

2026 5A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026

Host: Oak Grove HS

Swimming & Diving

Psych Sheet

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 JM Robinson		1:57.95
2 Atkins		1:58.29
3 East Rowan		2:02.60
4 South Point		2:02.95
5 Concord		2:03.35
6 West Henderson		2:05.26
7 North Lincoln		2:07.95
8 NW Cabarrus		2:11.20
9 North Davidson		2:12.35
10 Franklin		2:12.92
11 East Lincoln		2:13.06
12 Parkwood		2:14.94
13 North Buncombe		2:15.78
14 Forestview		2:17.09
15 Oak Grove		2:20.78
16 Smoky Mountain		2:28.23

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 North Lincoln		1:46.05
2 Concord		1:47.22
3 Atkins		1:50.69
4 JM Robinson		1:52.20
5 NW Cabarrus		1:52.63
6 Forestview		1:52.81
7 South Point		1:53.56
8 Oak Grove		1:54.01
9 Franklin		1:54.22
10 West Henderson		1:54.89
11 Smoky Mountain		1:55.34
12 East Rowan		1:57.47
13 North Davidson		1:58.94
14 High Point Cent		2:01.53
15 East Lincoln		2:03.17
16 Carson		2:13.69

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Caylee Hollar	JR	North Lincoln	2:03.48
2 Lucy Jones	FR	South Point	2:07.67
3 Addy Sechriest	SR	East Rowan	2:07.98
4 Annika Swenson	FR	NW Cabarrus	2:11.52
5 Matilyn Brown	SO	Hickory	2:12.78
6 Maddie Rice		South Point	2:15.11
7 Izzy Thornton	SO	North Davidson	2:17.40
8 Alyvia Holt		Smoky Mountain	2:18.68
9 Meredith Tilley	SO	West Henderson	2:19.28
10 Molly Rice	JR	North Buncombe	2:20.90
11 Sarah McGrath		South Point	2:20.96
12 Ella Smith	JR	Oak Grove	2:21.37
13 Campbell Kolbash	SO	South Point	2:24.56
14 Rachel McLean	FR	Forestview	2:25.73
15 Jordan Hall	SO	West Henderson	2:26.13
16 Peyton Groce	SO	Oak Grove	2:27.70
17 Lucy Jones	SR	West Henderson	2:28.74
18 AnnMarie Hinton	10	Franklin	2:29.72
19 Emma Ballard	9	Franklin	2:30.86
20 Sophia Brown	SR	West Henderson	2:32.17
21 Elsa McGalliard	SO	Atkins	2:36.14
22 Finley Stevens	FR	Concord	2:37.12
23 Allison Padgett	FR	Forestview	2:37.81
24 Payton Dean	FR	Forestview	2:38.25

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Eddie Lawson	SR	Concord	1:54.16
2 Aidan Hite	SR	NW Cabarrus	1:57.98
3 Travis Keziah	SR	Parkwood	2:01.43
4 Malik Walker	JR	Franklin	2:06.40
5 Craig Depken	JR	NW Cabarrus	2:07.97
6 William Albright	JR	Forestview	2:09.57
7 Aiden Barney	SO	Oak Grove	2:10.79
8 Lennon Davis	JR	Concord	2:12.43
9 Danny DePasquale	SR	North Lincoln	2:13.47
10 Miles Park		Smoky Mountain	2:14.88
11 Dawson Meador	JR	Oak Grove	2:15.26
12 Liam Shirey		Smoky Mountain	2:17.26
13 Colton Gravley	FR	West Henderson	2:17.72
14 Anthony Mitchell	SO	NW Cabarrus	2:18.65
15 Asher Jenkins	FR	Hickory	2:20.18
16 Will Kesler	SR	East Rowan	2:23.01
17 Anderson Snyder	JR	Oak Grove	2:23.08
18 Connor Hege	SR	North Davidson	2:23.43
19 Jack Smith	SR	Carson	2:24.08
20 Gabe Jones	SO	North Davidson	2:26.10
21 Rowan McQuade		Smoky Mountain	2:29.00
22 Christian Ban	FR	Atkins	2:31.09
23 Joshua Morales		South Point	2:31.40
24 Dominic Freeman	SR	North Buncombe	2:31.72

