

2026 123A State NCHSAA Regional Championships - 2/6/2026 to 2/7/2026
Swimming & Diving
{Advanced to State Meet – Top 12 Individual (8 Relays) East & West & ALL REGA
then Highlighted are At-large from any Region}

Event 1	Women 200 Yard Medley Relay		
	2:11.99 REGA		
Team	Relay	Seed Time	
1 Raleigh Charter		1:53.58	REGA
2 Pine Lake Prep		1:58.88	REGA
3 Gray Stone Day		2:01.22	REGA
4 Com Sch Davidson		2:02.21	REGA
5 McGuinness		2:02.79	REGA
6 Bradford Prep		2:03.68	REGA
7 Mountain Island		2:03.87	REGA
8 East Surry		2:04.11	REGA
9 Voyager Academy		2:04.34	REGA
10 Franklin Academy		2:05.11	REGA
11 Hendersonville		2:05.81	REGA
12 Wake Prep		2:05.94	REGA
13 Highland Tech		2:06.25	REGA
14 Union Academy		2:07.14	REGA
15 NCSSM-Morganton		2:07.54	REGA
16 East Davidson		2:07.75	REGA
17 East Rutherford		2:08.26	REGA
18 Elkin		2:08.33	REGA
19 Cornerstone Char		2:12.17	
20 NE Carolina Prep		2:12.43	
21 Manteo		2:13.31	
22 NCSSM-Durham		2:13.51	
23 Thomas Jefferson		2:13.91	
24 Draughn		2:16.06	

Event 2	Men 200 Yard Medley Relay		
	1:55.99 REGA		
Team	Relay	Seed Time	
1 Bradford Prep		1:41.98	REGA
2 Corvian		1:44.82	REGA
3 Raleigh Charter		1:45.12	REGA
4 Com Sch Davidson		1:46.97	REGA
5 Pine Lake Prep		1:47.63	REGA
6 Christ the King		1:49.20	REGA
7 Mountain Island		1:49.41	REGA
8 Highland Tech		1:49.63	REGA
9 Res Triangle		1:50.10	REGA
10 NCSSM-Durham		1:51.67	REGA
11 East Rutherford		1:51.81	REGA
12 Gray Stone Day		1:52.59	REGA
13 Franklin Academy		1:52.66	REGA
14 McGuinness		1:53.66	REGA
15 Elkin		1:54.12	REGA
16 NCSSM-Morganton		1:57.46	
17 Camden County		1:59.26	
18 Owen		1:59.90	
19 Cornerstone Char		2:00.14	
20 Patton		2:00.77	
21 Eno River		2:01.61	
22 Mount Airy		2:02.64	
23 Northwood		2:03.30	
24 Wake Prep		2:03.72	

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Event 3 Women 200 Yard Freestyle

2:19.99 REGA				
Name	Yr	School	Seed Time	
1 Daisy Collins	JR	Woods Charter	1:53.22	REGA
2 Iris Peterson	SO	Hendersonville	2:03.52	REGA
3 Makenzie Hollingsworth	SO	Highland Tech	2:03.89	REGA
4 Caroline Schaper		Res Triangle	2:04.99	REGA
5 Emilyynn Haymore		East Surry	2:05.23	REGA
6 Ava Pelletier	JR	Wake Prep	2:07.74	REGA
7 Piper Campbell	JR	Gray Stone Day	2:07.75	REGA
8 Meredith Gaskill	SR	Manteo	2:08.24	REGA
9 Finn Davis		NCSSM-Durham	2:09.78	REGA
10 Kate Kelpin	JR	Hendersonville	2:11.40	REGA
11 Ashlyn Comer		East Surry	2:11.65	REGA
12 Saylor Watson	SO	Draughn	2:11.90	REGA
13 Allyson Deans	SR	Raleigh Charter	2:11.94	REGA
14 Isabel Darling	SO	Bradford Prep	2:12.42	REGA
15 DJ Rozenbroek	SO	Owen	2:12.99	REGA
16 Marisa Jones		East Davidson	2:13.45	REGA
17 Abigail Campbell	SR	Highland Tech	2:13.86	REGA
18 McNeil Beaumont	FR	Raleigh Charter	2:15.12	REGA
19 Jenna Bolton		Res Triangle	2:15.42	REGA
20 Kynlee Venable		East Surry	2:18.46	REGA
21 Evelyn Vollbrecht	SO	Mountain Island	2:19.09	REGA
22 Molly Randolph	JR	East Rutherford	2:19.61	REGA
23 Reilley O'Donnell	SO	Com Sch Davidson	2:20.19	
24 Eva Nagel	FR	Eno River	2:20.40	
25 Beatrix Crayton	SR	Tri-County	2:21.17	
26 Harper Phipps	SR	Com Sch Davidson	2:22.29	
27 Mia Tidball	SO	Thomas Jefferson	2:22.58	
28 Alyse Remery	12	Macon Early Coll	2:23.50	
29 Sophia Evans	FR	Tri-County	2:23.91	
30 Jillian Towns	SO	Gray Stone Day	2:27.10	
31 Caroline Honeycutt	SR	Vance Charter	2:28.11	
32 Alexia Dancausse	SR	McGuinness	2:28.86	

