

2026 7A East NCHSAA Regional Championships - 1/29/2026 to 1/30/2026

Host: Pine Forest HS

Swimming & Diving

Psych Sheet

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 Cardinal Gibbons		1:46.48
2 Ashley		1:53.56
3 Cary		1:53.68
4 Topsail		1:54.09
5 Heritage		1:54.22
6 Sanderson		1:55.95
7 Smithfield-Selma		1:59.18
8 Riverside		2:03.00
9 New Hanover		2:05.13
10 Wake Forest		2:05.19
11 Garner		2:07.55
12 Pine Forest		2:07.57
13 Fuquay-Varina		2:07.66
14 New Bern		2:07.91
15 Holly Springs		2:08.05
16 Cleveland		2:11.99

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Cardinal Gibbons		1:36.48
2 Ashley		1:38.96
3 Sanderson		1:40.96
4 Heritage		1:43.65
5 Holly Springs		1:45.85
6 Wake Forest		1:46.15
7 Cary		1:46.98
8 Topsail		1:49.12
9 Riverside		1:49.50
10 New Bern		1:50.49
11 Cleveland		1:52.31
12 New Hanover		1:55.27
13 DH Conley		1:56.63
14 Smithfield-Selma		1:58.37
15 Pine Forest		2:01.40
16 Lumberton		2:03.22

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Meghan Hadsell	SR	Cardinal Gibbons	1:54.16
2 Lucy Hastings	FR	New Hanover	1:56.53
3 Anna Burns	JR	Cary	1:58.29
4 Millan Crowder	FR	Cardinal Gibbons	1:59.08
5 Amelia Peterson	FR	Cardinal Gibbons	1:59.35
6 Ruby Senko	JR	Cardinal Gibbons	2:01.37
7 Charlotte Goins	SO	Sanderson	2:07.78
8 Scarlett Norris	10	Wake Forest	2:07.81
9 Colleen Sandlin	FR	Topsail	2:10.22
10 Sarah Wilcox	FR	Riverside	2:10.27
11 Isla Heit	FR	Riverside	2:14.42
12 Lisa Shearman	SO	New Bern	2:14.66
13 Zara Kemp	12	Wake Forest	2:14.69
14 Ainsley Pedrick	SR	Topsail	2:15.08
15 Isabel Roberts	FR	Smithfield-Selma	2:16.47
16 Natalie Cook	FR	Cary	2:17.70
17 Harper Clayton	FR	South Central	2:18.58
18 Callia Kruse	JR	Topsail	2:18.90
19 Emma Swartzfager	JR	Holly Springs	2:20.05
20 Grace Mckee	FR	Fuquay-Varina	2:20.58
21 Liesl Rehder	JR	Riverside	2:20.69
22 Gracie Moore	JR	DH Conley	2:21.52
23 Harper Mittendorf	FR	Cary	2:21.56
24 Maddie Sanford	SR	Garner	2:21.88

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Liam Drake	JR	Cardinal Gibbons	1:40.60
2 Drew Sito	JR	Sanderson	1:40.71
3 Joseph Froehlich	JR	Cardinal Gibbons	1:49.69
4 Hampton Frank	FR	New Hanover	1:49.96
5 Grey Duncan	SR	Cardinal Gibbons	1:50.57
6 Austin Poole	SR	Cardinal Gibbons	1:51.19
7 Blake Zimmermann	SO	Heritage	1:51.82
8 Reid Scoggins	SR	New Bern	1:59.08
9 Matthew Zamora	SR	Cleveland	2:00.90
10 Abraham Smith	JR	Riverside	2:01.42
11 Aidan Cone	SO	Riverside	2:01.47
12 Gabriel Lundin	SR	South Central	2:03.25
13 Bradley Steere	SO	Holly Springs	2:03.43
14 Andrew Cerda	JR	Holly Springs	2:03.64
15 Wyatt Keene	SO	Ashley	2:06.37
16 Kieran Kelly	JR	Knightdale	2:13.25
17 Daniel Chu	JR	Jack Britt	2:14.65
18 Michael Coats	SO	Cleveland	2:17.69
19 Ethan Rule	JR	Topsail	2:18.41
20 Court Yarnoz	FR	New Hanover	2:18.94