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Psych Sheet

Event 5 Women 200 Yard IM

Name	Yr	School	Seed Time
1 Ray Schambra Stevens	FR	Atkins	2:10.34
2 Pilar Garner	FR	North Davidson	2:22.17
3 Lilly Shelley	SO	North Buncombe	2:24.83
4 Gracie Lineberger	SR	East Rowan	2:28.25
5 Tanisha Kuduva Balaji	SR	NW Cabarrus	2:35.19
6 Amelia Toothman	JR	South Point	2:36.10
7 Caroline Peters	FR	Atkins	2:39.04
8 Marley Clark	FR	Concord	2:40.72
9 Finley Evans	FR	North Lincoln	2:41.43
10 Brinley Miller	JR	NW Cabarrus	2:42.41
11 Phoebe Thomas	SR	Forestview	2:42.88
12 Kathryn Hart	SO	West Henderson	2:43.53
13 Eva Suber	JR	Forestview	2:44.30
14 Katherine Smitherman	FR	Atkins	2:45.52
15 Adelyn Hamblin	FR	Parkwood	2:45.64
16 Elsie Handy	JR	North Lincoln	2:49.49
17 Eralyn Marion	FR	Oak Grove	2:49.79
18 Addison Riling	JR	Oak Grove	2:51.89
19 Jenna Kroh	FR	North Lincoln	2:57.84
20 Mila Edwards	SO	North Davidson	3:04.93
21 Emery Benford	SR	Oak Grove	3:05.72
22 Makena Kurlander	SR	North Buncombe	3:06.19
23 Magdalena Kotris	FR	Oak Grove	3:08.24
24 Corrina McSwain		South Point	3:08.79

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Aiden DeLuca	SR	North Lincoln	1:58.91
2 Lawton McSwain		Crest	2:13.47
3 Andrew Velazquez	JR	Concord	2:14.54
4 Colton Dunphy	FR	Parkwood	2:19.87
5 Rodney Hawkins	JR	East Rowan	2:20.69
6 Thatcher Daniels	10	Franklin	2:21.69
7 Cameron Bolick	SO	NW Cabarrus	2:21.97
8 Braden Schwenke	SO	Atkins	2:23.34
9 William Kampmeyer	SR	Forestview	2:29.90
10 Elijah Shreffler	SR	West Henderson	2:30.27
11 Matthew Alexander	SO	North Davidson	2:32.15
12 Ayden Patty	JR	NW Cabarrus	2:34.07
13 Zach Hartup	SR	Atkins	2:35.09
14 Holden Cass	FR	Forestview	2:35.58
15 Hunter Zachman	SO	West Henderson	2:35.92
16 JJ Negrete-Perez	JR	Hickory	2:37.19
17 Avanish Akula	SO	NW Cabarrus	2:39.13
18 Abhay Akula	SO	NW Cabarrus	2:39.61
19 Jesus Morales-Rivera		High Point Cent	2:40.21
20 Callen Riling	FR	Oak Grove	2:46.11
21 William Baker	SO	High Point Cent	2:56.07
22 Evan Heaton	SR	Oak Grove	2:56.71
23 Connor Eck	SR	North Davidson	3:01.29
24 Addison Terry	JR	Oak Grove	3:03.37

