

**2025 3A State NCHSAA Championships - 2/6/2025 to 2/7/2025**

**Swimming & Diving**

**Host: Pine Forest HS**

**Psych Sheet**

**Event 1 Women 200 Yard Medley Relay**

Team	Relay	Seed Time
1	Central Cabarrus	1:50.94
2	Lake Norman Char	1:51.53
3	JH Rose	1:54.70
4	Union Pines	1:55.73
5	Cedar Ridge	1:57.56
6	Carrboro	1:57.66
7	Orange	1:57.84
8	West Brunswick	1:58.17
9	West Henderson	2:01.39
10	Concord	2:02.57
11	Franklin	2:03.82
12	Swansboro	2:04.02
13	JM Robinson	2:04.44
14	South Brunswick	2:04.84
15	West Carteret	2:04.86
16	AC Reynolds	2:05.99
17	North Davidson	2:06.73
18	Croatan	2:07.63
19	North Lincoln	2:07.85
20	Terry Sanford	2:08.51
21	First Flight	2:08.70
22	East Lincoln	2:09.01
23	Central Academy	2:09.36
24	DSA	2:12.19

**Event 2 Men 200 Yard Medley Relay**

Team	Relay	Seed Time
1	North Lincoln	1:41.39
2	Forestview	1:42.35
3	Central Academy	1:42.36
4	Lake Norman Char	1:42.87
5	Croatan	1:43.03
6	Orange	1:43.06
7	Central Cabarrus	1:45.54
8	Concord	1:46.21
9	Carrboro	1:46.33
10	South Brunswick	1:46.36
11	JH Rose	1:46.50
12	South Point	1:46.77
13	West Henderson	1:46.82
14	Atkins	1:47.07
15	Northern Nash	1:47.20
16	Swansboro	1:47.33
17	Union Pines	1:49.63
18	First Flight	1:51.15
19	Harnett Central	1:52.95
20	South Central	1:52.98
21	Freedom	1:53.41
22	Franklin	1:53.62
23	North Davidson	1:54.94
24	Rockingham Co	1:56.47

**Event 3 Women 200 Yard Freestyle**

Name	Yr	School	Seed Time
1	Madison Bowen	SR Croatan	1:53.28
2	Francesca DiGiovanni	SR Smithfield-Selma	1:53.71
3	Dakota Gayle	FR Lake Norman Char	1:55.35
4	Alana Kolano	FR Lake Norman Char	2:00.61
5	Payton Millard	SO Smithfield-Selma	2:02.01
6	Addyson Sechriest	JR East Rowan	2:03.14
7	Kaylee Jarvis	JR West Brunswick	2:03.41
8	Avery Shuping	SR Carrboro	2:03.77
9	Emmalyn Buskirk	XX Fred T Foard	2:05.08
10	Margaret Payton	SO Cedar Ridge	2:05.51
11	Kaci Collins	XX Fike	2:06.68
12	Elizabeth Merlette	JR Western Alamance	2:06.70
13	Riley Brown	SR JH Rose	2:06.83
14	Ruby Leis	FR AC Reynolds	2:06.93
15	Ainsley Rasinske	JR Orange	2:07.37
16	Avery Newsome	JR Lake Norman Char	2:07.60
17	Kelly Todd	SR Central Academy	2:07.62
18	Stella Pridmore	JR East Lincoln	2:08.04
19	Peyton Hawkins	JR Lake Norman Char	2:08.87
20	Emmerson Topete	JR DSA	2:10.23
21	Nyah Tranel	FR Union Pines	2:10.25
22	Layne Taylor	Harnett Central	2:11.39
23	Opal Grey Boehmer	SO South Brunswick	2:11.44
24	Ama Higgs	Hibriten	2:12.23

