

2026 4A State NCHSAA Regional Championships - - 2/4/2026 to 2/5/2026
Swimming & Diving
{Advanced to State Meet – Top 12 Individual (8 Relays) East & West & ALL R4A
then Highlighted are At-large from any Region}

Event 1	Women 200 Yard Medley Relay			
	2:25.99 R4A			
Team	Relay	Seed Time		
1 Lake Norman Char		1:53.50	R4A	
2 Carrboro		1:59.48	R4A	
3 Brevard		2:05.00	R4A	
4 Morehead		2:07.12	R4A	
5 Fred T Foard		2:09.13	R4A	
6 Lincoln Charter		2:09.28	R4A	
7 First Flight		2:13.04	R4A	
8 Cramer		2:13.38	R4A	
9 Hibriten		2:13.59	R4A	
10 West Stokes		2:13.94	R4A	
11 Ledford		2:15.47	R4A	
12 South Rowan		2:16.56	R4A	
13 Washington		2:18.05	R4A	
14 East Gaston		2:18.67	R4A	
15 West Stanly		2:19.35	R4A	
16 Central Academy		2:19.86	R4A	
17 Mount Pleasant		2:21.28	R4A	
18 Central Davidson		2:23.49	R4A	
19 North Surry		2:25.65	R4A	
20 Forbush		2:26.45		
21 Bunn		2:29.57		
22 Uwharrie Charter		2:31.27		
23 Randleman		2:32.79		
24 Southwestern Ran		2:36.43		

Event 2	Men 200 Yard Medley Relay			
	2:17.99 R4A			
Team	Relay	Seed Time		
1 Lake Norman Char		1:42.14	R4A	
2 Carrboro		1:48.13	R4A	
3 Central Academy		1:49.39	R4A	
4 Brevard		1:54.51	R4A	
5 Nash Central		1:54.75	R4A	
6 Lincoln Charter		1:55.11	R4A	
7 Burns		1:55.56	R4A	
8 East Gaston		1:55.89	R4A	
9 First Flight		1:56.30	R4A	
10 Central Davidson		1:57.64	R4A	
11 Lexington Senior		1:59.00	R4A	
12 South Rowan		1:59.66	R4A	
13 Morehead		2:01.14	R4A	
14 Hibriten		2:01.87	R4A	
15 Ledford		2:02.06	R4A	
16 West Stokes		2:02.17	R4A	
17 Randleman		2:02.85	R4A	
18 Washington		2:03.23	R4A	
19 East Burke		2:04.46	R4A	
20 Maiden		2:09.36	R4A	
21 Roanoke Rapids		2:10.69	R4A	
22 Forbush		2:14.37	R4A	
23 Salisbury		2:14.46	R4A	
24 Cramer		2:15.64	R4A	

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Event	3	Women 200 Yard Freestyle			
		2:30.99 R4A			
		Name	Yr	School	Seed Time
1		Dakota Gayle	SO	Lake Norman Char	1:59.13 R4A
2		Alana Kolano	SO	Lake Norman Char	2:02.23 R4A
3		Ellie Hill	SR	Carrboro	2:03.10 R4A
4		Isla Van Hemert		Carrboro	2:05.93 R4A
5		Emma Ray		West Stanly	2:06.48 R4A
6		Avery Newsome	SR	Lake Norman Char	2:07.73 R4A
7		Evan Gilleland	SO	Brevard	2:12.35 R4A
8		Chelsea Borman		Brevard	2:12.38 R4A
9		Peyton Hawkins	SR	Lake Norman Char	2:13.12 R4A
10		Dayana Alvarez-Chavez	SR	Newton-Conover	2:14.97 R4A
11		Acacia Felmlee	SR	Hibriten	2:15.96 R4A
12		Lana Walters	SR	First Flight	2:16.00 R4A
13		Genevieve Witter	FR	First Flight	2:17.17 R4A
14		Reagan Maiden		Mount Pleasant	2:19.49 R4A
15		Libby Stewart	SO	First Flight	2:20.61 R4A
16		Anna Wesley		Carrboro	2:24.88 R4A
17		Callie Smith		Morehead	2:25.17 R4A
18		Nataly Bartemus		Lincoln Charter	2:26.30 R4A
19		Isabella Aronckes	SO	Wilkes Central	2:28.26 R4A
20		Anya Kallepalli		Carrboro	2:29.75 R4A
21		Jane Helton	SR	Forbush	2:32.40
22		Sadie Wills	JR	First Flight	2:32.65
23		Keagan Melino	JR	Ledford	2:32.69
24		Meagan Porter	JR	East Henderson	2:32.78
25		Abigale Maxwell	JR	West Stokes	2:34.96
26		Bella Wells		Morehead	2:35.26
27		Lydia Smith	XX	Washington	2:35.27
28		Lydia Horvath	SO	Central Academy	2:37.15
29		Kendall Abbott	12	Central Davidson	2:37.66
30		Madalynn Gullledge	SR	South Rowan	2:40.89
31		Abi Sams	12	Central Davidson	2:41.18
32		Merrin Borders	FR	Burns	2:42.77

