13 Aubrey Mitchell	SO	Riverside	1:00.08
14 Addison Holland	SO	Apex Friendship	1:00.72
15 Catelyn Henderson	FR	Page	1:00.81
16 Katherine Bakelaar	JR	Riverside	1:01.01
17 Natalie Matheny	FR	Cary	1:01.62
18 Peyton Clifford	SO	Reagan	1:02.93
19 Lulu Serang	JR	West Forsyth	1:03.28
20 Mackenzie Hall	FR	Cary	1:03.42
21 Alicia Su	JR	East Chapel Hill	1:03.42
22 Ailey Craig	FR	Cary	1:03.55
23 Reese Walton	JR	West Forsyth	1:03.57
24 Lilly Burdick	FR	Green Hope	1:03.81

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Lucas Li	JR	East Chapel Hill	50.86
2 Chris Erickson	SR	Northern Durham	50.92
3 Landon Lloyd	SR	Green Hope	51.47
4 Maverick Crowell	JR	NW Guilford	52.17
5 Jack Humbert	JR	Jordan	52.48
6 Earnhardt Harris	SR	Davie	52.67
7 Nicholas Diacumakos	SR	Apex Friendship	53.15
8 Devin Locklear	SO	Green Level	53.41
9 Leo O'Keefe	JR	Green Level	53.82
10 Radford Walker		Pinecrest	54.26
11 Spencer Mann	SR	SW Guilford	54.27
12 Nick Brooks	FR	Page	54.28
13 Finn McGonigal	SO	Grimsley	54.42
14 Cody Sha	FR	East Chapel Hill	54.85
15 Brady Tangeman	SR	Apex Friendship	54.93
16 Jackson Zockoll	JR	Holly Springs	55.12
17 Timothy Gaylord	SR	N Guilford	55.19
18 Otto Schonwalder	SR	Riverside	55.36
19 Domenico Trigilio	SO	Apex	55.38
20 Denali Cutbush-Taylor	SO	Chapel Hill	56.05
21 Ben Grimstead	JR	Mount Tabor	56.16
22 Alex Powell	SO	Grimsley	56.50
23 Leo Suphavadeprasit	JR	Apex	56.94
24 Jake Dunaway	FR	Middle Creek	57.11

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Name	Yr	School	Seed Time
1 Mere Whelehan	JR	Green Hope	51.87
2 Sydney Holfelder	JR	Apex Friendship	52.37
3 Isabel Wolk	SO	East Chapel Hill	53.14
4 Ava Kiser	SO	RJ Reynolds	53.43
5 Brooke Bourn	JR	N Guilford	53.91
6 Chloe Mihaly	JR	Riverside	53.92
7 Luca Pirone	JR	Chapel Hill	54.40
8 Ellie Hunt	SR	Grimsley	54.47
9 Paige O'Keefe	SR	Jordan	54.85
10 Ada Mittendorf	FR	Cary	54.85
11 Lauren Roberts	SR	East Chapel Hill	55.42
12 Katie Krieger	SO	Mount Tabor	55.43
13 Kalle Rendon	SO	Middle Creek	55.90
14 Addison Mitchell	SO	Reagan	55.98
15 Katie Kennedy	JR	West Forsyth	56.30
16 Cassandra Nichols	SR	Holly Springs	56.61
17 Sydney Hodulik	JR	Chapel Hill	57.12
18 Lillian Burton	JR	Chapel Hill	57.17
19 Eden Byrd	FR	Green Hope	57.55
20 Lauron Smith	FR	NW Guilford	57.57
21 Keegan Brown	JR	RJ Reynolds	57.64
22 Eva Doyle	JR	Page	57.68
23 Kaylee Bohinc	JR	Cary	57.69
24 Lindsay Lauver	JR	Green Hope	58.09

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Albert Smelzer	SO	Page	46.76
2 Connor Vargas	SR	Reagan	47.25
3 Edward Wang	SR	Chapel Hill	47.39
4 Grant Larsen		Pinecrest	48.40
5 Max Halpern	FR	East Chapel Hill	48.54
6 Matthew Honaker	SR	Green Level	48.58
7 Max Mahler	JR	Mount Tabor	48.63
8 Benjamin DeSimone	SO	Jordan	48.71
9 Cohen Singletary	JR	Apex Friendship	48.76
10 Will Cooper	SR	N Guilford	48.76
11 Lucas Kehn	SR	Green Hope	49.26
12 Devin Locklear	SO	Green Level	49.50
13 Alex Nelson	SO	East Chapel Hill	49.50
14 Kai Leisten	JR	Apex	49.54
15 Pranav Nemani	SR	Panther Creek	49.62
16 Logan Truskowski	FR	Reagan	49.92
17 William Zhang	FR	East Chapel Hill	50.29
18 Andrew Volpe	SR	Chapel Hill	50.33
19 Walker Lin	SR	Grimsley	50.36
20 Noah Morgan	SO	NW Guilford	50.70
21 Dhaval Pant	SO	Green Hope	51.31
22 Jackson Hall	SR	Cary	51.31
23 Christopher Schilling	SR	N Guilford	51.51
24 Trey Dickenson	FR	SW Guilford	51.62