**Event 4 Men 200 Yard Freestyle**

Name	Yr	School	Seed Time
1	Rider Warner	SR East Lincoln	1:45.64
2	Luke Roman	SR Orange	1:45.79
3	Alex Stinson	SO Lake Norman Char	1:46.30
4	Sam Johnson	XX West Carteret	1:47.11
5	Grey DeWalt	JR Carrboro	1:48.98
6	Carter Hall	SR Lake Norman Char	1:49.75
7	Zach Maiorana	JR Carrboro	1:50.79
8	Melchisedek Kolomiyets	SR AC Reynolds	1:53.31
9	Alex Seymour	SR Lake Norman Char	1:53.75
10	Ayden Twiddy	SR Orange	1:54.08
11	Jakob Boehmer	SO South Brunswick	1:55.14
12	John Dotti	SR West Henderson	1:56.29
13	Aidan Hite	JR NW Cabarrus	1:56.30
14	Charlie Arning	JR Lake Norman Char	1:56.77
15	Philip Cauwels	SR Cedar Ridge	1:57.42
16	Rodney Hawkins	SO East Rowan	1:58.68
17	Ayden Burckhardt	Harnett Central	2:00.65
18	Zack Jordan	SR Central Cabarrus	2:02.12
19	Nathan Mull	Hibriten	2:02.25
20	Gabriel Lundin	JR South Central	2:02.78
21	Camden Lenz	SR Currituck County	2:03.29
22	Peyton Adkisson	FR South Brunswick	2:04.23
23	Daniel Doss	FR Western Alamance	2:04.40
24	Isaac Gedman	SR South Brunswick	2:04.47

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**Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Madisyn Upton	FR	S Alamance	2:10.36
2 Abbey Cronin	SR	Central Cabarrus	2:10.39
3 Skye Yampolsky	SO	Lake Norman Char	2:11.44
4 Kathryn Cinson	XX	Fred T Foard	2:11.93
5 Campbelle Cyrus	SO	Lake Norman Char	2:12.05
6 Hadleigh Kulas	JR	JH Rose	2:12.24
7 Lily Price	SO	Lake Norman Char	2:14.56
8 Anya Muminovic	JR	Smithfield-Selma	2:14.61
9 Madison Kohler	JR	Central Academy	2:15.61
10 Annabelle Gangloff	FR	Carrboro	2:16.06
11 Quinn McCrimmon	SR	Cedar Ridge	2:20.24
12 Taylor Johnson	JR	Scotland	2:21.13
13 Zoe Jones	SR	Orange	2:22.37
14 Sarah Rasmussen	SO	West Henderson	2:22.48
15 Maddie Girouard	SR	Rocky Mount	2:24.95
16 Whitney Johns	SO	Central Cabarrus	2:25.11
17 Avery Brown	SR	Carrboro	2:25.50
18 Lily Walls	SR	South Johnston	2:26.74
19 Elianna Kolomiyets	FR	AC Reynolds	2:27.01
20 Ariel Werner	JR	Lake Norman Char	2:27.83
21 Bergan Cassiano	JR	Swansboro	2:28.21
22 Reilly Jermyn	FR	Orange	2:29.32
23 Kylie Moro	SR	NW Cabarrus	2:30.34
24 Kate Kopka	XX	Fike	2:31.89

**Event 6 Men 200 Yard IM**

Name	Yr	School	Seed Time
1 Aiden Deluca	JR	North Lincoln	1:55.70
2 Trevor Hucal	JR	Swansboro	1:58.75
3 Neil Hart	JR	Lake Norman Char	2:00.11
4 Carter Williams	SR	Central Academy	2:00.89
5 Collin Williams	SO	Central Academy	2:02.01
6 Alexander Andre	SR	Orange	2:02.67
7 Coby Werner	FR	Lake Norman Char	2:04.28
8 Zack Schambra Stevens	SO	Atkins	2:05.87
9 Evan Sevast	JR	South Brunswick	2:05.91
10 Mason Bowler	FR	JH Rose	2:06.11
11 Alex Delgadillo	JR	Carrboro	2:06.54
12 Owen Pridmore	SR	East Lincoln	2:06.71
13 Benjamin Williams	SR	Central Cabarrus	2:07.61
14 Jack Anderson	SR	AC Reynolds	2:10.27
15 Ian Hicks	JR	Union Pines	2:10.43
16 Gavin Pesko	SR	Croatan	2:11.82
17 Roscoe Greene	SR	West Henderson	2:12.42
18 Declan Fittz	SO	Lake Norman Char	2:12.58
19 Logan Beale	FR	Lake Norman Char	2:12.59
20 Raymond Rushing	XX	St Stephens	2:12.81
21 Adric Ebert	SO	Atkins	2:15.69
22 Nicholas Baczara	SR	Orange	2:16.91
23 Van Digby	FR	First Flight	2:16.97
24 Blake Denton	SO	Northern Nash	2:17.50