2026 7A East NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: Pine Forest HS****Swimming & Diving****Psych Sheet****Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Elle VanderWall	SO	Cardinal Gibbons	2:07.21
2 Grace Pereira	JR	Cardinal Gibbons	2:07.31
3 Victoria Madewell	SO	Heritage	2:08.99
4 Antoinette Marshall	JR	Cary	2:14.87
5 Mia Lang	FR	Garner	2:15.36
6 Natalie Clayton	FR	Heritage	2:15.49
7 Sommer Murray	FR	Cardinal Gibbons	2:15.82
8 Annamarie Munroe	JR	Pine Forest	2:16.01
9 Aubrey Mitchell	SR	Riverside	2:16.37
10 Hadley Penny	SO	Sanderson	2:16.40
11 Kate Curzan	SO	Cardinal Gibbons	2:17.88
12 Addison Luper	JR	Holly Springs	2:21.54
13 Katherine Shannon	SR	Sanderson	2:21.79
14 Mackenzie Carroll	JR	Ashley	2:27.46
15 Kemper Yarnoz	JR	New Hanover	2:28.51
16 Stella Norris	10	Wake Forest	2:31.64
17 Isabel Steele	JR	Ashley	2:35.16
18 Lilah Taylor	FR	Ashley	2:37.17
19 Izabella Cooper	JR	DH Conley	2:42.34
20 Maddie Blatz	12	Wake Forest	2:42.67
21 Penny Walters	FR	Riverside	2:43.13

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Jacob Anderson	SR	Cardinal Gibbons	1:51.84
2 Calvin Provost	JR	Cary	1:55.56
3 Aaron Choi	JR	Heritage	1:56.93
4 Alen Cindric	JR	Cardinal Gibbons	1:58.09
5 Marshall Hinckley	SO	New Bern	1:58.54
6 Bryson Edwards	SR	Ashley	1:58.60
7 Jackson Pereira	FR	Cardinal Gibbons	2:03.98
8 Declan Komelasky	FR	Cardinal Gibbons	2:04.11
9 Michael Lychak	SR	Cary	2:07.54
10 Alex Shelby	JR	Holly Springs	2:09.36
11 Chance Bacon	10	Wake Forest	2:10.20
12 Scherbakov Valentin	SO	Heritage	2:15.32
13 Amari Levene	JR	North Brunswick	2:15.37
14 Caleb Williams	FR	Holly Springs	2:19.11
15 Moshe Stromberg	FR	Riverside	2:19.37
16 Bryan Blair	JR	New Hanover	2:22.02
17 Dameon Chatelain	FR	Jack Britt	2:23.64
18 Casey Williams	SR	Garner	2:28.93
19 John Paul Hanczaryk	SR	Riverside	2:31.01
20 Elias Howell	FR	New Hanover	2:33.63
21 Matthew Davidson	SO	New Bern	2:34.71
22 Michael Adame	FR	Pine Forest	2:35.44
23 Michael Coats	SO	Cleveland	2:39.15
24 Mark Nolte	JR	Wake Forest	2:43.09

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Campbell Lange	SO	Cardinal Gibbons	23.78
2 Chandler Daigle	FR	Cardinal Gibbons	24.43
3 Violet Derry	JR	Ashley	24.96
4 Lauren Carlson	SR	Cary	25.02
5 Sophia Taylor	JR	Cardinal Gibbons	25.28
6 Murray Buddin	SO	Fuquay-Varina	25.29
7 Katie Wilson	FR	Cary	25.70
8 Julia Studnek	SO	Sanderson	25.83
9 Bailey Donlin	SO	New Bern	25.89
10 Brynn Miles	FR	Ashley	25.91
11 Emily Wrenn	SR	Heritage	25.99
12 Annie Goins	SR	Sanderson	26.27
13 Ada Mittendorf	JR	Cary	26.35
14 Ailey Craig	JR	Cary	26.52
15 Caroline Dinuzzo	SR	Fuquay-Varina	26.56
16 Anna Slee	SR	Cardinal Gibbons	26.58
17 Mia Benton	JR	DH Conley	26.62
18 Lilah Wells	FR	Topsail	26.84
19 Kate Kinlaw	SO	Sanderson	26.87
20 Avery Procida	FR	Topsail	27.05
21 Victoria Mandanas	10	Wake Forest	27.16
22 Isabella Leoncini	SO	Sanderson	27.16
23 Alexndra Wallace	JR	Fuquay-Varina	27.19
24 Caroline Marslender	SR	Cleveland	27.68

