

2023 4A Central NCHSAA Regional Championships - 2/2/2023 to 2/4/2023

Host: Page HS & Northwest Guilford HS

Swimming & Diving

Psych Sheet - Final

Event 1 Women 200 Yard Medley Relay

Team	Relay	Seed Time
1 Apex Friendship		1:49.24
2 Green Hope		1:49.68
3 Apex		1:50.19
4 RJ Reynolds		1:51.01
5 Green Level		1:51.29
6 Page		1:51.35
7 Chapel Hill		1:52.24
8 Grimsley		1:52.94
9 Mount Tabor		1:52.96
10 Jordan		1:53.02
11 East Chapel Hill		1:53.08
12 West Forsyth		1:53.26
13 Reagan		1:53.30
14 Holly Springs		1:54.71
15 Middle Creek		1:56.75
16 Panther Creek		1:57.90
17 Cary		1:58.87
18 N Guilford		1:59.29
19 NW Guilford		1:59.87
20 Riverside		2:01.57
21 Davie		2:05.81
22 SW Guilford		2:06.41
23 Ragsdale		2:09.36
24 Hillside		2:12.08

Event 2 Men 200 Yard Medley Relay

Team	Relay	Seed Time
1 Green Level		1:36.81
2 Reagan		1:38.11
3 Apex		1:38.35
4 Holly Springs		1:38.79
5 West Forsyth		1:39.51
6 Page		1:39.52
7 Apex Friendship		1:39.84
8 Chapel Hill		1:40.50
9 Green Hope		1:41.24
10 NW Guilford		1:41.83
11 Grimsley		1:41.99
12 East Chapel Hill		1:43.16
13 Mount Tabor		1:43.26
14 N Guilford		1:43.31
15 Northern Durham		1:43.37
16 Jordan		1:43.46
17 Middle Creek		1:45.77
18 Davie		1:46.14
19 Cary		1:47.11
20 Riverside		1:49.38
21 SW Guilford		1:50.28
22 Panther Creek		1:51.83
23 Ragsdale		1:51.84
24 Western Guilford		1:56.36

Event 3 Women 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Elodie Mitchell	JR	Riverside	1:53.19
2 Mere Whelehan	SO	Green Hope	1:53.32
3 Hayley Clark	SR	Chapel Hill	1:53.92
4 Bianca Nannucci	FR	Page	1:54.14
5 Samantha Rydzewski	SO	Middle Creek	1:55.32
6 Hannah Wachendorfer	SR	N Guilford	1:55.47
7 Sophie Thornbug	FR	Jordan	1:57.43
8 Isabel Wolk		East Chapel Hill	1:57.53
9 Ava Kiser	FR	RJ Reynolds	1:58.05
10 Kailyn Becker	SR	Apex Friendship	1:58.26
11 Jessica Palmer	JR	Apex	1:58.67
12 Paige O'Keefe	JR	Jordan	1:58.76
13 Margaret Sept	SR	East Chapel Hill	1:59.00
14 Clare Smith	SR	Green Hope	1:59.18
15 Molly Curran	SR	Cary	1:59.55
16 Camilla Marriott	JR	Apex	2:00.17
17 Katherine Bakelaar	SO	Riverside	2:00.43
18 Sophie Perry	SO	Apex	2:00.98
19 Cassandra Nichols	JR	Holly Springs	2:02.05
20 Claire Farrell	SO	Reagan	2:02.17
21 Addison Copeland	JR	Reagan	2:03.00
22 Mary Dasher High	JR	Mount Tabor	2:03.18
23 Jordan Biggerstaff	SO	Chapel Hill	2:03.20
24 Lula Caress	JR	Chapel Hill	2:04.45

