

2026 5A State NCHSAA Regional Championships - - 2/5/2026 to 2/6/2026
Swimming & Diving
{Advanced to State Meet – Top 12 Individual (8 Relays) East & West & ALL R5A
then Highlighted are At-large from any Region}

Event 1	Women 200 Yard Medley Relay			
	2:14.99 R5A			
Team	Relay	Seed Time		
1 JM Robinson		1:57.95	R5A	
2 Atkins		1:58.29	R5A	
3 South Brunswick		2:01.06	R5A	
4 West Carteret		2:02.51	R5A	
5 East Rowan		2:02.60	R5A	
6 South Point		2:02.95	R5A	
7 Cedar Ridge		2:03.31	R5A	
8 Concord		2:03.35	R5A	
9 Croatan		2:03.95	R5A	
10 Orange		2:04.47	R5A	
11 West Henderson		2:05.26	R5A	
12 North Lincoln		2:07.95	R5A	
13 Rockingham Co		2:09.77	R5A	
14 DSA		2:09.81	R5A	
15 NW Cabarrus		2:11.20	R5A	
16 Seaforth		2:11.25	R5A	
17 North Davidson		2:12.35	R5A	
18 Franklin		2:12.92	R5A	
19 East Lincoln		2:13.06	R5A	
20 Parkwood		2:14.94	R5A	
21 North Buncombe		2:15.78		
22 Western Alamance		2:15.88		
23 Forestview		2:17.09		
24 Fike		2:19.97		

Event 2	Men 200 Yard Medley Relay			
	1:55.99 R5A			
Team	Relay	Seed Time		
1 South Brunswick		1:41.68	R5A	
2 North Lincoln		1:46.05	R5A	
3 Concord		1:47.22	R5A	
4 West Carteret		1:50.69	R5A	
5 Atkins		1:50.69	R5A	
6 Seaforth		1:51.30	R5A	
7 JM Robinson		1:52.20	R5A	
8 NW Cabarrus		1:52.63	R5A	
9 Forestview		1:52.81	R5A	
10 Rockingham Co		1:53.33	R5A	
11 South Point		1:53.56	R5A	
12 Croatan		1:53.62	R5A	
13 Oak Grove		1:54.01	R5A	
14 Franklin		1:54.22	R5A	
15 Orange		1:54.52	R5A	
16 West Henderson		1:54.89	R5A	
17 Smoky Mountain		1:55.34	R5A	
18 Cedar Ridge		1:57.09		
19 East Rowan		1:57.47		
20 North Davidson		1:58.94		
21 Western Alamance		1:59.96		
22 High Point Cent		2:01.53		
23 East Lincoln		2:03.17		
24 SE Alamance		2:08.73		

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Event 3 Women 200 Yard Freestyle

2:24.99 R5A

Name	Yr	School	Seed Time	
1 Peyton Stegman		South Brunswick	1:58.37	R5A
2 Piper White	SR	Orange	2:02.28	R5A
3 Addison McHenry	SO	Webb	2:02.58	R5A
4 Caylee Hollar	JR	North Lincoln	2:03.48	R5A
5 Lucy Jones	FR	South Point	2:07.67	R5A
6 Margaret Payton	JR	Cedar Ridge	2:07.97	R5A
7 Addy Sechriest	SR	East Rowan	2:07.98	R5A
8 Mara Jennings		Croatan	2:09.24	R5A
9 Annika Swenson	FR	NW Cabarrus	2:11.52	R5A
10 Elizabeth Merlette	SR	Western Alamance	2:12.76	R5A
11 Matilyn Brown	SO	Hickory	2:12.78	R5A
12 Kaci Collins		Fike	2:15.10	R5A
13 Maddie Rice		South Point	2:15.11	R5A
14 Opal Boehmer		South Brunswick	2:15.43	R5A
15 Emmerson Topete	SR	DSA	2:15.55	R5A
16 Sydney Haire	SR	Seaforth	2:15.78	R5A
17 Eden Pollard		Cedar Ridge	2:15.83	R5A
18 Izzy Thornton	SO	North Davidson	2:17.40	R5A
19 Alyvia Holt		Smoky Mountain	2:18.68	R5A
20 Emma Spey	FR	Orange	2:19.18	R5A
21 Meredith Tilley	SO	West Henderson	2:19.28	R5A
22 Reilly Jermyn	SO	Orange	2:19.46	R5A
23 Natalie Hinde	FR	Seaforth	2:19.66	R5A
24 Ainsley Rasinske		Orange	2:19.86	R5A
25 Sophia Pennington		West Carteret	2:19.93	R5A
26 Ava Motley		West Carteret	2:20.62	R5A
27 Molly Rice	JR	North Buncombe	2:20.90	R5A
28 Sarah McGrath		South Point	2:20.96	R5A
29 Ella Smith	JR	Oak Grove	2:21.37	R5A
30 Campbell Kolbash	SO	South Point	2:24.56	R5A
31 Rachel McLean	FR	Forestview	2:25.73	
32 Lainey Cox	SO	Rockingham Co	2:25.88	