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Nicole Zettel	JR	Apex Friendship	5:01.73
2 Chloe Mihaly	JR	Riverside	5:10.28
3 Marisa White	SR	Apex	5:10.50
4 Sophie Thornburg	SO	Jordan	5:10.82
5 Nola Meekins	FR	Green Hope	5:11.55
6 Mackenzie Collins	SO	Jordan	5:16.11
7 Annabelle Martin	SO	Apex Friendship	5:17.14
8 Melina Megaly	FR	Green Hope	5:18.10
9 Carson Broadbent	FR	Apex Friendship	5:21.57
10 Jordan Biggerstaff	JR	Chapel Hill	5:24.38
11 Tanith Mueller	JR	Apex	5:27.05
12 Anna Burns	FR	Cary	5:27.05
13 Abigail Schilling	SO	N Guilford	5:28.51
14 Kennedy Oman	FR	Holly Springs	5:28.54
15 Esme O'Neill	FR	Grimsley	5:29.10
16 Aubrey Mitchell	SO	Riverside	5:30.06
17 Alicia Su	JR	East Chapel Hill	5:30.52
18 Keegan Brown	JR	RJ Reynolds	5:31.07
19 Alyssa Eklund	SO	Green Level	5:34.11
20 Paige Snyder	FR	Cary	5:34.26
21 Rosemary Helmedag	JR	Apex	5:34.48
22 Scarlett Fernando	SO	SW Guilford	5:34.72
23 Mary Dasher High	SR	Mount Tabor	5:35.60
24 Paige Kupfrian	SO	Green Hope	5:37.45

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Cooper Nicholson	SR	East Chapel Hill	4:42.36
2 Colton Chaires	FR	East Chapel Hill	4:42.94
3 Connor Peck	SR	Green Level	4:45.20
4 Erik Oman	JR	Holly Springs	4:45.46
5 Jordan Matz	SO	Cary	4:49.48
6 Benjamin Pritchard	SR	Northern Durham	4:49.82
7 Justin Park	SO	Green Level	4:51.07
8 Vaughn Muir	FR	SW Guilford	4:51.07
9 Nick Shalhoub	SO	Green Hope	4:52.32
10 Maximilian Marrujo	SR	Apex Friendship	4:53.16
11 Christian Marrujo	JR	Apex Friendship	4:53.79
12 Calvin Provost	FR	Cary	4:53.93
13 Harris Abernathy	SO	Grimsley	4:54.85
14 Henry Cooper	FR	N Guilford	4:54.85
15 Charles Camplin	SO	Panther Creek	4:55.56
16 Lysander Mihaly	FR	Riverside	4:57.35
17 Denali Cutbush-Taylor	SO	Chapel Hill	4:58.33
18 Mason Duggins	FR	Page	5:00.05
19 David Ritchey	JR	Riverside	5:01.32
20 Wyatt Perkins	SO	Green Level	5:03.64
21 Rigney Helmedag	SO	Apex	5:05.04
22 Cole Newman	JR	Riverside	5:05.61
23 Kevin Luo	FR	Chapel Hill	5:05.82
24 Noah Brumback	FR	Apex	5:08.59

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Team	Relay	Seed Time
1 Green Hope		1:39.21
2 East Chapel Hill		1:40.10
3 Riverside		1:40.27
4 Grimsley		1:41.96
5 Apex		1:42.14
6 Chapel Hill		1:43.13
7 Cary		1:43.26
8 Apex Friendship		1:43.37
9 Mount Tabor		1:44.42
10 Reagan		1:44.51
11 Jordan		1:45.27
12 Page		1:45.45
13 Green Level		1:45.55
14 RJ Reynolds		1:46.43
15 N Guilford		1:46.44
16 West Forsyth		1:47.47
17 NW Guilford		1:49.07
18 Holly Springs		1:50.56
19 Panther Creek		1:50.94
20 Davie		1:53.12
21 Pinecrest		1:54.96
22 Ragsdale		1:55.90
23 SE Guilford		1:56.53
24 SW Guilford		1:57.01