Event 4 Men 200 Yard Freestyle

Name	Yr	School	Seed Time
1 Landon Lloyd	JR	Green Hope	1:42.23
2 Lucas Li	SO	East Chapel Hill	1:42.95
3 Keith Williams	SR	Panther Creek	1:43.22
4 Max Marrujo	JR	Apex Friendship	1:43.63
5 Max Ayres	SR	Apex	1:44.71
6 Logan Adley	SR	Apex Friendship	1:45.43
7 Benjamin Eischeid	SR	Cary	1:45.55
8 Brian Farrell	JR	Green Hope	1:46.69
9 Jonathon Edwards	SR	SW Guilford	1:46.96
10 Ryan Sutherland	FR	Jordan	1:47.45
11 Lucas Kehn	JR	Green Hope	1:47.91
12 William Juricak	SR	Apex Friendship	1:48.09
13 Kyle Creep	SO	West Forsyth	1:48.86
14 Jack Humbert	SO	Jordan	1:49.15
15 Benjamin Pritchard	JR	Northern Durham	1:49.28
16 Owen Reilly	SR	Green Hope	1:49.50
17 Ethan Liang	FR	Chapel Hill	1:49.66
18 Gavin Biccum	SR	Jordan	1:50.04
19 Ames Wu		East Chapel Hill	1:50.37
20 Tyler Foeri	SR	Reagan	1:51.10
21 Reid Teoh	SR	N Guilford	1:51.14
22 Jack Kondratick	SO	Holly Springs	1:51.18
23 Justin Park	FR	Green Level	1:51.23
24 Jackson Hall	JR	Cary	1:51.53

2023 4A Central NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Page HS & Northwest Guilford HS****Swimming & Diving****Psych Sheet - Final****Event 5 Women 200 Yard IM**

Name	Yr	School	Seed Time
1 Nicole Zettel	SO	Apex Friendship	2:04.10
2 Lily Ann Willis	SO	Green Level	2:05.63
3 Mia Jeltema	SO	Green Hope	2:05.65
4 Taylor Bloom	SR	Apex Friendship	2:08.52
5 Catherine Kim	SR	RJ Reynolds	2:08.61
6 Katherine Perdue	SO	West Forsyth	2:10.79
7 Kalle Rendon	FR	Middle Creek	2:12.08
8 Breanna Smith	JR	Panther Creek	2:12.26
9 Tara Talwar	FR	Green Level	2:12.34
10 Kiley Lloyd	FR	Green Hope	2:12.35
11 Tia Ormondroyd	SO	Holly Springs	2:13.31
12 Janice Qiu	FR	Green Hope	2:13.80
13 Abby Prucha	SR	Green Hope	2:14.78
14 Elizabeth Palmer	SO	Apex	2:16.30
15 Claudia Vanega	JR	Cary	2:17.48
16 Lexi Brooks	JR	Page	2:18.39
17 Caroline Gwaltney	SR	Chapel Hill	2:18.64
18 Samantha Tjandra	SR	Panther Creek	2:19.01
19 Lakshmi Prasanth		Apex Friendship	2:19.35
20 Adah Clifford	FR	Reagan	2:19.85
21 Sydney Hodulik	SO	Chapel Hill	2:19.86
22 Alena Volpe	FR	Chapel Hill	2:21.92
23 Laine Grotjohn	JR	Cary	2:22.58
24 Anna Davidson	FR	Grimsley	2:22.62

Event 6 Men 200 Yard IM

Name	Yr	School	Seed Time
1 Bence Burton	SO	Reagan	1:52.33
2 Colin Whelehan	SR	Green Hope	1:52.55
3 Grayson Nye	SO	Middle Creek	1:53.55
4 Abhay Tharakan	SO	Apex	1:56.29
5 Connor Peck	X	Green Level	1:56.60
6 Andrew Seeber	SR	Grimsley	1:59.33
7 Matthew Schoenagel	SO	Green Level	2:00.05
8 Tyler Burton	FR	Reagan	2:00.27
9 Darren Liu	SO	Green Level	2:00.65
10 Mark Brown		Western Guilford	2:00.74
11 Christian Marrujo	SO	Apex Friendship	2:01.27
12 Griffin Jones	JR	Page	2:01.66
13 Cole Tangeman	SO	Apex Friendship	2:01.67
14 Nicholas Diacumakos	JR	Apex Friendship	2:02.31
15 Chuanqi Zhang		East Chapel Hill	2:02.36
16 Raymond Yang	SR	Chapel Hill	2:03.20
17 Jackson Hartsough	FR	Mount Tabor	2:05.31
18 Dane Hogan	SO	Holly Springs	2:05.41
19 Adrian Villalobos	SO	Cary	2:05.77
20 David Masneri	JR	NW Guilford	2:05.84
21 Grant Turner	SO	Reagan	2:05.96
22 Otto Schonwalder	JR	Riverside	2:06.46
23 Luke Smelzer	SR	Page	2:07.93
24 John Connor	FR	Apex	2:08.88