Event	4	Men 200 Yard Freestyle			
		2:08.99 R4A			
		Name	Yr	School	Seed Time
1		Alex Stinson	JR	Lake Norman Char	1:49.63 R4A
2		Aaron Maiorana		Carrboro	1:50.13 R4A
3		Grey DeWalt		Carrboro	1:50.75 R4A
4		Joshua Poche		Brevard	1:50.93 R4A
5		Zach Maiorana		Carrboro	1:53.20 R4A
6		Mark Davis	SR	Wilkes Central	1:55.14 R4A
7		Charlie Arning	SR	Lake Norman Char	1:56.03 R4A
8		Sam Jensen	SO	Burns	1:58.45 R4A
9		Patrick Hendley	JR	Central Academy	2:02.05 R4A
10		Luke Nickless	SR	West Stokes	2:07.07 R4A
11		Quade Williams	FR	Lake Norman Char	2:07.17 R4A
12		Austin Minier	FR	Lake Norman Char	2:08.23 R4A
13		Dan Brown	SR	First Flight	2:09.72
14		Sam Sarbora	SR	First Flight	2:11.84
15		Alex Sharp	SR	First Flight	2:13.10
16		Ivan Kanagy	FR	Hibriten	2:14.45
17		Diego Alvarez-Chavez		Newton-Conover	2:16.99
18		Gabe Niederhouser	XX	Washington	2:17.66
19		Keaton Knittel	JR	Central Academy	2:19.66
20		Landon Gurley		Eastern Wayne	2:21.08
21		Sam Baldwin	SR	First Flight	2:21.44
22		Vincent Westfall	SO	Salisbury	2:23.22
23		Jacob Patterson	SR	Ledford	2:24.09
24		Jackson Coffey	FR	Hibriten	2:24.32
25		Justin Schlageter	SR	Hibriten	2:25.06
26		Jimmy Beasley	JR	West Stokes	2:26.01
27		Zach Abbott	10	Central Davidson	2:28.37
28		Max Van Horne	SO	Hibriten	2:30.56
29		Grayson Bailey	11	Central Davidson	2:31.73
30		Ben Hart		Nash Central	2:34.50
31		Jackson Jolly	09	Central Davidson	2:35.44
32		Samuel Edwards		East Gaston	2:36.60

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Event	5	Women 200 Yard IM			
		2:48.99 R4A			
		Name	Yr	School	Seed Time
1		Lily Price	JR	Lake Norman Char	2:13.24 R4A
2		Kathryn Cinson		Fred T Foard	2:16.05 R4A
3		Madison Kohler	SR	Central Academy	2:18.40 R4A
4		Eva Dziuba	SO	Carrboro	2:19.10 R4A
5		Elizabeth Grabs	JR	West Stokes	2:22.97 R4A
6		Susan Ammons		Tuscola	2:24.73 R4A
7		Chloe Carriker	JR	West Stanly	2:28.61 R4A
8		Kendall Fortson	SR	Randleman	2:32.35 R4A
9		Phoebe Loughrey		Carrboro	2:36.16 R4A
10		Caroline Hoos		Carrboro	2:36.32 R4A
11		Ava Watson		RS Central	2:38.45 R4A
12		Gracie Shields		Brevard	2:42.12 R4A
13		Carsyn Caldwell	SO	Lake Norman Char	2:43.02 R4A
14		Ellie Ortner	FR	Lake Norman Char	2:44.84 R4A
15		Piper Costa	JR	First Flight	2:45.08 R4A
16		Ellie Gentry	FR	First Flight	2:45.72 R4A
17		Addie Wiese	FR	Ledford	2:45.76 R4A
18		Olivia Montgomery		North Surry	2:45.95 R4A
19		Avery Willer		Cramer	2:46.05 R4A
20		Averi Buckler	JR	Lake Norman Char	2:46.86 R4A
21		Isabella Aronckes	SO	Wilkes Central	2:47.84 R4A
22		Ella Monk		Brevard	2:49.11
23		Anna Chamberlain	SO	Salisbury	2:49.34
24		Addison Brookshire	SR	Hibriten	2:49.86
25		Sofie Gibson Neal		Morehead	2:51.71
26		Kayleigh Draughn	JR	South Rowan	2:53.73
27		Isabella Arrieta-Dulcey	SO	Ledford	2:55.27
28		Martha Claire Daniels	JR	First Flight	2:55.53
29		Caroline Becker		Southwestern Ran	2:58.07
30		Rose Zenzen	SO	Ledford	2:58.44
31		Caroline Smith		Morehead	3:07.20
32		Kyla Corey	SO	First Flight	3:09.37

Event	6	Men 200 Yard IM			
		2:41.99 R4A			
		Name	Yr	School	Seed Time
1		Coby Werner	SO	Lake Norman Char	2:03.99 R4A
2		Neil Hart	SR	Lake Norman Char	2:05.75 R4A
3		Philip Johnson		East Gaston	2:06.48 R4A
4		Collin Williams	JR	Central Academy	2:08.47 R4A
5		Alex Delgadillo		Carrboro	2:10.28 R4A
6		Declan Fittz	JR	Lake Norman Char	2:13.55 R4A
7		Matthew Messenheimer	FR	Central Academy	2:15.51 R4A
8		Logan Beale	SO	Lake Norman Char	2:17.23 R4A
9		Van Digby	SO	First Flight	2:18.43 R4A
10		Luke Stanley	SO	North Johnston	2:19.70 R4A
11		Jackson Miller	SO	Wilkes Central	2:20.69 R4A
12		Garret Lewis		Nash Central	2:21.92 R4A
13		Parker Dickens		Brevard	2:24.09 R4A
14		Jared McElhannon	SO	South Rowan	2:26.86 R4A
15		Benjamin Kelly	FR	Central Academy	2:28.18 R4A
16		Seth Lindegren		Lexington Senior	2:28.48 R4A
17		Aedon Stevens	SR	Hibriten	2:35.98 R4A
18		Thomas DeCillis	FR	Central Academy	2:36.88 R4A
19		Parker Laughridge		Brevard	2:37.46 R4A
20		I William		North Surry	2:37.93 R4A
21		Ben Cortez	SO	First Flight	2:38.60 R4A
22		Behr Ladd	JR	First Flight	2:39.21 R4A
23		Gage Allen	JR	East Burke	2:39.49 R4A
24		William Mathes	SR	RS Central	2:39.75 R4A
25		Timothy Leahy	09	Central Davidson	2:40.72 R4A
26		Noah Ramsey	SR	East Burke	2:40.95 R4A
27		Jorge Galindo		Pisgah	2:41.71 R4A
28		Lonnie Preslar		West Stanly	2:52.48
29		Joshua Holloman		Nash Central	2:52.95
30		Lars Lang	FR	First Flight	2:54.12
31		Joshua Williams	SR	Reidsville	3:06.14