Event 4 Men 200 Yard Freestyle

2:07.99 REGA			
Name	Yr	School	Seed Time
1 Alex Lee		Raleigh Charter	1:46.89 REGA
2 Cullan Harding	XX	Langtree	1:47.91 REGA
3 Drew White	JR	Woods Charter	1:54.22 REGA
4 Cameron Darling	JR	Bradford Prep	1:54.43 REGA
5 Jackson Garrett	FR	Wake Prep	1:55.31 REGA
6 Ian Watson	SR	Bradford Prep	1:55.32 REGA
7 Steven Wyatt		Cherryville	1:55.48 REGA
8 Nathaniel Miller	FR	Highland Tech	1:56.79 REGA
9 Lucas Dalton	JR	Com Sch Davidson	1:57.46 REGA
10 Quinn Shiosaky		Greene Central	1:59.86 REGA
11 Brody Campbell	SR	Gray Stone Day	2:01.19 REGA
12 Eli Shiosaky	FR	Greene Central	2:01.54 REGA
13 Garrett Brewton	FR	Com Sch Davidson	2:03.38 REGA
14 Michael Tragone		Elkin	2:05.65 REGA
15 Bobby Taylor	JR	Gray Stone Day	2:06.70 REGA
16 Michael Molony	FR	McGuinness	2:07.13 REGA
17 Gabriel Nagel	FR	Eno River	2:07.24 REGA
18 Charlie James	SR	Owen	2:07.33 REGA
19 Owen Meehan		Res Triangle	2:07.85 REGA
20 Joe Honeycutt	JR	Vance Charter	2:08.71
21 Luke Bakelaar		NCSSM-Durham	2:09.17
22 Curren Tippet	FR	Highland Tech	2:10.09
23 Zachary Brannon		East Surry	2:10.15
24 Jay Collins	JR	Highland Tech	2:10.44
25 Reid Tucker	SO	Com Sch Davidson	2:11.57
26 Luke Carter Simmons	SR	McMichael	2:14.04
27 Solomon Cooper	JR	Manteo	2:16.40
28 Joseph Johnson		Elkin	2:16.42
29 Steven Huang	SR	Mount Airy	2:17.29
30 Harry Gribbin		NCSSM-Durham	2:18.47
31 Charlie DiMeglio	FR	Hendersonville	2:18.80
32 Grady Fitzpatrick	FR	Com Sch Davidson	2:18.91

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Event	5	Women 200 Yard IM			
		2:34.99 REGA			
		Name	Yr	School	Seed Time
1		Reina Liu	SO	Raleigh Charter	2:05.46 REGA
2		Liliana Davis	FR	Mountain Island	2:17.79 REGA
3		Kolby Knag	FR	Com Sch Davidson	2:18.51 REGA
4		Zoey Waters	SR	Gray Stone Day	2:18.85 REGA
5		Lexi Alexander	SR	Wake Prep	2:20.54 REGA
6		Hannah Baughman	FR	East Rutherford	2:22.10 REGA
7		Lucy Kilpatrick	SR	Hendersonville	2:23.61 REGA
8		Layla Comer		East Surry	2:25.15 REGA
9		Alannah Keough	FR	Franklin Academy	2:25.60 REGA
10		Vari Yumagulova	SR	Mtn Heritage	2:25.85 REGA
11		Emily Mann		NE Carolina Prep	2:26.96 REGA
12		Nora Degner	JR	Pine Lake Prep	2:27.51 REGA
13		Lindsay Najera Flores		East Davidson	2:27.59 REGA
14		Ella Delgross	FR	Woods Charter	2:27.69 REGA
15		Anna Melton	FR	Eno River	2:27.72 REGA
16		Molly Smith	FR	Cornerstone Char	2:27.81 REGA
17		Serenity Ault	JR	Cornerstone Char	2:28.92 REGA
18		Grace Roberts		NCSSM-Durham	2:30.94 REGA
19		Caitlin Allen	SR	East Rutherford	2:32.47 REGA
20		Saylor Vitale	JR	Gray Stone Day	2:32.95 REGA
21		Devanshi Garg		Raleigh Charter	2:33.59 REGA
22		Lilah Johnson		NCSSM-Morganton	2:34.51 REGA
23		Roza Lakatos		Goldsboro	2:35.19
24		Ali Poulliotte	FR	Com Sch Davidson	2:35.34
25		Katie Roy	JR	Union Academy	2:36.27
26		Patterson Herlocker	SO	Gray Stone Day	2:38.63
27		Zoe Mielke	FR	Manteo	2:39.32
28		Anabeth Heath	FR	McMichael	2:43.25
29		Amy Lin		Raleigh Charter	2:43.52
30		Ana Sic	JR	Patton	2:49.34
31		Margaret (Mae) Hodge	SO	Hendersonville	2:51.21
32		Sophie Williamson	JR	Wheatmore	2:52.94

Event	6	Men 200 Yard IM			
		2:27.99 REGA			
		Name	Yr	School	Seed Time
1		Calvin Schaper		Res Triangle	1:59.45 REGA
2		Beck Armstrong	SR	Mountain Island	2:00.38 REGA
3		Shane Keough	SO	Franklin Academy	2:01.90 REGA
4		Truman Lee	SR	Bradford Prep	2:02.17 REGA
5		Miles Gragg	SR	Shelby	2:02.92 REGA
6		Roger Zhang		Raleigh Charter	2:03.52 REGA
7		Evan Jackson	FR	Corvian	2:05.44 REGA
8		Ryan Terkelsen	SO	Owen	2:06.10 REGA
9		Alexander Romero	SO	Hendersonville	2:07.54 REGA
10		Grant Degner	FR	Pine Lake Prep	2:09.13 REGA
11		Ryken Randolph	JR	East Rutherford	2:11.01 REGA
12		Carter Faistl	JR	Surry Central	2:11.93 REGA
13		Vivahn Patel	SO	Pine Lake Prep	2:13.69 REGA
14		Aiden Marshall		NCSSM-Morganton	2:14.21 REGA
15		Martin Matera	SO	Union Academy	2:14.57 REGA
16		Kurt DiMeglio	SR	Hendersonville	2:22.26 REGA
17		Owen Bell	FR	Corvian	2:22.73 REGA
18		Brandon Kafitz	SO	Gray Stone Day	2:24.47 REGA
19		Fritz Rutledge		Goldsboro	2:24.64 REGA
20		Jack Schuermann	SR	Com Sch Davidson	2:24.67 REGA
21		Nicholas Sedman-Young	SR	Eno River	2:26.61 REGA
22		Samuel Garcia Barrios	JR	Mount Airy	2:31.44
23		Michael Whitfield	FR	Corvian	2:32.29
24		Braden Hudson	11	Thomas Jefferson	2:33.22
25		Avi Patel	FR	Wake Prep	2:34.20
26		Rohan Verma	FR	Pine Lake Prep	2:34.39
27		Sebastian Ninke		East Carteret	2:36.38
28		William Brooks	SO	McGuinness	2:36.82
29		James Scott	FR	Manteo	2:36.86
30		Ramsey Hampton	FR	McGuinness	2:38.97
31		Lauchlan Young		Excelsior	2:42.55
32		Nicolas Nagel	FR	Eno River	2:46.39

