

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Scores - Women

| | |
|------------------------------|-----|
| 1. Carrboro | 466 |
| 2. Orange | 277 |
| 3. Durham School of the Arts | 267 |
| 4. Cedar Ridge | 164 |
| 5. Western Alamance | 150 |
| 6. North Davidson | 129 |
| 7. Walter M Williams | 125 |
| 8. Oak Grove | 108 |
| 9. Union Pines | 107 |
| 10. Ledford | 106 |
| 11. Asheboro | 93 |
| 12. Rockingham County | 84 |
| 13. Scotland | 46 |
| 14. Atkins | 40 |
| 15. High Point Central | 27 |
| 16. Montgomery Central | 25 |
| 17. Southern Alamance | 23 |
| 18. Central Davidson | 20 |
| 19. Eastern Alamance | 8 |

Scores - Men

| | |
|------------------------------|-----|
| 1. Carrboro | 353 |
| 2. Orange | 239 |
| 3. Oak Grove | 232 |
| 4. Durham School of the Arts | 200 |
| 5. Atkins | 173 |
| 6. North Davidson | 158 |
| 7. Rockingham County | 143 |
| 8. Cedar Ridge | 140 |
| 9. Ledford | 111 |
| 10. Union Pines | 103 |
| 11. Western Alamance | 96 |
| 12. Asheboro | 86 |
| 13. Central Davidson | 80 |
| 14. Scotland | 24 |
| 15. Eastern Alamance | 16 |
| 16. Walter M Williams | 14 |
| 16. Montgomery Central | 14 |
| 16. Southern Lee | 14 |

Event 1 Women 200 Yard Medley Relay

| | | | |
|----------------------------------|---------------------------|--------------------|----|
| 1:44.27 AA-A | 1:46.16 AA-C | All-America | |
| 2:12.99 REGA | 3:50.99 REGC | Regional | |
| Team | | Finals Time | |
| 1 ORNGE | | 1:53.45 | 40 |
| 1) Katie Belle Sikes SR | 2) Riley White SR | | |
| 3) Zoe Jones JR | 4) Piper White SO | | |
| 2 CARR | | 2:01.87 | 34 |
| 1) Anna Wesley SO | 2) Kyla Conner SO | | |
| 3) Ellie Hill SO | 4) Frances Reed SR | | |
| 3 DSA | | 2:06.61 | 32 |
| 1) Ella Werley FR | 2) Addison Bartlett JR | | |
| 3) Alexis Krzyzaniak SR | 4) Emmerson Topete SO | | |
| 4 NDAVD | | 2:11.54 | 30 |
| 1) Mattie Berrier | 2) Baylei Burgess | | |
| 3) Ella Artrip | 4) Abigail Meuser | | |
| 5 UPINS | | 2:11.65 | 28 |
| 1) Zaina Threet JR | 2) Claire Weld JR | | |
| 3) Ava Milkowich SO | 4) Emma Post JR | | |
| 6 WALAM | | 2:11.79 | 26 |
| 1) Kensley Gasaway SO | 2) Sarah McLaughlin JR | | |
| 3) Elizabeth Merlette SO | 4) Adriana Carmon FR | | |
| 7 LEDFD | | 2:12.69 | 24 |
| 1) Parker Ridge FR | 2) Bianca Gonzalez FR | | |
| 3) Brea White SR | 4) Keagan Melino FR | | |
| 8 WWLMS | | 2:16.93 | 22 |
| 1) Reagan Wieting FR | 2) Alejandra Gonzalez FR | | |
| 3) Elizabeth Stokes FR | 4) Abigale Robinson SR | | |
| 9 ROCCO | | 2:23.41 | 18 |
| 1) Karson Hill JR | 2) Bella Reece Shearer SO | | |
| 3) Layla Mabe SO | 4) Ava Whichard SR | | |
| 10 OAKGR | | 2:27.19 | 14 |
| 1) Victoria Martinez-LaPolice XX | 2) Lily Phillips XX | | |
| 3) Emery Benford XX | 4) Melody Murray XX | | |
| 11 ATKIN | | 2:29.04 | 12 |
| 1) Grayson Phillips SO | 2) Colette Causby JR | | |
| 3) Ashley Wang SR | 4) Taylor Lazenby JR | | |

| | | | |
|------------------------------------|------------------------|---------|----|
| 12 CRIDG | | 2:32.00 | 10 |
| 1) Sierra Godfrey JR | 2) Emily Habib FR | | |
| 3) Catherine Latham SR | 4) Sarah Latham JR | | |
| 13 EALAM | | 2:33.55 | 8 |
| 1) Abby Brinker JR | 2) Carlie Aldridge SR | | |
| 3) Ryen Gibbs JR | 4) Quincie Loy SR | | |
| 14 SALAM | | 2:37.21 | 6 |
| 1) Sydney Williams JR | 2) Autumn Barber FR | | |
| 3) Natsuki Nixie Garcia Badilla JR | 4) Sophia Eusantos SR | | |
| 15 CDAVD | | 2:38.42 | 4 |
| 1) Harley Lanning SO | 2) Kendall Abbott SO | | |
| 3) Callie Freeman SR | 4) Isabelle Sams FR | | |
| 16 ASHEB | | 2:39.32 | 2 |
| 1) Emma Dobbins XX | 2) Kloe Woody XX | | |
| 3) Emma Little | 4) Elliza Duranceau XX | | |
| 17 MONTC | | 2:45.86 | |
| 1) Jessica Freeman SR | 2) Marla Medina JR | | |
| 3) Emily Aguilar SO | 4) Abigail Salazar XX | | |
| --- SCOTL | | | DQ |
| 1) Bailey Brink JR | 2) Emma Houg SR | | |
| 3) Faith Dockery SR | 4) Zoey Bowman JR | | |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 2 Men 200 Yard Medley Relay