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Event 7 Women 50 Yard Freestyle

28.49 R4A				
Name	Yr	School	Seed Time	
1 Campbell Cyrus	JR	Lake Norman Char	24.97	R4A
2 Julia Sherrill		Brevard	25.11	R4A
3 Megan Becker	SR	Uwharrie Charter	25.51	R4A
4 Parker Ridge	JR	Ledford	25.90	R4A
5 Ama Higgs	JR	Hibriten	26.15	R4A
6 Aubrey Woolard		Washington	26.22	R4A
7 Caroline Parker	FR	Lake Norman Char	26.32	R4A
8 Michael Lombardo		Tuscola	26.92	R4A
9 Allison Roper	SR	First Flight	26.94	R4A
10 Claire Moore		Morehead	27.05	R4A
11 Lilly Wykoff	FR	Lake Norman Char	27.07	R4A
12 Ava Pritchard	FR	South Rowan	27.48	R4A
13 Mikayla Freeland	JR	Lake Norman Char	27.52	R4A
14 Josslyn Driessen		Mount Pleasant	27.53	R4A
15 Aubrey Norris	JR	Hibriten	28.16	R4A
16 Kinley Brown	SO	Ledford	28.34	R4A
17 Abigail Lange	SR	Forbush	28.48	R4A
18 Anna Hartsell		Carrboro	28.50	
19 Sadie Siscoe	SR	South Rowan	28.89	
20 Logan McCauley		Carrboro	29.22	
21 Anna Nickless	FR	West Stokes	29.31	
22 Ruth Fleck	JR	First Flight	29.75	
23 Gracie Hinson	JR	South Rowan	29.90	
24 Ellaa Taylor		SW Edgecombe	30.06	
25 Dahlia Weaver		East Gaston	30.09	
26 Lanikai Stabley	JR	First Flight	30.10	
27 Anja Driessen		Mount Pleasant	30.13	
28 Sara Dodge	SO	Reidsville	30.22	
29 Megan Merritt		Cramer	30.37	
30 Hayden Garrett	JR	Morehead	30.42	
31 Lila Foubister	JR	First Flight	30.46	
32 Shivani Patel		Carrboro	30.59	

Event 8 Men 50 Yard Freestyle

24.99 R4A				
Name	Yr	School	Seed Time	
1 Troy Spangler	JR	Burns	22.68	R4A
2 Dominic Wozniak	XX	Nash Central	22.96	R4A
3 Liam Wheeler		Eastern Wayne	23.22	R4A
4 Rance Jackson	12	Central Davidson	23.55	R4A
5 Brian Buttrick	FR	Burns	23.58	R4A
6 Sam Jensen	SO	Burns	23.93	R4A
7 Parker Hess	12	Central Davidson	23.97	R4A
8 Graham Baker	JR	First Flight	24.00	R4A
9 John-Patrick Andrews	JR	Hibriten	24.09	R4A
10 Tyler Fortson		Randleman	24.18	R4A
11 Cannon Eggleston		Randleman	24.21	R4A
12 Evan Mason	JR	Lake Norman Char	24.28	R4A
13 Matthew Howell	SR	West Stokes	24.41	R4A
14 Jared McElhannon	SO	South Rowan	24.46	R4A
15 Aidan Garabrant		Morehead	24.56	R4A
16 Eli Nickless	JR	West Stokes	24.78	R4A
17 Miller Tyson		Washington	25.00	
18 Duke Gadsden		Carrboro	25.17	
19 Fionn Reilly	SR	First Flight	25.22	
20 Max O'Connell		Lexington Senior	25.36	
21 Eli Jones		East Gaston	25.42	
22 Tyler Pease		Carrboro	25.47	
23 Tucker Leftwich	SO	Cramer	25.59	
24 Alan Rydell	JR	Maiden	25.70	
25 Tate Smith	FR	First Flight	25.85	
26 Garrett McDermott		Carrboro	25.85	
27 Anirudh Ala	JR	Central Academy	26.02	
28 Titus Felmlee	JR	Hibriten	26.47	
29 Mason Rathbone		Tuscola	26.61	
30 Elijah Ervin	SO	Hibriten	26.66	
31 James Tucker	JR	Maiden	26.93	
32 Sam Goodman	SR	Salisbury	27.04	

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Event	9	Women 1 mtr Diving		
		Name	Yr	School
1		Addison Braun		Lincoln Charter NP
2		Adeline Stutzman		East Gaston NP
3		Kaitlyn Knutsen		Lake Norman Char NP