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Event	7	Women 50 Yard Freestyle			
		27.99 REGA			
		Name	Yr	School	Seed Time
1		Grace McCarthy	JR	Pine Lake Prep	24.67 REGA
2		Kailiyah Holland	FR	Union Academy	25.30 REGA
3		Jози Hicks	11	South Stanly	25.62 REGA
4		Liliana Davis	FR	Mountain Island	25.71 REGA
5		Madelyn Vanasek		Voyager Academy	25.76 REGA
6		Jordyn Jernigan		South Davidson	26.27 REGA
7		Karoline Jensen	SR	Bradford Prep	26.42 REGA
8		Hannah Alexander		Voyager Academy	26.64 REGA
9		Erik Wu		NCSSM-Durham	26.71 REGA
10		Addison Parker		Res Triangle	26.76 REGA
11		Kaya Kaidel		Res Triangle	26.88 REGA
12		Megan Eguiarte		NCSSM-Morganton	26.95 REGA
13		Macy Auton	JR	Draughn	27.13 REGA
14		Emma Argenta	SO	Com Sch Davidson	27.36 REGA
15		Isabel Darling	SO	Bradford Prep	27.44 REGA
16		Marisa Jones		East Davidson	27.47 REGA
17		Aalanna Venegas	SO	Mountain Island	27.61 REGA
18		Jordyn Davis	FR	Pine Lake Prep	27.64 REGA
19		Triniti Holland	SO	Union Academy	27.70 REGA
20		Giada DiNunzio	SO	Bradford Prep	27.75 REGA
21		Ava Greene	FR	East Rutherford	27.88 REGA
22		Lila Pearson		Langtree	28.17
23		Sydney Chase		Raleigh Charter	28.38
24		Jadan Rounds	JR	Com Sch Davidson	28.45
25		Emily Lee	JR	Raleigh Charter	28.51
26		Elissa Dickerson		Elkin	28.65
27		Mia Swaim		Elkin	28.69
28		Campbell Shepherd		NCSSM-Morganton	28.74
29		Anastasia Palacios	SO	McGuinness	28.76
30		Molly Argenta	SR	Com Sch Davidson	28.91
31		Cailee Dewar		Voyager Academy	28.94
32		Emmy Smithwick	SR	Franklin Academy	29.24

Event	8	Men 50 Yard Freestyle			
		24.49 REGA			
		Name	Yr	School	Seed Time
1		Connor McCarthy	SO	Pine Lake Prep	22.16 REGA
2		Jesse Eskelund		Chatham Central	22.37 REGA
3		Wilson Felder	SR	Bradford Prep	22.45 REGA
4		Derek White	SR	Woods Charter	23.05 REGA
5		Noah Tabor	SR	Highland Tech	23.28 REGA
6		Walker Johnston	SR	Mountain Island	23.29 REGA
7		Parker Miles		Langtree	23.36 REGA
8		Spencer Borden	JR	McGuinness	23.45 REGA
9		Jack Morris	SO	Highland Tech	23.51 REGA
10		Lucas Harris	SR	East Rutherford	23.67 REGA
11		Chasen Bourke	XX	Res Triangle	23.76 REGA
12		Ryken Randolph	JR	East Rutherford	23.77 REGA
13		Nabeel Mubarak	JR	Bradford Prep	23.80 REGA
14		Karan Singh	SR	Franklin Academy	24.04 REGA
15		Devin Sykes		Walkertown	24.15 REGA
16		Tanner DeMoor	SO	Mountain Island	24.20 REGA
17		Gus Murray		East Carteret	24.36 REGA
18		Colin Oham	JR	Gray Stone Day	24.42 REGA
19		Noah Smith	JR	Gray Stone Day	24.42 REGA
20		Aubrey Brostedt		NCSSM-Durham	24.44 REGA
21		Matthew Lappin	SR	Gray Stone Day	24.48 REGA
22		Jonas Young	JR	Com Sch Davidson	24.51
23		Ryan Britton	SR	Franklin Academy	24.72
24		Blaine Dawes		Hobgood Charter	24.80
25		Sam Day		NCSSM-Morganton	24.81
26		Eli Vining	FR	Com Sch Davidson	24.87
27		Dmitrii Vershinskii		Tri Math and Sci	24.93
28		Roman Keeling	SR	Camden County	25.07
29		Stephen Ribustello	JR	Tarboro	25.12
30		Evan Baker		Elkin	25.28
31		Carter Weiss		Pasquotank	25.38
32		Joseph Johnson		Elkin	25.39

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Event	9	Women 1 mtr Diving			
	Name	Yr	School		
1	Alyvia Berkowitz	SO	Shelby	137.80	
2	Alivia Irwin		Pine Lake Prep	NP	
3	Gabriella McAllister	SO	Pine Lake Prep	NP	
4	Ryleigh McCoy	JR	Pine Lake Prep	NP	
5	Matti Grace Stachowski	SR	Pine Lake Prep	NP	
6	Avery Noonan	FR	Christ the King	NP	
7	Addison Nardone	JR	Com Sch Davidson	NP	
8	Avery Nardone	SR	Com Sch Davidson	NP	
9	Nichole Powderly	SR	Com Sch Davidson	NP	

