

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

Team	Relay	Seed Time
1 Lake Norman Char		1:53.50
2 Brevard		2:05.00
3 Fred T Foard		2:09.13
4 Lincoln Charter		2:09.28
5 Cramer		2:13.38
6 Hibriten		2:13.59
7 South Rowan		2:16.56
8 East Gaston		2:18.67
9 Central Academy		2:19.86
10 Mount Pleasant		2:21.28
11 North Surry		2:25.65
12 Forbush		2:26.45
13 RS Central		2:37.76
14 East Burke		2:38.42
15 Salisbury		2:40.08

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Lake Norman Char		1:42.14
2 Central Academy		1:49.39
3 Brevard		1:54.51
4 Lincoln Charter		1:55.11
5 Burns		1:55.56
6 East Gaston		1:55.89
7 South Rowan		1:59.66
8 Hibriten		2:01.87
9 East Burke		2:04.46
10 Maiden		2:09.36
11 Forbush		2:14.37
12 Salisbury		2:14.46
13 Cramer		2:15.64
14 North Surry		2:33.75

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Dakota Gayle	SO	Lake Norman Char	1:59.13
2 Alana Kolano	SO	Lake Norman Char	2:02.23
3 Avery Newsome	SR	Lake Norman Char	2:07.73
4 Evan Gilleland	SO	Brevard	2:12.35
5 Chelsea Borman		Brevard	2:12.38
6 Peyton Hawkins	SR	Lake Norman Char	2:13.12
7 Dayana Alvarez-Chavez	SR	Newton-Conover	2:14.97
8 Acacia Felmlee	SR	Hibriten	2:15.96
9 Reagan Maiden		Mount Pleasant	2:19.49
10 Nataly Bartemus		Lincoln Charter	2:26.30
11 Isabella Aronckes	SO	Wilkes Central	2:28.26
12 Jane Helton	SR	Forbush	2:32.40
13 Meagan Porter	JR	East Henderson	2:32.78
14 Lydia Horvath	SO	Central Academy	2:37.15
15 Madalynn Gullede	SR	South Rowan	2:40.89
16 Merrin Borders	FR	Burns	2:42.77

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Alex Stinson	JR	Lake Norman Char	1:49.63
2 Joshua Poche		Brevard	1:50.93
3 Mark Davis	SR	Wilkes Central	1:55.14
4 Charlie Arning	SR	Lake Norman Char	1:56.03
5 Sam Jensen	SO	Burns	1:58.45
6 Patrick Hendley	JR	Central Academy	2:02.05
7 Quade Williams	FR	Lake Norman Char	2:07.17
8 Austin Minier	FR	Lake Norman Char	2:08.23
9 Ivan Kanagy	FR	Hibriten	2:14.45
10 Diego Alvarez-Chavez		Newton-Conover	2:16.99
11 Keaton Knittel	JR	Central Academy	2:19.66
12 Vincent Westfall	SO	Salisbury	2:23.22
13 Jackson Coffey	FR	Hibriten	2:24.32
14 Justin Schlageter	SR	Hibriten	2:25.06
15 Max Van Horne	SO	Hibriten	2:30.56
16 Samuel Edwards		East Gaston	2:36.60

2026 4A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: East Gaston HS****Swimming & Diving****Psych Sheet****Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Lily Price	JR	Lake Norman Char	2:13.24
2 Kathryn Cinson		Fred T Foard	2:16.05
3 Madison Kohler	SR	Central Academy	2:18.40
4 Susan Ammons		Tuscola	2:24.73
5 Ava Watson		RS Central	2:38.45
6 Gracie Shields		Brevard	2:42.12
7 Carsyn Caldwell	SO	Lake Norman Char	2:43.02
8 Ellie Ortner	FR	Lake Norman Char	2:44.84
9 Olivia Montgomery		North Surry	2:45.95
10 Avery Willer		Cramer	2:46.05
11 Averi Buckler	JR	Lake Norman Char	2:46.86
12 Isabella Aronckes	SO	Wilkes Central	2:47.84
13 Ella Monk		Brevard	2:49.11
14 Anna Chamberlain	SO	Salisbury	2:49.34
15 Addison Brookshire	SR	Hibriten	2:49.86
16 Kayleigh Draughn	JR	South Rowan	2:53.73