| 1:32.76 AA-A | | 1:34.41 AA-C | | All-America | |
|--------------------------|-----------------------------|--------------|--|-------------|--|
| 2:00.99 REGA | | 3:10.99 REGC | | Regional | |
| Team | Finals Time | | | | |
| 1 DSA | 1:43.53 40 | | | | |
| 1) Lucca Battaglini SR | 2) Carson Sheehan SR | | | | |
| 3) William Gray SR | 4) Vincent Battaglini FR | | | | |
| 2 CARR | 1:46.00 34 | | | | |
| 1) Grey DeWalt SO | 2) Alex Delgadillo SO | | | | |
| 3) Matt Strada SR | 4) Oliver Normand SR | | | | |
| 3 ORNGE | 1:48.86 32 | | | | |
| 1) Alexander Andre JR | 2) Luke Roman JR | | | | |
| 3) Nicholas Baczara JR | 4) Ayden Twiddy JR | | | | |
| 4 ROCCO | 1:50.34 30 | | | | |
| 1) Wesley Blankenship FR | 2) Gavin Goots FR | | | | |
| 3) Wyatt Wilson SR | 4) Dalton McMichael SO | | | | |
| 5 ATKIN | 1:51.09 28 | | | | |
| 1) Shepherd Causby SR | 2) Zack Schambra Stevens FR | | | | |
| 3) Braden Schwenke FR | 4) Adric Ebert FR | | | | |
| 6 NDAVD | 1:53.46 26 | | | | |
| 1) Cooper Berrier | 2) Aidan Sanders | | | | |
| 3) Matthew Norman | 4) Jacob Meuser | | | | |
| 7 UPINS | 1:56.40 24 | | | | |
| 1) Tay Tranel SO | 2) Cullen Cox SO | | | | |
| 3) Aiden Simmons JR | 4) Justin Cole JR | | | | |
| 8 LEDFD | 1:57.00 22 | | | | |
| 1) Chase Sheffield SR | 2) Julio Santillan JR | | | | |
| 3) Logan Thoma JR | 4) Marshall Brown SO | | | | |
| 9 OAKGR | 1:57.49 18 | | | | |
| 1) Owen Gearren XX | 2) Charles McDonell XX | | | | |
| 3) Grayson Messer XX | 4) Connor Lee XX | | | | |
| 10 CDAVD | 2:03.30 14 | | | | |
| 1) Parker Hess SO | 2) Dalton Collins SR | | | | |
| 3) Rance Jackson SO | 4) Jackson Bailey FR | | | | |
| 11 SCOTL | 2:12.92 12 | | | | |
| 1) Ricky Zhang SR | 2) Elisha Dockery JR | | | | |
| 3) Jack Herr SR | 4) Kishawn Pate SR | | | | |
| 12 WALAM | 2:17.23 10 | | | | |
| 1) Cooper McMillan FR | 2) Will Stimpson JR | | | | |
| 3) Alex Anderson SR | 4) Carson Young SR | | | | |
| 13 ASHEB | 2:18.15 8 | | | | |
| 1) Gustavo Diaz XX | 2) Joshua Prochnau XX | | | | |
| 3) Stefan Reedy XX | 4) Cayne Duranceau XX | | | | |
| 14 CRIDG | 2:19.68 6 | | | | |
| 1) Jacob Olmstead JR | 2) Davis Golden SO | | | | |
| 3) Landon Rodgers JR | 4) Willem Crittenden JR | | | | |
| 15 SOLEE | 2:45.04 4 | | | | |
| 1) Jose Alberto SR | 2) Andon Pogoncheff JR | | | | |
| 3) Jared Alderson JR | 4) Yasser Ben Mansour SR | | | | |

Event 3 Women 200 Yard Freestyle

| 1:48.74 AA-A | | 1:50.65 AA-C | | All-America | |
|----------------------|----|--------------|-------------|-------------|--|
| 2:20.99 REGA | | 2:55.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 Avery Shuping | JR | CARR | 2:00.87 20 | | |
| 2 Taylor Johnson | SO | SCOTL | 2:06.94 17 | | |
| 3 Brooke Parker | SR | ROCCO | 2:13.51 16 | | |
| 4 Elizabeth Merlette | SO | WALAM | 2:15.65 15 | | |
| 5 Anya Kallepalli | SO | CARR | 2:16.73 14 | | |
| 6 Caroline Goodnight | SO | CARR | 2:21.13 13 | | |
| 7 Mina Coers | JR | DSA | 2:21.56 12 | | |
| 8 Avery Ray | XX | OAKGR | 2:29.74 11 | | |
| 9 Reagan Wieting | FR | WWLMS | 2:30.45 9 | | |
| 10 Ella Smith | XX | OAKGR | 2:31.57 7 | | |
| 11 Sarah Latham | JR | CRIDG | 2:31.92 6 | | |
| 12 Molly Kruse | SO | ORNGE | 2:38.58 5 | | |
| 13 Emily Davies | | NDAVD | 2:38.96 4 | | |
| 14 Kirsten Hall | JR | ATKIN | 2:42.80 3 | | |
| 15 Abi Sams | SO | CDAVD | 2:44.52 2 | | |
| 16 Mallory Atkins | | NDAVD | 2:48.08 1 | | |
| 17 Sophia Murray | XX | OAKGR | 2:48.53 | | |
| 18 Melody Murray | XX | OAKGR | 2:49.17 | | |
| 19 Aubrey Adkins | | NDAVD | 2:50.28 | | |
| 20 Harley Lanning | SO | CDAVD | 2:50.37 | | |
| 21 Catherine Collie | SR | SALAM | 2:54.22 | | |
| --- Abby Brinker | JR | EALAM | x3:06.63 | | |
| --- Mykaela Newsome | SR | ATKIN | x3:06.97 | | |
| --- Avery Armstrong | JR | UPINS | DFS | | |

Event 4 Men 200 Yard Freestyle

| 1:38.67 AA-A | | 1:40.06 AA-C | | All-America | |
|----------------------|----|--------------|-------------|-------------|--|
| 2:02.99 REGA | | 2:40.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 Andrew Commins | SR | CARR | 1:43.01 20 | | |
| 2 Luke Roman | JR | ORNGE | 1:45.97 17 | | |
| 3 Nikhil Agans | SR | CRIDG | 1:49.41 16 | | |
| 4 Grey DeWalt | SO | CARR | 1:53.40 15 | | |
| 5 Vincent Battaglini | FR | DSA | 1:53.99 14 | | |
| 6 Philip Cauwels | JR | CRIDG | 1:55.86 13 | | |
| 7 Zach Maiorana | SO | CARR | 1:56.11 12 | | |
| 8 Aiden Fleming | XX | OAKGR | 2:02.43 11 | | |
| 9 Klay Blue | SO | UPINS | 2:10.22 9 | | |
| 10 Liam Miller | FR | WWLMS | 2:10.39 7 | | |
| 11 Ayden Twiddy | JR | ORNGE | 2:11.05 6 | | |
| 12 Robert Gale | JR | ATKIN | 2:11.69 5 | | |
| 13 Elijah Mayle | SO | EALAM | 2:12.95 4 | | |
| 14 Jason Spey | FR | ORNGE | 2:15.64 3 | | |
| 15 Parker Hess | SO | CDAVD | 2:15.88 2 | | |
| 16 James Moormann | XX | OAKGR | 2:16.45 1 | | |
| 17 Connor Hege | | NDAVD | 2:20.90 | | |
| 18 Luke Riddle | JR | LEDFD | 2:21.47 | | |
| 19 Julio Santillan | JR | LEDFD | 2:22.60 | | |
| 20 Sawyer Dobbins | JR | LEDFD | 2:22.78 | | |
| 21 Graham Hurst | SR | ATKIN | 2:23.64 | | |
| 22 Dawson Meador | XX | OAKGR | 2:25.18 | | |
| 23 Gustavo Diaz | XX | ASHEB | 2:28.28 | | |
| 24 Jacob Patterson | SO | LEDFD | 2:29.30 | | |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 5 Women 200 Yard IM