Event	10	Men 1 mtr Diving			
	Name	Yr	School		
1	Evan Myers	SO	Eno River	366.00	
2	Noah Gartner	SR	Shelby	190.20	
3	Grant Harris	JR	Shelby	146.60	
4	Grayson Conley	SO	Pine Lake Prep	NP	
5	Colby Novick		Mountain Island	NP	
6	Brady McSorley	SO	Christ the King	NP	
7	Lucas Schuermann	SO	Com Sch Davidson	NP	

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Event	11	Women 100 Yard Butterfly			
		1:14.99 REGA			
	Name	Yr	School	Seed Time	
1	Alice Arcaro	FR	Raleigh Charter	58.26	REGA
2	Lucy Ann Hefner	FR	Raleigh Charter	1:01.06	REGA
3	Taia Schneider	SR	Thomas Jefferson	1:01.19	REGA
4	Natalie Dunnigan		NCSSM-Durham	1:01.67	REGA
5	Christiana Hoang		Raleigh Charter	1:02.57	REGA
6	Ella Deardorff	SR	Pine Lake Prep	1:03.23	REGA
7	Mckaleigh Keough	FR	Franklin Academy	1:03.53	REGA
8	Bella Dontino	FR	Pine Lake Prep	1:03.62	REGA
9	Dorothy Ellen Grant		Raleigh Charter	1:03.81	REGA
10	Emilynn Haymore		East Surry	1:04.93	REGA
11	Meredith Gaskill	SR	Manteo	1:06.39	REGA
12	Eason Melton		NE Carolina Prep	1:06.95	REGA
13	Kamdyn Leute	FR	Franklin Academy	1:06.95	REGA
14	Evelyn Vollbrecht	SO	Mountain Island	1:07.35	REGA
15	Sarika Hatcher		Elkin	1:07.56	REGA
16	Abigail Campbell	SR	Highland Tech	1:07.82	REGA
17	Kate Kelpin	JR	Hendersonville	1:08.80	REGA
18	Lila Pearson		Langtree	1:08.88	REGA
19	Ali Poulliotte	FR	Com Sch Davidson	1:09.34	REGA
20	Jenna Bolton		Res Triangle	1:09.37	REGA
21	Lucy Dailey	JR	Bradford Prep	1:12.42	REGA
22	Ana Sic	JR	Patton	1:12.42	REGA
23	Helen Swafford		Voyager Academy	1:13.11	REGA
24	Alexis Palles	SO	Union Academy	1:13.88	REGA
25	Amara Simmons		Elkin	1:14.46	REGA
26	Emilia Lopez	SO	Gray Stone Day	1:15.92	
27	Charley Reed	SO	Hendersonville	1:18.46	
28	Clara Tinsley	FR	Gray Stone Day	1:18.60	
29	Emma Ballenger	SR	McGuinness	1:19.66	
30	Sophie Williamson	JR	Wheatmore	1:20.92	
31	Skyler Stone	FR	Com Sch Davidson	1:20.94	
32	Joanna Tidball	JR	Thomas Jefferson	1:21.40	

Event	12	Men 100 Yard Butterfly			
		1:03.99 REGA			
	Name	Yr	School	Seed Time	
1	Matthew Tripsa	JR	Corvian	52.52	REGA
2	Jackson Hartsell	SR	Com Sch Davidson	54.03	REGA
3	Arthur Neighbors	SR	Cornerstone Char	55.08	REGA
4	Roger Zhang		Raleigh Charter	55.29	REGA
5	Jacob Walker		Raleigh Charter	56.00	REGA
6	Ryan Terkelsen	SO	Owen	56.33	REGA
7	Cooper Clair	JR	Christ the King	57.36	REGA
8	Gavin Johnson	FR	Corvian	58.07	REGA
9	Alexander Romero	SO	Hendersonville	58.56	REGA
10	Vivahn Patel	SO	Pine Lake Prep	59.61	REGA
11	Bobby Taylor	JR	Gray Stone Day	59.66	REGA
12	Adric Ebert		NCSSM-Durham	59.87	REGA
13	Fritz Rutledge		Goldsboro	59.92	REGA
14	Liam York	SO	Corvian	1:00.44	REGA
15	Ethan Hagwood	FR	Mountain Island	1:00.58	REGA
16	Matthew Cai		NCSSM-Morganton	1:01.91	REGA
17	Quinn Shiosaky		Greene Central	1:01.96	REGA
18	Matthew Lappin	SR	Gray Stone Day	1:02.47	REGA
19	Noah Shin	JR	Mountain Island	1:02.63	REGA
20	Dmitrii Vershinskii		Tri Math and Sci	1:03.02	REGA
21	Eli Vining	FR	Com Sch Davidson	1:03.29	REGA
22	Ethan Ortiz	SR	Christ the King	1:03.75	REGA
23	Daniel Sanchez	SR	Highland Tech	1:03.79	REGA
24	Nicholas Sedman-Young	SR	Eno River	1:04.43	
25	Yash Singh		Tri Math and Sci	1:04.73	
26	William Brooks	SO	McGuinness	1:05.04	
27	Aidan Carter	SR	Madison	1:05.50	
28	Trevor Bedson		NCSSM-Durham	1:06.20	
29	Carter Phillips	SO	Patton	1:06.48	
30	Avi Patel	FR	Wake Prep	1:07.44	
31	Jakob King		NCSSM-Durham	1:08.00	
32	Grady Fitzpatrick	FR	Com Sch Davidson	1:08.02	