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Lily Hermans	SR	Concord	23.85
2 Ila Turner		South Point	24.36
3 Kara King	JR	JM Robinson	25.39
4 Piper Jillings	JR	Hickory	26.18
5 Summer Cvelic	FR	Atkins	26.26
6 Michaela Lowe	FR	East Rowan	26.65
7 Maggie Richard	SR	Oak Grove	26.97
8 Yasmin Pauls	SR	NW Cabarrus	27.03
9 Emma Witham		South Point	27.51
10 Makenna Garrett	11	East Lincoln	27.86
11 Addison Sielsky	10	East Lincoln	27.86
12 Karis Miller	JR	Carson	27.88
13 Sophia Broverman-Chappell	SO	Oak Grove	27.97
14 Isla Kimzey	JR	West Henderson	28.02
15 Madeline Allen	JR	Concord	28.11
16 Lillian Boese	SO	Parkwood	28.16
17 Willa Tadlock	FR	Concord	28.35
18 Aliya Hamblin	JR	Parkwood	28.49
19 Kirsten Radford	SO	West Henderson	28.49
20 Norah Schabel		JM Robinson	28.54
21 Abby Meuser	SR	North Davidson	28.74
22 Maggie Collins	SR	NW Cabarrus	29.67
23 Emma Brown	FR	West Henderson	29.80
24 Julie Bullard	FR	North Lincoln	29.98

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Michael Spokas	SR	JM Robinson	22.48
2 Andrew Willis	SO	Concord	23.06
3 Stefanos Papaioannou	JR	North Davidson	23.62
4 Noah Legnosky		South Point	23.78
5 Eli Fulcher	SR	Oak Grove	23.98
6 Grayson Messer	SR	Oak Grove	24.30
7 Matthew Vogl	SO	Oak Grove	24.40
8 AJ Morgan	SO	Concord	24.55
9 Nic Craig	SO	North Davidson	24.85
10 Zachary Cone	SO	West Henderson	24.94
11 Sean Merrill	SR	West Henderson	24.94
12 Benjamin Holbrook		High Point Cent	25.03
13 Thomas Ball	JR	NW Cabarrus	25.10
14 Dodge Moore		South Point	25.65
15 Brett Steelman	SR	East Rowan	25.76
16 Emmanuel Rustin	FR	JM Robinson	25.80
17 Immerson Krawiecki	FR	North Lincoln	25.84
18 Alexander Tate	SR	North Buncombe	26.02
19 Aidan Wilson	SR	Oak Grove	26.15
20 Reyansh Pol	JR	Atkins	26.26
21 Jett Conner	FR	East Rowan	26.27
22 Colton Monteith	JR	Carson	26.28
23 Andrei Bragari	SR	North Lincoln	26.32
24 Owen Krawiecki	SR	North Lincoln	26.45

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Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Emmalyne Parnitzke	JR	Atkins	315.45
2 Eva McGalliard		Atkins	243.50
3 Lana Walker	9	Franklin	242.95
4 Camryn Russell		Crest	NP

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Jonah Brant	12	Franklin	372.10

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Kara King	JR	JM Robinson	1:02.20
2 Michaela Lowe	FR	East Rowan	1:06.40
3 Stella Pridmore	11	East Lincoln	1:07.40
4 Caroline Peters	FR	Atkins	1:07.46
5 Kenna Keyworth	11	Franklin	1:08.06
6 Gracie Lineberger	SR	East Rowan	1:09.20
7 Tanisha Kuduva Balaji	SR	NW Cabarrus	1:09.54
8 Rachel McLean	FR	Forestview	1:12.10
9 Izzy Thornton	SO	North Davidson	1:13.40
10 Finley Evans	FR	North Lincoln	1:15.40
11 Yuyue Zhu	SO	Forestview	1:16.81
12 Mayleigh Monteith		Smoky Mountain	1:18.81
13 Meredith Robertson	FR	North Buncombe	1:19.12
14 Ava Sellers	JR	East Lincoln	1:19.70
15 Cadee Breedlove	11	Franklin	1:21.59
16 Keegan Hyland	SO	South Point	1:22.34
17 Lelia DeBerry	SO	Montgomery Cent	1:22.55
18 Eve Klimala	FR	NW Cabarrus	1:24.36
19 Emery Benford	SR	Oak Grove	1:25.24
20 Mary Paxton	SO	NW Cabarrus	1:27.09
21 Kezia Pinto	FR	West Henderson	1:29.25
22 Ellie Lentz	JR	East Rowan	1:35.42
23 Makena White	JR	NW Cabarrus	1:37.03
24 Olivia Manning	FR	Oak Grove	1:40.77