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Brady Schermer	JR	Wake Forest	21.44
2 Tommy Tuescher	SR	Cardinal Gibbons	22.15
3 Stephen Butner	SR	Ashley	22.20
4 Cody Watts	SO	Sanderson	22.27
5 Luke Nakhla	SR	Holly Springs	22.58
6 Coley Askew	SR	Sanderson	22.58
7 Elijah Setzer	SR	Ashley	22.66
8 Mason Jones	SR	Cleveland	22.77
9 Keegan Gillespie-Churchill	FR	Knightdale	23.16
10 Connor McNulty	SO	Riverside	23.37
11 Anders Swartzel	JR	Fuquay-Varina	23.41
12 Kyle Selzer	FR	Cardinal Gibbons	23.42
13 Carter Mitchell	SR	South Central	23.45
14 Bryce Marks	SO	Cardinal Gibbons	23.49
15 Ryan McCormick	SR	Ashley	23.76
16 Tucker Boyles	SO	Topsail	23.88
17 Jayden Cotto	JR	New Bern	24.00
18 Gabe Emery	11	Wake Forest	24.12
19 Collin Swartz	JR	Holly Springs	24.13
20 Mason Wiltberger	FR	Cardinal Gibbons	24.14
21 Ryan Fairlee	SR	Cary	24.17
22 Graham Foster	SR	New Bern	24.41
23 Gunnar Johnson	SO	DH Conley	24.44
24 Veer Dighe	SR	Holly Springs	24.61

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Name	Yr	School	
1 Rebeca Bustamante	JR	Hillside	328.30
2 Taylor Ralph	JR	Holly Springs	276.60
3 Olivia Baker	FR	Cardinal Gibbons	266.85
4 Marissa Pittman	SR	Cardinal Gibbons	256.55
5 Ava Rhodes	SR	Cardinal Gibbons	250.10
6 Lily Kahn	JR	Garner	245.00
7 Mae Sokolowski	JR	Fuquay-Varina	243.60
8 Abbie Sevene	SR	Cardinal Gibbons	233.40
9 Callista Coulter	SR	Cary	225.45
10 Abbygail Beauchesne	SR	Holly Springs	217.35
11 Cara Egan	SR	New Hanover	NP
12 Emma Rogers	SO	New Hanover	NP
13 Haven Richardson	JR	Topsail	NP

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Hagen Wilson	JR	Cardinal Gibbons	224.60
2 Tyler Guy	SR	Cardinal Gibbons	208.85
3 Greyson Murphy	SR	Cardinal Gibbons	196.40
4 Henry Newton	SR	Cardinal Gibbons	187.75
5 Declan Post	JR	Ashley	NP

Event 11 Women 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Nikki Nixon	JR	Cardinal Gibbons	53.55
2 Chandler Daigle	FR	Cardinal Gibbons	57.22
3 Lucy Hastings	FR	New Hanover	57.49
4 Elle VanderWall	SO	Cardinal Gibbons	57.75
5 Aubrey Mitchell	SR	Riverside	58.75
6 Ava Phillips	FR	Heritage	59.34
7 Camren Reaves	SR	Topsail	59.96
8 Violet Derry	JR	Ashley	1:00.36
9 Katie Andrison	SR	Topsail	1:01.09
10 Elizabeth Reed	SR	Cleveland	1:01.60
11 Anna Slee	SR	Cardinal Gibbons	1:01.76
12 Mackenzie Hall	JR	Cary	1:02.20
13 Natalie Clayton	FR	Heritage	1:02.25
14 Addison Luper	JR	Holly Springs	1:02.27
15 Kira Schneider	FR	Cary	1:02.45
16 Alana Schneider	FR	Cary	1:02.75
17 Annie Goins	SR	Sanderson	1:03.11
18 Isabella Leoncini	SO	Sanderson	1:03.92
19 Kennedy Berryman	SR	Hillside	1:05.15
20 Kemper Yarnoz	JR	New Hanover	1:07.03
21 Brielle DuBois	SR	Smithfield-Selma	1:08.07
22 Ava Lyons	SO	Cleveland	1:09.43
23 Lisa Shearman	SO	New Bern	1:11.62
24 Lainey Williams	SR	Cape Fear	1:13.31