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Event	13	Women 100 Yard Freestyle			
		1:03.99 REGA			
	Name	Yr	School	Seed Time	
1	Grace McCarthy	JR	Pine Lake Prep	53.03	REGA
2	Alice Arcaro	FR	Raleigh Charter	54.73	REGA
3	Jozhi Hicks	11	South Stanly	56.02	REGA
4	Kailiyah Holland	FR	Union Academy	56.41	REGA
5	Madelyn Vanasek		Voyager Academy	56.59	REGA
6	Jordyn Jernigan		South Davidson	57.72	REGA
7	Kaya Kaidel		Res Triangle	58.38	REGA
8	Megan Eguiarte		NCSSM-Morganton	58.70	REGA
9	Matilda Lee	FR	Bradford Prep	58.90	REGA
10	Erik Wu		NCSSM-Durham	59.60	REGA
11	Grace Roberts		NCSSM-Durham	59.88	REGA
12	Jillian Wolfe	SO	Wheatmore	1:00.00	REGA
13	Molly Randolph	JR	East Rutherford	1:00.25	REGA
14	Addison Parker		Res Triangle	1:00.33	REGA
15	Lucy Gaylord	FR	McGuinness	1:01.42	REGA
16	Mya Brown		Elkin	1:01.70	REGA
17	Aalanna Venegas	SO	Mountain Island	1:01.78	REGA
18	Campbell Shepherd		NCSSM-Morganton	1:01.97	REGA
19	Emersyn Handy		Elkin	1:02.15	REGA
20	Macy Auton	JR	Draughn	1:02.54	REGA
21	Evelyn Pelletier	FR	Wake Prep	1:02.89	REGA
22	Lucy Dailey	JR	Bradford Prep	1:03.30	REGA
23	Reilley O'Donnell	SO	Com Sch Davidson	1:03.30	REGA
24	Sydney Chase		Raleigh Charter	1:03.30	REGA
25	Katie Roy	JR	Union Academy	1:03.32	REGA
26	Conleigh Wilhide		Princeton	1:03.55	REGA
27	Elissa Dickerson		Elkin	1:03.71	REGA
28	Jordyn Davis	FR	Pine Lake Prep	1:03.89	REGA
29	Ximena Escalante	SO	Cornerstone Char	1:03.93	REGA
30	Aileen Najera-Flores		East Davidson	1:04.11	
31	Mikayla Dickerson		Elkin	1:04.22	
32	Addison Sturtz	SO	Mountain Island	1:04.33	

Event	14	Men 100 Yard Freestyle			
		55.99 REGA			
	Name	Yr	School	Seed Time	
1	Connor McCarthy	SO	Pine Lake Prep	48.72	REGA
2	Jesse Eskelund		Chatham Central	49.63	REGA
3	Kevin Luo		NCSSM-Durham	50.49	REGA
4	Henry Snyder	XX	Elkin	50.65	REGA
5	Derek White	SR	Woods Charter	51.68	REGA
6	Lucas Harris	SR	East Rutherford	52.30	REGA
7	Jack Morris	SO	Highland Tech	52.41	REGA
8	Walker Johnston	SR	Mountain Island	53.08	REGA
9	Nolan Deardorff	SO	Pine Lake Prep	53.10	REGA
10	Chasen Bourke	XX	Res Triangle	53.35	REGA
11	Matthew Beaman		Greene Central	53.74	REGA
12	Gus Murray		East Carteret	53.75	REGA
13	Martin Matera	SO	Union Academy	53.85	REGA
14	Noah Smith	JR	Gray Stone Day	54.42	REGA
15	Caleb White		Elkin	54.92	REGA
16	Chase Bedson	SO	Com Sch Davidson	55.17	REGA
17	Karan Singh	SR	Franklin Academy	55.66	REGA
18	Nabeel Mubarak	JR	Bradford Prep	55.74	REGA
19	Clark Allis		Louisburg	56.03	
20	Blaine Dawes		Hobgood Charter	56.09	
21	Tanner DeMoor	SO	Mountain Island	56.20	
22	Jonas Johnson		Elkin	56.22	
23	Ryan Britton	SR	Franklin Academy	56.34	
24	Jay Collins	JR	Highland Tech	56.52	
25	Curren Tippet	FR	Highland Tech	56.64	
26	Jonas Young	JR	Com Sch Davidson	57.01	
27	Sam Day		NCSSM-Morganton	57.07	
28	Joe Honeycutt	JR	Vance Charter	57.09	
29	Grady Matney	SR	Gray Stone Day	57.24	
30	Matthew Cai		NCSSM-Morganton	57.29	
31	Lucas Rodriguez		NCSSM-Durham	57.48	
32	Roman Keeling	SR	Camden County	57.54	

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Event	15	Women 500 Yard Freestyle			
		6:05.99 REGA			
	Name	Yr	School	Seed Time	
1	Daisy Collins	JR	Woods Charter	5:02.06	REGA
2	Lucy Ann Hefner	FR	Raleigh Charter	5:15.00	REGA
3	Iris Peterson	SO	Hendersonville	5:27.88	REGA
4	Taia Schneider	SR	Thomas Jefferson	5:28.45	REGA
5	Makenzie Hollingsworth	SO	Highland Tech	5:33.34	REGA
6	Caroline Schaper		Res Triangle	5:35.80	REGA
7	Dorothy Ellen Grant		Raleigh Charter	5:39.00	REGA
8	Saylor Watson	SO	Draughn	5:43.48	REGA
9	Lindsay Najera Flores		East Davidson	5:43.87	REGA
10	Molly Smith	FR	Cornerstone Char	5:44.45	REGA
11	Kamdyn Leute	FR	Franklin Academy	5:48.88	REGA
12	Finn Davis		NCSSM-Durham	5:49.31	REGA
13	Allyson Deans	SR	Raleigh Charter	5:50.37	REGA
14	DJ Rozenbroek	SO	Owen	5:51.10	REGA
15	Logan McCrimmon	JR	Eno River	5:52.16	REGA
16	Ella Magner	SO	Pine Lake Prep	5:54.25	REGA
17	Ashlyn Comer		East Surry	5:54.43	REGA
18	Iara Silvagnoli	JR	McGuinness	5:55.81	REGA
19	Kynlee Venable		East Surry	5:58.48	REGA
20	Addison Sturtz	SO	Mountain Island	6:02.91	REGA
21	Devanshi Garg		Raleigh Charter	6:04.86	REGA
22	Alyse Remery	12	Macon Early Coll	6:16.15	
23	Patterson Herlocker	SO	Gray Stone Day	6:16.29	
24	Helen Swafford		Voyager Academy	6:19.37	
25	Beatrix Crayton	SR	Tri-County	6:20.97	
26	Nora Hatley	JR	Gray Stone Day	6:26.10	
27	Kayla Overby	JR	Eno River	6:34.08	
28	Eva Nagel	FR	Eno River	6:35.09	
29	Abbey James	SR	Owen	6:39.52	
30	Aubrey Nixdorf	JR	Pine Lake Prep	6:40.63	
31	Mary Gaylord	SR	McGuinness	6:42.62	
32	Jillian Towns	SO	Gray Stone Day	6:44.52	