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Coby Werner	SO	Lake Norman Char	2:03.99
2 Neil Hart	SR	Lake Norman Char	2:05.75
3 Philip Johnson		East Gaston	2:06.48
4 Collin Williams	JR	Central Academy	2:08.47
5 Declan Fittz	JR	Lake Norman Char	2:13.55
6 Matthew Messenheimer	FR	Central Academy	2:15.51
7 Logan Beale	SO	Lake Norman Char	2:17.23
8 Jackson Miller	SO	Wilkes Central	2:20.69
9 Parker Dickens		Brevard	2:24.09
10 Jared McElhannon	SO	South Rowan	2:26.86
11 Benjamin Kelly	FR	Central Academy	2:28.18
12 Aedon Stevens	SR	Hibriten	2:35.98
13 Thomas DeCillis	FR	Central Academy	2:36.88
14 Parker Laughridge		Brevard	2:37.46
15 I William		North Surry	2:37.93
16 Gage Allen	JR	East Burke	2:39.49
17 William Mathes	SR	RS Central	2:39.75
18 Noah Ramsey	SR	East Burke	2:40.95
19 Jorge Galindo		Pisgah	2:41.71

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Campbell Cyrus	JR	Lake Norman Char	24.97
2 Julia Sherrill		Brevard	25.11
3 Ama Higgs	JR	Hibriten	26.15
4 Caroline Parker	FR	Lake Norman Char	26.32
5 Michael Lombardo		Tuscola	26.92
6 Lilly Wykoff	FR	Lake Norman Char	27.07
7 Ava Pritchard	FR	South Rowan	27.48
8 Mikayla Freeland	JR	Lake Norman Char	27.52
9 Josslyn Driessen		Mount Pleasant	27.53
10 Aubrey Norris	JR	Hibriten	28.16
11 Abigail Lange	SR	Forbush	28.48
12 Sadie Siscoe	SR	South Rowan	28.89
13 Gracie Hinson	JR	South Rowan	29.90
14 Dahlia Weaver		East Gaston	30.09
15 Anja Driessen		Mount Pleasant	30.13
16 Megan Merritt		Cramer	30.37

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Troy Spangler	JR	Burns	22.68
2 Brian Buttrick	FR	Burns	23.58
3 Sam Jensen	SO	Burns	23.93
4 John-Patrick Andrews	JR	Hibriten	24.09
5 Evan Mason	JR	Lake Norman Char	24.28
6 Jared McElhannon	SO	South Rowan	24.46
7 Eli Jones		East Gaston	25.42
8 Tucker Leftwich	SO	Cramer	25.59
9 Alan Rydell	JR	Maiden	25.70
10 Anirudh Ala	JR	Central Academy	26.02
11 Titus Felmlee	JR	Hibriten	26.47
12 Mason Rathbone		Tuscola	26.61
13 Elijah Ervin	SO	Hibriten	26.66
14 James Tucker	JR	Maiden	26.93
15 Sam Goodman	SR	Salisbury	27.04
16 Austin Whittington	JR	Hibriten	27.10
17 Nolt Lescoe	JR	Salisbury	27.65

2026 4A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: East Gaston HS****Swimming & Diving****Psych Sheet****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 Wyatt Smith		East Gaston	NP
2 Sawyer Landman		Lake Norman Char	NP