Event 7 Women 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Sydney Holfelder	SO	Apex Friendship	24.15
2 Audrey Wolk	JR	East Chapel Hill	24.23
3 Riley Willett	SR	Page	24.29
4 Caroline Echols	SR	RJ Reynolds	24.45
5 Samantha Armand	SR	Green Level	24.51
6 Taylor Cureton	JR	Apex	24.59
7 Brooke Bourn	SO	N Guilford	24.63
8 Ellie Hunt	JR	Grimsley	24.80
9 Angelina Lu	FR	Green Hope	24.92
10 Keegan Brown	SO	RJ Reynolds	25.02
11 Jordan Williams	JR	Ragsdale	25.05
12 Luca Pirone	SO	Chapel Hill	25.20
13 Chloe Mihaly	SO	Riverside	25.27
14 Makenna Corcoran	SR	Chapel Hill	25.34
15 Jessica Palmer	JR	Apex	25.38
16 Peyton Clifford	FR	Reagan	25.69
17 Lindsay Lauver	SO	Green Hope	25.71
18 Heather Levesque	SR	Apex	25.82
19 Riley Petersen	SR	Apex Friendship	25.93
20 Annabelle Petronzio	JR	Mount Tabor	25.93
21 Jessica Chen	SR	Chapel Hill	25.98
22 Lauren Roberts	JR	East Chapel Hill	26.02
23 Isabel Berge	SR	East Chapel Hill	26.04
24 Hailey Holt	SR	Green Level	26.15
25 Alexandra Slavis	FR	Apex	26.15
26 Riley Petronzio	FR	Mount Tabor	26.16
27 Danielle Koehler	SR	Middle Creek	26.22
28 Addison Mitchell	FR	Reagan	26.28
29 Lauren Carlson	FR	Cary	26.31
30 Alexis Powers	SR	Cary	26.31
31 Emory Katz	JR	Panther Creek	26.40
32 Derin Sen	FR	Green Hope	26.41

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Swimming & Diving

Psych Sheet - Final

Event 8 Men 50 Yard Freestyle

Name	Yr	School	Seed Time
1 Colton Wade	SR	Green Level	21.11
2 Albert Smelzer	FR	Page	21.22
3 Jonah Greene	SR	West Forsyth	21.70
4 Edward Wang	JR	Chapel Hill	21.86
5 Matthew Honaker	JR	Green Level	21.89
6 Cohen Singletary	SO	Apex Friendship	21.96
7 JT Trowbridge	FR	Reagan	22.11
8 Connor Vargas	JR	Reagan	22.16
9 Chris Erickson	JR	Northern Durham	22.21
10 Ethan Frondoza	SO	West Forsyth	22.26
11 Cole Hurlbert	SR	Holly Springs	22.27
12 Hunter Cook		Apex Friendship	22.48
13 Noah Rock	SR	Grimsley	22.52
14 Will Cooper	JR	N Guilford	22.59
15 Jason Miner	SR	Reagan	22.63
16 John Copeland	JR	N Guilford	22.67
17 Garlan Mei	SR	Green Hope	22.68
18 Nic Christiansen	SR	Green Hope	22.72
19 Brady Dole	SR	NW Guilford	22.79
20 Collin Zhang	JR	Chapel Hill	22.82
21 Micah Bryant	SR	Mount Tabor	22.84
22 Keegan Fullagar	FR	Page	22.85
23 Dylan Gretok	SR	Holly Springs	22.93
24 Sam Rindal	SR	Ragsdale	22.93