**Event 7 Women 50 Yard Freestyle**

Name	Yr	School	Seed Time
1 Lily Hermans	JR	Concord	23.90
2 Ila Turner	SO	South Point	24.08
3 Lyla Johns	SR	Central Cabarrus	24.70
4 Lorelai Miller	SR	South Central	24.86
5 Piper White	JR	Orange	25.04
6 Audrey Wolff	SR	Central Cabarrus	25.24
7 Clara Pierce Smith	SR	JH Rose	25.35
8 Connely Smith	SR	NW Cabarrus	25.58
9 Aley Williams	SR	West Brunswick	25.83
10 Michaele Lombardo	FR	Tuscola	25.84
11 Brooklyn Henderson	SR	Swansboro	25.97
12 AJ Jackson	JR	South Brunswick	26.02
13 Callie Copeland	SO	JM Robinson	26.05
14 Reese Gettys	SR	Crest	26.07
15 Piper Jillings	SO	Hickory	26.21
16 Parker Ridge	SO	Ledford	26.39
17 Peyton Letteer	FR	JM Robinson	26.59
18 Carys Carson	JR	JH Rose	26.63
19 Erika Wu	SO	JH Rose	26.78
20 Aubrey Little	SR	Parkwood	26.82
21 Maggie Richard	XX	Oak Grove	27.16
22 Anna Hartsell	SO	Carrboro	27.41
23 Abby Meuser	JR	North Davidson	27.92
24 Sophia Broverman-Chappell			Oak Grove 28.18

**Event 8 Men 50 Yard Freestyle**

Name	Yr	School	Seed Time
1 Logan Kelly	XX	St Stephens	21.72
2 Ezra Zapler	JR	JH Rose	21.82
3 Conner Ezzell	JR	Northern Nash	21.82
4 Miles Ferguson	SR	South Point	22.26
5 Matej Roth	SR	Croatan	22.35
6 Joshua Vogl	XX	Oak Grove	22.37
7 Ryan Ventry	JR	Havelock	22.38
8 Gavin Woolet	JR	Aycock	22.39
9 Eamon Hipps	JR	Western Alamance	22.57
10 Austin Major	SR	Cramer	22.58
11 Stefan Reedy	XX	Asheboro	22.81
12 Grant Hunnicutt	SR	South Point	22.84
13 Nolan Walker		Harnett Central	23.06
14 Cooper Cavicchia	SR	Lake Norman Char	23.11
15 Eli Fulcher	XX	Oak Grove	23.11
16 Jack Rodgers	SR	Lake Norman Char	23.17
17 Jonah DeCubellis	SR	Concord	23.21
18 Jake McClanan	SR	Currituck County	23.30
19 Noah Legnosky	FR	South Point	23.31
20 Rance Jackson	JR	Central Davidson	23.39
21 Noah Jones	SR	Orange	23.43
22 Andy Willis		Concord	23.51
23 Eddie Lawson	JR	Concord	23.63
24 Ollie Womble	XX	West Carteret	23.68

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**Event 9 Women 1 mtr Diving**

Name	Yr	School	
1 Kaitlyn Knutsen		Lake Norman Char	396.20
2 Camryn Russell	JR	Crest	366.65
3 Michaela Bentley	JR	Western Alamance	364.00
4 Katherine Shapard		Lake Norman Char	363.80
5 Elizabeth Penaskovic		Carrboro	325.80
6 Emmalyne Parnitzke	SO	Atkins	300.75
7 Ashlyn Peeler		Crest	267.50
8 Emmie Craig	SR	Carrboro	258.95
9 Lily Howard	SR	Orange	247.50
10 Zoe Crone		West Carteret	229.45
11 Tessa Barfield		West Carteret	208.55