| 2:01.46 AA-A | | 2:04.01 AA-C | | All-America | |
|--------------|---------------------|--------------|-------------|-------------|--|
| 2:48.99 REGA | | 3:30.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Maya Lambert | SR CARR | 2:11.14 | 20 | |
| 2 | Riley White | SR ORNGE | 2:13.07 | 17 | |
| 3 | Quinn McCrimmon | JR CRIDG | 2:22.17 | 16 | |
| 4 | Avery Brown | JR CARR | 2:25.42 | 15 | |
| 5 | Sofia Guaman | JR CARR | 2:30.36 | 14 | |
| 6 | Ainsley Rasinske | SO ORNGE | 2:30.67 | 13 | |
| 7 | Rowan Hunsberger | SR CARR | 2:34.06 | 12 | |
| 8 | Ella Werley | FR DSA | 2:39.21 | 11 | |
| 9 | Peyton Yuan | JR DSA | 2:40.23 | 9 | |
| 10 | Paige Kern | SR MONTC | 2:40.42 | 7 | |
| 11 | Sierra Godfrey | JR CRIDG | 2:46.62 | 6 | |
| 12 | Alejandra Gonzalez | FR WWLMS | 2:49.19 | 5 | |
| 13 | Adriana Carmon | FR WALAM | 2:50.98 | 4 | |
| 14 | Franchesca Piansay | XX ASHEB | 2:51.64 | 3 | |
| 15 | Hala Zafar | SO CRIDG | 2:51.95 | 2 | |
| 16 | Claudia Sadgrove | SO ORNGE | 2:53.33 | 1 | |
| 17 | Keagan Melino | FR LEDFD | 2:53.71 | | |
| 18 | Annabelle Hazelwood | SO SALAM | 2:54.23 | | |
| 19 | Baylei Burgess | NDAVD | 3:00.29 | | |
| 20 | Mattie Berrier | NDAVD | 3:03.35 | | |
| 21 | Emery Benford | XX OAKGR | 3:06.60 | | |
| 22 | Kendall Abbott | SO CDAVD | 3:12.98 | | |
| 23 | Sydney Williams | JR SALAM | 3:16.15 | | |
| 24 | Emily Habib | FR CRIDG | 3:19.49 | | |

Event 6 Men 200 Yard IM

| 1:49.50 AA-A | | 1:51.52 AA-C | | All-America | |
|--------------|-----------------------|--------------|-------------|-------------|--|
| 2:27.99 REGA | | 3:15.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Alexander Andre | JR ORNGE | 2:01.50 | 20 | |
| 2 | Matt Strada | SR CARR | 2:01.72 | 17 | |
| 3 | Zack Schambra Stevens | FR ATKIN | 2:04.32 | 16 | |
| 4 | Alex Delgadillo | SO CARR | 2:08.30 | 15 | |
| 5 | Nicholas Baczara | JR ORNGE | 2:13.46 | 14 | |
| 6 | Jan Brynda | SR CARR | 2:14.48 | 13 | |
| 7 | Chase Sheffield | SR LEDFD | 2:16.72 | 12 | |
| 8 | Adric Ebert | FR ATKIN | 2:18.63 | 11 | |
| 9 | Ben Sirgany | SR ORNGE | 2:20.66 | 9 | |
| 10 | Eamon Hipps | SO WALAM | 2:20.68 | 7 | |
| 11 | Charles McDonell | XX OAKGR | 2:31.87 | 6 | |
| 12 | Evan Sawyer | FR EALAM | 2:33.69 | 5 | |
| 13 | Aidan Sanders | NDAVD | 2:34.83 | 4 | |
| 14 | Spencer Postle | SO ATKIN | 2:35.79 | 3 | |
| 15 | Matthew Norman | NDAVD | 2:37.81 | 2 | |
| 16 | Everett Padgett | JR ATKIN | 2:40.78 | 1 | |
| 17 | Nicholas Acree | SO ROCCO | 2:47.80 | | |
| 18 | Dawson Meador | XX OAKGR | 2:48.37 | | |
| 19 | Evan Heaton | XX OAKGR | 2:54.02 | | |
| 20 | Connor Eck | NDAVD | 2:55.79 | | |
| 21 | Jared Alderson | JR SOLEE | 2:56.44 | | |
| 22 | Elisha Dockery | JR SCOTL | 2:56.62 | | |
| 23 | Addison Terry | XX OAKGR | 3:00.60 | | |

Event 7 Women 50 Yard Freestyle

| 23.08 AA-A | | 23.50 AA-C | | All-America | |
|------------|-------------------|------------|-------------|-------------|--|
| 28.49 REGA | | 32.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Katie Belle Sikes | SR ORNGE | 23.11 | 20 | |
| 2 | Piper White | SO ORNGE | 25.41 | 17 | |
| 3 | Brea White | SR LEDFD | 25.46 | 16 | |
| 4 | Abigale Robinson | SR WWLMS | 26.32 | 15 | |
| 5 | Parker Ridge | FR LEDFD | 26.35 | 14 | |
| 6 | Ava Milkowich | SO UPINS | 26.54 | 13 | |
| 7 | Anna Wesley | SO CARR | 26.87 | 12 | |
| 8 | Catherine Miller | XX HPC | 27.05 | 11 | |
| 9 | Claire Weld | JR UPINS | 27.26 | 9 | |
| 10 | Madelyn Wilson | XX OAKGR | 27.66 | 7 | |
| 11 | Emmerson Topete | SO DSA | 27.80 | 6 | |
| 12 | Frances Reed | SR CARR | 27.81 | 5 | |
| 13 | Elizabeth Norman | FR DSA | 27.99 | 4 | |
| 14 | Anna Hartsell | FR CARR | 28.23 | 3 | |
| 15 | Maggie Richard | XX OAKGR | 28.30 | 2 | |
| 16 | Logan McCauley | SO CARR | 28.63 | 1 | |
| 17 | Abigail Meuser | NDAVD | 28.79 | | |
| 18 | Abigail Becker | XX ASHEB | 28.80 | | |
| 19 | Rachel Hartsell | NDAVD | 28.91 | | |
| 20 | Sarah McLaughlin | JR WALAM | 29.32 | | |
| 21 | Ann Hrycay | XX OAKGR | 29.50 | | |
| 22 | Zoey Bowman | JR SCOTL | 29.61 | | |
| 23 | Ella Smith | XX OAKGR | 29.62 | | |
| 24 | Carlie Aldridge | SR EALAM | 32.53 | | |