Event 4 Men 200 Yard Freestyle

2:11.99 R5A

Name	Yr	School	Seed Time	
1 Colton Roberts	SR	Seaforth	1:50.18	R5A
2 Sam Johnson		West Carteret	1:50.87	R5A
3 Evan Sevast		South Brunswick	1:53.40	R5A
4 Eddie Lawson	SR	Concord	1:54.16	R5A
5 Daniel Doss	SO	Western Alamance	1:55.14	R5A
6 Aidan Hite	SR	NW Cabarrus	1:57.98	R5A
7 J.E. Sandor	SO	Cedar Ridge	1:59.71	R5A
8 Travis Keziah	SR	Parkwood	2:01.43	R5A
9 Stephen Keena		South Brunswick	2:03.31	R5A
10 Malik Walker	JR	Franklin	2:06.40	R5A
11 Craig Depken	JR	NW Cabarrus	2:07.97	R5A
12 Nathan Folk	SR	Havelock	2:08.16	R5A
13 William Albright	JR	Forestview	2:09.57	R5A
14 Aiden Barney	SO	Oak Grove	2:10.79	R5A
15 Jason Day	SO	Croatan	2:10.88	R5A
16 Carter Pruitt	JR	Rockingham Co	2:12.23	
17 Lennon Davis	JR	Concord	2:12.43	
18 Danny DePasquale	SR	North Lincoln	2:13.47	
19 Rowan Vitak		Croatan	2:14.60	
20 Miles Park		Smoky Mountain	2:14.88	
21 Asa Webb		West Carteret	2:14.94	
22 Dawson Meador	JR	Oak Grove	2:15.26	
23 Stuart Vaughn	JR	Seaforth	2:15.63	
24 Zion Green	JR	Cedar Ridge	2:16.84	
25 Liam Shirey		Smoky Mountain	2:17.26	
26 Colton Gravley	FR	West Henderson	2:17.72	
27 Anthony Mitchell	SO	NW Cabarrus	2:18.65	
28 Asher Jenkins	FR	Hickory	2:20.18	
29 Will Kesler	SR	East Rowan	2:23.01	
30 Anderson Snyder	JR	Oak Grove	2:23.08	
31 Connor Hege	SR	North Davidson	2:23.43	
32 Tripp Howard		Croatan	2:23.66	

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Event	5	Women 200 Yard IM			
		2:48.99 R5A			
		Name	Yr	School	Seed Time
1		Ray Schambra Stevens	FR	Atkins	2:10.34 R5A
2		Sydney Burleigh	SR	Seaforth	2:14.29 R5A
3		Pilar Garner	FR	North Davidson	2:22.17 R5A
4		Lilly Shelley	SO	North Buncombe	2:24.83 R5A
5		Gracie Lineberger	SR	East Rowan	2:28.25 R5A
6		Addison Moore	SO	Orange	2:28.76 R5A
7		Jocelyn Ritchey	FR	DSA	2:29.09 R5A
8		Tanisha Kuduva Balaji	SR	NW Cabarrus	2:35.19 R5A
9		Amelia Toothman	JR	South Point	2:36.10 R5A
10		Abigail Long	JR	South Brunswick	2:37.08 R5A
11		Adelaide Kelley		West Carteret	2:37.63 R5A
12		Kate Kopka		Fike	2:38.16 R5A
13		Caroline Peters	FR	Atkins	2:39.04 R5A
14		Marley Clark	FR	Concord	2:40.72 R5A
15		Lily Flarity		West Carteret	2:40.81 R5A
16		Finley Evans	FR	North Lincoln	2:41.43 R5A
17		Noah Cheney		Hunt	2:42.38 R5A
18		Brinley Miller	JR	NW Cabarrus	2:42.41 R5A
19		Reilly Jermyn	SO	Orange	2:42.68 R5A
20		Phoebe Thomas	SR	Forestview	2:42.88 R5A
21		Kathryn Hart	SO	West Henderson	2:43.53 R5A
22		Eva Suber	JR	Forestview	2:44.30 R5A
23		Katherine Smitherman	FR	Atkins	2:45.52 R5A
24		Adelyn Hamblin	FR	Parkwood	2:45.64 R5A
25		Caroline Morris		South Brunswick	2:46.62 R5A
26		Elsie Handy	JR	North Lincoln	2:49.49
27		Ruby Barron	JR	DSA	2:49.74
28		Eralyn Marion	FR	Oak Grove	2:49.79
29		Addison Riling	JR	Oak Grove	2:51.89
30		Reese Castecka	SR	Havelock	2:52.07
31		Reagan McMichael	FR	Rockingham Co	2:54.10
32		Alexandra Smith	SR	Seaforth	2:57.30

Event	6	Men 200 Yard IM			
		2:30.99 R5A			
		Name	Yr	School	Seed Time
1		Aiden DeLuca	SR	North Lincoln	1:58.91 R5A
2		Michael Best		South Brunswick	1:58.98 R5A
3		Charles Mitler	FR	Seaforth	2:03.27 R5A
4		Lawton McSwain		Crest	2:13.47 R5A
5		Andrew Velazquez	JR	Concord	2:14.54 R5A
6		Peyton Adkisson		South Brunswick	2:15.61 R5A
7		Jason Spey	JR	Orange	2:16.84 R5A
8		Colton Dunphy	FR	Parkwood	2:19.87 R5A
9		Rodney Hawkins	JR	East Rowan	2:20.69 R5A
10		Thatcher Daniels	10	Franklin	2:21.69 R5A
11		Cameron Bolick	SO	NW Cabarrus	2:21.97 R5A
12		Braden Schwenke	SO	Atkins	2:23.34 R5A
13		Benjamin Alonso	SR	SE Alamance	2:25.16 R5A
14		Robert Roelofs		West Carteret	2:25.37 R5A
15		William Kampmeyer	SR	Forestview	2:29.90 R5A
16		Elijah Shreffler	SR	West Henderson	2:30.27 R5A
17		Jonathan Wilson		Croatan	2:30.35 R5A
18		Matthew Alexander	SO	North Davidson	2:32.15
19		Wade Dailey	JR	DSA	2:32.92
20		Ayden Patty	JR	NW Cabarrus	2:34.07
21		Zach Hartup	SR	Atkins	2:35.09
22		Holden Cass	FR	Forestview	2:35.58
23		Hunter Zachman	SO	West Henderson	2:35.92
24		JJ Negrete-Perez	JR	Hickory	2:37.19
25		Gavin Speares		Croatan	2:37.32
26		Seth Allen	SO	Rockingham Co	2:39.11
27		Avanish Akula	SO	NW Cabarrus	2:39.13
28		Abhay Akula	SO	NW Cabarrus	2:39.61
29		Jesus Morales-Rivera		High Point Cent	2:40.21
30		Colton Disney		West Carteret	2:41.87
31		Nicholas Acree	SR	Rockingham Co	2:43.45
32		Mason Sypole		South Brunswick	2:44.16