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Ronan Cornpropst	JR	Cardinal Gibbons	51.37
2 Ryker Eder	SR	Ashley	51.53
3 Aaron Choi	JR	Heritage	51.56
4 Brian Hepp	JR	Cardinal Gibbons	52.82
5 Tommy Tuescher	SR	Cardinal Gibbons	53.63
6 Austin Poole	SR	Cardinal Gibbons	55.32
7 Ryder LaDelle	FR	Overhills	55.56
8 Matthew Fitzgerald	SR	New Bern	57.25
9 Jack Cockrum	SR	Topsail	58.39
10 Collin Swartz	JR	Holly Springs	58.54
11 Alexander Papp	JR	Cary	58.91
12 Matthew Slavik	SO	Heritage	59.39
13 Warner Peck	SO	Sanderson	1:01.49
14 Evan Ruberte-Pabon	SO	Riverside	1:02.98
15 Abraham Smith	JR	Riverside	1:03.32
16 Porter Embler	SR	Cleveland	1:04.16
17 Matthew Davidson	SO	New Bern	1:04.51
18 Kieran Kelly	JR	Knightdale	1:05.65
19 Alexander Trent	JR	Pine Forest	1:05.94
20 Bryce Thompson	FR	DH Conley	1:06.30
21 Ryan Jennings	SR	Smithfield-Selma	1:09.32

2026 7A East NCHSAA Regional Championships - 1/29/2026 to 1/30/2026**Host: Pine Forest HS****Swimming & Diving****Psych Sheet****Event 13 Women 100 Yard Freestyle**

Name	Yr	School	Seed Time
1 Campbell Lange	SO	Cardinal Gibbons	52.19
2 Elyse Johnson	JR	Cardinal Gibbons	54.49
3 Amelia Peterson	FR	Cardinal Gibbons	55.06
4 Katie Wilson	FR	Cary	55.11
5 Avery Orning	SR	Cardinal Gibbons	55.70
6 Sophia Wert	JR	Ashley	55.73
7 Charlee Sexsmith	SO	Sanderson	55.95
8 Payton Millard	JR	Smithfield-Selma	55.97
9 Bailey Donlin	SO	New Bern	56.98
10 Murray Buddin	SO	Fuquay-Varina	57.25
11 Mackenzie Hall	JR	Cary	57.32
12 Emily Wrenn	SR	Heritage	57.42
13 Samone Vermeulen	JR	Ashley	58.27
14 Mia Benton	JR	DH Conley	58.28
15 Ailey Craig	JR	Cary	58.67
16 Caroline Dinuzzo	SR	Fuquay-Varina	59.17
17 Caroline Marslender	SR	Cleveland	1:00.00
18 Kyla Bartlett	SR	Ashley	1:00.23
19 Victoria Mandanas	10	Wake Forest	1:00.82
20 Kate Kinlaw	SO	Sanderson	1:00.89
21 Julia Przybowski	SO	Holly Springs	1:01.76
22 Katherine Kraus	JR	Topsail	1:02.06
23 Stella Norris	10	Wake Forest	1:02.26
24 Ania Zerda	SO	Cary	1:02.67