Event	10	Men 1 mtr Diving		
		Name	Yr	School
1		Max Bachelder	FR	Carrboro 372.40
2		Wyatt Smith		East Gaston NP
3		Sawyer Landman		Lake Norman Char NP

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Event	11	Women 100 Yard Butterfly			
		1:16.99 R4A			
		Name	Yr	School	Seed Time
1		Campbelle Cyrus	JR	Lake Norman Char	58.23 R4A
2		Skye Yampolsky	JR	Lake Norman Char	1:00.60 R4A
3		Ellie Hill	SR	Carrboro	1:01.83 R4A
4		Gabriella Carias		Lincoln Charter	1:04.18 R4A
5		Kendall Fortson	SR	Randleman	1:06.24 R4A
6		Evelyn Cinson		Fred T Foard	1:07.69 R4A
7		Rylee Brewer		Nash Central	1:08.88 R4A
8		Carsyn Caldwell	SO	Lake Norman Char	1:09.63 R4A
9		Ella Lewis		Morehead	1:09.87 R4A
10		Phoebe Loughrey		Carrboro	1:10.17 R4A
11		Lila Laughridge		Brevard	1:12.56 R4A
12		Lea Rak		Carrboro	1:13.08 R4A
13		Lydia Horvath	SO	Central Academy	1:15.79 R4A
14		Abigail Hinman	SO	Lake Norman Char	1:16.29 R4A
15		Callie Smith		Morehead	1:16.83 R4A
16		Isabella Arrieta-Dulcey	SO	Ledford	1:17.18
17		Leah Dunn	SO	First Flight	1:17.97
18		Patience Bria	FR	Central Academy	1:23.57
19		Isabella Bellini	10	Central Davidson	1:23.82
20		Elizabeth Schell	SO	West Stokes	1:24.98
21		Anna Chamberlain	SO	Salisbury	1:25.19
22		Haley Kwon	JR	First Flight	1:29.48
23		Gwendolyn Andrews		Brevard	1:29.72
24		Janiya Benton		Eastern Wayne	1:38.74
25		Brooklynn Stewart		East Gaston	1:38.94
26		Sara Dodge	SO	Reidsville	1:40.27
27		Melody Sanders	JR	First Flight	1:42.67
28		Ardin Helton	FR	Forbush	1:47.74
29		Callie Hylton		Morehead	1:52.35

Event	12	Men 100 Yard Butterfly			
		1:09.99 R4A			
		Name	Yr	School	Seed Time
1		Josh Jones		Carrboro	53.15 R4A
2		Brian Buttrick	FR	Burns	55.85 R4A
3		Eric Robertson	SR	Lake Norman Char	57.25 R4A
4		Mark Davis	SR	Wilkes Central	57.93 R4A
5		Parker Dickens		Brevard	1:01.76 R4A
6		Matthew Howell	SR	West Stokes	1:02.07 R4A
7		Guy Deal	FR	South Rowan	1:02.88 R4A
8		Landon Thoma	FR	Ledford	1:05.10 R4A
9		Jack Lynch		Roanoke Rapids	1:05.88 R4A
10		Benjamin Kelly	FR	Central Academy	1:06.00 R4A
11		Zachary Jenkins		East Gaston	1:06.22 R4A
12		Diego Alvarez-Chavez		Newton-Conover	1:06.84 R4A
13		Wesley Robinson	JR	First Flight	1:07.74 R4A
14		I William		North Surry	1:08.65 R4A
15		Akash Shanmuganathan	SR	Central Academy	1:09.84 R4A
16		Ben Cortez	SO	First Flight	1:10.05
17		Cutler Lee		Washington	1:12.85
18		Aiden Pilot	SR	First Flight	1:16.61
19		Keaton Knittel	JR	Central Academy	1:16.65
20		Tate Smith	FR	First Flight	1:17.67
21		Luke Marin	FR	Lake Norman Char	1:20.52
22		Luke Sorrell	FR	Forbush	1:20.69
23		Joshua Holloman		Nash Central	1:21.68
24		Vincent Westfall	SO	Salisbury	1:22.32
25		Joshua Williams	SR	Reidsville	1:29.65
26		Kabba Saidy		Morehead	1:38.85
27		Tomo Shibata		Uwharrie Charter	1:39.55
28		Arnold Murguia		Morehead	1:46.00

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Event	13	Women 100 Yard Freestyle			
		1:02.99 R4A			
	Name	Yr	School	Seed Time	
1	Julia Sherrill		Brevard	53.88	R4A
2	Megan Becker	SR	Uwharrie Charter	55.73	R4A
3	Caroline Parker	FR	Lake Norman Char	57.18	R4A
4	Avery Newsome	SR	Lake Norman Char	57.36	R4A
5	Ama Higgs	JR	Hibriten	57.51	R4A
6	Alana Kolano	SO	Lake Norman Char	57.55	R4A
7	Aubrey Woolard		Washington	57.92	R4A
8	Eva Dziuba	SO	Carrboro	59.08	R4A
9	Kyla Conner		Carrboro	1:00.55	R4A
10	Allison Roper	SR	First Flight	1:00.84	R4A
11	Acacia Felmlee	SR	Hibriten	1:02.16	R4A
12	Defne Emir		Carrboro	1:03.10	
13	Addie Wiese	FR	Ledford	1:03.28	
14	Averi Buckler	JR	Lake Norman Char	1:04.85	
15	Lana Walters	SR	First Flight	1:06.07	
16	Logan McCauley		Carrboro	1:06.11	
17	Sadie Wills	JR	First Flight	1:06.44	
18	Kinley Brown	SO	Ledford	1:06.73	
19	Haley Matthis		Clinton	1:06.76	
20	Elizabeth Schell	SO	West Stokes	1:07.28	
21	Keagan Melino	JR	Ledford	1:07.31	
22	Ruth Fleck	JR	First Flight	1:07.78	
23	Vesta Cleveland		Brevard	1:07.91	
24	Stella Sawyers	FR	Brevard	1:08.17	
25	Gracie Hinson	JR	South Rowan	1:09.00	
26	Madalynn Gullede	SR	South Rowan	1:09.70	
27	Dahlia Weaver		East Gaston	1:09.92	
28	Aubree Sparks	FR	West Stokes	1:09.95	
29	Eva Shue	SR	South Rowan	1:10.45	
30	Bethany McSwain		East Gaston	1:11.18	
31	Madison Malarney	JR	Central Academy	1:13.25	
32	Khloe Nodarse		North Surry	1:13.84	