Event 9 Women 1 mtr Diving

Name	Yr	School	
1 Bayleigh Cranford	SR	Ragsdale	445.20
2 Vivian Brennan	SO	Riverside	427.10
3 Colleen Hudson	SR	NW Guilford	385.05
4 Serena Cui	JR	East Chapel Hill	355.12
5 Elena Wang	SO	East Chapel Hill	353.30
6 Kristie Curran		East Chapel Hill	330.37
7 Isabella Tessier	FR	Page	323.00
8 Michella Ward	SO	Reagan	310.20
9 Emory Rhodes	SO	West Forsyth	306.70
10 Avery Morris	JR	Reagan	304.25
11 Marti Darnell	JR	Page	302.30
12 Kaylee Kim	FR	Panther Creek	292.65
13 Sarah Welsh	JR	RJ Reynolds	287.00
14 Zella Ann Cook	FR	Mount Tabor	281.15
15 Maryvan Gardner	SO	RJ Reynolds	280.85
16 Alis Yadushlivy	FR	Apex Friendship	276.85
17 Aubrie Kay	SR	Ragsdale	261.05
18 Brooke Starritt	SO	Middle Creek	237.75
19 Yuliya Burdyei	SO	Apex	237.05
20 Abbygail Beauchesne	FR	Holly Springs	236.10
21 Elle Falkiner	SO	Apex	232.95
22 Eva Bostwick	FR	Green Hope	221.40
23 Hannah Hubbell	FR	Cary	213.75
24 Maisie Clarke	JR	East Chapel Hill	196.20
25 Aalisha Naik	SO	Green Level	188.35
26 Violet Low	SO	Middle Creek	179.70
27 Isabella Gregorio	JR	Grimsley	172.65
28 Christelle Matar	FR	Middle Creek	155.55
29 Kaelyn Harmon	JR	Green Level	150.10
30 Callie Coulter	FR	Cary	124.25
31 Maryn Nietschmann	SO	Middle Creek	112.30

Event 10 Men 1 mtr Diving

Name	Yr	School	
1 Erich Bopp	SR	Grimsley	445.20
2 Etan Ferguson		Western Guilford	427.90
3 William Sullivan	JR	Middle Creek	427.30
4 Jacob Pollina	FR	N Guilford	410.20
5 Jack Adler	JR	East Chapel Hill	302.55
6 Hudson Weinhausen	SO	Holly Springs	296.30
7 Walton Lamkin	SO	RJ Reynolds	275.30
8 Robert Gefaell	SR	RJ Reynolds	267.90
9 Bouldin Fain	SR	RJ Reynolds	266.75
10 Aksel Pepper	SO	Green Hope	262.80
11 Dorian Albee	SO	Grimsley	259.15
12 Mercer Blanco	SR	RJ Reynolds	254.00
13 Peyton Joncich	SO	Cary	223.65
14 Will Gillmore	FR	Cary	82.10

2023 4A Central NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Page HS & Northwest Guilford HS****Swimming & Diving****Psych Sheet - Final****Event 11 Women 100 Yard Butterfly**

Name	Yr	School	Seed Time
1 Taylor Bloom	SR	Apex Friendship	56.93
2 Andie Quisumbing	JR	Green Hope	56.95
3 Elodie Mitchell	JR	Riverside	57.26
4 Abby Prucha	SR	Green Hope	57.93
5 Ava Kiser	FR	RJ Reynolds	58.08
6 Maeren McGonigal	JR	Grimsley	58.12
7 Tara Talwar	FR	Green Level	58.61
8 Audrienne Frondoza	SR	West Forsyth	58.75
9 Marisa White	JR	Apex	59.28
10 Camilla Marriott	JR	Apex	59.41
11 Tanith Mueller	SO	Apex	59.62
12 Hannah Reel	SO	Holly Springs	59.72
13 Kailyn Becker	SR	Apex Friendship	1:00.22
14 Makenna Corcoran	SR	Chapel Hill	1:00.35
15 Angelina Lu	FR	Green Hope	1:00.44
16 Katherine Bakelaar	SO	Riverside	1:00.69
17 Addison Holland	FR	Apex Friendship	1:00.74
18 Samantha Tjandra	SR	Panther Creek	1:00.89
19 Peyton Clifford	FR	Reagan	1:01.60
20 Delainey Gilreath	FR	Apex Friendship	1:01.90
21 Anna Davidson	FR	Grimsley	1:03.86
22 Georgia Tonnessen	JR	Holly Springs	1:04.11
23 Hadley Osborne	JR	NW Guilford	1:04.16
24 Grace Luo	SO	Chapel Hill	1:04.46