**Event 10 Men 1 mtr Diving**

Name	Yr	School	
1 William Clark	SO	DSA	393.25
2 Jonah Brant	JR	Franklin	289.70
3 Judah Kolling-Perin	JR	Carrboro	213.45

**Event 11 Women 100 Yard Butterfly**

Name	Yr	School	Seed Time
1 Madisyn Upton	FR	S Alamance	57.00
2 Campbelle Cyrus	SO	Lake Norman Char	58.13
3 Lorelai Miller	SR	South Central	59.95
4 Caylee Hollar	SO	North Lincoln	1:00.23
5 Quinn McCrimmon	SR	Cedar Ridge	1:00.92
6 Ava Milkowich	JR	Union Pines	1:01.23
7 Addison Lasarsky	SR	Lake Norman Char	1:01.74
8 Iris Eldridge	SO	JH Rose	1:03.10
9 Eva Dziuba	FR	Carrboro	1:03.24
10 Connelly Smith	SR	NW Cabarrus	1:03.69
11 Layne Taylor		Harnett Central	1:03.99
12 Maddie Girouard	SR	Rocky Mount	1:04.28
13 Stella Pridmore	JR	East Lincoln	1:04.44
14 Elizabeth Merlette	JR	Western Alamance	1:04.50
15 Kenna Keyworth	SO	Franklin	1:04.58
16 Kylie Moro	SR	NW Cabarrus	1:04.71
17 Ellie Hill	JR	Carrboro	1:05.17
18 Avery Brown	SR	Carrboro	1:05.42
19 Zoi Walker	SR	Franklin	1:05.98
20 Ava Willams	JR	West Brunswick	1:06.01
21 Layla Holland	FR	Swansboro	1:06.67
22 Natalie Irish	SO	Smithfield-Selma	1:06.68
23 Lily Walls	SR	South Johnston	1:06.90
24 Maison Moore	SO	Havelock	1:07.03

**Event 12 Men 100 Yard Butterfly**

Name	Yr	School	Seed Time
1 Jackson Kroh	SO	North Lincoln	51.51
2 Sam Johnson	XX	West Carteret	52.34
3 Josh Jones	JR	Carrboro	53.16
4 Conner Ezzell	JR	Northern Nash	53.51
5 Evan Sevast	JR	South Brunswick	53.93
6 Alex Stinson	SO	Lake Norman Char	54.47
7 Graham Kines	SR	Forestview	54.86
8 J.E. Sandor	FR	Cedar Ridge	55.41
9 Eric Robertson	JR	Lake Norman Char	55.43
10 Gavin Woolet	JR	Aycock	55.57
11 Noah Legnosky	FR	South Point	55.81
12 Roscoe Greene	SR	West Henderson	56.18
13 Andy Willis		Concord	56.62
14 Emmanuel Enhombi	SR	Central Academy	56.65
15 Merrick Shumaker	SR	First Flight	57.24
16 Channing Scott	SR	Lake Norman Char	57.33
17 Gunner Smith	XX	St Stephens	57.36
18 Trentyn Shanahan	SO	North Lincoln	57.46
19 Eli Fulcher	XX	Oak Grove	57.60
20 Daniel Doss	FR	Western Alamance	58.01
21 Daniel Lane	SR	South Point	58.05
22 Braden Schwenke	SO	Atkins	58.62
23 Nicholas Baczara	SR	Orange	58.86
24 Elijah Adams	JR	South Johnston	59.89