Event	14	Men 100 Yard Freestyle			
		55.99 R4A			
	Name	Yr	School	Seed Time	
1	Joshua Poche		Brevard	49.80	R4A
2	Joseph Bria	SR	Central Academy	50.05	R4A
3	Alex Stinson	JR	Lake Norman Char	50.32	R4A
4	Liam Wheeler		Eastern Wayne	50.65	R4A
5	Charlie Arning	SR	Lake Norman Char	51.12	R4A
6	Troy Spangler	JR	Burns	52.17	R4A
7	Zach Maiorana		Carrboro	52.45	R4A
8	Graham Baker	JR	First Flight	53.15	R4A
9	Rance Jackson	12	Central Davidson	53.66	R4A
10	Eli Nickless	JR	West Stokes	54.34	R4A
11	John-Patrick Andrews	JR	Hibriten	54.41	R4A
12	Haiden Dale	SR	East Burke	55.91	R4A
13	Ethan Yeatts	SR	Roanoke Rapids	56.48	
14	Duke Gadsden		Carrboro	57.12	
15	Evan Mason	JR	Lake Norman Char	57.22	
16	Fionn Reilly	SR	First Flight	57.79	
17	Aidan Garrabrant		Morehead	58.12	
18	Alex Sharp	SR	First Flight	58.34	
19	Eli Jones		East Gaston	58.46	
20	Anirudh Ala	JR	Central Academy	58.70	
21	Wes Weeks	FR	Lake Norman Char	58.97	
22	Ivan Kanagy	FR	Hibriten	59.12	
23	Jacob Hallac	SO	First Flight	1:00.43	
24	Jackson Brown	JR	Ledford	1:02.03	
25	Odin Cleveland		Brevard	1:02.22	
26	Tyler Pease		Carrboro	1:02.56	
27	Leo Smith	SO	Central Academy	1:02.76	
28	Ethan Overby	JR	South Rowan	1:03.07	
29	Ridge Reeves	SR	North Surry	1:03.45	
30	Winston Lee		Nash Central	1:03.52	
31	Hajun Jang		Nash Central	1:06.30	
32	Colton Slack	JR	Ledford	1:07.41	

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Event	15	Women 500 Yard Freestyle			
		6:12.99 R4A			
	Name	Yr	School	Seed Time	
1	Dakota Gayle	SO	Lake Norman Char	5:17.12	R4A
2	Kathryn Cinson		Fred T Foard	5:20.83	R4A
3	Annabelle Gangloff		Carrboro	5:21.85	R4A
4	Emma Ray		West Stanly	5:31.84	R4A
5	Isla Van Hemert		Carrboro	5:37.46	R4A
6	Evan Gilleland	SO	Brevard	5:51.43	R4A
7	Ella Lewis		Morehead	5:51.46	R4A
8	Alayna Cinson		Fred T Foard	5:51.80	R4A
9	Chelsea Borman		Brevard	5:53.04	R4A
10	Alyssa Walker		East Gaston	5:56.26	R4A
11	Evelyn Cinson		Fred T Foard	5:56.80	R4A
12	Mary Williams	JR	Lake Norman Char	6:00.68	R4A
13	Cady Norman	JR	Lake Norman Char	6:11.72	R4A
14	Genevieve Witter	FR	First Flight	6:14.94	
15	Libby Stewart	SO	First Flight	6:22.00	
16	Eila Portis		Lincoln Charter	6:30.91	
17	Ellie Ortner	FR	Lake Norman Char	6:35.03	
18	Lorelai Reeb		Lincoln Charter	6:36.69	
19	Caroline Goodnight		Carrboro	6:38.35	
20	Gracie Shields		Brevard	6:46.47	
21	Leah Dunn	SO	First Flight	6:50.33	
22	Ella Monk		Brevard	7:00.99	
23	Lydia Smith	XX	Washington	7:03.50	
24	Rose Zenzen	SO	Ledford	7:05.92	
25	Abigale Maxwell	JR	West Stokes	7:08.56	
26	Bella Wells		Morehead	7:11.02	
27	Kendall Abbott	12	Central Davidson	7:18.96	
28	Morgan Beam	SR	Roanoke Rapids	7:27.42	
29	Addie Rutterford		East Henderson	7:31.91	
30	Freyja Lemaire	SR	East Burke	7:36.54	
31	Harley Lanning	12	Central Davidson	7:46.29	
32	Haley Kwon	JR	First Flight	7:53.21	