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Jackson Kroh	JR	North Lincoln	53.16
2 Zack Schambra Stevens	JR	Atkins	55.26
3 Andrew Willis	SO	Concord	55.67
4 Carson Walsh	JR	JM Robinson	56.20
5 Trentyn Shanahan	JR	North Lincoln	56.21
6 Noah Legnosky		South Point	56.38
7 Braden Schwenke	SO	Atkins	59.19
8 Eli Fulcher	SR	Oak Grove	1:00.44
9 Grayson Messer	SR	Oak Grove	1:02.83
10 Abram Tyson		Smoky Mountain	1:03.41
11 Spencer Postle	JR	Atkins	1:03.45
12 Cameron White	SR	NW Cabarrus	1:03.67
13 Liam Smith	JR	North Lincoln	1:06.66
14 Obidiah Greene	SO	West Henderson	1:08.43
15 Robert Hurley		High Point Cent	1:09.36
16 John McMillan	FR	NW Cabarrus	1:16.12
17 Anderson Snyder	JR	Oak Grove	1:16.49
18 Sawyer Jamison		Smoky Mountain	1:18.40
19 Ethan Fortin	FR	Carson	1:19.17
20 Andrei Bragari	SR	North Lincoln	1:21.38
21 Pedro Roismann Blum Barros	SR	East Lincoln	1:22.10
22 Riley Hamilton	JR	Oak Grove	1:29.70
23 Dusty Fraites	9	Franklin	1:44.39

2026 5A West NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: Oak Grove HS****Swimming & Diving****Psych Sheet****Event 13 Women 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Lily Hermans	SR	Concord	51.84
2 Callie Copeland	JR	JM Robinson	57.87
3 Summer Cvelic	FR	Atkins	58.84
4 Peyton Letteer	SO	JM Robinson	59.87
5 Piper Jillings	JR	Hickory	1:00.13
6 Cathryn Dotti	SO	West Henderson	1:01.26
7 Maggie Richard	SR	Oak Grove	1:01.87
8 Tommi Poland	SR	Concord	1:02.08
9 Dalila Canzone	11	Franklin	1:02.52
10 Alyvia Holt		Smoky Mountain	1:02.67
11 Sarah McGrath		South Point	1:02.75
12 Molly Rice	JR	North Buncombe	1:03.04
13 Adelina Shevchenko		Erwin	1:03.18
14 Emma Witham		South Point	1:03.18
15 Willa Tadlock	FR	Concord	1:03.28
16 Yasmin Pauls	SR	NW Cabarrus	1:03.63
17 Kirsten Radford	SO	West Henderson	1:03.83
18 Peyton Groce	SO	Oak Grove	1:05.21
19 Addison Townsend	SR	Forestview	1:05.41
20 Reagan Sherwood	SO	JM Robinson	1:05.48
21 Aliya Hamblin	JR	Parkwood	1:06.10
22 Julie Bullard	FR	North Lincoln	1:09.06
23 Lily Schreiber	FR	North Davidson	1:09.41
24 Madeline Allen	JR	Concord	1:09.72

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Eddie Lawson	SR	Concord	51.29
2 Stefanos Papaioannou	JR	North Davidson	52.44
3 Matthew Vogl	SO	Oak Grove	53.52
4 Truman Adcock	SR	South Point	55.56
5 Zachary Cone	SO	West Henderson	55.88
6 Thomas Ball	JR	NW Cabarrus	56.41
7 Dodge Moore		South Point	57.22
8 Jaxson Marler	11	East Lincoln	57.42
9 Brett Steelman	SR	East Rowan	57.58
10 Max Fleming	SR	Oak Grove	58.03
11 Nic Craig	SO	North Davidson	58.32
12 Reyansh Pol	JR	Atkins	58.74
13 Thomas Irvin	SO	Concord	59.09
14 Connor Hege	SR	North Davidson	59.26
15 Alexander Tate	SR	North Buncombe	1:00.00
16 Aidan Wilson	SR	Oak Grove	1:00.23
17 Colton Monteith	JR	Carson	1:00.50
18 Anthony Mitchell	SO	NW Cabarrus	1:01.02
19 Hunter Zachman	SO	West Henderson	1:01.11
20 Ephraim Causby	JR	Atkins	1:01.31
21 Dylan Alexander	JR	Carson	1:01.79
22 Preston Neeb	SO	West Henderson	1:02.69
23 Owen Krawiecki	SR	North Lincoln	1:02.87
24 Charlie Reece	JR	Oak Grove	1:03.14