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Campbell Cyrus	JR	Lake Norman Char	58.23
2 Skye Yampolsky	JR	Lake Norman Char	1:00.60
3 Gabriella Carias		Lincoln Charter	1:04.18
4 Evelyn Cinson		Fred T Foard	1:07.69
5 Carsyn Caldwell	SO	Lake Norman Char	1:09.63
6 Lila Laughridge		Brevard	1:12.56
7 Lydia Horvath	SO	Central Academy	1:15.79
8 Abigail Hinman	SO	Lake Norman Char	1:16.29
9 Patience Bria	FR	Central Academy	1:23.57
10 Anna Chamberlain	SO	Salisbury	1:25.19
11 Gwendolyn Andrews		Brevard	1:29.72
12 Brooklynn Stewart		East Gaston	1:38.94
13 Ardin Helton	FR	Forbush	1:47.74

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Brian Buttrick	FR	Burns	55.85
2 Eric Robertson	SR	Lake Norman Char	57.25
3 Mark Davis	SR	Wilkes Central	57.93
4 Parker Dickens		Brevard	1:01.76
5 Guy Deal	FR	South Rowan	1:02.88
6 Benjamin Kelly	FR	Central Academy	1:06.00
7 Zachary Jenkins		East Gaston	1:06.22
8 Diego Alvarez-Chavez		Newton-Conover	1:06.84
9 I William		North Surry	1:08.65
10 Akash Shanmuganathan	SR	Central Academy	1:09.84
11 Keaton Knittel	JR	Central Academy	1:16.65
12 Luke Marin	FR	Lake Norman Char	1:20.52
13 Luke Sorrell	FR	Forbush	1:20.69
14 Vincent Westfall	SO	Salisbury	1:22.32

2026 4A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: East Gaston HS****Swimming & Diving****Psych Sheet****Event 13 Women 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Julia Sherrill		Brevard	53.88
2 Caroline Parker	FR	Lake Norman Char	57.18
3 Avery Newsome	SR	Lake Norman Char	57.36
4 Ama Higgs	JR	Hibriten	57.51
5 Alana Kolano	SO	Lake Norman Char	57.55
6 Acacia Felmlee	SR	Hibriten	1:02.16
7 Averì Buckler	JR	Lake Norman Char	1:04.85
8 Vesta Cleveland		Brevard	1:07.91
9 Stella Sawyers	FR	Brevard	1:08.17
10 Gracie Hinson	JR	South Rowan	1:09.00
11 Madalynn Gullledge	SR	South Rowan	1:09.70
12 Dahlia Weaver		East Gaston	1:09.92
13 Eva Shue	SR	South Rowan	1:10.45
14 Bethany McSwain		East Gaston	1:11.18
15 Madison Malarney	JR	Central Academy	1:13.25
16 Khloe Nodarse		North Surry	1:13.84

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Joshua Poche		Brevard	49.80
2 Joseph Bria	SR	Central Academy	50.05
3 Alex Stinson	JR	Lake Norman Char	50.32
4 Charlie Arning	SR	Lake Norman Char	51.12
5 Troy Spangler	JR	Burns	52.17
6 John-Patrick Andrews	JR	Hibriten	54.41
7 Haiden Dale	SR	East Burke	55.91
8 Evan Mason	JR	Lake Norman Char	57.22
9 Eli Jones		East Gaston	58.46
10 Anirudh Ala	JR	Central Academy	58.70
11 Wes Weeks	FR	Lake Norman Char	58.97
12 Ivan Kanagy	FR	Hibriten	59.12
13 Odin Cleveland		Brevard	1:02.22
14 Leo Smith	SO	Central Academy	1:02.76
15 Ethan Overby	JR	South Rowan	1:03.07
16 Ridge Reeves	SR	North Surry	1:03.45

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Dakota Gayle	SO	Lake Norman Char	5:17.12
2 Kathryn Cinson		Fred T Foard	5:20.83
3 Evan Gilleland	SO	Brevard	5:51.43
4 Alayna Cinson		Fred T Foard	5:51.80
5 Chelsea Borman		Brevard	5:53.04
6 Alyssa Walker		East Gaston	5:56.26
7 Evelyn Cinson		Fred T Foard	5:56.80
8 Mary Williams	JR	Lake Norman Char	6:00.68
9 Cady Norman	JR	Lake Norman Char	6:11.72
10 Eila Portis		Lincoln Charter	6:30.91
11 Ellie Ortner	FR	Lake Norman Char	6:35.03
12 Lorelai Reeb		Lincoln Charter	6:36.69
13 Gracie Shields		Brevard	6:46.47
14 Ella Monk		Brevard	7:00.99
15 Addie Rutterford		East Henderson	7:31.91
16 Freyja Lemaire	SR	East Burke	7:36.54

