

2026 4A East NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: West Stokes HS****Swimming & Diving****Psych Sheet****Event 1 Women 200 Yard Medley Relay**

Team	Relay	Seed Time
1 Carrboro		1:59.48
2 Morehead		2:07.12
3 First Flight		2:13.04
4 West Stokes		2:13.94
5 Ledford		2:15.47
6 Washington		2:18.05
7 West Stanly		2:19.35
8 Central Davidson		2:23.49
9 Bunn		2:29.57
10 Uwharrie Charter		2:31.27
11 Randleman		2:32.79
12 Southwestern Ran		2:36.43
13 SW Edgecombe		2:38.27
14 Clinton		2:45.17
15 Roanoke Rapids		2:51.78

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Carrboro		1:48.13
2 Nash Central		1:54.75
3 First Flight		1:56.30
4 Central Davidson		1:57.64
5 Lexington Senior		1:59.00
6 Morehead		2:01.14
7 Ledford		2:02.06
8 West Stokes		2:02.17
9 Randleman		2:02.85
10 Washington		2:03.23
11 Roanoke Rapids		2:10.69
12 Reidsville		2:24.67
13 West Stanly		2:28.45
14 SW Edgecombe		2:33.71
15 Clinton		2:39.41
16 Bunn		2:40.83

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Ellie Hill	SR	Carrboro	2:03.10
2 Isla Van Hemert		Carrboro	2:05.93
3 Emma Ray		West Stanly	2:06.48
4 Lana Walters	SR	First Flight	2:16.00
5 Genevieve Witter	FR	First Flight	2:17.17
6 Libby Stewart	SO	First Flight	2:20.61
7 Anna Wesley		Carrboro	2:24.88
8 Callie Smith		Morehead	2:25.17
9 Anya Kallepalli		Carrboro	2:29.75
10 Sadie Wills	JR	First Flight	2:32.65
11 Keagan Melino	JR	Ledford	2:32.69
12 Abigale Maxwell	JR	West Stokes	2:34.96
13 Bella Wells		Morehead	2:35.26
14 Lydia Smith	XX	Washington	2:35.27
15 Kendall Abbott	12	Central Davidson	2:37.66
16 Abi Sams	12	Central Davidson	2:41.18

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Aaron Maiorana		Carrboro	1:50.13
2 Grey DeWalt		Carrboro	1:50.75
3 Zach Maiorana		Carrboro	1:53.20
4 Luke Nickless	SR	West Stokes	2:07.07
5 Dan Brown	SR	First Flight	2:09.72
6 Sam Sarbora	SR	First Flight	2:11.84
7 Alex Sharp	SR	First Flight	2:13.10
8 Gabe Niederhouser	XX	Washington	2:17.66
9 Landon Gurley		Eastern Wayne	2:21.08
10 Sam Baldwin	SR	First Flight	2:21.44
11 Jacob Patterson	SR	Ledford	2:24.09
12 Jimmy Beasley	JR	West Stokes	2:26.01
13 Zach Abbott	10	Central Davidson	2:28.37
14 Grayson Bailey	11	Central Davidson	2:31.73
15 Ben Hart		Nash Central	2:34.50
16 Jackson Jolly	09	Central Davidson	2:35.44

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Name	Yr	School	Seed Time
1 Eva Dziuba	SO	Carrboro	2:19.10
2 Elizabeth Grabs	JR	West Stokes	2:22.97
3 Chloe Carriker	JR	West Stanly	2:28.61
4 Kendall Fortson	SR	Randleman	2:32.35
5 Phoebe Loughrey		Carrboro	2:36.16
6 Caroline Hoos		Carrboro	2:36.32
7 Piper Costa	JR	First Flight	2:45.08
8 Ellie Gentry	FR	First Flight	2:45.72
9 Addie Wiese	FR	Ledford	2:45.76
10 Sofie Gibson Neal		Morehead	2:51.71
11 Isabella Arrieta-Dulcey	SO	Ledford	2:55.27
12 Martha Claire Daniels	JR	First Flight	2:55.53
13 Caroline Becker		Southwestern Ran	2:58.07
14 Rose Zenzen	SO	Ledford	2:58.44
15 Caroline Smith		Morehead	3:07.20
16 Kyla Corey	SO	First Flight	3:09.37

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Alex Delgadillo		Carrboro	2:10.28
2 Van Digby	SO	First Flight	2:18.43
3 Luke Stanley	SO	North Johnston	2:19.70
4 Garret Lewis		Nash Central	2:21.92
5 Seth Lindegren		Lexington Senior	2:28.48
6 Ben Cortez	SO	First Flight	2:38.60
7 Behr Ladd	JR	First Flight	2:39.21
8 Timothy Leahy	09	Central Davidson	2:40.72
9 Lonnie Preslar		West Stanly	2:52.48
10 Joshua Holloman		Nash Central	2:52.95
11 Lars Lang	FR	First Flight	2:54.12
12 Joshua Williams	SR	Reidsville	3:06.14