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Ila Turner		South Point	5:29.21
2 Pilar Garner	FR	North Davidson	5:32.30
3 Matilyn Brown	SO	Hickory	5:42.41
4 Addy Sechriest	SR	East Rowan	5:44.78
5 Maddie Rice		South Point	5:55.99
6 Annika Swenson	FR	NW Cabarrus	5:56.47
7 Makenna Garrett	11	East Lincoln	6:15.82
8 Kathryn Hart	SO	West Henderson	6:25.12
9 Eve Klimala	FR	NW Cabarrus	6:32.93
10 McKinley Nixon	FR	Oak Grove	6:33.62
11 AnnMarie Hinton	10	Franklin	6:35.20
12 Sophia Brown	SR	West Henderson	6:35.62
13 Ella Smith	JR	Oak Grove	6:35.88
14 Jordan Hall	SO	West Henderson	6:37.12
15 Campbell Kolbash	SO	South Point	6:37.39
16 Elsa McGalliard	SO	Atkins	6:53.52
17 Emma Ballard	9	Franklin	7:02.05
18 Gillian Gosker	11	East Lincoln	7:17.20
19 Finley Stevens	FR	Concord	7:19.11
20 Madelyn Such	JR	NW Cabarrus	7:21.82
21 Piper Meacham	SO	NW Cabarrus	7:23.19
22 Madi Blower	SR	North Davidson	7:37.69
23 Morgan Low	JR	North Lincoln	7:48.94
24 Addie McMurry		Crest	7:54.83

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Rodney Hawkins	JR	East Rowan	5:23.47
2 Aidan Hite	SR	NW Cabarrus	5:25.05
3 Carson Walsh	JR	JM Robinson	5:37.64
4 Joseph Friddle		Smoky Mountain	5:38.95
5 William Albright	JR	Forestview	5:44.14
6 Brandon Owens	JR	East Lincoln	6:05.82
7 Craig Depken	JR	NW Cabarrus	6:12.19
8 Asher Jenkins	FR	Hickory	6:13.98
9 Clayton Lowe	JR	East Rowan	6:15.07
10 Andrew Morris	SR	Oak Grove	6:15.39
11 Aiden Barney	SO	Oak Grove	6:15.80
12 Lennon Davis	JR	Concord	6:18.57
13 Danny DePasquale	SR	North Lincoln	6:24.65
14 Timothy Weaver	JR	Concord	6:26.27
15 AJ Morgan	SO	Concord	6:27.39
16 Liam Smith	JR	North Lincoln	6:30.38
17 Zach Hartup	SR	Atkins	6:31.32
18 Spencer Postle	JR	Atkins	6:31.51
19 Colton Gravley	FR	West Henderson	6:37.64
20 Gabe Jones	SO	North Davidson	6:45.14
21 Kamryn Lovelace	JR	Montgomery Cent	6:46.78
22 JJ Negrete-Perez	JR	Hickory	6:50.31
23 Holden Cass	FR	Forestview	6:51.81
24 Gabe Kinneman	SR	North Davidson	6:54.85

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Psych Sheet

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 JM Robinson		1:47.71
2 Concord		1:49.01
3 West Henderson		1:52.29
4 East Rowan		1:52.41
5 South Point		1:52.93
6 Oak Grove		1:53.13
7 NW Cabarrus		1:53.56
8 East Lincoln		1:54.53
9 North Lincoln		1:57.19
10 Franklin		1:58.36
11 Atkins		1:59.26
12 Parkwood		2:01.45
13 North Davidson		2:01.51
14 North Buncombe		2:02.54
15 Forestview		2:02.65
16 Smoky Mountain		2:03.23