Event 12 Men 100 Yard Butterfly

Name	Yr	School	Seed Time
1 Jonah Greene	SR	West Forsyth	50.65
2 Colin Whelehan	SR	Green Hope	50.72
3 Benjamin Eischeid	SR	Cary	51.60
4 Matthew Honaker	JR	Green Level	51.82
5 Jack Humbert	SO	Jordan	52.18
6 Kevin Williams	JR	Panther Creek	52.43
7 Carson Nixon	SR	Holly Springs	52.86
8 Luke Ramsey	JR	Green Hope	52.91
9 Thomas Gilbert	SR	Green Hope	53.41
10 Earnhardt Harris	JR	Davie	53.52
11 Max Mahler	SO	Mount Tabor	53.99
12 Nicholas Diacumakos	JR	Apex Friendship	54.02
13 Timothy Gaylord	JR	N Guilford	54.24
14 Lucas Kehn	JR	Green Hope	54.29
15 Charles Covington	JR	Page	54.52
16 Leo O'Keefe	SO	Green Level	54.85
17 Andrew Volpe	JR	Chapel Hill	55.17
18 Michael Farrell	SR	Reagan	55.63
19 Spencer Mann	JR	SW Guilford	55.93
20 Otto Schonwalder	JR	Riverside	56.42
21 Andrew Myers	JR	Holly Springs	56.77
22 Collin Zhang	JR	Chapel Hill	56.88
23 Campbell Chambers		Apex Friendship	56.90
24 Eric Feng	JR	East Chapel Hill	56.97

Event 13 Women 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Mere Whelehan	SO	Green Hope	51.98
2 Isabel Wolk		East Chapel Hill	52.48
3 Sydney Holfelder	SO	Apex Friendship	53.09
4 Hannah Wachendorfer	SR	N Guilford	53.26
5 Caroline Echols	SR	RJ Reynolds	53.58
6 Brooke Bourn	SO	N Guilford	54.23
7 Jordan Williams	JR	Ragsdale	54.26
8 Chloe Mihaly	SO	Riverside	54.28
9 Luca Pirone	SO	Chapel Hill	54.34
10 Catherine Kim	SR	RJ Reynolds	54.49
11 Kalle Rendon	FR	Middle Creek	54.65
12 Keegan Brown	SO	RJ Reynolds	54.85
13 Lauren Roberts	JR	East Chapel Hill	56.62
14 Sydney Hodulik	SO	Chapel Hill	56.64
15 Lauren Carlson	FR	Cary	56.71
16 Riley Petersen	SR	Apex Friendship	56.86
17 Alexandra Slavis	FR	Apex	57.13
18 Katie Krieger	FR	Mount Tabor	57.20
19 Lindsay Lauver	SO	Green Hope	57.22
20 Lauren Nance	SR	Apex	57.26
21 Cassandra Nichols	JR	Holly Springs	57.33
22 Addison Mitchell	FR	Reagan	57.39
23 Isabel Berge	SR	East Chapel Hill	57.94
24 Lillian Burton	SO	Chapel Hill	57.99

Event 14 Men 100 Yard Freestyle

Name	Yr	School	Seed Time
1 Colton Wade	SR	Green Level	46.58
2 Landon Lloyd	JR	Green Hope	46.72
3 Lucas Li	SO	East Chapel Hill	47.35
4 Albert Smelzer	FR	Page	47.43
5 Edward Wang	JR	Chapel Hill	48.29
6 Tyler Foeri	SR	Reagan	49.27
7 Cohen Singletary	SO	Apex Friendship	49.29
8 Connor Vargas	JR	Reagan	49.60
9 Will Cooper	JR	N Guilford	49.67
10 Jason Miner	SR	Reagan	49.73
11 Ames Wu		East Chapel Hill	50.43
12 Nic Christiansen	SR	Green Hope	50.83
13 Keegan Fullagar	FR	Page	51.03
14 Walker Lin	JR	Grimsley	51.05
15 Lucas Golinski	SO	Ragsdale	51.07
16 Cole Hurlbert	SR	Holly Springs	51.11
17 Dylan Gretok	SR	Holly Springs	51.21
18 Kai Leisten	SO	Apex	51.23
19 Cole Artman	SR	Green Level	51.48
20 Matthew Erickson	SR	Green Level	51.57
21 Cooper Smits	SO	Mount Tabor	51.70
22 Jack Sullivan	SR	Grimsley	51.77
23 Eric Feng	JR	East Chapel Hill	51.93
24 Christopher Schilling	JR	N Guilford	52.32

2023 4A Central NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Page HS & Northwest Guilford HS****Swimming & Diving****Psych Sheet - Final****Event 15 Women 500 Yard Freestyle**