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**Event 13 Women 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Lily Hermans	JR	Concord	52.76
2 Ila Turner	SO	South Point	53.29
3 Skye Yampolsky	SO	Lake Norman Char	53.69
4 Dakota Gayle	FR	Lake Norman Char	53.90
5 Piper White	JR	Orange	54.33
6 Peyton Stegman	FR	South Brunswick	54.84
7 Payton Millard	SO	Smithfield-Selma	55.86
8 Riley Brown	SR	JH Rose	57.58
9 Eva Dziuba	FR	Carrboro	57.64
10 Kaci Collins	XX	Fike	57.91
11 Avery Newsome	JR	Lake Norman Char	57.93
12 Peyton Hawkins	JR	Lake Norman Char	58.15
13 Adelaide Kelley	XX	West Carteret	58.23
14 Brooklyn Henderson	SR	Swansboro	58.36
15 Claire Weld	SR	Union Pines	58.37
16 AJ Jackson	JR	South Brunswick	58.46
17 Reese Gettys	SR	Crest	58.68
18 Sofia Moro	SR	NW Cabarrus	58.97
19 Falon McCabe	SR	Croatan	59.02
20 Ama Higgs		Hibriten	59.27
21 Aubrey Little	SR	Parkwood	59.30
22 Kyla Conner	JR	Carrboro	59.41
23 Catherine Miller	XX	High Point Cent	59.59
24 Peyton Walker	SO	DSA	1:00.02

**Event 14 Men 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Logan Kelly	XX	St Stephens	47.76
2 Tellis Bumgarner	SO	Central Cabarrus	48.52
3 Ezra Zapler	JR	JH Rose	48.93
4 Beckett Tabor	SR	Forestview	49.04
5 Vincent Battaglini	SO	DSA	49.35
6 Paul Padgett	SR	Croatan	49.41
7 Eamon Hipps	JR	Western Alamance	50.23
8 Melchisedek Kolomiyets	SR	AC Reynolds	50.36
9 Ryan Ventry	JR	Havelock	50.51
10 John Dotti	SR	West Henderson	50.53
11 Joshua Vogl	XX	Oak Grove	50.57
12 Ayden Twiddy	SR	Orange	50.59
13 Stefan Reedy	XX	Asheboro	51.19
14 Christopher Seawell	SO	Cedar Ridge	51.39
15 Daniel Overbay	SR	East Lincoln	51.48
16 Gianmarco Cerasi		Terry Sanford	51.54
17 Joseph Bria	JR	Central Academy	51.72
18 Jake McClanan	SR	Currituck County	51.83
19 Jack Rodgers	SR	Lake Norman Char	51.85
20 Eddie Lawson	JR	Concord	51.99
21 Charlie Arning	JR	Lake Norman Char	52.78
22 Dalton McMichael	JR	Rockingham Co	53.53
23 Ollie Womble	XX	West Carteret	53.72
24 Owen Padgett	SR	Lake Norman Char	53.83

**Event 15 Women 500 Yard Freestyle**

Name	Yr	School	Seed Time
1 Francesca DiGiovanni	SR	Smithfield-Selma	5:05.12
2 Madison Bowen	SR	Croatan	5:06.62
3 Kathryn Cinson	XX	Fred T Foard	5:07.12
4 Sophia Stinnett	SR	Cedar Ridge	5:24.22
5 Alana Kolano	FR	Lake Norman Char	5:24.59
6 Avery Shuping	SR	Carrboro	5:26.48
7 Kaylee Jarvis	JR	West Brunswick	5:31.01
8 Addyson Sechriest	JR	East Rowan	5:31.03
9 Kensley Gasaway	JR	Western Alamance	5:34.56
10 Taylor Johnson	JR	Scotland	5:36.77
11 Zoe Jones	SR	Orange	5:37.30
12 Emmalyn Buskirk	XX	Fred T Foard	5:38.72
13 Iris Eldridge	SO	JH Rose	5:40.35
14 Mary Williams	SO	Lake Norman Char	5:42.18
15 Kelly Todd	SR	Central Academy	5:43.65
16 Maison Moore	SO	Havelock	5:46.20
17 Alayna Cinson		Fred T Foard	5:50.86
18 Jovie Lee	XX	St Stephens	5:52.27
19 Madison Rice	SO	South Point	5:52.92
20 Seehe Veera	FR	Lake Norman Char	5:57.10
21 Bergan Cassiano	JR	Swansboro	5:57.43
22 Emmerson Topete	JR	DSA	5:59.20
23 Mikayla Freeland	SO	Lake Norman Char	6:00.51
24 Karsen Schiffel	XX	St Stephens	6:02.56