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Concord		1:37.55
2 Oak Grove		1:38.06
3 North Lincoln		1:38.92
4 JM Robinson		1:40.85
5 NW Cabarrus		1:41.17
6 South Point		1:41.23
7 West Henderson		1:41.33
8 North Davidson		1:41.51
9 Franklin		1:42.34
10 East Rowan		1:44.29
11 Forestview		1:44.68
12 Smoky Mountain		1:45.87
13 East Lincoln		1:46.17
14 High Point Cent		1:47.33
15 Parkwood		1:48.93
16 Atkins		1:52.81

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Lilly Shelley	SO	North Buncombe	1:02.63
2 Lucy Jones	FR	South Point	1:04.94
3 Peyton Letteer	SO	JM Robinson	1:06.23
4 Stella Pridmore	11	East Lincoln	1:08.04
5 Cathryn Dotti	SO	West Henderson	1:09.41
6 Emory Sechriest	FR	East Rowan	1:09.49
7 Karis Miller	JR	Carson	1:11.93
8 Adelina Shevchenko		Erwin	1:12.30
9 Marley Clark	FR	Concord	1:12.69
10 Keegan Hyland	SO	South Point	1:13.46
11 McKinley Nixon	FR	Oak Grove	1:14.64
12 Katherine Smitherman	FR	Atkins	1:14.86
13 Addison Riling	JR	Oak Grove	1:15.46
14 Phoebe Thomas	SR	Forestview	1:16.39
15 Allison Padgett	FR	Forestview	1:17.03
16 Emma Brown	FR	West Henderson	1:19.63
17 Madelyn Such	JR	NW Cabarrus	1:19.68
18 Jenna Kroh	FR	North Lincoln	1:19.98
19 Makena White	JR	NW Cabarrus	1:21.25
20 Rebecca Brown	SO	Oak Grove	1:21.86
21 Kezia Pinto	FR	West Henderson	1:22.26
22 Piper Meacham	SO	NW Cabarrus	1:22.41
23 Payton Dean	FR	Forestview	1:23.74
24 Ella Morton	JR	Oak Grove	1:24.72

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Jackson Kroh	JR	North Lincoln	57.78
2 Barron Bell	SR	Concord	59.52
3 Andrew Velazquez	JR	Concord	1:00.28
4 Colton Dunphy	FR	Parkwood	1:00.90
5 Sean Merrill	SR	West Henderson	1:01.25
6 Lawton McSwain		Crest	1:01.57
7 Trentyn Shanahan	JR	North Lincoln	1:01.98
8 Tyler Lambert	SR	Oak Grove	1:04.30
9 Truman Adcock	SR	South Point	1:04.79
10 Cameron Bolick	SO	NW Cabarrus	1:05.05
11 Gavin Alverson	10	Franklin	1:06.06
12 Travis Keziah	SR	Parkwood	1:06.42
13 Andrew Morris	SR	Oak Grove	1:06.57
14 Chase Bair	SR	East Lincoln	1:07.63
15 Benjamin Holbrook		High Point Cent	1:08.79
16 Juan Arengo	FR	Forestview	1:08.81
17 Avanish Akula	SO	NW Cabarrus	1:09.43
18 Immerson Krawiecki	FR	North Lincoln	1:10.05
19 Ephraim Causby	JR	Atkins	1:10.24
20 Thomas Irvin	SO	Concord	1:10.51
21 Jack Park		Smoky Mountain	1:10.59
22 Max Fleming	SR	Oak Grove	1:10.76
23 Abhay Akula	SO	NW Cabarrus	1:11.75
24 Jesus Morales-Rivera		High Point Cent	1:12.36