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Megan Becker	SR	Uwharrie Charter	25.51
2 Parker Ridge	JR	Ledford	25.90
3 Aubrey Woolard		Washington	26.22
4 Allison Roper	SR	First Flight	26.94
5 Claire Moore		Morehead	27.05
6 Kinley Brown	SO	Ledford	28.34
7 Anna Hartsell		Carrboro	28.50
8 Logan McCauley		Carrboro	29.22
9 Anna Nickless	FR	West Stokes	29.31
10 Ruth Fleck	JR	First Flight	29.75
11 Ellaa Taylor		SW Edgecombe	30.06
12 Lanikai Stabley	JR	First Flight	30.10
13 Sara Dodge	SO	Reidsville	30.22
14 Hayden Garrett	JR	Morehead	30.42
15 Lila Foubister	JR	First Flight	30.46
16 Shivani Patel		Carrboro	30.59

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Dominic Wozniak	XX	Nash Central	22.96
2 Liam Wheeler		Eastern Wayne	23.22
3 Rance Jackson	12	Central Davidson	23.55
4 Parker Hess	12	Central Davidson	23.97
5 Graham Baker	JR	First Flight	24.00
6 Tyler Fortson		Randleman	24.18
7 Cannon Eggleston		Randleman	24.21
8 Matthew Howell	SR	West Stokes	24.41
9 Aidan Garrabrant		Morehead	24.56
10 Eli Nickless	JR	West Stokes	24.78
11 Miller Tyson		Washington	25.00
12 Duke Gadsden		Carrboro	25.17
13 Fionn Reilly	SR	First Flight	25.22
14 Max O'Connell		Lexington Senior	25.36
15 Tyler Pease		Carrboro	25.47
16 Tate Smith	FR	First Flight	25.85
17 Garrett McDermott		Carrboro	25.85

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Name	Yr	School	
1 Max Bachelder	FR	Carrboro	372.40

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Ellie Hill	SR	Carrboro	1:01.83
2 Kendall Fortson	SR	Randleman	1:06.24
3 Rylee Brewer		Nash Central	1:08.88
4 Ella Lewis		Morehead	1:09.87
5 Phoebe Loughrey		Carrboro	1:10.17
6 Lea Rak		Carrboro	1:13.08
7 Callie Smith		Morehead	1:16.83
8 Isabella Arrieta-Dulcey	SO	Ledford	1:17.18
9 Leah Dunn	SO	First Flight	1:17.97
10 Isabella Bellini	10	Central Davidson	1:23.82
11 Elizabeth Schell	SO	West Stokes	1:24.98
12 Haley Kwon	JR	First Flight	1:29.48
13 Janiya Benton		Eastern Wayne	1:38.74
14 Sara Dodge	SO	Reidsville	1:40.27
15 Melody Sanders	JR	First Flight	1:42.67
16 Callie Hylton		Morehead	1:52.35

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Josh Jones		Carrboro	53.15
2 Matthew Howell	SR	West Stokes	1:02.07
3 Landon Thoma	FR	Ledford	1:05.10
4 Jack Lynch		Roanoke Rapids	1:05.88
5 Wesley Robinson	JR	First Flight	1:07.74
6 Ben Cortez	SO	First Flight	1:10.05
7 Cutler Lee		Washington	1:12.85
8 Aiden Pilot	SR	First Flight	1:16.61
9 Tate Smith	FR	First Flight	1:17.67
10 Joshua Holloman		Nash Central	1:21.68
11 Joshua Williams	SR	Reidsville	1:29.65
12 Kabba Saidy		Morehead	1:38.85
13 Tomo Shibata		Uwharrie Charter	1:39.55
14 Arnold Murguia		Morehead	1:46.00

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Name	Yr	School	Seed Time
1 Megan Becker	SR	Uwharrie Charter	55.73
2 Aubrey Woolard		Washington	57.92
3 Eva Dziuba	SO	Carrboro	59.08
4 Kyla Conner		Carrboro	1:00.55
5 Allison Roper	SR	First Flight	1:00.84
6 Defne Emir		Carrboro	1:03.10
7 Addie Wiese	FR	Ledford	1:03.28
8 Lana Walters	SR	First Flight	1:06.07
9 Logan McCauley		Carrboro	1:06.11
10 Sadie Wills	JR	First Flight	1:06.44
11 Kinley Brown	SO	Ledford	1:06.73
12 Haley Matthis		Clinton	1:06.76
13 Elizabeth Schell	SO	West Stokes	1:07.28
14 Keagan Melino	JR	Ledford	1:07.31
15 Ruth Fleck	JR	First Flight	1:07.78
16 Aubree Sparks	FR	West Stokes	1:09.95