Event	16	Men 500 Yard Freestyle			
		6:15.99 R4A			
	Name	Yr	School	Seed Time	
1	Aaron Maiorana		Carrboro	4:51.66	R4A
2	Grey DeWalt		Carrboro	4:59.82	R4A
3	Coby Werner	SO	Lake Norman Char	5:06.67	R4A
4	Luke Sondee	SR	Lincoln Charter	5:16.38	R4A
5	Logan Beale	SO	Lake Norman Char	5:16.97	R4A
6	Alex Delgadillo		Carrboro	5:17.48	R4A
7	Luke Stanley	SO	North Johnston	5:32.63	R4A
8	Patrick Hendley	JR	Central Academy	5:38.94	R4A
9	Dan Brown	SR	First Flight	5:52.45	R4A
10	Sam Sarbora	SR	First Flight	6:01.30	R4A
11	Luke Mabe		Morehead	6:03.72	R4A
12	William Mathes	SR	RS Central	6:06.16	R4A
13	Ethan Minier	FR	Lake Norman Char	6:11.08	R4A
14	Parker Laughridge		Brevard	6:12.69	R4A
15	Austin Minier	FR	Lake Norman Char	6:12.88	R4A
16	Sam Baldwin	SR	First Flight	6:37.19	
17	Xander Love	FR	Ledford	6:37.94	
18	Ian McDaniel		Lexington Senior	6:43.70	
19	Jackson Coffey	FR	Hibriten	6:43.81	
20	Aedon Stevens	SR	Hibriten	6:45.79	
21	Gabe Niederhouser	XX	Washington	6:48.51	
22	James Barton		Lincoln Charter	6:54.26	
23	Max Van Horne	SO	Hibriten	6:58.23	
24	Landon Gurley		Eastern Wayne	6:58.24	
25	Jacob Patterson	SR	Ledford	6:58.36	
26	Blake Medler	SR	First Flight	7:07.12	
27	Ethan Bottoms	SR	West Stokes	7:09.82	
28	Jackson Jolly	09	Central Davidson	7:30.36	
29	Jaxsyn Falber	SO	Hibriten	7:38.49	
30	William Tucker	FR	Maiden	7:40.27	
31	William Farrell		Mount Pleasant	7:41.17	
32	Christian Sapp	JR	Forbush	7:47.90	

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Event	17	Women 200 Yard Freestyle Relay			
		2:06.99 R4A			
	Team	Relay	Seed Time		
1	Lake Norman Char		1:45.28	R4A	
2	Brevard		1:51.69	R4A	
3	Carrboro		1:52.03	R4A	
4	Morehead		1:52.27	R4A	
5	Hibriten		1:52.72	R4A	
6	Ledford		1:55.72	R4A	
7	Lincoln Charter		1:56.35	R4A	
8	First Flight		1:57.58	R4A	
9	South Rowan		1:57.76	R4A	
10	West Stokes		1:58.22	R4A	
11	Mount Pleasant		2:00.19	R4A	
12	East Gaston		2:01.09	R4A	
13	Washington		2:02.16	R4A	
14	Cramer		2:02.33	R4A	
15	West Stanly		2:03.45	R4A	
16	North Surry		2:05.73	R4A	
17	Forbush		2:05.81	R4A	
18	Bunn		2:06.88	R4A	
19	Central Davidson		2:06.90	R4A	
20	SW Edgecombe		2:13.80		
21	Randleman		2:15.49		
22	RS Central		2:17.92		
23	Salisbury		2:18.78		
24	Central Academy		2:19.04		

Event	18	Men 200 Yard Freestyle Relay			
		1:53.99 R4A			
	Team	Relay	Seed Time		
1	Lake Norman Char		1:35.83	R4A	
2	Carrboro		1:36.99	R4A	
3	First Flight		1:39.60	R4A	
4	Lexington Senior		1:41.51	R4A	
5	Burns		1:41.68	R4A	
6	Lincoln Charter		1:42.73	R4A	
7	East Gaston		1:43.06	R4A	
8	Nash Central		1:43.09	R4A	
9	West Stokes		1:43.14	R4A	
10	Central Davidson		1:43.50	R4A	
11	Hibriten		1:43.83	R4A	
12	Brevard		1:43.92	R4A	
13	Wilkes Central		1:45.28	R4A	
14	South Rowan		1:46.36	R4A	
15	Washington		1:46.92	R4A	
16	Central Academy		1:47.87	R4A	
17	Maiden		1:49.61	R4A	
18	Randleman		1:50.16	R4A	
19	Ledford		1:50.95	R4A	
20	Morehead		1:51.09	R4A	
21	Roanoke Rapids		1:51.54	R4A	
22	Cramer		1:53.57	R4A	
23	Salisbury		1:56.28		
24	West Stanly		2:02.67		