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Name	Yr	School	Seed Time
1 Ray Schambra Stevens	FR	Atkins	1:03.87
2 Caylee Hollar	JR	North Lincoln	1:08.76
3 Callie Copeland	JR	JM Robinson	1:14.85
4 Isla Kimzey	JR	West Henderson	1:15.64
5 Tommi Poland	SR	Concord	1:16.91
6 Adelyn Hamblin	FR	Parkwood	1:19.37
7 Amelia Toothman	JR	South Point	1:19.51
8 Lillian Boese	SO	Parkwood	1:20.09
9 Elsie Handy	JR	North Lincoln	1:20.18
10 Meredith Tilley	SO	West Henderson	1:21.43
11 Emory Sechriest	FR	East Rowan	1:22.22
12 Lucy Jones	SR	West Henderson	1:22.36
13 Abby Meuser	SR	North Davidson	1:22.42
14 Yuyue Zhu	SO	Forestview	1:22.73
15 Reagan Sherwood	SO	JM Robinson	1:22.76
16 Brinley Miller	JR	NW Cabarrus	1:22.81
17 Allie Summer		Crest	1:23.55
18 Sophia Broverman-Chappell	SO	Oak Grove	1:23.65
19 Norah Schabel		JM Robinson	1:24.37
20 Zoe Wegmann	FR	Atkins	1:26.47
21 Paisley Hamilton	FR	Oak Grove	1:26.80
22 Kailyn Hildenbrand	9	East Lincoln	1:27.81
23 Eralyn Marion	FR	Oak Grove	1:28.41
24 Lily Phillips	SR	Oak Grove	1:28.56

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Michael Spokas	SR	JM Robinson	1:00.68
2 Zack Schambra Stevens	JR	Atkins	1:00.76
3 Aiden DeLuca	SR	North Lincoln	1:02.39
4 Kirkland Nigbor	JR	Forestview	1:07.15
5 Joseph Friddle		Smoky Mountain	1:08.69
6 Benjamin Denton	SO	Forestview	1:09.64
7 Ayden Patty	JR	NW Cabarrus	1:10.51
8 Barron Bell	SR	Concord	1:10.61
9 Jayden Wagner	SR	Oak Grove	1:13.75
10 Elijah Shreffler	SR	West Henderson	1:14.98
11 Dawson Meador	JR	Oak Grove	1:15.06
12 Will Kesler	SR	East Rowan	1:15.88
13 Cameron White	SR	NW Cabarrus	1:16.14
14 Asher DeLancey	SO	West Henderson	1:17.60
15 Rowan McQuade		Smoky Mountain	1:18.10
16 Timothy Weaver	JR	Concord	1:18.13
17 Stratton Taylor	SR	West Henderson	1:18.58
18 Callen Riling	FR	Oak Grove	1:18.70
19 William Baker	SO	High Point Cent	1:19.67
20 Matthew Alexander	SO	North Davidson	1:19.75
21 Carter Lynn	JR	North Davidson	1:20.15
22 Preston Neeb	SO	West Henderson	1:20.80
23 Ryan Lin	11	East Lincoln	1:21.22
24 Evan Heaton	SR	Oak Grove	1:21.36

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 South Point		4:02.10
2 Atkins		4:09.10
3 East Rowan		4:09.74
4 East Lincoln		4:10.88
5 NW Cabarrus		4:11.56
6 Concord		4:14.96
7 North Davidson		4:15.46
8 Franklin		4:20.39
9 Oak Grove		4:22.69
10 West Henderson		4:24.67
11 North Buncombe		4:32.46
12 North Lincoln		4:33.02
13 Forestview		4:41.59
14 Smoky Mountain		4:49.26
15 Montgomery Cent		5:13.85
16 Carson		5:19.20

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Concord		3:31.17
2 NW Cabarrus		3:44.40
3 North Lincoln		3:48.32
4 Oak Grove		3:50.22
5 Franklin		3:52.28
6 Atkins		3:55.31
7 Forestview		3:55.67
8 North Davidson		3:57.82
9 West Henderson		4:01.40
10 JM Robinson		4:01.61
11 Smoky Mountain		4:03.95
12 East Rowan		4:04.75
13 East Lincoln		4:05.96
14 Parkwood		4:12.44
15 Carson		4:25.09
16 Montgomery Cent		4:35.84