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Brady Schermer	JR	Wake Forest	47.36
2 Drew Sito	JR	Sanderson	47.57
3 Stephen Butner	SR	Ashley	48.61
4 Ryder LaDelle	FR	Overhills	50.13
5 Mason Jones	SR	Cleveland	50.99
6 Grey Duncan	SR	Cardinal Gibbons	51.14
7 Reid Scoggins	SR	New Bern	51.22
8 Bryce Marks	SO	Cardinal Gibbons	51.74
9 Anders Swartzel	JR	Fuquay-Varina	51.92
10 Gabe Emery	11	Wake Forest	52.31
11 Gavin Switzer	SO	Topsail	52.45
12 Emmett Bautz	SR	Cardinal Gibbons	53.09
13 Alex Shelby	JR	Holly Springs	53.14
14 Adam Davidson	SO	Cardinal Gibbons	53.59
15 Ryan McCormick	SR	Ashley	54.17
16 Jayden Cotto	JR	New Bern	54.38
17 Veer Dighe	SR	Holly Springs	54.39
18 Connor McNulty	SO	Riverside	54.52
19 Connor Frazee	SO	Holly Springs	54.87
20 Andrew Cerda	JR	Holly Springs	54.99
21 Carter Mitchell	SR	South Central	56.52
22 Shane Houston	10	Wake Forest	57.04
23 Sean Skalak	JR	DH Conley	57.71
24 Dameon Chatelain	FR	Jack Britt	57.73

Event 15 Women 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Meghan Hadsell	SR	Cardinal Gibbons	5:06.71
2 Anna Burns	JR	Cary	5:13.21
3 Millan Crowder	FR	Cardinal Gibbons	5:27.28
4 Alana Schneider	FR	Cary	5:28.31
5 Ruby Senko	JR	Cardinal Gibbons	5:29.23
6 Camren Reaves	SR	Topsail	5:30.13
7 Charlotte Goins	SO	Sanderson	5:31.69
8 Antoinette Marshall	JR	Cary	5:34.75
9 Kira Schneider	FR	Cary	5:35.78
10 Scarlett Norris	10	Wake Forest	5:39.63
11 Mary Hott	SO	New Bern	5:42.53
12 Julia Biersack	SR	Cardinal Gibbons	5:46.51
13 Ainsley Pedrick	SR	Topsail	5:49.26
14 Tera Choi	SO	Heritage	5:49.95
15 Isabel Roberts	FR	Smithfield-Selma	5:58.05
16 Sarah Wilcox	FR	Riverside	5:59.45
17 Isla Heit	FR	Riverside	6:00.03
18 Lilah Taylor	FR	Ashley	6:06.83
19 Isabel Steele	JR	Ashley	6:10.66
20 Callia Kruse	JR	Topsail	6:16.61
21 Ava Grace Finch	FR	Holly Springs	6:19.07
22 Hailey Parker	JR	New Bern	6:29.39
23 Anamarie Brenes	SR	Cape Fear	6:29.71
24 Tristan LaDelle	SR	Overhills	6:31.12

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Liam Drake	JR	Cardinal Gibbons	4:29.62
2 Alen Cindric	JR	Cardinal Gibbons	4:43.91
3 Lysander Mihaly	JR	Riverside	4:46.96
4 Blake Zimmermann	SO	Heritage	4:47.97
5 Joseph Froehlich	JR	Cardinal Gibbons	4:52.13
6 Declan Komelasky	FR	Cardinal Gibbons	4:54.99
7 Hampton Frank	FR	New Hanover	5:10.34
8 Derek Wood	JR	Topsail	5:24.57
9 Bo Forrest	SR	Holly Springs	5:27.10
10 Richard Rutherford	SO	Riverside	5:33.25
11 Bradley Steer		Holly Springs	5:33.37
12 Gabriel Lundin	SR	South Central	5:33.77
13 Keegan Gillespie-Churchill	FR	Knightdale	5:39.87
14 Tony Lee	SO	Smithfield-Selma	5:40.14
15 John Paul Summers	JR	Ashley	5:48.53
16 Moshe Stromberg	FR	Riverside	5:49.90
17 Gunnar Johnson	SO	DH Conley	5:50.68
18 Wyatt Keene	SO	Ashley	5:57.48
19 Joseph Lee	SO	Pine Forest	5:57.63
20 Liam Hoff	SO	Riverside	6:02.77
21 Perry Copeland	FR	Cary	6:05.56
22 Connel Nicholson	SR	Cary	6:11.41
23 John Manetti	FR	Cary	6:13.19
24 Henry Heinzerling	SR	Smithfield-Selma	6:22.24