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Event 7 Women 50 Yard Freestyle

27.99 R5A				
Name	Yr	School	Seed Time	
1 Lily Hermans	SR	Concord	23.85	R5A
2 Ila Turner		South Point	24.36	R5A
3 Kara King	JR	JM Robinson	25.39	R5A
4 Piper White	SR	Orange	25.48	R5A
5 Wren Brand	FR	Cedar Ridge	25.48	R5A
6 Piper Jillings	JR	Hickory	26.18	R5A
7 Summer Cvelic	FR	Atkins	26.26	R5A
8 Adrianna Jackson		South Brunswick	26.40	R5A
9 Michaela Lowe	FR	East Rowan	26.65	R5A
10 Maggie Richard	SR	Oak Grove	26.97	R5A
11 Yasmin Pauls	SR	NW Cabarrus	27.03	R5A
12 Emma Witham		South Point	27.51	R5A
13 Leah Windsor		West Carteret	27.62	R5A
14 Addison Guelich		Croatan	27.66	R5A
15 Makenna Garrett	11	East Lincoln	27.86	R5A
16 Addison Sielsky	10	East Lincoln	27.86	R5A
17 Karis Miller	JR	Carson	27.88	R5A
18 Eva Wahieb	JR	Seaforth	27.92	R5A
19 Genevieve Osborne	JR	South Brunswick	27.96	R5A
20 Sophia Broverman-Chappell	SO	Oak Grove	27.97	R5A
21 Phoebe Cumbee		South Brunswick	28.02	
22 Isla Kimzey	JR	West Henderson	28.02	
23 Madeline Allen	JR	Concord	28.11	
24 Lillian Boese	SO	Parkwood	28.16	
25 Hala Zafar	SR	Cedar Ridge	28.18	
26 Zoe Brandt		Aycock	28.19	
27 Peyton Benton	SO	Rockingham Co	28.24	
28 Anjali Landry	JR	DSA	28.31	
29 Elizabeth Norman	JR	DSA	28.32	
30 Peyton Walker	JR	DSA	28.35	
31 Willa Tadlock	FR	Concord	28.35	
32 Maggie Johnson		West Carteret	28.42	

Event 8 Men 50 Yard Freestyle

24.99 R5A				
Name	Yr	School	Seed Time	
1 Michael Spokas	SR	JM Robinson	22.48	R5A
2 Gavin Woolet		Aycock	22.54	R5A
3 Vincent Battaglini	JR	DSA	22.68	R5A
4 Andrew Willis	SO	Concord	23.06	R5A
5 Ryan Ventry	SR	Havelock	23.29	R5A
6 Oliver Boehmer		South Brunswick	23.32	R5A
7 Dalton McMichael	SR	Rockingham Co	23.48	R5A
8 Connor Sampson		Croatan	23.55	R5A
9 Stefanos Papaioannou	JR	North Davidson	23.62	R5A
10 Ollie Womble		West Carteret	23.73	R5A
11 Noah Legnosky		South Point	23.78	R5A
12 Eli Fulcher	SR	Oak Grove	23.98	R5A
13 Lance Jenkins	FR	Rockingham Co	24.21	R5A
14 Grayson Messer	SR	Oak Grove	24.30	R5A
15 Matthew Vogl	SO	Oak Grove	24.40	R5A
16 AJ Morgan	SO	Concord	24.55	R5A
17 Nic Craig	SO	North Davidson	24.85	R5A
18 Zachary Cone	SO	West Henderson	24.94	R5A
19 Sean Merrill	SR	West Henderson	24.94	R5A
20 Caleb Wheeler		West Carteret	25.02	
21 Benjamin Holbrook		High Point Cent	25.03	
22 Thomas Ball	JR	NW Cabarrus	25.10	
23 Luke Johnston		West Carteret	25.16	
24 Casey Kleman	JR	Currituck County	25.25	
25 Thomas Smith		West Carteret	25.25	
26 Tyler Ferguson		Croatan	25.29	
27 Dodge Moore		South Point	25.65	
28 Aden George	SR	Seaforth	25.73	
29 Brett Steelman	SR	East Rowan	25.76	
30 Jesse Miles	JR	Western Alamance	25.77	
31 Emmanuel Rustin	FR	JM Robinson	25.80	
32 Immerson Krawiecki	FR	North Lincoln	25.84	

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Event	9	Women 1 mtr Diving			
		413.30	R5A		
Name		Yr	School		
1	Michaela Bentley	SR	Western Alamance	353.95	
2	Olivia Tewes	FR	Seaforth	327.75	
3	Emmalyne Parnitzke	JR	Atkins	315.45	
4	Eva McGalliard		Atkins	243.50	
5	Lana Walker	9	Franklin	242.95	
6	Tessa Barfield		West Carteret	NP	
7	Camryn Russell		Crest	NP	

Event	10	Men 1 mtr Diving			
413.30 R5A					
Name		Yr	School		
1	Jonah Brant	12	Franklin	372.10	