**Event 16 Men 500 Yard Freestyle**

Name	Yr	School	Seed Time
1 Luke Roman	SR	Orange	4:44.67
2 Alexander Andre	SR	Orange	4:52.16
3 Aiden Deluca	JR	North Lincoln	4:53.44
4 Grey DeWalt	JR	Carrboro	4:54.08
5 Carter Hall	SR	Lake Norman Char	4:55.00
6 Vincent Battaglini	SO	DSA	4:57.87
7 Aaron Maiorana	FR	Carrboro	5:08.66
8 Alex Seymour	SR	Lake Norman Char	5:13.59
9 Philip Cauwels	SR	Cedar Ridge	5:20.85
10 Rodney Hawkins	SO	East Rowan	5:22.46
11 Aidan Hite	JR	NW Cabarrus	5:22.80
12 Logan Beale	FR	Lake Norman Char	5:23.18
13 Oliver Boehmer	SO	South Brunswick	5:24.09
14 Isaac Gedman	SR	South Brunswick	5:27.72
15 Patrick Hendley	SO	Central Academy	5:28.22
16 Blake Denton	SO	Northern Nash	5:28.47
17 Gavin Rinker	SR	Franklin	5:32.33
18 Eli Bumgarner	FR	Central Cabarrus	5:35.60
19 Ethan Gliptis	SR	North Lincoln	5:36.17
20 Cullen Cox	JR	Union Pines	5:36.60
21 Jason Spey	SO	Orange	5:38.54
22 Josh Mouser	SR	First Flight	5:38.92
23 Gabriel Lundin	JR	South Central	5:39.79
24 Helms Kulas	FR	JH Rose	5:40.43

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**Psych Sheet**

**Event 17 Women 200 Yard Freestyle Relay**

Team	Relay	Seed Time
1	Central Cabarrus	1:41.25
2	Smithfield-Selma	1:42.80
3	Lake Norman Char	1:43.67
4	JH Rose	1:45.04
5	Cedar Ridge	1:45.88
6	South Brunswick	1:45.97
7	Union Pines	1:46.10
8	West Brunswick	1:47.13
9	Orange	1:47.50
10	NW Cabarrus	1:47.58
11	West Carteret	1:49.00
12	East Lincoln	1:49.58
13	JM Robinson	1:49.66
14	Franklin	1:49.75
15	Concord	1:49.87
16	Carrboro	1:49.94
17	South Point	1:50.80
18	Hibriten	1:51.04
19	West Henderson	1:51.52
20	Swansboro	1:51.88
21	Oak Grove	1:52.13
22	First Flight	1:52.26
23	AC Reynolds	1:52.70
24	DSA	1:52.78

**Event 18 Men 200 Yard Freestyle Relay**

Team	Relay	Seed Time
1	South Point	1:31.29
2	Lake Norman Char	1:32.95
3	East Lincoln	1:33.35
4	West Henderson	1:33.60
5	Forestview	1:33.66
6	Croatan	1:33.69
7	First Flight	1:33.97
8	Oak Grove	1:34.19
9	Central Cabarrus	1:35.04
10	St Stephens	1:35.16
11	Union Pines	1:35.33
12	Orange	1:35.96
13	Carrboro	1:36.33
14	South Brunswick	1:37.24
15	Freedom	1:38.01
16	West Carteret	1:38.04
17	Cramer	1:38.46
18	Havelock	1:39.90
19	Hibriten	1:40.05
20	NW Cabarrus	1:40.77
21	Terry Sanford	1:41.79
22	West Johnston	1:42.02
23	Rockingham Co	1:42.25
24	North Davidson	1:42.58