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Green Hope		1:28.39
2 Green Level		1:28.70
3 Chapel Hill		1:29.07
4 Page		1:29.38
5 East Chapel Hill		1:29.42
6 Reagan		1:30.41
7 N Guilford		1:30.78
8 Jordan		1:31.46
9 Davie		1:31.75
10 Apex Friendship		1:32.68
11 Mount Tabor		1:32.72
12 Apex		1:33.04
13 NW Guilford		1:33.04
14 Grimsley		1:34.22
15 SW Guilford		1:34.59
16 West Forsyth		1:34.97
17 Cary		1:34.97
18 Panther Creek		1:35.04
19 Riverside		1:35.35
20 Holly Springs		1:36.90
21 Pinecrest		1:37.55
22 Ragsdale		1:37.95
23 Northern Durham		1:39.80
24 Middle Creek		1:41.28

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Samantha Rydzewski	SR	Middle Creek	57.16
2 Camden Robertson	FR	RJ Reynolds	57.92
3 Katherine Perdue	JR	West Forsyth	58.39
4 Claire Farrell	JR	Reagan	58.84
5 Maeren McGonigal	SR	Grimsley	58.89
6 Nola Meekins	FR	Green Hope	59.55
7 Kyley Lloyd	SO	Green Hope	59.99
8 Savannah Nelson	FR	Middle Creek	1:00.22
9 Mackenzie Collins	SO	Jordan	1:00.28
10 Sophie Perry	JR	Apex	1:01.08
11 Kaylin Ray	FR	Green Level	1:01.47
12 Addison Copeland	SR	Reagan	1:01.58
13 Anna Burns	FR	Cary	1:01.63
14 Tara Talwar	SO	Green Level	1:01.92
15 Lillian Burton	JR	Chapel Hill	1:02.09
16 Gabrielle Schell	JR	Grimsley	1:02.29
17 Gracie Hunt	SR	Grimsley	1:02.54
18 Lakshmi Prasanth	JR	Apex Friendship	1:02.96
19 Laine Grotjohn	SR	Cary	1:03.11
20 Chloe Vestal	SR	Green Hope	1:03.32
21 Jessi Kate Bartlett	SR	Reagan	1:03.52
22 Alyssa Eklund	SO	Green Level	1:03.58
23 Abigail Schilling	SO	N Guilford	1:03.61
24 Reese Patterson	FR	West Forsyth	1:03.83

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Chris Erickson	SR	Northern Durham	51.37
2 Abhay Tharakan	JR	Apex	51.84
3 Ethan Frondoza	JR	West Forsyth	52.91
4 Cooper Nicholson	SR	East Chapel Hill	52.91
5 Leo O'Keefe	JR	Green Level	53.05
6 Brian Farrell	SR	Green Hope	53.12
7 John Zhang	SO	East Chapel Hill	53.57
8 Jonathan Palamar	FR	Green Level	53.73
9 Ethan Liang	SO	Chapel Hill	53.85
10 Brady Tangeman	SR	Apex Friendship	53.94
11 Zach Hirata	FR	Davie	54.07
12 Nick Brooks	FR	Page	54.69
13 Ryan West	SR	Middle Creek	54.77
14 Logan Truskowski	FR	Reagan	55.02
15 Cole Tangeman	JR	Apex Friendship	55.28
16 JT Trowbridge	SO	Reagan	55.34
17 Micah Mitchell	SO	NW Guilford	56.00
18 Aiden Davis	SR	Davie	56.03
19 Ames Wu	SO	East Chapel Hill	56.43
20 Wyatt Perkins	SO	Green Level	56.58
21 Noah Morgan	SO	NW Guilford	57.03
22 Jake Dunaway	FR	Middle Creek	57.88
23 Cooper Smits	JR	Mount Tabor	58.53
24 Peter Miller	JR	Grimsley	58.54

2024 4A Central NCHSAA Regional Championships - 2/1/2024 to 2/2/2024**Host: Northwest Guilford HS & Grimsley HS****Swimming & Diving****Psych Sheet**