Name	Yr	School	Seed Time
1 Nicole Zettel	SO	Apex Friendship	5:04.11
2 Hayley Clark	SR	Chapel Hill	5:04.34
3 Bianca Nannucci	FR	Page	5:09.00
4 Marisa White	JR	Apex	5:11.25
5 Molly Curran	SR	Cary	5:15.48
6 Clare Smith	SR	Green Hope	5:20.07
7 Margaret Sept	SR	East Chapel Hill	5:20.47
8 Mackenzie Collins	FR	Jordan	5:21.25
9 Paige O'Keefe	JR	Jordan	5:21.80
10 Sophie Thornbug	FR	Jordan	5:22.83
11 Tanith Mueller	SO	Apex	5:25.34
12 Jordan Biggerstaff	SO	Chapel Hill	5:27.64
13 Katie Kennedy	SO	West Forsyth	5:27.81
14 Paige Kupfrian	FR	Green Hope	5:29.48
15 Alyssa Eklund	FR	Green Level	5:31.51
16 Juliana Galeano Insuasti	JR	Chapel Hill	5:32.05
17 Annabelle Martin	FR	Apex Friendship	5:32.26
18 Alicia Su	SO	East Chapel Hill	5:32.39
19 Samantha Biccum	SR	Jordan	5:33.37
20 Mary Dasher High	JR	Mount Tabor	5:34.43
21 Addison Copeland	JR	Reagan	5:35.14
22 Jordan Smith	JR	SW Guilford	5:37.68
23 Lula Caress	JR	Chapel Hill	5:37.78
24 Kate Yoder	SR	Apex Friendship	5:43.29

Event 16 Men 500 Yard Freestyle

Name	Yr	School	Seed Time
1 Logan Adley	SR	Apex Friendship	4:39.76
2 Max Marrujo	JR	Apex Friendship	4:43.48
3 Keith Williams	SR	Panther Creek	4:44.44
4 Cooper Nicholson	JR	East Chapel Hill	4:48.94
5 Connor Peck	X	Green Level	4:49.81
6 Jonathon Edwards	SR	SW Guilford	4:50.05
7 Benjamin Pritchard	JR	Northern Durham	4:51.52
8 Christian Marrujo	SO	Apex Friendship	4:52.51
9 Brian Farrell	JR	Green Hope	4:52.57
10 Andrew Seeber	SR	Grimsley	4:53.36
11 Aiden Dane	SR	Green Hope	4:54.92
12 Erik Oman	SO	Holly Springs	4:55.78
13 Gavin Biccum	SR	Jordan	4:56.65
14 Ryan Sutherland	FR	Jordan	4:58.40
15 Devin Locklear	FR	Green Level	4:58.66
16 Jackson Hall	JR	Cary	5:00.20
17 Wyatt Perkins	FR	Green Level	5:01.64
18 Reid Teoh	SR	N Guilford	5:03.05
19 Jack Kondratick	SO	Holly Springs	5:03.17
20 Isaac Harter	FR	Panther Creek	5:03.31
21 Alexander Sianis	JR	Page	5:03.51
22 Evan Stauffer	JR	Holly Springs	5:05.91
23 Calvin Sonntag	JR	Apex	5:08.34
24 Denali Cutbush-Taylor	FR	Chapel Hill	5:09.85

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Chapel Hill		1:40.17
2 East Chapel Hill		1:40.19
3 Green Hope		1:40.39
4 Grimsley		1:40.81
5 Page		1:41.30
6 RJ Reynolds		1:42.00
7 Green Level		1:42.11
8 Apex		1:42.13
9 Apex Friendship		1:43.39
10 Riverside		1:43.43
11 Jordan		1:43.85
12 Mount Tabor		1:43.93
13 N Guilford		1:45.24
14 Middle Creek		1:45.77
15 Cary		1:46.93
16 Panther Creek		1:47.03
17 Reagan		1:47.17
18 West Forsyth		1:47.56
19 NW Guilford		1:50.15
20 Holly Springs		1:52.68
21 Ragsdale		1:52.90
22 SW Guilford		1:53.03
23 Hillside		1:53.13
24 Davie		1:53.16

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time
1 Green Hope		1:27.19
2 Green Level		1:27.57
3 Reagan		1:28.91
4 Page		1:29.74
5 Apex		1:29.92
6 Apex Friendship		1:30.12
7 East Chapel Hill		1:30.99
8 Chapel Hill		1:31.20
9 West Forsyth		1:31.29
10 Grimsley		1:32.18
11 Holly Springs		1:32.59
12 N Guilford		1:32.70
13 Mount Tabor		1:32.89
14 Cary		1:33.02
15 Jordan		1:33.66
16 Panther Creek		1:33.66
17 NW Guilford		1:34.16
18 Davie		1:36.24
19 Ragsdale		1:36.60
20 SW Guilford		1:37.71
21 Middle Creek		1:38.84
22 Riverside		1:41.00
23 Northern Durham		1:41.95
24 Western Guilford		1:42.78