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Coby Werner	SO	Lake Norman Char	5:06.67
2 Luke Sondee	SR	Lincoln Charter	5:16.38
3 Logan Beale	SO	Lake Norman Char	5:16.97
4 Patrick Hendley	JR	Central Academy	5:38.94
5 William Mathes	SR	RS Central	6:06.16
6 Ethan Minier	FR	Lake Norman Char	6:11.08
7 Parker Laughridge		Brevard	6:12.69
8 Austin Minier	FR	Lake Norman Char	6:12.88
9 Jackson Coffey	FR	Hibriten	6:43.81
10 Aedon Stevens	SR	Hibriten	6:45.79
11 James Barton		Lincoln Charter	6:54.26
12 Max Van Horne	SO	Hibriten	6:58.23
13 Jaxsyn Falber	SO	Hibriten	7:38.49
14 William Tucker	FR	Maiden	7:40.27
15 William Farrell		Mount Pleasant	7:41.17
16 Christian Sapp	JR	Forbush	7:47.90

2026 4A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026

Host: East Gaston HS

Swimming & Diving

Psych Sheet

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Lake Norman Char		1:45.28
2 Brevard		1:51.69
3 Hibriten		1:52.72
4 Lincoln Charter		1:56.35
5 South Rowan		1:57.76
6 Mount Pleasant		2:00.19
7 East Gaston		2:01.09
8 Cramer		2:02.33
9 North Surry		2:05.73
10 Forbush		2:05.81
11 RS Central		2:17.92
12 Salisbury		2:18.78
13 Central Academy		2:19.04
14 East Burke		2:19.19
15 Burns		2:22.77
16 Ashe County		2:40.62

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Lake Norman Char		1:35.83
2 Burns		1:41.68
3 Lincoln Charter		1:42.73
4 East Gaston		1:43.06
5 Hibriten		1:43.83
6 Brevard		1:43.92
7 Wilkes Central		1:45.28
8 South Rowan		1:46.36
9 Central Academy		1:47.87
10 Maiden		1:49.61
11 Cramer		1:53.57
12 Salisbury		1:56.28
13 Forbush		2:04.07
14 North Surry		2:11.14

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Skye Yampolsky	JR	Lake Norman Char	1:03.26
2 Mikayla Freeland	JR	Lake Norman Char	1:05.28
3 Lilly Wykoff	FR	Lake Norman Char	1:05.79
4 Alayna Cinson		Fred T Foard	1:06.91
5 Alyssa Walker		East Gaston	1:07.80
6 Michael Lombardo		Tuscola	1:08.54
7 Susan Ammons		Tuscola	1:09.61
8 Ava Watson		RS Central	1:10.87
9 Cady Norman	JR	Lake Norman Char	1:12.42
10 Kendall Hendrickson		Lincoln Charter	1:12.62
11 Sadie Siscoe	SR	South Rowan	1:15.05
12 Abigail Donnelly		Brevard	1:16.26
13 Kayleigh Draughn	JR	South Rowan	1:16.43
14 Meagan Porter	JR	East Henderson	1:17.45
15 Merrin Borders	FR	Burns	1:20.39
16 Bryana Giron	SR	Hibriten	1:20.63