Event 8 Men 50 Yard Freestyle

| 20.43 AA-A | | 20.85 AA-C | | All-America | |
|------------|--------------------|------------|-------------|-------------|--|
| 24.99 REGA | | 27.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | William Gray | SR DSA | 21.88 | 20 | |
| 2 | Wyatt Wilson | SR ROCCO | 22.56 | 17 | |
| 3 | Joshua Vogl | XX OAKGR | 22.62 | 16 | |
| 4 | Oliver Normand | SR CARR | 22.93 | 15 | |
| 5 | Tyler Smith | XX ASHEB | 23.30 | 14 | |
| 6 | Jacob Meuser | NDAVD | 23.61 | 13 | |
| 7 | Logan Thoma | JR LEDFD | 23.94 | 12 | |
| 8 | Rance Jackson | SO CDAVD | 24.21 | 11 | |
| 9 | Evan Messer | XX OAKGR | 24.48 | 9 | |
| 10 | Jacob Miles | SR WALAM | 24.64 | 7 | |
| 11 | Dalton McMichael | SO ROCCO | 24.76 | 6 | |
| 12 | Wylie Kline | SR WALAM | 25.06 | 5 | |
| 13 | Cooper Berrier | NDAVD | 25.31 | 4 | |
| 14 | Landon James | NDAVD | 25.32 | 3 | |
| 15 | Duke Gadsden | FR CARR | 25.45 | 2 | |
| 16 | Connor Lee | XX OAKGR | 25.48 | 1 | |
| 17 | Stefan Reedy | XX ASHEB | 25.67 | | |
| 18 | Aiden Simmons | JR UPINS | 25.99 | | |
| 19 | Reyansh Pol | FR ATKIN | 26.13 | | |
| 20 | Jack Herr | SR SCOTL | 26.18 | | |
| 21 | Dylan Cowan | SR ORNGE | 26.37 | | |
| 22 | Emiliano Santillan | SR LEDFD | 27.03 | | |
| 23 | Marshall Brown | SO LEDFD | 27.84 | | |
| --- | Cayne Duranceau | XX ASHEB | x28.14 | | |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 9 Women 1 mtr Diving

375.00 AA-C All-America

| Name | Yr | School | Finals Score | |
|----------------------|----|--------|--------------|----|
| 1 Michaela Bentley | SO | WALAM | 345.60 | 20 |
| 2 Courtney Moore | SO | WALAM | 307.30 | 17 |
| 3 Elizabeth Butler | | CARR | 272.15 | 16 |
| 4 Lily Howard | JR | ORNGE | 251.70 | 15 |
| 5 Emmalyne Parnitzke | FR | ATKIN | 250.50 | 14 |
| 6 Emmie Craig | JR | CARR | 246.10 | 13 |

Event 10 Men 1 mtr Diving

375.00 AA-C All-America

| Name | Yr | School | Finals Score | |
|-------------------------|----|--------|--------------|----|
| 1 William Clark | FR | DSA | 388.35 | 20 |
| 2 Judah Kolling - Perin | SO | CARR | 154.60 | 17 |

Event 11 Women 100 Yard Butterfly

**54.38 AA-A 55.48 AA-C All-America
1:12.99 REGA 1:55.99 REGC Regional**

| Name | Yr | School | Finals Time | |
|------------------------|----|--------|-------------|----|
| 1 Maya Lambert | SR | CARR | 58.83 | 20 |
| 2 Riley White | SR | ORNGE | 1:00.21 | 17 |
| 3 Ellie Hill | SO | CARR | 1:01.64 | 16 |
| 4 Quinn McCrimmon | JR | CRIDG | 1:03.32 | 15 |
| 5 Ava Milkowich | SO | UPINS | 1:04.31 | 14 |
| 6 Brea White | SR | LEDFD | 1:05.19 | 13 |
| 7 Zoe Jones | JR | ORNGE | 1:07.73 | 12 |
| 8 Ella Werley | FR | DSA | 1:12.93 | 11 |
| 9 Addison Bartlett | JR | DSA | 1:13.67 | 9 |
| 10 Ella Artrip | | NDAVD | 1:14.46 | 7 |
| 11 Claudia Foushee | SR | DSA | 1:14.48 | 6 |
| 12 Elizabeth Stokes | FR | WWLMS | 1:17.06 | 5 |
| 13 Karson Hill | JR | ROCCO | 1:23.26 | 4 |
| 14 Franchesca Piansay | XX | ASHEB | 1:23.70 | 3 |
| 15 Keagan Melino | FR | LEDFD | 1:24.59 | 2 |
| 16 Annabelle Hazelwood | SO | SALAM | 1:25.64 | 1 |
| 17 Emery Benford | XX | OAKGR | 1:25.93 | |
| 18 Callie Freeman | SR | CDAVD | 1:33.72 | |
| 19 Emily Aguilar | SO | MONTC | 1:37.05 | |
| 20 Isabelle Sams | FR | CDAVD | 1:40.75 | |
| 21 Ella Morton | XX | OAKGR | 1:43.06 | |
| --- Lily Golden | JR | CRIDG | DQ | |
| --- Catherine Latham | SR | CRIDG | DQ | |
| --- Avery Armstrong | JR | UPINS | DFS | |

Event 12 Men 100 Yard Butterfly

**48.57 AA-A 49.69 AA-C All-America
1:03.99 REGA 1:42.99 REGC Regional**

| Name | Yr | School | Finals Time | |
|--------------------|----|--------|-------------|----|
| 1 Andrew Commins | SR | CARR | 50.69 | 20 |
| 2 William Gray | SR | DSA | 51.58 | 17 |
| 3 Tyler Smith | XX | ASHEB | 57.22 | 16 |
| 4 Eli Fulcher | XX | OAKGR | 57.51 | 15 |
| 5 Nicholas Baczara | JR | ORNGE | 57.62 | 14 |
| 6 Braden Schwenke | FR | ATKIN | 1:02.40 | 13 |
| 7 Matthew Norman | | NDAVD | 1:02.74 | 12 |
| 8 Everett Padgett | JR | ATKIN | 1:04.52 | 11 |
| 9 Judah Steinberg | | NDAVD | 1:06.04 | 9 |
| 10 Grayson Messer | XX | OAKGR | 1:06.77 | 7 |
| 11 Aiden Simmons | JR | UPINS | 1:07.11 | 6 |
| 12 Owen Gearren | XX | OAKGR | 1:07.81 | 5 |
| 13 Allan Gwyn | SO | ROCCO | 1:10.72 | 4 |
| 14 Luke Riddle | JR | LEDFD | 1:11.88 | 3 |
| 15 Kevin Rodriguez | XX | ASHEB | 1:14.20 | 2 |
| --- Baker Leonard | XX | OAKGR | DQ | |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 13 Women 100 Yard Freestyle