Event	16	Men 500 Yard Freestyle			
		5:56.99 REGA			
	Name	Yr	School	Seed Time	
1	Cullan Harding	XX	Langtree	4:52.65	REGA
2	Steven Wyatt		Cherryville	4:53.44	REGA
3	Alex Lee		Raleigh Charter	5:00.16	REGA
4	Elijah Su	FR	Northwood	5:02.84	REGA
5	Matthew Tripsa	JR	Corvian	5:04.36	REGA
6	Drew White	JR	Woods Charter	5:07.95	REGA
7	Calvin Chen		Raleigh Charter	5:11.50	REGA
8	Nathaniel Miller	FR	Highland Tech	5:12.07	REGA
9	Grant Degner	FR	Pine Lake Prep	5:12.29	REGA
10	Jacob Walker		Raleigh Charter	5:13.38	REGA
11	Reid Clair	FR	Christ the King	5:19.09	REGA
12	Tyler Ovens	FR	Wake Prep	5:26.13	REGA
13	Lucas Dalton	JR	Com Sch Davidson	5:27.74	REGA
14	Brylan Chapman	JR	East Rutherford	5:30.59	REGA
15	Ethan Hagwood	FR	Mountain Island	5:34.17	REGA
16	Caleb Geoffroy	FR	Mountain Island	5:34.19	REGA
17	Eli Shiosaky	FR	Greene Central	5:34.60	REGA
18	Michael Tragone		Elkin	5:38.58	REGA
19	Garrett Brewton	FR	Com Sch Davidson	5:44.88	REGA
20	Luke Bakelaar		NCSSM-Durham	5:49.03	REGA
21	Charlie James	SR	Owen	5:50.70	REGA
22	Michael Molony	FR	McGuinness	5:52.88	REGA
23	Owen Meehan		Res Triangle	5:52.97	REGA
24	Michael Whitfield	FR	Corvian	5:53.31	REGA
25	Reid Tucker	SO	Com Sch Davidson	5:55.80	REGA
26	Nixon Sipe	FR	Highland Tech	5:55.85	REGA
27	Zachary Brannon		East Surry	5:58.82	
28	Gabriel Nagel	FR	Eno River	6:03.53	
29	Ethan Overby	SR	Eno River	6:18.77	
30	Charlie DiMeglio	FR	Hendersonville	6:23.04	
31	Liam Bradshaw	FR	Patton	6:25.62	
32	Ian Batista		Highlands	6:26.55	

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Event 17	Women 200 Yard Freestyle Relay		
	1:58.99 REGA		
Team	Relay	Seed Time	
1 Raleigh Charter		1:46.72	REGA
2 Bradford Prep		1:48.38	REGA
3 NCSSM-Durham		1:48.82	REGA
4 Res Triangle		1:49.36	REGA
5 Gray Stone Day		1:49.44	REGA
6 Pine Lake Prep		1:49.63	REGA
7 Union Academy		1:49.91	REGA
8 Hendersonville		1:50.85	REGA
9 Com Sch Davidson		1:50.86	REGA
10 McGuinness		1:51.47	REGA
11 Voyager Academy		1:51.47	REGA
12 Mountain Island		1:51.50	REGA
13 East Davidson		1:53.11	REGA
14 Franklin Academy		1:53.72	REGA
15 Highland Tech		1:54.01	REGA
16 Cornerstone Char		1:54.10	REGA
17 East Surry		1:54.17	REGA
18 Elkin		1:54.84	REGA
19 East Rutherford		1:55.15	REGA
20 Wake Prep		1:55.39	REGA
21 Draughn		1:58.44	REGA
22 NE Carolina Prep		2:01.06	
23 Wheatmore		2:01.56	
24 Jackson Day		2:02.57	

Event 18	Men 200 Yard Freestyle Relay		
	1:42.99 REGA		
Team	Relay	Seed Time	
1 Bradford Prep		1:32.37	REGA
2 Com Sch Davidson		1:34.73	REGA
3 Corvian		1:35.48	REGA
4 Pine Lake Prep		1:35.80	REGA
5 Mountain Island		1:36.34	REGA
6 NCSSM-Durham		1:37.39	REGA
7 Highland Tech		1:37.45	REGA
8 Franklin Academy		1:37.92	REGA
9 Res Triangle		1:39.22	REGA
10 Raleigh Charter		1:39.31	REGA
11 Elkin		1:40.03	REGA
12 Gray Stone Day		1:40.30	REGA
13 McGuinness		1:40.84	REGA
14 Christ the King		1:40.96	REGA
15 East Rutherford		1:41.87	REGA
16 NCSSM-Morganton		1:44.53	
17 Union Academy		1:44.99	
18 Camden County		1:45.33	
19 McMichael		1:45.93	
20 Cornerstone Char		1:47.00	
21 Mount Airy		1:47.15	
22 Patton		1:47.48	
23 Surry Central		1:47.93	
24 Tri Math and Sci		1:48.76	