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Swimming & Diving

Psych Sheet

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Cardinal Gibbons		1:38.01
2 Cary		1:41.33
3 Ashley		1:41.61
4 Heritage		1:45.00
5 Sanderson		1:45.61
6 Fuquay-Varina		1:48.36
7 Wake Forest		1:49.36
8 Smithfield-Selma		1:49.39
9 Topsail		1:49.75
10 Riverside		1:50.13
11 New Bern		1:54.13
12 Pine Forest		1:55.21
13 DH Conley		1:56.88
14 New Hanover		1:57.12
15 Cleveland		1:58.93
16 Garner		1:59.80

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Cardinal Gibbons		1:27.54
2 Sanderson		1:29.82
3 Ashley		1:30.61
4 Holly Springs		1:34.23
5 New Bern		1:35.36
6 Heritage		1:35.39
7 Wake Forest		1:36.76
8 Topsail		1:38.03
9 Riverside		1:38.56
10 Cleveland		1:41.49
11 Cary		1:43.16
12 New Hanover		1:43.35
13 Fuquay-Varina		1:44.10
14 Pine Forest		1:44.98
15 DH Conley		1:45.28
16 Jack Britt		1:46.23

Event 19 Women 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Nikki Nixon	JR	Cardinal Gibbons	57.17
2 Katie Andrisson	SR	Topsail	59.82
3 Elyse Johnson	JR	Cardinal Gibbons	1:00.59
4 Avery Orning	SR	Cardinal Gibbons	1:01.50
5 Kate Curzan	SO	Cardinal Gibbons	1:01.77
6 Mackenzie Carroll	JR	Ashley	1:03.75
7 Charlee Sexsmith	SO	Sanderson	1:04.08
8 Elizabeth Reed	SR	Cleveland	1:04.24
9 Tera Choi	SO	Heritage	1:04.71
10 Brynn Miles	FR	Ashley	1:05.71
11 Mary Hott	SO	New Bern	1:07.26
12 Natalie Irish	JR	Smithfield-Selma	1:07.85
13 Zara Kemp	12	Wake Forest	1:08.19
14 Harper Mittendorf	FR	Cary	1:08.34
15 Harper Clayton	FR	South Central	1:09.02
16 Grace Mckee	FR	Fuquay-Varina	1:09.70
17 Ada Mittendorf	JR	Cary	1:09.83
18 Colleen Sandlin	FR	Topsail	1:10.16
19 Maddie Sanford	SR	Garner	1:10.77
20 Evelyn Walters	SR	Riverside	1:11.40
21 Emma Swartzfager	JR	Holly Springs	1:11.82
22 Taylor Ayers	JR	DH Conley	1:12.27
23 Penny Walters	FR	Riverside	1:12.61
24 Sarah Hochanadel	SR	Cary	1:12.84

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Ronan Cornpropst	JR	Cardinal Gibbons	50.73
2 Cody Watts	SO	Sanderson	51.16
3 Jacob Anderson	SR	Cardinal Gibbons	51.25
4 Bryson Edwards	SR	Ashley	52.55
5 Jackson Pereira	FR	Cardinal Gibbons	56.06
6 Brian Hepp	JR	Cardinal Gibbons	56.56
7 Matthew Slavik	SO	Heritage	57.86
8 Bo Forrest	SR	Holly Springs	1:00.46
9 Matthew Fitzgerald	SR	New Bern	1:00.82
10 Warner Peck	SO	Sanderson	1:00.93
11 Connor Frazee	SO	Holly Springs	1:01.78
12 Tony Lee	SO	Smithfield-Selma	1:01.93
13 Bryan Blair	JR	New Hanover	1:02.61
14 John Paul Hanczaryk	SR	Riverside	1:04.44
15 Wes Gentile	SO	Sanderson	1:04.87
16 Ignatius Canny	JR	Pine Forest	1:08.13
17 Joseph Lee	SO	Pine Forest	1:08.20
18 Richard Rutherford	SO	Riverside	1:08.21
19 Liam Hoff	SO	Riverside	1:08.90
20 Isaac Pait		Lumberton	1:09.33
21 Alexander Papp	JR	Cary	1:10.12
22 Bryce Thompson	FR	DH Conley	1:10.24