| 50.15 AA-A | | 51.10 AA-C | | All-America | |
|--------------|-------------------|--------------|-------------|-------------|-----|
| 1:02.99 REGA | | 1:17.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Katie Belle Sikes | SR | ORNGE | 51.17 | 20 |
| 2 | Piper White | SO | ORNGE | 55.92 | 17 |
| 3 | Alexis Krzyzaniak | SR | DSA | 56.94 | 16 |
| 4 | Abigale Robinson | SR | WWLMS | 58.77 | 15 |
| 5 | Peyton Walker | FR | DSA | 59.65 | 14 |
| 6 | Kyla Conner | SO | CARR | 1:00.14 | 13 |
| 7 | Madelyn Wilson | XX | OAKGR | 1:01.24 | 12 |
| 8 | Emmerson Topete | SO | DSA | 1:01.54 | 11 |
| 9 | Logan McCauley | SO | CARR | 1:04.23 | 9 |
| 10 | Rachel Hartsell | | NDAVD | 1:05.07 | 7 |
| 11 | Aspen Unwin | JR | CARR | 1:06.67 | 6 |
| 12 | Abigail Becker | XX | ASHEB | 1:06.69 | 5 |
| 13 | Reagan Wieting | FR | WWLMS | 1:07.43 | 4 |
| 14 | Hannah Strada | FR | CARR | 1:08.43 | 3 |
| 15 | Zoey Bowman | JR | SCOTL | 1:08.60 | 2 |
| 16 | Ann Hrycay | XX | OAKGR | 1:10.12 | 1 |
| 17 | Taylor Lazenby | JR | ATKIN | 1:10.91 | |
| 18 | Elliza Duranceau | XX | ASHEB | 1:11.91 | |
| *19 | Kinsley Odum | | NDAVD | 1:12.60 | |
| *19 | Emma Houg | SR | SCOTL | 1:12.60 | |
| 21 | Sadie Page | FR | ROCCO | 1:12.91 | |
| 22 | Ashley Wang | SR | ATKIN | 1:13.86 | |
| 23 | Sophia Eusantos | SR | SALAM | 1:14.54 | |
| --- | Ceilidh Clendenin | JR | UPINS | | DFS |

Event 14 Men 100 Yard Freestyle

| 44.83 AA-A | | 45.64 AA-C | | All-America | |
|------------|---------------------|--------------|-------------|-------------|-----|
| 55.99 REGA | | 1:09.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Lucca Battaglini | SR | DSA | 44.56 | 20 |
| 2 | Wyatt Wilson | SR | ROCCO | 49.29 | 17 |
| 3 | Nikhil Agans | SR | CRIDG | 49.82 | 16 |
| 4 | Oliver Normand | SR | CARR | 51.55 | 15 |
| 5 | Zach Maiorana | SO | CARR | 52.85 | 14 |
| 6 | Jacob Meuser | | NDAVD | 54.17 | 13 |
| 7 | Rance Jackson | SO | CDAVD | 54.20 | 12 |
| 8 | Christopher Seawell | FR | CRIDG | 54.48 | 11 |
| 9 | Dalton McMichael | SO | ROCCO | 55.02 | 9 |
| 10 | Cullen Cox | SO | UPINS | 56.12 | 7 |
| 11 | Noah Jones | JR | ORNGE | 56.22 | 6 |
| 12 | Dalton Collins | SR | CDAVD | 56.36 | 5 |
| 13 | Jack Herr | SR | SCOTL | 56.74 | 4 |
| 14 | Connor Lee | XX | OAKGR | 56.76 | 3 |
| 15 | Wylie Kline | SR | WALAM | 56.93 | 2 |
| 16 | Duke Gadsden | FR | CARR | 56.97 | 1 |
| 17 | Jacob Miles | SR | WALAM | 57.60 | |
| 18 | Landon James | | NDAVD | 57.96 | |
| 19 | Wesley Blankenship | FR | ROCCO | 58.68 | |
| 20 | Robert Gale | JR | ATKIN | 59.06 | |
| 21 | Alejandro Prado | JR | ATKIN | 59.98 | |
| 22 | Zack Ollis | SR | WALAM | 1:00.65 | |
| 23 | Justin Cole | JR | UPINS | 1:01.08 | |
| --- | Owen Johnson | | NDAVD | | DFS |

Event 15 Women 500 Yard Freestyle

| 4:53.06 AA-A | | 4:58.20 AA-C | | All-America | |
|--------------|--------------------|--------------|-------------|-------------|-----|
| 6:30.99 REGA | | 7:59.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 2 | Avery Shuping | JR | CARR | 5:22.86 | 17 |
| 3 | Maci Columbia | XX | ASHEB | 5:29.69 | 16 |
| 4 | Kensley Gasaway | SO | WALAM | 5:38.75 | 15 |
| 5 | Zoe Jones | JR | ORNGE | 5:45.27 | 14 |
| 6 | Taylor Johnson | SO | SCOTL | 5:48.42 | 13 |
| 7 | Avery Brown | JR | CARR | 6:01.71 | 12 |
| 8 | Elizabeth Norman | FR | DSA | 6:07.63 | 11 |
| 9 | Anya Kallepalli | SO | CARR | 6:13.21 | 9 |
| 10 | Caroline Goodnight | SO | CARR | 6:14.72 | 7 |
| 11 | Paige Kern | SR | MONTC | 6:32.66 | 6 |
| 12 | Elizabeth Stokes | FR | WWLMS | 6:35.98 | 5 |
| 13 | Avery Ray | XX | OAKGR | 7:10.26 | 4 |
| 14 | Mattie Berrier | | NDAVD | 7:14.35 | 3 |
| 15 | Kirsten Hall | JR | ATKIN | 7:16.21 | 2 |
| 16 | Taylor Lazenby | JR | ATKIN | 7:17.90 | 1 |
| 17 | Sydney Williams | JR | SALAM | 7:25.78 | |
| 18 | Kendall Abbott | SO | CDAVD | 7:32.04 | |
| 19 | Erin Eames | XX | ASHEB | 7:46.17 | |
| 20 | Melody Murray | XX | OAKGR | 7:46.32 | |
| 21 | Piper Egan | XX | OAKGR | 7:47.21 | |
| --- | Brianna Blackwell | SR | ROCCO | x8:03.37 | |
| --- | Mykaela Newsome | SR | ATKIN | x8:10.58 | |
| --- | Sarah McLaughlin | JR | WALAM | | DFS |

Event 16 Men 500 Yard Freestyle

| 4:29.39 AA-A | | 4:33.16 AA-C | | All-America | |
|--------------|--------------------|--------------|-------------|-------------|----|
| 6:15.99 REGA | | 7:45.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Luke Roman | JR | ORNGE | 4:45.59 | 20 |
| 2 | Alexander Andre | JR | ORNGE | 4:50.54 | 17 |
| 3 | Matt Strada | SR | CARR | 4:59.28 | 16 |
| 4 | Vincent Battaglini | FR | DSA | 5:03.14 | 15 |
| 5 | Grey DeWalt | SO | CARR | 5:03.35 | 14 |
| 6 | Alex Delgadillo | SO | CARR | 5:05.25 | 13 |
| 7 | Philip Cauwels | JR | CRIDG | 5:19.70 | 12 |
| 8 | Aiden Fleming | XX | OAKGR | 5:47.19 | 11 |
| 9 | Eamon Hipps | SO | WALAM | 5:54.45 | 9 |
| 10 | Ayden Twiddy | JR | ORNGE | 5:58.31 | 7 |
| 11 | Jason Spey | FR | ORNGE | 6:05.08 | 6 |
| 12 | Elijah Mayle | SO | EALAM | 6:10.55 | 5 |
| 13 | Cooper McMillan | FR | WALAM | 6:19.24 | 4 |
| 14 | Owen Gearren | XX | OAKGR | 6:29.77 | 3 |
| 15 | James Moormann | XX | OAKGR | 6:32.23 | 2 |
| 16 | Spencer Postle | SO | ATKIN | 6:34.20 | 1 |
| 17 | Andrew Morris | XX | OAKGR | 6:34.38 | |
| 18 | Zion Green | FR | CRIDG | 6:35.11 | |
| 19 | Kevin Rodriguez | XX | ASHEB | 6:44.23 | |
| 20 | Sawyer Dobbins | JR | LEDFD | 6:45.75 | |
| 21 | Connor Hege | | NDAVD | 6:53.16 | |
| 22 | Grayson Alexander | | NDAVD | 6:59.37 | |
| --- | Shepherd Causby | SR | ATKIN | | DQ |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 17 Women 200 Yard Freestyle Relay