**Event 19 Women 100 Yard Backstroke**

Name	Yr	School	Seed Time
1	Abbey Cronin	SR Central Cabarrus	59.01
2	Lily Price	SO Lake Norman Char	1:00.69
3	Peyton Stegman	FR South Brunswick	1:01.68
4	Annabelle Gangloff	FR Carrboro	1:01.83
5	Sophia Stinnett	SR Cedar Ridge	1:01.86
6	Addison Lasarsky	SR Lake Norman Char	1:02.04
7	Ava Milkowich	JR Union Pines	1:02.09
8	Lilly Shelley	FR North Buncombe	1:02.38
9	Lyla Johns	SR Central Cabarrus	1:02.73
10	Ruby Leis	FR AC Reynolds	1:03.85
11	Parker Ridge	SO Ledford	1:04.12
12	Clara Pierce Smith	SR JH Rose	1:04.34
13	Opal Grey Boehmer	SO South Brunswick	1:04.97
14	Michaele Lombardo	FR Tuscola	1:05.11
15	Catherine Miller	XX High Point Cent	1:05.26
16	Natalie Irish	SO Smithfield-Selma	1:05.28
17	Elianna Kolomiyets	FR AC Reynolds	1:05.35
18	Addison Moore	FR Orange	1:06.14
19	Maci Columbia	XX Asheboro	1:06.16
20	Mikayla Freeland	SO Lake Norman Char	1:06.62
21	Peyton Letteer	FR JM Robinson	1:07.10
22	Kaygan Draughon	SR Terry Sanford	1:07.36
23	Kensley Gasaway	JR Western Alamance	1:07.45
24	Sophia Shoneman	JR JH Rose	1:08.57

**Event 20 Men 100 Yard Backstroke**

Name	Yr	School	Seed Time
1	Jackson Kroh	SO North Lincoln	52.88
2	Rider Warner	SR East Lincoln	52.94
3	Neil Hart	JR Lake Norman Char	54.14
4	Carter Williams	SR Central Academy	54.96
5	William Peyton	SR Forestview	56.05
6	Owen Pridmore	SR East Lincoln	56.17
7	Mason Bowler	FR JH Rose	56.36
8	Benjamin Williams	SR Central Cabarrus	56.63
9	Josh Jones	JR Carrboro	56.73
10	Joseph Bria	JR Central Academy	57.44
11	Emmanuel Enhombi	SR Central Academy	57.51
12	Coby Werner	FR Lake Norman Char	57.94
13	Declan Fittz	SO Lake Norman Char	59.05
14	Adric Ebert	SO Atkins	59.15
15	Trentyn Shanahan	SO North Lincoln	59.99
16	Christopher Seawell	SO Cedar Ridge	1:00.02
17	Oliver Boehmer	SO South Brunswick	1:00.36
18	Cooper Berrier	SR North Davidson	1:00.61
19	Ayden Burckhardt	Harnett Central	1:01.02
20	Connor Sampson	SO Croatan	1:01.75
21	Owen Priecheufried	FR Swansboro	1:03.82
22	Ryan Ferguson	SR Croatan	1:04.78
23	Klay Blue	JR Union Pines	1:05.56
24	Matthew Vogl	Oak Grove	1:06.05

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**Swimming & Diving**

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**Psych Sheet**

**Event 21 Women 100 Yard Breaststroke**

Name	Yr	School	Seed Time
1 Caylee Hollar	SO	North Lincoln	1:06.31
2 Hadleigh Kulas	JR	JH Rose	1:06.48
3 Aley Williams	SR	West Brunswick	1:07.91
4 Anya Muminovic	JR	Smithfield-Selma	1:08.17
5 Claire Weld	SR	Union Pines	1:08.69
6 Madison Kohler	JR	Central Academy	1:10.49
7 Whitney Johns	SO	Central Cabarrus	1:11.67
8 Mary Williams	SO	Lake Norman Char	1:12.14
9 Sarah Rasmussen	SO	West Henderson	1:13.20
10 Callie Copeland	SO	JM Robinson	1:13.60
11 Lilly Shelley	FR	North Buncombe	1:14.54
12 Margaret Payton	SO	Cedar Ridge	1:15.00
13 Tommi Poland	JR	Concord	1:15.08
14 Keira Stegman	SR	South Brunswick	1:15.12
15 Kyla Conner	JR	Carrboro	1:15.23
16 Alyece Medina	JR	Terry Sanford	1:15.31
17 Blakely Irvin	SR	Concord	1:15.67
18 Riley Elwell	JR	Union Pines	1:15.76
19 Ariel Werner	JR	Lake Norman Char	1:16.38
20 Kennedy Gordon	JR	South Brunswick	1:16.49
21 Maci Columbia	XX	Asheboro	1:16.86
22 Harper Sikorski	SR	West Henderson	1:17.39
23 Caroline Hoos	SO	Carrboro	1:17.90
24 Baylei Burgess	SR	North Davidson	1:18.28