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Swimming & Diving

Psych Sheet

Event 21 Women 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Grace Pereira	JR	Cardinal Gibbons	1:04.09
2 Victoria Madewell	SO	Heritage	1:06.39
3 Lauren Carlson	SR	Cary	1:07.06
4 Katherine Shannon	SR	Sanderson	1:07.55
5 Annamarie Munroe	JR	Pine Forest	1:07.79
6 Mia Lang	FR	Garner	1:08.03
7 Hadley Penny	SO	Sanderson	1:08.22
8 Sophia Wert	JR	Ashley	1:09.04
9 Ava Phillips	FR	Heritage	1:09.74
10 Anya Muminovic	SR	Smithfield-Selma	1:10.09
11 Sommer Murray	FR	Cardinal Gibbons	1:10.70
12 Katelyn Lickfold	SR	Cardinal Gibbons	1:11.09
13 Sophia Taylor	JR	Cardinal Gibbons	1:12.30
14 Ellison Gosma	JR	Topsail	1:14.01
15 Natalie Cook	FR	Cary	1:17.04
16 Avery Procida	FR	Topsail	1:18.34
17 Evelyn Walters	SR	Riverside	1:21.77
18 Maya Marks	FR	New Bern	1:22.94
19 Dorothy Barron	FR	Riverside	1:25.12
20 Kayden Lancaster	SO	Knightdale	1:27.16
21 Gracie Moore	JR	DH Conley	1:27.37
22 Marjorie Horton	JR	Riverside	1:27.75
23 Abbygail Beauchesne	SR	Holly Springs	1:27.84
24 Matilda Gladman	SO	Garner	1:28.47

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Ryker Eder	SR	Ashley	58.64
2 Calvin Provost	JR	Cary	58.83
3 Marshall Hinckley	SO	New Bern	59.70
4 Lysander Mihaly	JR	Riverside	1:02.15
5 Julian Saldanha	JR	Cardinal Gibbons	1:03.02
6 Michael Lychak	SR	Cary	1:03.57
7 Chance Bacon	10	Wake Forest	1:03.82
8 Nikita Dolotov	SO	Heritage	1:04.89
9 Cade Lowe	FR	Cardinal Gibbons	1:05.13
10 Coley Askew	SR	Sanderson	1:06.72
11 Kyle Selzer	FR	Cardinal Gibbons	1:06.74
12 Amari Levene	JR	North Brunswick	1:07.32
13 Emilio Perez	SO	Cardinal Gibbons	1:07.91
14 John Paul Summers	JR	Ashley	1:08.06
15 Matthew Zamora	SR	Cleveland	1:09.08
16 Scherbakov Valentin	SO	Heritage	1:09.32
17 Aidan Cone	SO	Riverside	1:09.47
18 Perry Copeland	FR	Cary	1:12.31
19 Gavin McIntosh	JR	Pine Forest	1:13.36
20 Daniel Chu	JR	Jack Britt	1:13.39
21 Wes Gentile	SO	Sanderson	1:14.02
22 Caleb Williams	FR	Holly Springs	1:14.43
23 Kyle Schoenegger	JR	Jack Britt	1:15.88
24 Graham Foster	SR	New Bern	1:16.12

Event 23 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Cardinal Gibbons		3:36.55
2 Heritage		3:46.18
3 Cary		3:47.10
4 Topsail		3:51.96
5 Smithfield-Selma		3:59.00
6 Ashley		3:59.72
7 Fuquay-Varina		4:01.00
8 Sanderson		4:01.37
9 Riverside		4:05.58
10 New Bern		4:08.40
11 New Hanover		4:11.22
12 Holly Springs		4:16.45
13 DH Conley		4:23.20
14 Cleveland		4:24.25
15 Garner		4:28.54
16 Pine Forest		4:29.13

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Cardinal Gibbons		3:11.92
2 New Bern		3:28.93
3 Heritage		3:29.47
4 Ashley		3:29.64
5 Riverside		3:37.22
6 Holly Springs		3:38.07
7 Cary		3:39.38
8 Topsail		3:40.53
9 New Hanover		3:48.19
10 DH Conley		3:53.21
11 Smithfield-Selma		3:54.79
12 Cleveland		4:00.01
13 Pine Forest		4:00.93
14 Cape Fear		4:17.19
15 Lumberton		4:19.87
16 Fuquay-Varina		4:22.82