| 1:35.36 AA-A | | 1:37.15 AA-C | | All-America | |
|------------------------|---------------------------------|--------------|----|-------------|--|
| 2:00.99 REGA | | 2:50.99 REGC | | Regional | |
| Team | Finals Time | | | | |
| 1 ORNGE | | 1:41.63 | 40 | | |
| 1) Riley White SR | 2) Piper White SO | | | | |
| 3) Ainsley Rasinske SO | 4) Katie Belle Sikes SR | | | | |
| 2 CARR | | 1:47.90 | 34 | | |
| 1) Maya Lambert SR | 2) Anna Wesley SO | | | | |
| 3) Frances Reed SR | 4) Avery Shuping JR | | | | |
| 3 DSA | | 1:51.51 | 32 | | |
| 1) Elizabeth Norman FR | 2) Addison Bartlett JR | | | | |
| 3) Emmerson Topete SO | 4) Alexis Krzyzaniak SR | | | | |
| 4 CRIDG | | 1:53.06 | 30 | | |
| 1) Quinn McCrimmon JR | 2) Sarah Latham JR | | | | |
| 3) Hala Zafar SO | 4) Sophia Stinnett JR | | | | |
| 5 OAKGR | | 1:54.42 | 28 | | |
| 1) Maggie Richard XX | 2) Ella Smith XX | | | | |
| 3) Avery Ray XX | 4) Madelyn Wilson XX | | | | |
| 6 ASHEB | | 1:54.83 | 26 | | |
| 1) Abigail Becker XX | 2) Franchesca Piansay XX | | | | |
| 3) Elliza Duranceau XX | 4) Maci Columbia XX | | | | |
| 7 NDAVD | | 1:55.42 | 24 | | |
| 1) Abigail Meuser | 2) Emily Davies | | | | |
| 3) Baylei Burgess | 4) Rachel Hartsell | | | | |
| 8 LEDFD | | 1:58.39 | 22 | | |
| 1) Keagan Melino FR | 2) Elizabeth Johnston JR | | | | |
| 3) Parker Ridge FR | 4) Brea White SR | | | | |
| 9 UPINS | | 1:58.94 | 18 | | |
| 1) Claire Weld JR | 2) Emma Post JR | | | | |
| 3) Zaina Threet JR | 4) Ava Milkowich SO | | | | |
| 10 ROCCO | | 2:04.80 | 14 | | |
| 1) Sadie Page FR | 2) Ava Whichard SR | | | | |
| 3) Sarah Long | 4) Brooke Parker SR | | | | |
| 11 WWLMS | | 2:09.53 | 12 | | |
| 1) Grace Gabrielli SR | 2) Gracie Hartle SR | | | | |
| 3) Lauren Turner JR | 4) Emerson Tirgrath JR | | | | |
| 12 MONTC | | 2:11.88 | 10 | | |
| 1) Abigail Salazar XX | 2) Kristina Phouangphrachanh XX | | | | |
| 3) Jessica Freeman SR | 4) Paige Kern SR | | | | |
| 13 CDAVD | | 2:13.80 | 8 | | |
| 1) Abi Sams SO | 2) Hannah Sams SR | | | | |
| 3) Callie Freeman SR | 4) Isabelle Sams FR | | | | |
| 14 SALAM | | 2:14.05 | 6 | | |
| 1) Sophia Eusantos SR | 2) Annabelle Hazelwood SO | | | | |
| 3) Autumn Barber FR | 4) Catherine Collie SR | | | | |
| 15 ATKIN | | 2:15.82 | 4 | | |
| 1) Kaleigh Altman JR | 2) Colette Causby JR | | | | |
| 3) Kirsten Hall JR | 4) Grayson Phillips SO | | | | |
| 16 SCOTL | | 2:19.02 | 2 | | |
| 1) Sonayla Thomas SR | 2) Bailey Brink JR | | | | |
| 3) Faith Dockery SR | 4) Emma Houg SR | | | | |
| 17 EALAM | | 2:42.71 | | | |
| 1) Carlie Aldridge SR | 2) McKay Fleming SR | | | | |
| 3) Madison Page SR | 4) Annalynn Hunter FR | | | | |

Event 18 Men 200 Yard Freestyle Relay

| 1:24.34 AA-A | | 1:25.75 AA-C | | All-America | |
|---------------------------|--------------------------|--------------|-----|-------------|--|
| 1:45.99 REGA | | 2:45.99 REGC | | Regional | |
| Team | Finals Time | | | | |
| 1 CARR | | 1:32.30 | 40 | | |
| 1) Andrew Commins SR | 2) Zach Maiorana SO | | | | |
| 3) Jan Brynda SR | 4) Oliver Normand SR | | | | |
| 2 DSA | | 1:33.09 | 34 | | |
| 1) Lucca Battaglini SR | 2) Carson Sheehan SR | | | | |
| 3) Vincent Battaglini FR | 4) William Gray SR | | | | |
| 3 OAKGR | | 1:34.46 | 32 | | |
| 1) Eli Fulcher XX | 2) Connor Lee XX | | | | |
| 3) Evan Messer XX | 4) Joshua Vogl XX | | | | |
| 4 ROCCO | | 1:40.05 | 30 | | |
| 1) Gavin Goots FR | 2) Wesley Blankenship FR | | | | |
| 3) Dalton McMichael SO | 4) Wyatt Wilson SR | | | | |
| 5 WALAM | | 1:40.13 | 28 | | |
| 1) Jacob Miles SR | 2) Zack Ollis SR | | | | |
| 3) Eamon Hipps SO | 4) Wylie Kline SR | | | | |
| 6 CRIDG | | 1:40.67 | 26 | | |
| 1) Christopher Seawell FR | 2) Jacob Olmstead JR | | | | |
| 3) Philip Cauwels JR | 4) Nikhil Agans SR | | | | |
| 7 ASHEB | | 1:42.52 | 24 | | |
| 1) Kevin Rodriguez XX | 2) Cayne Duranceau XX | | | | |
| 3) Stefan Reedy XX | 4) Tyler Smith XX | | | | |
| 8 NDAVD | | 1:42.83 | 22 | | |
| 1) Matthew Norman | 2) Aidan Sanders | | | | |
| 3) Owen Johnson | 4) Landon James | | | | |
| 9 ORNGE | | 1:43.44 | 18 | | |
| 1) Dylan Cowan SR | 2) Jason Spey FR | | | | |
| 3) Ben Sirgany SR | 4) Noah Jones JR | | | | |
| 10 LEDFD | | 1:43.61 | 14 | | |
| 1) Marshall Brown SO | 2) Emiliano Santillan SR | | | | |
| 3) Chase Sheffield SR | 4) Logan Thoma JR | | | | |
| 11 UPINS | | 1:43.88 | 12 | | |
| 1) Cullen Cox SO | 2) Justin Cole JR | | | | |
| 3) Tay Tranel SO | 4) Aiden Simmons JR | | | | |
| 12 ATKIN | | 1:47.65 | 10 | | |
| 1) Robert Gale JR | 2) Graham Hurst SR | | | | |
| 3) Alejandro Prado JR | 4) Reyansh Pol FR | | | | |
| 13 MONTC | | 2:06.20 | 8 | | |
| 1) Kamryn Lovelace FR | 2) Gavin Cummins JR | | | | |
| 3) Andrew Richardson SO | 4) Lance Hensley JR | | | | |
| 14 SOLEE | | 2:16.25 | 6 | | |
| 1) Yasser Ben Mansour SR | 2) David Fitzgerald FR | | | | |
| 3) Jose Alberto SR | 4) Jared Alderson JR | | | | |
| --- SCOTL | | | DFS | | |
| 1) Mavin McKenzie FR | 2) Rylan Priest FR | | | | |
| 3) Ricky Zhang SR | 4) Kishawn Pate SR | | | | |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 19 Women 100 Yard Backstroke