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Neil Hart	SR	Lake Norman Char	53.98
2 Joseph Bria	SR	Central Academy	58.10
3 Declan Fittz	JR	Lake Norman Char	58.85
4 Guy Deal	FR	South Rowan	1:03.81
5 Ethan Minier	FR	Lake Norman Char	1:04.53
6 Jackson Miller	SO	Wilkes Central	1:04.59
7 Quade Williams	FR	Lake Norman Char	1:05.62
8 Mason Rathbone		Tuscola	1:07.42
9 Titus Felmlee	JR	Hibriten	1:09.33
10 Zach Harmon		Lincoln Charter	1:11.39
11 Wilson Koon	JR	Hibriten	1:16.14
12 Thomas DeCillis	FR	Central Academy	1:18.44
13 Andrew Ellsworth	SO	Salisbury	1:19.92
14 Jaxsyn Falber	SO	Hibriten	1:20.16
15 Mac Blankenship	JR	Salisbury	1:20.19
16 Kody Trantham		East Gaston	1:21.26

2026 4A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: East Gaston HS****Swimming & Diving****Psych Sheet**

Event 21	Women 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Lily Price	JR	Lake Norman Char	1:08.76
2 Mary Williams	JR	Lake Norman Char	1:15.02
3 Madison Kohler	SR	Central Academy	1:16.47
4 Reagan Maiden		Mount Pleasant	1:18.52
5 Peyton Hawkins	SR	Lake Norman Char	1:19.01
6 Ariel Werner	SR	Lake Norman Char	1:20.42
7 Claire Casciani		Cramer	1:20.76
8 Lila Laughridge		Brevard	1:21.68
9 Lillian Reeb		Lincoln Charter	1:21.93
10 Dayana Alvarez-Chavez	SR	Newton-Conover	1:22.39
11 Audrey Leazer		Cramer	1:24.48
12 Ava Pritchard	FR	South Rowan	1:25.08
13 Olivia Montgomery		North Surry	1:25.87
14 Karli Pelfrey	SO	Hibriten	1:27.77
15 Gwendolyn Andrews		Brevard	1:31.24
16 Morgan Styles		East Gaston	1:31.58

Event 22	Men 100 Yard Breaststroke		
Name	Yr	School	Seed Time
1 Philip Johnson		East Gaston	1:02.80
2 Collin Williams	JR	Central Academy	1:04.39
3 Matthew Messenheimer	FR	Central Academy	1:04.50
4 Eric Robertson	SR	Lake Norman Char	1:06.91
5 Noah Fatzinger	SO	Lincoln Charter	1:11.83
6 Wes Weeks	FR	Lake Norman Char	1:11.90
7 Haiden Dale	SR	East Burke	1:13.04
8 Zachary Jenkins		East Gaston	1:13.11
9 William Howery		Lincoln Charter	1:14.66
10 Jorge Galindo		Pisgah	1:15.16
11 Alan Rydell	JR	Maiden	1:16.93
12 Tucker Leftwich	SO	Cramer	1:17.03
13 Silas Mote		Brevard	1:17.82
14 Leo Smith	SO	Central Academy	1:19.64
15 Akash Shanmuganathan	SR	Central Academy	1:20.53
16 Evan Taylor	FR	Hibriten	1:21.22

Event 23	Women 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Lake Norman Char		3:46.60
2 Brevard		4:09.01
3 Hibriten		4:10.66
4 Fred T Foard		4:11.16
5 Lincoln Charter		4:20.84
6 Central Academy		4:42.61
7 Mount Pleasant		4:43.25
8 East Gaston		4:48.45
9 Cramer		4:49.14
10 Forbush		4:51.50
11 South Rowan		4:55.71
12 Salisbury		5:23.62
13 East Burke		5:25.16
14 Burns		5:31.15
15 North Surry		5:36.72
16 RS Central		5:40.61

Event 24	Men 400 Yard Freestyle Relay	
Team	Relay	Seed Time
1 Lake Norman Char		3:25.28
2 Brevard		3:48.52
3 Central Academy		3:48.56
4 Lincoln Charter		3:49.64
5 East Gaston		4:03.77
6 Hibriten		4:06.42
7 Wilkes Central		4:17.50
8 East Burke		4:18.05
9 North Surry		4:54.96
10 Forbush		4:55.84
11 Salisbury		4:58.26