2023 4A Central NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Page HS & Northwest Guilford HS****Swimming & Diving****Psych Sheet - Final****Event 19 Women 100 Yard Backstroke**

Name	Yr	School	Seed Time
1 Samantha Rydzewski	SO	Middle Creek	57.12
2 Katherine Perdue	SO	West Forsyth	58.42
3 Andie Quisumbing	JR	Green Hope	58.65
4 Kiley Lloyd	FR	Green Hope	59.49
5 Hannah Reel	SO	Holly Springs	59.67
6 Taylor Cureton	JR	Apex	59.81
7 Claire Farrell	SO	Reagan	1:00.08
8 Audrienne Frondoza	SR	West Forsyth	1:00.75
9 Heather Levesque	SR	Apex	1:01.09
10 Mackenzie Collins	FR	Jordan	1:01.13
11 Laine Grotjohn	JR	Cary	1:01.39
12 Gracie Hunt	JR	Grimsley	1:01.57
13 Caroline Gwaltney	SR	Chapel Hill	1:01.82
14 Lakshmi Prasanth		Apex Friendship	1:02.01
15 Sophie Perry	SO	Apex	1:02.05
16 Lillian Burton	SO	Chapel Hill	1:02.87
17 Annabelle Petronzio	JR	Mount Tabor	1:03.04
18 Alyssa Eklund	FR	Green Level	1:03.11
19 Gabrielle Schell	SO	Grimsley	1:03.44
20 Emilia Lack	SR	Reagan	1:03.87
21 Chloe Vestal	JR	Green Hope	1:03.91
22 Caroline Goodman	SR	NW Guilford	1:03.92
23 Yan Zimnitskaya	SR	Green Hope	1:04.06
24 Sofia Georgallis	SR	East Chapel Hill	1:04.29

Event 20 Men 100 Yard Backstroke

Name	Yr	School	Seed Time
1 Abhay Tharakan	SO	Apex	51.72
2 Ethan Frondoza	SO	West Forsyth	52.46
3 Cooper Nicholson	JR	East Chapel Hill	53.03
4 Chris Erickson	JR	Northern Durham	53.31
5 Brady Tangeman	JR	Apex Friendship	53.33
6 Chuanqi Zhang		East Chapel Hill	53.52
7 Owen Reilly	SR	Green Hope	54.41
8 Ethan Liang	FR	Chapel Hill	54.43
9 Leo O'Keefe	SO	Green Level	54.53
10 Charles Covington	JR	Page	55.15
11 JT Trowbridge	FR	Reagan	55.30
12 Cole Tangeman	SO	Apex Friendship	55.42
13 Andrew Myers	JR	Holly Springs	55.45
14 Thomas Gilbert	SR	Green Hope	55.49
15 Garlan Mei	SR	Green Hope	55.71
16 Timothy Gaylord	JR	N Guilford	57.04
17 Nick Shalhoub	FR	Green Hope	57.45
18 Ryan West	SO	Middle Creek	57.47
19 John Copeland	JR	N Guilford	57.56
20 Raymond Yang	SR	Chapel Hill	57.66
21 Aiden Davis	JR	Davie	57.76
22 Alan Liu	JR	East Chapel Hill	57.96
23 Isaac Harter	FR	Panther Creek	58.20
24 Ben Nelson		East Chapel Hill	58.27