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Liam Wheeler		Eastern Wayne	50.65
2 Zach Maiorana		Carrboro	52.45
3 Graham Baker	JR	First Flight	53.15
4 Rance Jackson	12	Central Davidson	53.66
5 Eli Nickless	JR	West Stokes	54.34
6 Ethan Yeatts	SR	Roanoke Rapids	56.48
7 Duke Gadsden		Carrboro	57.12
8 Fionn Reilly	SR	First Flight	57.79
9 Aidan Garrabrant		Morehead	58.12
10 Alex Sharp	SR	First Flight	58.34
11 Jacob Hallac	SO	First Flight	1:00.43
12 Jackson Brown	JR	Ledford	1:02.03
13 Tyler Pease		Carrboro	1:02.56
14 Winston Lee		Nash Central	1:03.52
15 Hajun Jang		Nash Central	1:06.30
16 Colton Slack	JR	Ledford	1:07.41

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Annabelle Gangloff		Carrboro	5:21.85
2 Emma Ray		West Stanly	5:31.84
3 Isla Van Hemert		Carrboro	5:37.46
4 Ella Lewis		Morehead	5:51.46
5 Genevieve Witter	FR	First Flight	6:14.94
6 Libby Stewart	SO	First Flight	6:22.00
7 Caroline Goodnight		Carrboro	6:38.35
8 Leah Dunn	SO	First Flight	6:50.33
9 Lydia Smith	XX	Washington	7:03.50
10 Rose Zenzen	SO	Ledford	7:05.92
11 Abigale Maxwell	JR	West Stokes	7:08.56
12 Bella Wells		Morehead	7:11.02
13 Kendall Abbott	12	Central Davidson	7:18.96
14 Morgan Beam	SR	Roanoke Rapids	7:27.42
15 Harley Lanning	12	Central Davidson	7:46.29
16 Haley Kwon	JR	First Flight	7:53.21

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Aaron Maiorana		Carrboro	4:51.66
2 Grey DeWalt		Carrboro	4:59.82
3 Alex Delgadillo		Carrboro	5:17.48
4 Luke Stanley	SO	North Johnston	5:32.63
5 Dan Brown	SR	First Flight	5:52.45
6 Sam Sarbora	SR	First Flight	6:01.30
7 Luke Mabe		Morehead	6:03.72
8 Sam Baldwin	SR	First Flight	6:37.19
9 Xander Love	FR	Ledford	6:37.94
10 Ian McDaniel		Lexington Senior	6:43.70
11 Gabe Niederhouser	XX	Washington	6:48.51
12 Landon Gurley		Eastern Wayne	6:58.24
13 Jacob Patterson	SR	Ledford	6:58.36
14 Blake Medler	SR	First Flight	7:07.12
15 Ethan Bottoms	SR	West Stokes	7:09.82
16 Jackson Jolly	09	Central Davidson	7:30.36

2026 4A East NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: West Stokes HS****Swimming & Diving****Psych Sheet****Event 17 Women 200 Yard Freestyle Relay**

Team	Relay	Seed Time
1 Carrboro		1:52.03
2 Morehead		1:52.27
3 Ledford		1:55.72
4 First Flight		1:57.58
5 West Stokes		1:58.22
6 Washington		2:02.16
7 West Stanly		2:03.45
8 Bunn		2:06.88
9 Central Davidson		2:06.90
10 SW Edgecombe		2:13.80
11 Randleman		2:15.49
12 Roanoke Rapids		2:24.10
13 Southwestern Ran		2:24.27
14 Clinton		2:26.09
15 Eastern Wayne		2:33.45

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Carrboro		1:36.99
2 First Flight		1:39.60
3 Lexington Senior		1:41.51
4 Nash Central		1:43.09
5 West Stokes		1:43.14
6 Central Davidson		1:43.50
7 Washington		1:46.92
8 Randleman		1:50.16
9 Ledford		1:50.95
10 Morehead		1:51.09
11 Roanoke Rapids		1:51.54
12 West Stanly		2:02.67
13 SW Edgecombe		2:03.14
14 Eastern Wayne		2:08.10
15 Reidsville		2:08.72
16 Bunn		2:10.28