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Event	19	Women 100 Yard Backstroke			
		1:07.99 REGA			
	Name	Yr	School	Seed Time	
1	Reina Liu	SO	Raleigh Charter	56.51	REGA
2	Hannah Baughman	FR	East Rutherford	1:01.71	REGA
3	Amelia Wolff	SR	McGuinness	1:02.24	REGA
4	Natalie Dunnigan		NCSSM-Durham	1:02.48	REGA
5	Zoey Waters	SR	Gray Stone Day	1:03.03	REGA
6	Kennedy Cook		East Surry	1:03.68	REGA
7	Ella Magner	SO	Pine Lake Prep	1:04.20	REGA
8	Lucy Kilpatrick	SR	Hendersonville	1:04.90	REGA
9	Piper Campbell	JR	Gray Stone Day	1:05.16	REGA
10	Caitlin Allen	SR	East Rutherford	1:05.86	REGA
11	Layla Comer		East Surry	1:06.53	REGA
12	Emily Lee	JR	Raleigh Charter	1:06.55	REGA
13	Jillian Wolfe	SO	Wheatmore	1:06.56	REGA
14	Emma Argenta	SO	Com Sch Davidson	1:06.57	REGA
15	Sarika Hatcher		Elkin	1:06.73	REGA
16	Emily Mann		NE Carolina Prep	1:07.36	REGA
17	Nora Degner	JR	Pine Lake Prep	1:07.45	REGA
18	Tessa Giersch	SR	Bradford Prep	1:07.89	REGA
19	Logan McCrimmon	JR	Eno River	1:08.83	
20	Zoe Mielke	FR	Manteo	1:10.90	
21	Emersyn Handy		Elkin	1:11.65	
22	Amy Lin		Raleigh Charter	1:12.01	
23	Ella Howard	SR	Mountain Island	1:12.61	
24	Ella McNeal	SR	Highland Tech	1:12.97	
25	Joanna Tidball	JR	Thomas Jefferson	1:13.46	
26	Riley Aberant	JR	Wake Prep	1:14.09	
27	Clara Tinsley	FR	Gray Stone Day	1:14.99	
28	Skyler Stone	FR	Com Sch Davidson	1:15.14	
29	Nora Hatley	JR	Gray Stone Day	1:15.16	
30	Fowler Bullock		Voyager Academy	1:15.18	
31	Anna Trubey	JR	Chase	1:15.97	
32	Stella Leonard	SO	Eastern Randolph	1:16.62	

Event	20	Men 100 Yard Backstroke			
		1:02.99 REGA			
	Name	Yr	School	Seed Time	
1	Truman Lee	SR	Bradford Prep	54.25	REGA
2	Beck Armstrong	SR	Mountain Island	55.05	REGA
3	Henry Snyder	XX	Elkin	56.29	REGA
4	Kevin Luo		NCSSM-Durham	56.78	REGA
5	Nolan Deardorff	SO	Pine Lake Prep	56.99	REGA
6	Arthur Neighbors	SR	Cornerstone Char	57.24	REGA
7	Parker Miles		Langtree	58.34	REGA
8	Gavin Johnson	FR	Corvian	58.42	REGA
9	Calvin Chen		Raleigh Charter	58.42	REGA
10	Jackson Garrett	FR	Wake Prep	58.82	REGA
11	Ian Watson	SR	Bradford Prep	59.08	REGA
12	Cameron Darling	JR	Bradford Prep	59.17	REGA
13	Devin Sykes		Walkertown	59.72	REGA
14	Brody Campbell	SR	Gray Stone Day	59.80	REGA
15	Matthew Beaman		Greene Central	59.90	REGA
16	Aubrey Brostedt		NCSSM-Durham	1:00.22	REGA
17	Adric Ebert		NCSSM-Durham	1:00.44	REGA
18	Chase Bedson	SO	Com Sch Davidson	1:01.18	REGA
19	Liam York	SO	Corvian	1:02.04	REGA
20	Owen Bell	FR	Corvian	1:04.58	
21	Eli Allis	SR	Louisburg	1:04.63	
22	Tumani Sissoko	JR	Northwood	1:06.01	
23	Daniel Sanchez	SR	Highland Tech	1:06.30	
24	Samuel Garcia Barrios	JR	Mount Airy	1:07.32	
25	Colt Abersold		Starmount	1:08.36	
26	Carter Phillips	SO	Patton	1:09.19	
27	Trevor Bedson		NCSSM-Durham	1:09.67	
28	Sebastian Ninke		East Carteret	1:10.01	
29	William Gregory	SR	Owen	1:11.22	
30	Lucas Day	FR	Com Sch Davidson	1:11.34	
31	Jake Cornatzer	SR	McGuinness	1:12.17	
32	Denyn Brawner	SR	Franklin Academy	1:13.03	

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Event	21	Women 100 Yard Breaststroke			
		1:20.99 REGA			
	Name	Yr	School	Seed Time	
1	Lexi Alexander	SR	Wake Prep	1:09.31	REGA
2	Ella Deardorff	SR	Pine Lake Prep	1:10.61	REGA
3	Christiana Hoang		Raleigh Charter	1:11.95	REGA
4	Serenity Ault	JR	Cornerstone Char	1:12.07	REGA
5	Kolby Knag	FR	Com Sch Davidson	1:12.13	REGA
6	Vari Yumagulova	SR	Mtn Heritage	1:12.72	REGA
7	McNeil Beaumont	FR	Raleigh Charter	1:12.90	REGA
8	Alannah Keough	FR	Franklin Academy	1:13.04	REGA
9	Hannah Alexander		Voyager Academy	1:13.95	REGA
10	Bella Dontino	FR	Pine Lake Prep	1:14.03	REGA
11	Mckaleigh Keough	FR	Franklin Academy	1:14.17	REGA
12	Ava Pelletier	JR	Wake Prep	1:15.08	REGA
13	Saylor Vitale	JR	Gray Stone Day	1:15.48	REGA
14	Harper Phipps	SR	Com Sch Davidson	1:15.89	REGA
15	Lilah Johnson		NCSSM-Morganton	1:15.99	REGA
16	Rui Li		Alleghany	1:15.99	REGA
17	Ella Delgross	FR	Woods Charter	1:16.48	REGA
18	Anna Melton	FR	Eno River	1:16.50	REGA
19	Ava Greene	FR	East Rutherford	1:17.23	REGA
20	Matilda Lee	FR	Bradford Prep	1:17.46	REGA
21	Eason Melton		NE Carolina Prep	1:18.35	REGA
22	Roza Lakatos		Goldsboro	1:19.39	REGA
23	Giada DiNunzio	SO	Bradford Prep	1:20.14	REGA
24	Mia Tidball	SO	Thomas Jefferson	1:20.44	REGA
25	Anabeth Heath	FR	McMichael	1:21.01	
26	Charley Reed	SO	Hendersonville	1:21.76	
27	Faith Perry	JR	Chase	1:21.89	
28	Zaharah McNish	JR	Vance Charter	1:22.32	
29	Mary Gaylord	SR	McGuinness	1:22.53	
30	Conleigh Wilhide		Princeton	1:22.89	
31	Kyah Rehberg		East Surry	1:23.57	
32	Abbie Phillips	SR	Franklin Academy	1:23.75	