| 54.73 AA-A | | 55.91 AA-C | | All-America | |
|--------------|--------------------|--------------|-------------|-------------|--|
| 1:13.99 REGA | | 1:34.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Sophia Stinnett | JR CRIDG | 1:01.17 | 20 | |
| 2 | Alexis Krzyzaniak | SR DSA | 1:03.42 | 17 | |
| 3 | Catherine Miller | XX HPC | 1:04.75 | 16 | |
| 4 | Parker Ridge | FR LEDFD | 1:05.60 | 15 | |
| 5 | Brooke Parker | SR ROCCO | 1:06.21 | 14 | |
| 6 | Anna Wesley | SO CARR | 1:06.41 | 13 | |
| 7 | Kensley Gasaway | SO WALAM | 1:07.03 | 12 | |
| 8 | Elizabeth Merlette | SO WALAM | 1:08.17 | 11 | |
| 9 | Frances Reed | SR CARR | 1:09.34 | 9 | |
| 10 | Rowan Hunsberger | SR CARR | 1:09.94 | 7 | |
| 11 | Ella Artrip | NDAVD | 1:10.84 | 6 | |
| 12 | Caroline Hoos | FR CARR | 1:11.29 | 5 | |
| 13 | Ainsley Rasinske | SO ORNGE | 1:12.10 | 4 | |
| 14 | Peyton Yuan | JR DSA | 1:12.15 | 3 | |
| 15 | Sierra Godfrey | JR CRIDG | 1:14.29 | 2 | |
| 16 | Addison Bartlett | JR DSA | 1:16.35 | 1 | |
| 17 | Adriana Carmon | FR WALAM | 1:17.66 | | |
| 18 | Karson Hill | JR ROCCO | 1:17.97 | | |
| 19 | Claudia Foushee | SR DSA | 1:19.50 | | |
| 20 | Maggie Richard | XX OAKGR | 1:22.37 | | |
| 21 | Harper Trost | SR ORNGE | 1:23.25 | | |
| 22 | Sarah Latham | JR CRIDG | 1:23.35 | | |
| 23 | Abi Sams | SO CDAVD | 1:28.29 | | |
| 24 | Zaina Threet | JR UPINS | 1:28.43 | | |

Event 20 Men 100 Yard Backstroke

| 49.07 AA-A | | 50.18 AA-C | | All-America | |
|--------------|-----------------------|--------------|-------------|-------------|--|
| 1:04.99 REGA | | 1:28.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Lucca Battaglini | SR DSA | 49.50 | 20 | |
| 2 | Chase Sheffield | SR LEDFD | 59.89 | 17 | |
| 3 | Cooper Berrier | NDAVD | 1:01.52 | 16 | |
| 4 | Adric Ebert | FR ATKIN | 1:01.83 | 15 | |
| 5 | Christopher Seawell | FR CRIDG | 1:03.78 | 14 | |
| 6 | Logan Thoma | JR LEDFD | 1:04.43 | 13 | |
| 7 | Evan Messer | XX OAKGR | 1:05.59 | 12 | |
| 8 | Tay Tranel | SO UPINS | 1:06.38 | 11 | |
| 9 | Klay Blue | SO UPINS | 1:07.70 | 9 | |
| 10 | Noah Jones | JR ORNGE | 1:08.16 | 7 | |
| 11 | Parker Hess | SO CDAVD | 1:08.18 | 6 | |
| 12 | Wesley Blankenship | FR ROCCO | 1:09.06 | 5 | |
| 13 | Judah Kolling - Perin | SO CARR | 1:09.61 | 4 | |
| 14 | Colin Wuthrich | SO ORNGE | 1:10.09 | 3 | |
| 15 | Shepherd Causby | SR ATKIN | 1:10.19 | 2 | |
| 16 | Baker Leonard | XX OAKGR | 1:10.80 | 1 | |
| 17 | Tyler Lambert | OAKGR | 1:11.58 | | |
| 18 | Andrew Morris | XX OAKGR | 1:11.78 | | |
| 19 | Cooper McMillan | FR WALAM | 1:12.92 | | |
| 20 | Wyatt Hobby | JR ORNGE | 1:12.95 | | |
| 21 | Ryan Jouannet | JR ORNGE | 1:16.36 | | |
| 22 | Ephraim Causby | FR ATKIN | 1:19.49 | | |
| 23 | Jackson Bailey | FR CDAVD | 1:21.07 | | |
| --- | Owen Johnson | NDAVD | DFS | | |