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Annabelle Gangloff		Carrboro	1:01.20
2 Parker Ridge	JR	Ledford	1:05.12
3 Rylee Brewer		Nash Central	1:10.69
4 Anna Wesley		Carrboro	1:10.86
5 Anna Nickless	FR	West Stokes	1:13.92
6 Lea Rak		Carrboro	1:14.11
7 Piper Costa	JR	First Flight	1:14.39
8 Shivani Patel		Carrboro	1:15.48
9 Haley Matthis		Clinton	1:15.89
10 Ellie Gentry	FR	First Flight	1:16.16
11 Sofie Gibson Neal		Morehead	1:17.63
12 Lanikai Stabley	JR	First Flight	1:18.21
13 Emma Jolly	11	Central Davidson	1:19.92
14 Melody Sanders	JR	First Flight	1:20.34
15 Natalie Boger		Lexington Senior	1:20.69
16 Ava Moore	09	Central Davidson	1:21.19

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Josh Jones		Carrboro	56.79
2 Garret Lewis		Nash Central	1:04.38
3 Miller Tyson		Washington	1:04.82
4 Tyler Fortson		Randleman	1:05.68
5 Van Digby	SO	First Flight	1:05.79
6 Eli Heyder	SO	First Flight	1:11.08
7 Jackson Bailey	11	Central Davidson	1:11.09
8 Landon Thoma	FR	Ledford	1:12.17
9 Xander Love	FR	Ledford	1:13.46
10 Garrett McDermott		Carrboro	1:13.53
11 Timothy Leahy	09	Central Davidson	1:16.00
12 Lonnie Preslar		West Stanly	1:18.59
13 Jacob Hallac	SO	First Flight	1:19.77
14 Hajun Jang		Nash Central	1:20.51
15 Brett Ceasar	FR	First Flight	1:20.76
16 Ethan Bottoms	SR	West Stokes	1:21.28

2026 4A East NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: West Stokes HS****Swimming & Diving****Psych Sheet****Event 21 Women 100 Yard Breaststroke**

Name	Yr	School	Seed Time
1 Elizabeth Grabs	JR	West Stokes	1:11.38
2 Chloe Carriker	JR	West Stanly	1:15.45
3 Kyla Conner		Carrboro	1:15.99
4 Riley Moore	FR	Morehead	1:19.05
5 Caroline Hoos		Carrboro	1:19.48
6 Defne Emir		Carrboro	1:22.04
7 Anna Hartsell		Carrboro	1:22.88
8 Ellaa Taylor		SW Edgecombe	1:25.28
9 Isabella Bellini	10	Central Davidson	1:25.67
10 Lila Foubister	JR	First Flight	1:27.36
11 Kyla Corey	SO	First Flight	1:28.05
12 Caroline Mitchell		Washington	1:28.44
13 Caroline Becker		Southwestern Ran	1:30.21
14 Kathryn Gautier		Washington	1:30.46
15 Kyndall Garrett		Morehead	1:30.86
16 Martha Claire Daniels	JR	First Flight	1:32.89

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Dominic Wozniak	XX	Nash Central	1:06.61
2 Levi Lindegren		Lexington Senior	1:07.60
3 Cannon Eggleston		Randleman	1:09.09
4 Luke Mabe		Morehead	1:12.26
5 Behr Ladd	JR	First Flight	1:16.35
6 Lars Lang	FR	First Flight	1:19.86
7 Henley Pake		Washington	1:20.73
8 Jake Law	SR	Reidsville	1:21.14
9 Zach Abbott	10	Central Davidson	1:21.16
10 Gavin Brown	SR	Ledford	1:21.31
11 Wesley Robinson	JR	First Flight	1:21.36
12 Ben Hart		Nash Central	1:22.97
13 Brett Ceasar	FR	First Flight	1:26.17
14 Lennox French		Lexington Senior	1:28.64
15 David Pages	JR	Uwharrie Charter	1:30.62
16 Cameron Benton		Morehead	1:30.97

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Carrboro		3:55.99
2 First Flight		4:17.14
3 Morehead		4:23.22
4 Ledford		4:26.01
5 West Stokes		4:28.84
6 Washington		4:48.59
7 West Stanly		4:50.01
8 Central Davidson		4:50.25
9 Bunn		5:11.99
10 Uwharrie Charter		5:16.23
11 Clinton		5:24.88
12 Southwestern Ran		5:25.66
13 Roanoke Rapids		5:46.42
14 Eastern Wayne		6:08.97

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Carrboro		3:29.57
2 First Flight		3:53.40
3 Lexington Senior		3:59.15
4 West Stokes		4:00.68
5 Nash Central		4:01.67
6 Central Davidson		4:09.00
7 Washington		4:15.47
8 Roanoke Rapids		4:16.21
9 Ledford		4:33.31
10 Clinton		5:06.56
11 Eastern Wayne		5:12.30
12 Morehead		5:19.21
13 West Stanly		5:24.97
14 Uwharrie Charter		5:48.85