Event 21	Women 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Janice Qiu	SO	Green Hope	1:05.07
2 Mia Jeltema	JR	Green Hope	1:05.08
3 Lily Willis	JR	Green Level	1:05.57
4 Elizabeth Palmer	JR	Apex	1:06.09
5 Kaidy Stout	FR	West Forsyth	1:06.27
6 Katya Ivanov	SR	Apex	1:06.72
7 Audrey Wolk	SR	East Chapel Hill	1:07.80
8 Breanna Smith	SR	Panther Creek	1:08.42
9 Avari Clark	SR	Jordan	1:08.58
10 Antoinette Marshall	FR	Cary	1:08.59
11 Alena Volpe	SO	Chapel Hill	1:08.64
12 Poppy Manning	FR	Grimsley	1:09.03
13 Annabelle Martin	SO	Apex Friendship	1:09.17
14 Lauren Carlson	SO	Cary	1:09.58
15 Katie Krieger	SO	Mount Tabor	1:09.75
16 Keira Chia	FR	Green Hope	1:09.93
17 Claire Isaac	FR	Mount Tabor	1:10.37
18 Addison Drenan	FR	Reagan	1:10.57
19 Sage Howards	FR	RJ Reynolds	1:10.97
20 Adah Clifford	SO	Reagan	1:11.09
21 Marissa Locklear	FR	Green Level	1:11.28
22 Nina Howards	JR	RJ Reynolds	1:12.33
23 Hannah Drecktrah	JR	East Chapel Hill	1:12.96
24 Logan White	SR	Davie	1:13.54

Event 22	Men 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Grayson Nye	SR	Middle Creek	57.28
2 Bence Burton	JR	Reagan	57.68
3 Griffin Jones	SR	Page	57.92
4 Max Mahler	JR	Mount Tabor	58.51
5 Ryan Sutherland	SO	Jordan	58.99
6 Matthew Schoenagel	SR	Green Level	59.13
7 Tyler Burton	SO	Reagan	59.62
8 Grant Turner	JR	Reagan	1:00.11
9 Mark Brown		Western Guilford	1:00.15
10 Lysander Mihaly	FR	Riverside	1:00.18
11 Pranav Nemani	SR	Panther Creek	1:00.34
12 Trey Dickenson	FR	SW Guilford	1:00.74
13 Dane Hogan	JR	Holly Springs	1:01.08
14 Adrian Villalobos	JR	Cary	1:01.60
15 Darren Liu	JR	Green Level	1:01.99
16 Jason Li	SO	Chapel Hill	1:02.14
17 Brennan Rothchild	JR	Apex Friendship	1:02.22
18 Jackson Hartsough	SO	Mount Tabor	1:02.24
19 Carter Patterson	SO	West Forsyth	1:02.29
20 Charles Camplin	SO	Panther Creek	1:02.31
21 Jack Kondratick	JR	Holly Springs	1:02.43
22 Lucas Golinski	JR	Ragsdale	1:02.48
23 Levin Wu	SR	Green Hope	1:02.81
24 Joseph Park	JR	Green Level	1:02.96

Event 23	Women 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Green Hope		3:36.24
2 Riverside		3:39.59
3 Apex Friendship		3:40.84
4 Apex		3:41.78
5 East Chapel Hill		3:42.78
6 RJ Reynolds		3:43.05
7 Jordan		3:43.54
8 West Forsyth		3:45.01
9 Middle Creek		3:45.09
10 Reagan		3:45.79
11 Mount Tabor		3:47.66
12 Grimsley		3:48.82
13 Cary		3:49.47
14 N Guilford		3:50.82
15 Green Level		3:52.36
16 Chapel Hill		3:52.83
17 NW Guilford		4:05.95
18 Holly Springs		4:06.81
19 Davie		4:09.28
20 Page		4:11.27
21 SW Guilford		4:11.27
22 Pinecrest		4:16.40
23 Panther Creek		4:19.36
24 Ragsdale		4:34.90

Event 24	Men 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Green Hope		3:15.22
2 Green Level		3:15.78
3 East Chapel Hill		3:17.11
4 Reagan		3:17.31
5 Chapel Hill		3:20.18
6 Apex Friendship		3:21.63
7 NW Guilford		3:21.77
8 N Guilford		3:22.13
9 Jordan		3:23.21
10 Grimsley		3:23.60
11 Apex		3:24.72
12 Riverside		3:24.90
13 Cary		3:27.85
14 Mount Tabor		3:28.88
15 Holly Springs		3:29.10
16 Middle Creek		3:29.10
17 Page		3:29.27
18 Davie		3:30.54
19 West Forsyth		3:38.49
20 SW Guilford		3:40.23
21 Pinecrest		3:41.89
22 Ragsdale		3:49.76
23 Panther Creek		3:50.15
24 RJ Reynolds		3:55.73