Event 21 Women 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Samantha Armand	SR	Green Level	1:04.12
2 Mia Jeltema	SO	Green Hope	1:05.32
3 Lily Ann Willis	SO	Green Level	1:05.60
4 Janice Qiu	FR	Green Hope	1:07.45
5 Maeren McGonigal	JR	Grimsley	1:07.67
6 Riley Willett	SR	Page	1:07.92
7 Elizabeth Palmer	SO	Apex	1:07.95
8 Audrey Wolk	JR	East Chapel Hill	1:08.27
9 Breanna Smith	JR	Panther Creek	1:08.60
10 Tia Ormondroyd	SO	Holly Springs	1:08.71
11 Avari Clark	JR	Jordan	1:08.91
12 Katie Krieger	FR	Mount Tabor	1:09.06
13 Adah Clifford	FR	Reagan	1:09.16
14 Claudia Vanega	JR	Cary	1:09.87
15 Nina Howards	SO	RJ Reynolds	1:10.53
16 Alena Volpe	FR	Chapel Hill	1:10.86
17 Lexi Brooks	JR	Page	1:10.95
18 Elizabeth Fowler	SR	Jordan	1:11.65
19 Addison Holland	FR	Apex Friendship	1:11.86
20 Jordan Smith	JR	SW Guilford	1:12.38
21 Allison Beuhring	FR	Grimsley	1:12.63
22 Annabelle Martin	FR	Apex Friendship	1:12.64
23 Samantha Biccum	SR	Jordan	1:12.65
24 Winifred Stuart	FR	Apex	1:13.86

Event 22 Men 100 Yard Breaststroke

Name	Yr	School	Seed Time
1 Bence Burton	SO	Reagan	56.80
2 Grayson Nye	SO	Middle Creek	57.70
3 Max Ayres	SR	Apex	58.71
4 Max Mahler	SO	Mount Tabor	59.03
5 Mark Brown		Western Guilford	59.60
6 Griffin Jones	JR	Page	59.74
7 Tyler Burton	FR	Reagan	1:00.21
8 Kevin Williams	JR	Panther Creek	1:00.66
9 Matthew Schoenagel	SO	Green Level	1:00.76
10 Devin Locklear	FR	Green Level	1:00.92
11 Dane Hogan	SO	Holly Springs	1:01.35
12 Darren Liu	SO	Green Level	1:01.53
13 David Masneri	JR	NW Guilford	1:01.76
14 Grant Turner	SO	Reagan	1:01.96
15 Andrew Volpe	JR	Chapel Hill	1:02.30
16 Adrian Villalobos	SO	Cary	1:02.90
17 Pranav Nemani	JR	Panther Creek	1:03.23
18 Sawyer Smith	JR	N Guilford	1:03.98
19 Lohith Sakhamuri	SR	Green Level	1:04.43
20 Aiden Dane	SR	Green Hope	1:04.57
21 William Juricak	SR	Apex Friendship	1:04.67
22 Lucas Golinski	SO	Ragsdale	1:05.28
23 Jackson Hartsough	FR	Mount Tabor	1:05.66
24 David Ritchey	SO	Riverside	1:06.02

2023 4A Central NCHSAA Regional Championships - 2/2/2023 to 2/4/2023**Host: Page HS & Northwest Guilford HS****Swimming & Diving****Psych Sheet - Final****Event 23 Women 400 Yard Freestyle Relay**

Team	Relay	Seed Time
1 Apex Friendship		3:34.56
2 Green Hope		3:36.08
3 East Chapel Hill		3:39.43
4 Apex		3:40.90
5 Chapel Hill		3:41.24
6 Green Level		3:41.42
7 Jordan		3:42.39
8 RJ Reynolds		3:44.48
9 Reagan		3:46.79
10 West Forsyth		3:47.08
11 Middle Creek		3:47.46
12 Holly Springs		3:51.98
13 Riverside		3:52.27
14 Cary		3:54.38
15 Panther Creek		3:59.72
16 Grimsley		4:00.66
17 N Guilford		4:03.39
18 Mount Tabor		4:07.72
19 Page		4:08.25
20 Davie		4:27.78
21 Ragsdale		4:30.54
22 SW Guilford		4:33.77
23 NW Guilford		4:35.62
24 Pinecrest		4:38.24

Event 24 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time
1 Green Hope		3:11.31
2 Apex Friendship		3:11.52
3 Green Level		3:14.28
4 Reagan		3:17.57
5 Apex		3:19.82
6 West Forsyth		3:19.95
7 Chapel Hill		3:20.25
8 East Chapel Hill		3:21.04
9 Grimsley		3:22.54
10 N Guilford		3:23.56
11 Panther Creek		3:24.38
12 Jordan		3:24.60
13 Page		3:25.17
14 Cary		3:25.68
15 Holly Springs		3:25.69
16 Mount Tabor		3:33.76
17 Middle Creek		3:35.25
18 NW Guilford		3:38.64
19 Ragsdale		3:42.82
20 Riverside		3:43.96
21 SW Guilford		3:48.75
22 Davie		3:52.40
23 Pinecrest		3:52.54
24 Northern Durham		4:00.17