**Event 22 Men 100 Yard Breaststroke**

Name	Yr	School	Seed Time
1 Trevor Hucal	JR	Swansboro	57.76
2 Tellis Bumgarner	SO	Central Cabarrus	59.73
3 Zack Schambra Stevens	SO	Atkins	59.82
4 Collin Williams	SO	Central Academy	1:01.21
5 Nolan Walker		Harnett Central	1:02.44
6 Gavin Pesko	SR	Croatan	1:02.68
7 Ian Hicks	JR	Union Pines	1:03.93
8 Michael Spokas	JR	JM Robinson	1:04.44
9 Gianmarco Cerasi		Terry Sanford	1:05.16
10 Jonah DeCubellis	SR	Concord	1:05.27
11 Dylan Hallac	SR	First Flight	1:05.35
12 Eric Robertson	JR	Lake Norman Char	1:05.45
13 Jakob Boehmer	SO	South Brunswick	1:05.60
14 Channing Scott	SR	Lake Norman Char	1:05.67
15 Liam Miller	SO	Williams	1:06.17
16 Andrew Taylor	SR	Forestview	1:06.18
17 J.E. Sandor	FR	Cedar Ridge	1:06.22
18 Alex Delgadillo	JR	Carrboro	1:06.95
19 Gavin Goldie	SR	South Central	1:06.96
20 Jack Anderson	SR	AC Reynolds	1:07.00
21 Gavin Goots	SR	Rockingham Co	1:07.53
22 Van Digby	FR	First Flight	1:07.66
23 Nicolas Garzone	FR	Northern Nash	1:08.53
24 Jace Zboch	JR	Piedmont	1:08.65

**Event 23 Women 400 Yard Freestyle Relay**

Team	Relay	Seed Time
1 Lake Norman Char		3:40.39
2 Smithfield-Selma		3:45.87
3 JH Rose		3:47.78
4 Carrboro		3:53.42
5 South Brunswick		3:54.57
6 Central Cabarrus		3:56.64
7 NW Cabarrus		3:59.71
8 South Point		4:03.85
9 Croatan		4:04.10
10 AC Reynolds		4:04.82
11 DSA		4:06.67
12 Swansboro		4:06.93
13 Franklin		4:07.26
14 Orange		4:09.25
15 Hibriten		4:09.49
16 West Carteret		4:11.38
17 Cedar Ridge		4:11.93
18 Union Pines		4:13.33
19 First Flight		4:13.78
20 Oak Grove		4:15.13
21 Central Academy		4:15.14
22 Western Alamance		4:15.69
23 East Lincoln		4:15.71
24 North Davidson		4:15.83

**Event 24 Men 400 Yard Freestyle Relay**

Team	Relay	Seed Time
1 Orange		3:21.36
2 Lake Norman Char		3:22.32
3 East Lincoln		3:22.69
4 North Lincoln		3:23.50
5 Carrboro		3:23.87
6 South Point		3:27.28
7 Forestview		3:28.37
8 Concord		3:32.62
9 St Stephens		3:32.97
10 Currituck County		3:34.67
11 JH Rose		3:35.32
12 Northern Nash		3:36.24
13 Oak Grove		3:36.71
14 First Flight		3:36.84
15 Croatan		3:38.22
16 Swansboro		3:39.66
17 Central Academy		3:39.96
18 Atkins		3:41.23
19 Freedom		3:41.60
20 NW Cabarrus		3:43.66
21 South Central		3:43.94
22 West Henderson		3:45.10
23 North Davidson		3:46.50
24 Rockingham Co		3:49.27