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Event	11	Women 100 Yard Butterfly			
		1:18.99 R5A			
		Name	Yr	School	Seed Time
1		Sydney Burleigh	SR	Seaforth	1:00.97 R5A
2		Wren Brand	FR	Cedar Ridge	1:01.60 R5A
3		Kara King	JR	JM Robinson	1:02.20 R5A
4		Michaela Lowe	FR	East Rowan	1:06.40 R5A
5		Kennedy Gordon		South Brunswick	1:06.77 R5A
6		Stella Pridmore	11	East Lincoln	1:07.40 R5A
7		Caroline Peters	FR	Atkins	1:07.46 R5A
8		Maison Moore	JR	Havelock	1:07.54 R5A
9		Kenna Keyworth	11	Franklin	1:08.06 R5A
10		Jocelyn Ritchey	FR	DSA	1:08.20 R5A
11		Elizabeth Merlette	SR	Western Alamance	1:08.69 R5A
12		Gracie Lineberger	SR	East Rowan	1:09.20 R5A
13		Tanisha Kuduva Balaji	SR	NW Cabarrus	1:09.54 R5A
14		Rachel McLean	FR	Forestview	1:12.10 R5A
15		Izzy Thornton	SO	North Davidson	1:13.40 R5A
16		Ella Werley	JR	DSA	1:14.13 R5A
17		Addison Guelich		Croatan	1:14.77 R5A
18		Maggie Johnson		West Carteret	1:15.15 R5A
19		Mercer Rutherford	SO	DSA	1:15.20 R5A
20		Finley Evans	FR	North Lincoln	1:15.40 R5A
21		Sophie Jacobs	FR	Seaforth	1:16.52 R5A
22		Yuyue Zhu	SO	Forestview	1:16.81 R5A
23		Zoe Lefler	FR	DSA	1:17.00 R5A
24		Noah Cheney		Hunt	1:18.61 R5A
25		Mayleigh Monteith		Smoky Mountain	1:18.81 R5A
26		Meredith Robertson	FR	North Buncombe	1:19.12
27		Addison Yarbrough	SO	SE Alamance	1:19.66
28		Ava Sellers	JR	East Lincoln	1:19.70
29		Jasper Kelley		Croatan	1:21.27
30		Cadee Breedlove	11	Franklin	1:21.59
31		Keegan Hyland	SO	South Point	1:22.34
32		Lelia DeBerry	SO	Montgomery Cent	1:22.55

Event	12	Men 100 Yard Butterfly			
		1:02.99 R5A			
		Name	Yr	School	Seed Time
1		Sam Johnson		West Carteret	52.78 R5A
2		Jackson Kroh	JR	North Lincoln	53.16 R5A
3		Zack Schambra Stevens	JR	Atkins	55.26 R5A
4		Andrew Willis	SO	Concord	55.67 R5A
5		Carson Walsh	JR	JM Robinson	56.20 R5A
6		Trentyn Shanahan	JR	North Lincoln	56.21 R5A
7		Noah Legnosky		South Point	56.38 R5A
8		Daniel Doss	SO	Western Alamance	56.44 R5A
9		Evan Sevast		South Brunswick	56.51 R5A
10		Braden Schwenke	SO	Atkins	59.19 R5A
11		Peyton Adkisson		South Brunswick	59.62 R5A
12		Eli Fulcher	SR	Oak Grove	1:00.44 R5A
13		Luke McCrary	FR	Orange	1:02.48 R5A
14		Grayson Messer	SR	Oak Grove	1:02.83 R5A
15		Abram Tyson		Smoky Mountain	1:03.41
16		Spencer Postle	JR	Atkins	1:03.45
17		Cameron White	SR	NW Cabarrus	1:03.67
18		Keegan Brubaker	SO	Rockingham Co	1:06.63
19		Liam Smith	JR	North Lincoln	1:06.66
20		Obidiah Greene	SO	West Henderson	1:08.43
21		Robert Hurley		High Point Cent	1:09.36
22		Will Meroff		West Carteret	1:12.04
23		Jack Wells	SR	SE Alamance	1:12.07
24		John McMillan	FR	NW Cabarrus	1:16.12
25		Anderson Snyder	JR	Oak Grove	1:16.49
26		Sawyer Jamison		Smoky Mountain	1:18.40
27		Ethan Fortin	FR	Carson	1:19.17
28		Conner Schultz		Fike	1:19.87
29		Jason Krasovich	FR	Seaforth	1:21.28
30		Andrei Bragari	SR	North Lincoln	1:21.38
31		Pedro Roismann Blum Barros	SR	East Lincoln	1:22.10
32		Riley Hamilton	JR	Oak Grove	1:29.70