Event	22	Men 100 Yard Breaststroke			
		1:12.99 REGA			
	Name	Yr	School	Seed Time	
1	Jackson Hartsell	SR	Com Sch Davidson	58.87	REGA
2	Calvin Schaper		Res Triangle	59.50	REGA
3	Shane Keough	SO	Franklin Academy	1:00.60	REGA
4	Miles Gragg	SR	Shelby	1:02.70	REGA
5	Evan Jackson	FR	Corvian	1:03.16	REGA
6	Elijah Su	FR	Northwood	1:04.47	REGA
7	Wilson Felder	SR	Bradford Prep	1:04.91	REGA
8	Eddy Ma		Raleigh Charter	1:05.27	REGA
9	Brylan Chapman	JR	East Rutherford	1:05.84	REGA
10	Alex Ragan	SR	Christ the King	1:05.87	REGA
11	Carter Faistl	JR	Surry Central	1:07.03	REGA
12	Noah Tabor	SR	Highland Tech	1:07.19	REGA
13	Clark Allis		Louisburg	1:08.47	REGA
14	Caleb Geoffroy	FR	Mountain Island	1:09.85	REGA
15	Jack Schuermann	SR	Com Sch Davidson	1:10.42	REGA
16	Aniah McKim	SO	Highlands	1:10.65	REGA
17	Aiden Tickle	SR	McMichael	1:11.09	REGA
18	Liam Bradshaw	FR	Patton	1:11.53	REGA
19	Brandon Kafitz	SO	Gray Stone Day	1:11.68	REGA
20	Salvatore Strafaci	JR	McGuinness	1:11.94	REGA
21	Stephen Ribustello	JR	Tarboro	1:12.36	REGA
22	Logan Palmer	JR	Gray Stone Day	1:12.49	REGA
23	Yuval Dinodia		NCSSM-Morganton	1:12.78	REGA
24	Colin Oham	JR	Gray Stone Day	1:12.89	REGA
25	Boden Radel	FR	Com Sch Davidson	1:13.23	
26	Adrian Dancausse	SR	McGuinness	1:13.37	
27	Luca Livengood	SR	Mount Airy	1:13.56	
28	Kurt DiMeglio	SR	Hendersonville	1:14.55	
29	Rohan Verma	FR	Pine Lake Prep	1:14.60	
30	Arsh Kolenchery		Res Triangle	1:15.03	
31	Nate Joyner		Res Triangle	1:16.80	
32	Harry Gribbin		NCSSM-Durham	1:17.36	

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Event	23	Women 400 Yard Freestyle Relay		
		4:27.99 REGA		
	Team	Relay	Seed Time	
1	Raleigh Charter		3:47.45	REGA
2	Res Triangle		3:59.35	REGA
3	NCSSM-Durham		4:00.53	REGA
4	East Surry		4:02.73	REGA
5	Com Sch Davidson		4:05.32	REGA
6	Pine Lake Prep		4:06.20	REGA
7	Franklin Academy		4:07.00	REGA
8	Gray Stone Day		4:10.02	REGA
9	McGuinness		4:10.34	REGA
10	East Rutherford		4:10.72	REGA
11	Cornerstone Char		4:12.06	REGA
12	Hendersonville		4:13.27	REGA
13	Wake Prep		4:14.19	REGA
14	Bradford Prep		4:16.04	REGA
15	Mountain Island		4:16.13	REGA
16	Voyager Academy		4:16.67	REGA
17	Elkin		4:17.97	REGA
18	Union Academy		4:23.35	REGA
19	Manteo		4:25.67	REGA
20	Eno River		4:27.92	REGA
21	East Davidson		4:34.31	
22	Highland Tech		4:34.97	
23	Draughn		4:38.28	
24	Owen		4:41.10	

Event	24	Men 400 Yard Freestyle Relay		
		3:59.99 REGA		
	Team	Relay	Seed Time	
1	Bradford Prep		3:26.73	REGA
2	Raleigh Charter		3:27.06	REGA
3	Pine Lake Prep		3:29.60	REGA
4	Mountain Island		3:34.37	REGA
5	Com Sch Davidson		3:38.75	REGA
6	Elkin		3:40.39	REGA
7	Highland Tech		3:41.19	REGA
8	NCSSM-Durham		3:41.95	REGA
9	Christ the King		3:44.10	REGA
10	Corvian		3:45.68	REGA
11	Gray Stone Day		3:45.72	REGA
12	McGuinness		3:47.73	REGA
13	East Rutherford		3:50.56	REGA
14	Owen		3:51.81	REGA
15	Franklin Academy		3:56.64	REGA
16	NCSSM-Morganton		4:00.05	
17	Tri Math and Sci		4:01.40	
18	Union Academy		4:02.56	
19	McMichael		4:09.04	
20	Northwood		4:14.07	
21	Camden County		4:14.31	
22	Eno River		4:15.00	
23	Patton		4:15.20	
24	Mount Airy		4:19.20	