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Event	19	Women 100 Yard Backstroke			
		1:13.49	R4A		
	Name	Yr	School	Seed Time	
1	Annabelle Gangloff		Carrboro	1:01.20	R4A
2	Skye Yampolsky	JR	Lake Norman Char	1:03.26	R4A
3	Parker Ridge	JR	Ledford	1:05.12	R4A
4	Mikayla Freeland	JR	Lake Norman Char	1:05.28	R4A
5	Lilly Wykoff	FR	Lake Norman Char	1:05.79	R4A
6	Alayna Cinson		Fred T Foard	1:06.91	R4A
7	Alyssa Walker		East Gaston	1:07.80	R4A
8	Michaele Lombardo		Tuscola	1:08.54	R4A
9	Susan Ammons		Tuscola	1:09.61	R4A
10	Rylee Brewer		Nash Central	1:10.69	R4A
11	Anna Wesley		Carrboro	1:10.86	R4A
12	Ava Watson		RS Central	1:10.87	R4A
13	Cady Norman	JR	Lake Norman Char	1:12.42	R4A
14	Kendall Hendrickson		Lincoln Charter	1:12.62	R4A
15	Anna Nickless	FR	West Stokes	1:13.92	
16	Lea Rak		Carrboro	1:14.11	
17	Piper Costa	JR	First Flight	1:14.39	
18	Sadie Siscoe	SR	South Rowan	1:15.05	
19	Shivani Patel		Carrboro	1:15.48	
20	Haley Matthis		Clinton	1:15.89	
21	Ellie Gentry	FR	First Flight	1:16.16	
22	Abigail Donnelly		Brevard	1:16.26	
23	Kayleigh Draughn	JR	South Rowan	1:16.43	
24	Meagan Porter	JR	East Henderson	1:17.45	
25	Sofie Gibson Neal		Morehead	1:17.63	
26	Lanikai Stabley	JR	First Flight	1:18.21	
27	Emma Jolly	11	Central Davidson	1:19.92	
28	Melody Sanders	JR	First Flight	1:20.34	
29	Merrin Borders	FR	Burns	1:20.39	
30	Bryana Giron	SR	Hibriten	1:20.63	
31	Natalie Boger		Lexington Senior	1:20.69	
32	Ava Moore	09	Central Davidson	1:21.19	

Event	20	Men 100 Yard Backstroke			
1:09.99 R4A					
	Name	Yr	School	Seed Time	
1	Neil Hart	SR	Lake Norman Char	53.98	R4A
2	Josh Jones		Carrboro	56.79	R4A
3	Joseph Bria	SR	Central Academy	58.10	R4A
4	Declan Fittz	JR	Lake Norman Char	58.85	R4A
5	Guy Deal	FR	South Rowan	1:03.81	R4A
6	Garret Lewis		Nash Central	1:04.38	R4A
7	Ethan Minier	FR	Lake Norman Char	1:04.53	R4A
8	Jackson Miller	SO	Wilkes Central	1:04.59	R4A
9	Miller Tyson		Washington	1:04.82	R4A
10	Quade Williams	FR	Lake Norman Char	1:05.62	R4A
11	Tyler Fortson		Randleman	1:05.68	R4A
12	Van Digby	SO	First Flight	1:05.79	R4A
13	Mason Rathbone		Tuscola	1:07.42	R4A
14	Titus Felmlee	JR	Hibriten	1:09.33	R4A
15	Eli Heyder	SO	First Flight	1:11.08	
16	Jackson Bailey	11	Central Davidson	1:11.09	
17	Zach Harmon		Lincoln Charter	1:11.39	
18	Landon Thoma	FR	Ledford	1:12.17	
19	Xander Love	FR	Ledford	1:13.46	
20	Garrett McDermott		Carrboro	1:13.53	
21	Timothy Leahy	09	Central Davidson	1:16.00	
22	Wilson Koon	JR	Hibriten	1:16.14	
23	Thomas DeCillis	FR	Central Academy	1:18.44	
24	Lonnie Preslar		West Stanly	1:18.59	
25	Jacob Hallac	SO	First Flight	1:19.77	
26	Andrew Ellsworth	SO	Salisbury	1:19.92	
27	Jaxsyn Falber	SO	Hibriten	1:20.16	
28	Mac Blankenship	JR	Salisbury	1:20.19	
29	Hajun Jang		Nash Central	1:20.51	
30	Brett Ceasar	FR	First Flight	1:20.76	
31	Kody Trantham		East Gaston	1:21.26	
32	Ethan Bottoms	SR	West Stokes	1:21.28	

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Event	21	Women 100 Yard Breaststroke			
		1:20.99	R4A		
	Name	Yr	School	Seed Time	
1	Lily Price	JR	Lake Norman Char	1:08.76	R4A
2	Elizabeth Grabs	JR	West Stokes	1:11.38	R4A
3	Mary Williams	JR	Lake Norman Char	1:15.02	R4A
4	Chloe Carriker	JR	West Stanly	1:15.45	R4A
5	Kyla Conner		Carrboro	1:15.99	R4A
6	Madison Kohler	SR	Central Academy	1:16.47	R4A
7	Reagan Maiden		Mount Pleasant	1:18.52	R4A
8	Peyton Hawkins	SR	Lake Norman Char	1:19.01	R4A
9	Riley Moore	FR	Morehead	1:19.05	R4A
10	Caroline Hoos		Carrboro	1:19.48	R4A
11	Ariel Werner	SR	Lake Norman Char	1:20.42	R4A
12	Claire Casciani		Cramer	1:20.76	R4A
13	Lila Laughridge		Brevard	1:21.68	
14	Lillian Reeb		Lincoln Charter	1:21.93	
15	Defne Emir		Carrboro	1:22.04	
16	Dayana Alvarez-Chavez	SR	Newton-Conover	1:22.39	
17	Anna Hartsell		Carrboro	1:22.88	
18	Audrey Leazer		Cramer	1:24.48	
19	Ava Pritchard	FR	South Rowan	1:25.08	
20	Ellaa Taylor		SW Edgecombe	1:25.28	
21	Isabella Bellini	10	Central Davidson	1:25.67	
22	Olivia Montgomery		North Surry	1:25.87	
23	Lila Foubister	JR	First Flight	1:27.36	
24	Karli Pelfrey	SO	Hibriten	1:27.77	
25	Kyla Corey	SO	First Flight	1:28.05	
26	Caroline Mitchell		Washington	1:28.44	
27	Caroline Becker		Southwestern Ran	1:30.21	
28	Kathryn Gautier		Washington	1:30.46	
29	Kyndall Garrett		Morehead	1:30.86	
30	Gwendolyn Andrews		Brevard	1:31.24	
31	Morgan Styles		East Gaston	1:31.58	
32	Martha Claire Daniels	JR	First Flight	1:32.89	