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Event	13	Women 100 Yard Freestyle			
		1:04.99 R5A			
	Name	Yr	School	Seed Time	
1	Lily Hermans	SR	Concord	51.84	R5A
2	Adrianna Jackson		South Brunswick	56.93	R5A
3	Addison McHenry	SO	Webb	57.19	R5A
4	Callie Copeland	JR	JM Robinson	57.87	R5A
5	Adelaide Kelley		West Carteret	58.72	R5A
6	Summer Cvelic	FR	Atkins	58.84	R5A
7	Mara Jennings		Croatan	58.93	R5A
8	Peyton Letteer	SO	JM Robinson	59.87	R5A
9	Piper Jillings	JR	Hickory	1:00.13	R5A
10	Leah Windsor		West Carteret	1:00.74	R5A
11	Cathryn Dotti	SO	West Henderson	1:01.26	R5A
12	Kaci Collins		Fike	1:01.48	R5A
13	Maggie Richard	SR	Oak Grove	1:01.87	R5A
14	Tommi Poland	SR	Concord	1:02.08	R5A
15	Bianca Sabatini	SR	Southern Nash	1:02.10	R5A
16	Phoebe Cumbee		South Brunswick	1:02.22	R5A
17	Dalila Canzone	11	Franklin	1:02.52	R5A
18	Alyvia Holt		Smoky Mountain	1:02.67	R5A
19	Sarah McGrath		South Point	1:02.75	R5A
20	Molly Rice	JR	North Buncombe	1:03.04	R5A
21	Adelina Shevchenko		Erwin	1:03.18	R5A
22	Emma Witham		South Point	1:03.18	R5A
23	Sophia Shideler	SO	SE Alamance	1:03.26	R5A
24	Gillian Eriksen	SO	Seaforth	1:03.26	R5A
25	Willa Tadlock	FR	Concord	1:03.28	R5A
26	Emma Spey	FR	Orange	1:03.51	R5A
27	Yasmin Pauls	SR	NW Cabarrus	1:03.63	R5A
28	Julia Mathus	FR	DSA	1:03.75	R5A
29	Kirsten Radford	SO	West Henderson	1:03.83	R5A
30	Ainsley Rasinske		Orange	1:03.87	R5A
31	Claire Day	SR	Croatan	1:04.32	R5A
32	Lorelei Disney		West Carteret	1:04.41	R5A
33	Elizabeth Norman	JR	DSA	1:04.54	R5A
34	Genevieve Osborne	JR	South Brunswick	1:04.55	R5A

Event	14	Men 100 Yard Freestyle			
		56.99 R5A			
	Name	Yr	School	Seed Time	
1	Vincent Battaglini	JR	DSA	49.38	R5A
2	Christopher Seawell	JR	Cedar Ridge	50.44	R5A
3	Eddie Lawson	SR	Concord	51.29	R5A
4	Ollie Womble		West Carteret	51.68	R5A
5	Ryan Ventry	SR	Havelock	51.80	R5A
6	Stefanos Papaioannou	JR	North Davidson	52.44	R5A
7	Dalton McMichael	SR	Rockingham Co	53.06	R5A
8	Matthew Vogl	SO	Oak Grove	53.52	R5A
9	Truman Adcock	SR	South Point	55.56	R5A
10	Zachary Cone	SO	West Henderson	55.88	R5A
11	Elijah Mayle	SR	Eastern Alamance	55.92	R5A
12	Nathan Folk	SR	Havelock	55.95	R5A
13	Jakob Boehmer		South Brunswick	56.03	R5A
14	Thomas Ball	JR	NW Cabarrus	56.41	R5A
15	Dodge Moore		South Point	57.22	
16	William Conway	SO	Croatan	57.42	
17	Jaxson Marler	11	East Lincoln	57.42	
18	Brett Steelman	SR	East Rowan	57.58	
19	Thomas Smith		West Carteret	57.63	
20	Aden George	SR	Seaforth	57.89	
21	Max Fleming	SR	Oak Grove	58.03	
22	Quinn Hepburn	FR	Seaforth	58.14	
23	Nic Craig	SO	North Davidson	58.32	
24	Reyansh Pol	JR	Atkins	58.74	
25	Thomas Irvin	SO	Concord	59.09	
26	Connor Hege	SR	North Davidson	59.26	
27	Jesse Miles	JR	Western Alamance	59.34	
28	Tyler Ferguson		Croatan	59.53	
29	Simon Salazar-Coronado	SR	Cedar Ridge	59.96	
30	Alexander Tate	SR	North Buncombe	1:00.00	
31	Casey Kleman	JR	Currituck County	1:00.05	
32	Harrison Mayse		West Carteret	1:00.11	

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Event	15	Women 500 Yard Freestyle			
		6:37.99 R5A			
	Name	Yr	School	Seed Time	
1	Ila Turner		South Point	5:29.21	R5A
2	Pilar Garner	FR	North Davidson	5:32.30	R5A
3	Peyton Stegman		South Brunswick	5:36.89	R5A
4	Ella Lechene		Croatan	5:39.14	R5A
5	Matilyn Brown	SO	Hickory	5:42.41	R5A
6	Addy Sechriest	SR	East Rowan	5:44.78	R5A
7	Kensley Gasaway	SR	Western Alamance	5:48.23	R5A
8	Maison Moore	JR	Havelock	5:49.74	R5A
9	Margaret Payton	JR	Cedar Ridge	5:50.50	R5A
10	Maddie Rice		South Point	5:55.99	R5A
11	Annika Swenson	FR	NW Cabarrus	5:56.47	R5A
12	Natalie Hinde	FR	Seaforth	5:56.83	R5A
13	Emmerson Topete	SR	DSA	6:00.01	R5A
14	Natalie Kunz	SO	Cedar Ridge	6:04.95	R5A
15	Eden Pollard		Cedar Ridge	6:07.44	R5A
16	Makenna Garrett	11	East Lincoln	6:15.82	R5A
17	Kathryn Hart	SO	West Henderson	6:25.12	R5A
18	Marie Malinosky	FR	Cedar Ridge	6:31.79	R5A
19	Bella Best		South Brunswick	6:32.65	R5A
20	Eve Klimala	FR	NW Cabarrus	6:32.93	R5A
21	McKinley Nixon	FR	Oak Grove	6:33.62	R5A
22	AnnMarie Hinton	10	Franklin	6:35.20	R5A
23	Sophia Brown	SR	West Henderson	6:35.62	R5A
24	Ella Smith	JR	Oak Grove	6:35.88	R5A
25	Jordan Hall	SO	West Henderson	6:37.12	R5A
26	Campbell Kolbash	SO	South Point	6:37.39	R5A
27	Cecelia Kelley		West Carteret	6:46.64	
28	Ava Motley		West Carteret	6:47.20	
29	Chloe Key		South Brunswick	6:48.36	
30	Elsa McGalliard	SO	Atkins	6:53.52	
31	Emma Ballard	9	Franklin	7:02.05	
32	Isabella Blalock	SO	DSA	7:07.07	

Event	16	Men 500 Yard Freestyle			
		6:32.99 R5A			
	Name	Yr	School	Seed Time	
1	Michael Best		South Brunswick	4:57.20	R5A
2	Colton Roberts	SR	Seaforth	5:05.37	R5A
3	J.E. Sandor	SO	Cedar Ridge	5:14.50	R5A
4	Rodney Hawkins	JR	East Rowan	5:23.47	R5A
5	Aidan Hite	SR	NW Cabarrus	5:25.05	R5A
6	Jason Spey	JR	Orange	5:27.12	R5A
7	Stephen Keena		South Brunswick	5:30.08	R5A
8	Carson Walsh	JR	JM Robinson	5:37.64	R5A
9	Joseph Friddle		Smoky Mountain	5:38.95	R5A
10	William Albright	JR	Forestview	5:44.14	R5A
11	Silas Rowe	FR	Orange	6:00.49	R5A
12	Brandon Owens	JR	East Lincoln	6:05.82	R5A
13	Cooper McMillan	JR	Western Alamance	6:07.19	R5A
14	Stuart Vaughn	JR	Seaforth	6:08.98	R5A
15	Jason Day	SO	Croatan	6:09.43	R5A
16	Rowan Vitak		Croatan	6:09.75	R5A
17	Craig Depken	JR	NW Cabarrus	6:12.19	R5A
18	Asher Jenkins	FR	Hickory	6:13.98	R5A
19	Zion Green	JR	Cedar Ridge	6:14.01	R5A
20	Clayton Lowe	JR	East Rowan	6:15.07	R5A
21	Andrew Morris	SR	Oak Grove	6:15.39	R5A
22	Aiden Barney	SO	Oak Grove	6:15.80	R5A
23	Asa Webb		West Carteret	6:16.14	R5A
24	Carter Pruitt	JR	Rockingham Co	6:17.23	R5A
25	Lennon Davis	JR	Concord	6:18.57	R5A
26	Evan Sawyer	JR	Eastern Alamance	6:21.06	R5A
27	Danny DePasquale	SR	North Lincoln	6:24.65	R5A
28	Timothy Weaver	JR	Concord	6:26.27	R5A
29	AJ Morgan	SO	Concord	6:27.39	R5A
30	Tripp Howard		Croatan	6:28.91	R5A
31	Liam Smith	JR	North Lincoln	6:30.38	R5A
32	Zach Hartup	SR	Atkins	6:31.32	R5A
33	Spencer Postle	JR	Atkins	6:31.51	R5A

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Event	17	Women 200 Yard Freestyle Relay			
		1:58.99 R5A			
	Team	Relay	Seed Time		
1	South Brunswick		1:45.89	R5A	
2	JM Robinson		1:47.71	R5A	
3	Concord		1:49.01	R5A	
4	Cedar Ridge		1:50.84	R5A	
5	Orange		1:51.11	R5A	
6	West Henderson		1:52.29	R5A	
7	Rockingham Co		1:52.38	R5A	
8	East Rowan		1:52.41	R5A	
9	South Point		1:52.93	R5A	
10	West Carteret		1:52.96	R5A	
11	Oak Grove		1:53.13	R5A	
12	Croatan		1:53.42	R5A	
13	NW Cabarrus		1:53.56	R5A	
14	East Lincoln		1:54.53	R5A	
15	Seaforth		1:57.06	R5A	
16	DSA		1:57.14	R5A	
17	North Lincoln		1:57.19	R5A	
18	Franklin		1:58.36	R5A	
19	Aycock		1:58.86	R5A	
20	Atkins		1:59.26		
21	Fike		2:01.12		
22	Parkwood		2:01.45		
23	North Davidson		2:01.51		
24	North Buncombe		2:02.54		

Event	18	Men 200 Yard Freestyle Relay			
		1:45.99 R5A			
	Team	Relay	Seed Time		
1	South Brunswick		1:34.57	R5A	
2	West Carteret		1:36.55	R5A	
3	Concord		1:37.55	R5A	
4	Oak Grove		1:38.06	R5A	
5	North Lincoln		1:38.92	R5A	
6	Rockingham Co		1:39.48	R5A	
7	Seaforth		1:40.14	R5A	
8	JM Robinson		1:40.85	R5A	
9	NW Cabarrus		1:41.17	R5A	
10	South Point		1:41.23	R5A	
11	West Henderson		1:41.33	R5A	
12	North Davidson		1:41.51	R5A	
13	Croatan		1:41.88	R5A	
14	Franklin		1:42.34	R5A	
15	Cedar Ridge		1:43.18	R5A	
16	East Rowan		1:44.29	R5A	
17	Havelock		1:44.46	R5A	
18	Orange		1:44.48	R5A	
19	Forestview		1:44.68	R5A	
20	Smoky Mountain		1:45.87	R5A	
21	East Lincoln		1:46.17		
22	Western Alamance		1:46.44		
23	DSA		1:46.55		
24	High Point Cent		1:47.33		