Event	22	Men 100 Yard Breaststroke			
1:19.99 R4A					
	Name	Yr	School	Seed Time	
1	Philip Johnson		East Gaston	1:02.80	R4A
2	Collin Williams	JR	Central Academy	1:04.39	R4A
3	Matthew Messenheimer	FR	Central Academy	1:04.50	R4A
4	Dominic Wozniak	XX	Nash Central	1:06.61	R4A
5	Eric Robertson	SR	Lake Norman Char	1:06.91	R4A
6	Levi Lindegren		Lexington Senior	1:07.60	R4A
7	Cannon Eggleston		Randleman	1:09.09	R4A
8	Noah Fatzinger	SO	Lincoln Charter	1:11.83	R4A
9	Wes Weeks	FR	Lake Norman Char	1:11.90	R4A
10	Luke Mabe		Morehead	1:12.26	R4A
11	Haiden Dale	SR	East Burke	1:13.04	R4A
12	Zachary Jenkins		East Gaston	1:13.11	R4A
13	William Howery		Lincoln Charter	1:14.66	R4A
14	Jorge Galindo		Pisgah	1:15.16	R4A
15	Behr Ladd	JR	First Flight	1:16.35	R4A
16	Alan Rydell	JR	Maiden	1:16.93	R4A
17	Tucker Leftwich	SO	Cramer	1:17.03	R4A
18	Silas Mote		Brevard	1:17.82	R4A
19	Leo Smith	SO	Central Academy	1:19.64	R4A
20	Lars Lang	FR	First Flight	1:19.86	R4A
21	Akash Shanmuganathan	SR	Central Academy	1:20.53	
22	Henley Pake		Washington	1:20.73	
23	Jake Law	SR	Reidsville	1:21.14	
24	Zach Abbott	10	Central Davidson	1:21.16	
25	Evan Taylor	FR	Hibriten	1:21.22	
26	Gavin Brown	SR	Ledford	1:21.31	
27	Wesley Robinson	JR	First Flight	1:21.36	
28	Ben Hart		Nash Central	1:22.97	
29	Brett Ceasar	FR	First Flight	1:26.17	
30	Lennox French		Lexington Senior	1:28.64	
31	David Pages	JR	Uwharrie Charter	1:30.62	
32	Cameron Benton		Morehead	1:30.97	

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Event	23	Women 400 Yard Freestyle Relay			
		5:10.99 R4A			
	Team	Relay	Seed Time		
1	Lake Norman Char		3:46.60	R4A	
2	Carrboro		3:55.99	R4A	
3	Brevard		4:09.01	R4A	
4	Hibriten		4:10.66	R4A	
5	Fred T Foard		4:11.16	R4A	
6	First Flight		4:17.14	R4A	
7	Lincoln Charter		4:20.84	R4A	
8	Morehead		4:23.22	R4A	
9	Ledford		4:26.01	R4A	
10	West Stokes		4:28.84	R4A	
11	Central Academy		4:42.61	R4A	
12	Mount Pleasant		4:43.25	R4A	
13	East Gaston		4:48.45	R4A	
14	Washington		4:48.59	R4A	
15	Cramer		4:49.14	R4A	
16	West Stanly		4:50.01	R4A	
17	Central Davidson		4:50.25	R4A	
18	Forbush		4:51.50	R4A	
19	South Rowan		4:55.71	R4A	
20	Bunn		5:11.99		
21	Uwharrie Charter		5:16.23		
22	Salisbury		5:23.62		
23	Clinton		5:24.88		
24	East Burke		5:25.16		

Event	24	Men 400 Yard Freestyle Relay			
		4:33.99 R4A			
	Team	Relay	Seed Time		
1	Lake Norman Char		3:25.28	R4A	
2	Carrboro		3:29.57	R4A	
3	Brevard		3:48.52	R4A	
4	Central Academy		3:48.56	R4A	
5	Lincoln Charter		3:49.64	R4A	
6	First Flight		3:53.40	R4A	
7	Lexington Senior		3:59.15	R4A	
8	West Stokes		4:00.68	R4A	
9	Nash Central		4:01.67	R4A	
10	East Gaston		4:03.77	R4A	
11	Hibriten		4:06.42	R4A	
12	Central Davidson		4:09.00	R4A	
13	Washington		4:15.47	R4A	
14	Roanoke Rapids		4:16.21	R4A	
15	Wilkes Central		4:17.50	R4A	
16	East Burke		4:18.05	R4A	
17	Ledford		4:33.31	R4A	
18	North Surry		4:54.96		
19	Forbush		4:55.84		
20	Salisbury		4:58.26		
21	Clinton		5:06.56		
22	Eastern Wayne		5:12.30		
23	Morehead		5:19.21		
24	West Stanly		5:24.97		