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Event	19	Women 100 Yard Backstroke			
		1:14.99 R5A			
	Name	Yr	School	Seed Time	
1	Lilly Shelley	SO	North Buncombe	1:02.63	R5A
2	Lucy Jones	FR	South Point	1:04.94	R5A
3	Peyton Letteer	SO	JM Robinson	1:06.23	R5A
4	Opal Boehmer		South Brunswick	1:07.13	R5A
5	Sydney Haire	SR	Seaforth	1:07.49	R5A
6	Stella Pridmore	11	East Lincoln	1:08.04	R5A
7	Kensley Gasaway	SR	Western Alamance	1:08.05	R5A
8	Abigail Long	JR	South Brunswick	1:08.90	R5A
9	Bianca Sabatini	SR	Southern Nash	1:08.91	R5A
10	Cathryn Dotti	SO	West Henderson	1:09.41	R5A
11	Emory Sechriest	FR	East Rowan	1:09.49	R5A
12	Karis Miller	JR	Carson	1:11.93	R5A
13	Julia Mathus	FR	DSA	1:12.05	R5A
14	Adelina Shevchenko		Erwin	1:12.30	R5A
15	Sophia Shideler	SO	SE Alamance	1:12.36	R5A
16	Marley Clark	FR	Concord	1:12.69	R5A
17	Keegan Hyland	SO	South Point	1:13.46	R5A
18	Natalie Kunz	SO	Cedar Ridge	1:13.50	R5A
19	Lily Flarity		West Carteret	1:13.94	R5A
20	McKinley Nixon	FR	Oak Grove	1:14.64	R5A
21	Ella Werley	JR	DSA	1:14.74	R5A
22	Katherine Smitherman	FR	Atkins	1:14.86	R5A
23	Juliette Haire	SO	Seaforth	1:15.04	
24	Lillybelle Cook	FR	Rockingham Co	1:15.06	
25	Addison Riling	JR	Oak Grove	1:15.46	
26	Sophie Jacobs	FR	Seaforth	1:15.48	
27	Claire Day	SR	Croatan	1:15.50	
28	Phoebe Thomas	SR	Forestview	1:16.39	
29	Allison Padgett	FR	Forestview	1:17.03	
30	Emma Brown	FR	West Henderson	1:19.63	
31	Madelyn Such	JR	NW Cabarrus	1:19.68	
32	Jenna Kroh	FR	North Lincoln	1:19.98	

Event	20	Men 100 Yard Backstroke			
		1:07.99 R5A			
	Name	Yr	School	Seed Time	
1	Charles Mitler	FR	Seaforth	54.40	R5A
2	Christopher Seawell	JR	Cedar Ridge	57.61	R5A
3	Oliver Boehmer		South Brunswick	57.76	R5A
4	Jackson Kroh	JR	North Lincoln	57.78	R5A
5	Barron Bell	SR	Concord	59.52	R5A
6	Andrew Velazquez	JR	Concord	1:00.28	R5A
7	Colton Dunphy	FR	Parkwood	1:00.90	R5A
8	Sean Merrill	SR	West Henderson	1:01.25	R5A
9	Connor Sampson		Croatan	1:01.26	R5A
10	Lawton McSwain		Crest	1:01.57	R5A
11	Trentyn Shanahan	JR	North Lincoln	1:01.98	R5A
12	Tyler Lambert	SR	Oak Grove	1:04.30	R5A
13	Silas Rowe	FR	Orange	1:04.39	R5A
14	Truman Adcock	SR	South Point	1:04.79	R5A
15	Cameron Bolick	SO	NW Cabarrus	1:05.05	R5A
16	Gavin Alverson	10	Franklin	1:06.06	R5A
17	Travis Keziah	SR	Parkwood	1:06.42	R5A
18	Andrew Morris	SR	Oak Grove	1:06.57	R5A
19	Luke Johnston		West Carteret	1:06.98	R5A
20	Chase Bair	SR	East Lincoln	1:07.63	R5A
21	Cooper McMillan	JR	Western Alamance	1:08.03	
22	Dylan Petersen	SO	Rockingham Co	1:08.31	
23	Gavin Speares		Croatan	1:08.39	
24	Benjamin Holbrook		High Point Cent	1:08.79	
25	Juan Arengo	FR	Forestview	1:08.81	
26	Jake Mauze		Hunt	1:08.94	
27	Avanish Akula	SO	NW Cabarrus	1:09.43	
28	Immerson Krawiecki	FR	North Lincoln	1:10.05	
29	Colin Wuthrich		Orange	1:10.18	
30	Ephraim Causby	JR	Atkins	1:10.24	
31	Colton Disney		West Carteret	1:10.50	
32	Thomas Irvin	SO	Concord	1:10.51	

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Event	21	Women 100 Yard Breaststroke			
		1:23.99 R5A			
	Name	Yr	School	Seed Time	
1	Ray Schambra Stevens	FR	Atkins	1:03.87	R5A
2	Caylee Hollar	JR	North Lincoln	1:08.76	R5A
3	Ella Lechene		Croatan	1:09.18	R5A
4	Callie Copeland	JR	JM Robinson	1:14.85	R5A
5	Kennedy Gordon		South Brunswick	1:14.95	R5A
6	Addison Moore	SO	Orange	1:15.55	R5A
7	Isla Kimzey	JR	West Henderson	1:15.64	R5A
8	Tommi Poland	SR	Concord	1:16.91	R5A
9	Adelyn Hamblin	FR	Parkwood	1:19.37	R5A
10	Amelia Toothman	JR	South Point	1:19.51	R5A
11	Peyton Walker	JR	DSA	1:19.75	R5A
12	Lillian Boese	SO	Parkwood	1:20.09	R5A
13	Elsie Handy	JR	North Lincoln	1:20.18	R5A
14	Kate Kopka		Fike	1:20.80	R5A
15	Gillian Eriksen	SO	Seaforth	1:20.88	R5A
16	Meredith Tilley	SO	West Henderson	1:21.43	R5A
17	Mercer Rutherford	SO	DSA	1:21.63	R5A
18	Zoe Brandt		Aycock	1:21.99	R5A
19	Emory Sechriest	FR	East Rowan	1:22.22	R5A
20	Lucy Jones	SR	West Henderson	1:22.36	R5A
21	Abby Meuser	SR	North Davidson	1:22.42	R5A
22	Yuyue Zhu	SO	Forestview	1:22.73	R5A
23	Reagan Sherwood	SO	JM Robinson	1:22.76	R5A
24	Brinley Miller	JR	NW Cabarrus	1:22.81	R5A
25	Addison Yarbrough	SO	SE Alamance	1:22.86	R5A
26	Bella Reece Shearer	SR	Rockingham Co	1:23.37	R5A
27	Hala Zafar	SR	Cedar Ridge	1:23.43	R5A
28	Allie Summer		Crest	1:23.55	R5A
29	Peyton Benton	SO	Rockingham Co	1:23.58	R5A
30	Sophia Broverman-Chappell	SO	Oak Grove	1:23.65	R5A
31	Norah Schabel		JM Robinson	1:24.37	
32	Caroline Morris		South Brunswick	1:24.57	

Event	22	Men 100 Yard Breaststroke			
		1:14.99 R5A			
	Name	Yr	School	Seed Time	
1	Michael Spokas	SR	JM Robinson	1:00.68	R5A
2	Zack Schambra Stevens	JR	Atkins	1:00.76	R5A
3	Aiden DeLuca	SR	North Lincoln	1:02.39	R5A
4	Jakob Boehmer		South Brunswick	1:05.43	R5A
5	Gavin Woolet		Aycock	1:05.96	R5A
6	Kirkland Nigbor	JR	Forestview	1:07.15	R5A
7	Joseph Friddle		Smoky Mountain	1:08.69	R5A
8	Benjamin Alonso	SR	SE Alamance	1:08.75	R5A
9	Benjamin Denton	SO	Forestview	1:09.64	R5A
10	Jonathan Wilson		Croatan	1:10.10	R5A
11	Ayden Patty	JR	NW Cabarrus	1:10.51	R5A
12	Barron Bell	SR	Concord	1:10.61	R5A
13	Luke McCrary	FR	Orange	1:10.87	R5A
14	Elijah Mayle	SR	Eastern Alamance	1:13.14	R5A
15	Jayden Wagner	SR	Oak Grove	1:13.75	R5A
16	Mason Goldfuss		South Brunswick	1:14.17	R5A
17	Quinn Hepburn	FR	Seaforth	1:14.26	R5A
18	Isaac Lindgren	SO	Seaforth	1:14.64	R5A
19	Elijah Shreffler	SR	West Henderson	1:14.98	R5A
20	Dawson Meador	JR	Oak Grove	1:15.06	
21	Robert Roelofs		West Carteret	1:15.31	
22	Harrison Mayse		West Carteret	1:15.61	
23	Will Kesler	SR	East Rowan	1:15.88	
24	Cameron White	SR	NW Cabarrus	1:16.14	
25	Lance Jenkins	FR	Rockingham Co	1:16.18	
26	Christian Morales	SR	Northside (Jax)	1:16.70	
27	Asher DeLancey	SO	West Henderson	1:17.60	
28	Rowan McQuade		Smoky Mountain	1:18.10	
29	Timothy Weaver	JR	Concord	1:18.13	
30	Stratton Taylor	SR	West Henderson	1:18.58	
31	Callen Riling	FR	Oak Grove	1:18.70	
32	Nicholas Acree	SR	Rockingham Co	1:19.03	

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Event	23	Women 400 Yard Freestyle Relay			
		4:40.99 R5A			
	Team	Relay	Seed Time		
1	South Brunswick		3:50.81	R5A	
2	West Carteret		4:01.06	R5A	
3	South Point		4:02.10	R5A	
4	Croatan		4:02.41	R5A	
5	Cedar Ridge		4:05.36	R5A	
6	Atkins		4:09.10	R5A	
7	East Rowan		4:09.74	R5A	
8	East Lincoln		4:10.88	R5A	
9	NW Cabarrus		4:11.56	R5A	
10	Concord		4:14.96	R5A	
11	North Davidson		4:15.46	R5A	
12	Seaforth		4:16.17	R5A	
13	Franklin		4:20.39	R5A	
14	DSA		4:20.97	R5A	
15	Rockingham Co		4:20.98	R5A	
16	Oak Grove		4:22.69	R5A	
17	West Henderson		4:24.67	R5A	
18	Western Alamance		4:32.23	R5A	
19	North Buncombe		4:32.46	R5A	
20	North Lincoln		4:33.02	R5A	
21	Forestview		4:41.59		
22	SE Alamance		4:43.29		
23	Smoky Mountain		4:49.26		
24	Havelock		5:12.36		

Event	24	Men 400 Yard Freestyle Relay			
		3:54.99 R5A			
	Team	Relay	Seed Time		
1	South Brunswick		3:25.87	R5A	
2	Concord		3:31.17	R5A	
3	West Carteret		3:33.03	R5A	
4	NW Cabarrus		3:44.40	R5A	
5	North Lincoln		3:48.32	R5A	
6	Cedar Ridge		3:48.84	R5A	
7	Croatan		3:49.93	R5A	
8	Oak Grove		3:50.22	R5A	
9	Franklin		3:52.28	R5A	
10	Seaforth		3:54.84	R5A	
11	Atkins		3:55.31		
12	Forestview		3:55.67		
13	North Davidson		3:57.82		
14	Havelock		3:59.16		
15	West Henderson		4:01.40		
16	JM Robinson		4:01.61		
17	Rockingham Co		4:03.16		
18	Smoky Mountain		4:03.95		
19	DSA		4:04.53		
20	East Rowan		4:04.75		
21	East Lincoln		4:05.96		
22	Parkwood		4:12.44		
23	SE Alamance		4:13.35		
24	Southern Nash		4:21.34		