Event 21 Women 100 Yard Breaststroke

| 1:02.59 AA-A | | 1:03.78 AA-C | | All-America | |
|--------------|---------------------|--------------|-------------|-------------|--|
| 1:22.99 REGA | | 1:43.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Maci Columbia | XX ASHEB | 1:12.40 | 20 | |
| 2 | Claire Weld | JR UPINS | 1:12.54 | 17 | |
| 3 | Ellie Hill | SO CARR | 1:13.28 | 16 | |
| 4 | Sofia Guaman | JR CARR | 1:18.19 | 15 | |
| 5 | Kyla Conner | SO CARR | 1:18.60 | 14 | |
| 6 | Baylei Burgess | NDAVD | 1:18.72 | 13 | |
| 7 | Mina Coers | JR DSA | 1:19.85 | 12 | |
| 8 | Peyton Walker | FR DSA | 1:20.07 | 11 | |
| 9 | Caroline Hoos | FR CARR | 1:20.29 | 9 | |
| 10 | Alejandra Gonzalez | FR WWLMS | 1:22.60 | 7 | |
| 11 | Abigail Meuser | NDAVD | 1:23.09 | 6 | |
| 12 | Ruby Barron | FR DSA | 1:25.64 | 5 | |
| 13 | Bella Reece Shearer | SO ROCCO | 1:26.69 | 4 | |
| 14 | Hala Zafar | SO CRIDG | 1:26.82 | 3 | |
| 15 | Mya Creek | FR DSA | 1:28.31 | 2 | |
| 16 | Molly Kruse | SO ORNGE | 1:29.00 | 1 | |
| 17 | Carlie Aldridge | SR EALAM | 1:29.06 | | |
| 18 | Lily Phillips | XX OAKGR | 1:29.55 | | |
| 19 | Claudia Sadgrove | SO ORNGE | 1:29.82 | | |
| 20 | Gentry Smith | NDAVD | 1:30.87 | | |
| 21 | Emma Post | JR UPINS | 1:32.15 | | |
| 22 | Kaleigh Altman | JR ATKIN | 1:34.03 | | |
| 23 | Harper Trost | SR ORNGE | 1:36.32 | | |
| 24 | Colette Causby | JR ATKIN | 1:37.71 | | |

Event 22 Men 100 Yard Breaststroke

| 55.44 AA-A | | 56.68 AA-C | | All-America | |
|--------------|-----------------------|--------------|-------------|-------------|--|
| 1:13.99 REGA | | 1:31.99 REGC | | Regional | |
| Name | Yr | School | Finals Time | | |
| 1 | Zack Schambra Stevens | FR ATKIN | 1:02.60 | 20 | |
| 2 | Joshua Vogl | XX OAKGR | 1:05.60 | 17 | |
| 3 | Jan Brynda | SR CARR | 1:08.30 | 16 | |
| 4 | Gavin Goots | FR ROCCO | 1:08.83 | 15 | |
| 5 | Eli Fulcher | XX OAKGR | 1:09.22 | 14 | |
| 6 | Cullen Cox | SO UPINS | 1:10.38 | 13 | |
| 7 | Dalton Collins | SR CDAVD | 1:10.59 | 12 | |
| 8 | Jayden Wagner | XX OAKGR | 1:13.26 | 11 | |
| 9 | Braden Schwenke | FR ATKIN | 1:13.77 | 9 | |
| 10 | Liam Miller | FR WWLMS | 1:14.09 | 7 | |
| 11 | Ben Sirgany | SR ORNGE | 1:15.69 | 6 | |
| 12 | Charles McDonell | XX OAKGR | 1:17.09 | 5 | |
| 13 | Aidan Sanders | NDAVD | 1:18.84 | 4 | |
| 14 | Julio Santillan | JR LEDFD | 1:19.39 | 3 | |
| 15 | Evan Sawyer | FR EALAM | 1:19.65 | 2 | |
| 16 | Jose Ontiveros | SR LEDFD | 1:21.36 | 1 | |
| 17 | Zack Ollis | SR WALAM | 1:21.51 | | |
| 18 | Dylan Cowan | SR ORNGE | 1:21.53 | | |
| 19 | Elisha Dockery | JR SCOTL | 1:22.30 | | |
| 20 | Judah Steinberg | NDAVD | 1:22.50 | | |
| 21 | Marshall Brown | SO LEDFD | 1:22.68 | | |
| 22 | Alex Anderson | SR WALAM | 1:23.54 | | |
| 23 | Nicholas Acree | SO ROCCO | 1:24.61 | | |
| 24 | Zion Green | FR CRIDG | 1:27.13 | | |

2024 3A Central NCHSAA Regional Championships - 2/1/2024 to 2/3/2024

Host: Rockingham County HS

Swimming & Diving

Results

Event 23 Women 400 Yard Freestyle Relay

| 3:27.68 AA-A | | 3:31.16 AA-C | | All-America | |
|---------------------------|---------------------------|--------------|----|-------------|--|
| 4:42.99 REGA | | 6:20.99 REGC | | Regional | |
| Team | Finals Time | | | | |
| 1 CARR | 3:52.44 | | 40 | | |
| 1) Maya Lambert SR | 2) Ellie Hill SO | | | | |
| 3) Kyla Conner SO | 4) Avery Shuping JR | | | | |
| 2 CRIDG | 4:08.14 | | 34 | | |
| 1) Quinn McCrimmon JR | 2) Hala Zafar SO | | | | |
| 3) Sierra Godfrey JR | 4) Sophia Stinnett JR | | | | |
| 3 DSA | 4:11.23 | | 32 | | |
| 1) Ella Werley FR | 2) Mina Coers JR | | | | |
| 3) Peyton Yuan JR | 4) Peyton Walker FR | | | | |
| 4 WALAM | 4:13.28 | | 30 | | |
| 1) Kensley Gasaway SO | 2) Adriana Carmon FR | | | | |
| 3) Sarah McLaughlin JR | 4) Elizabeth Merlette SO | | | | |
| 5 NDAVD | 4:17.85 | | 28 | | |
| 1) Ella Artrip | 2) Emily Davies | | | | |
| 3) Mattie Berrier | 4) Rachel Hartsell | | | | |
| 6 WWLMS | 4:18.07 | | 26 | | |
| 1) Reagan Wieting FR | 2) Elizabeth Stokes FR | | | | |
| 3) Alejandra Gonzalez FR | 4) Abigale Robinson SR | | | | |
| 7 ORNGE | 4:21.33 | | 24 | | |
| 1) Zoe Jones JR | 2) Molly Kruse SO | | | | |
| 3) Claudia Sadgrove SO | 4) Ainsley Rasinske SO | | | | |
| 8 OAKGR | 4:25.31 | | 22 | | |
| 1) Maggie Richard XX | 2) Ann Hrycay XX | | | | |
| 3) Avery Ray XX | 4) Madelyn Wilson XX | | | | |
| 9 ASHEB | 4:29.12 | | 18 | | |
| 1) Abigail Becker XX | 2) Franchesca Piansay XX | | | | |
| 3) Maci Columbia XX | 4) Elliza Duranceau XX | | | | |
| 10 ROCCO | 4:37.34 | | 14 | | |
| 1) Sadie Page FR | 2) Bella Reece Shearer SO | | | | |
| 3) Sarah Long | 4) Brooke Parker SR | | | | |
| 11 SCOTL | 4:38.74 | | 12 | | |
| 1) Zoey Bowman JR | 2) Faith Dockery SR | | | | |
| 3) Emma Houg SR | 4) Taylor Johnson SO | | | | |
| 12 SALAM | 5:00.58 | | 10 | | |
| 1) Annabelle Hazelwood SO | 2) Sophia Eusantos SR | | | | |
| 3) Catherine Collie SR | 4) Sydney Williams JR | | | | |
| 13 UPINS | 5:05.03 | | 8 | | |
| 1) Zaina Threet JR | 2) Paizlee Davis FR | | | | |
| 3) Camille Tipton JR | 4) Emma Post JR | | | | |
| 14 CDAVD | 5:05.53 | | 6 | | |
| 1) Callie Freeman SR | 2) Hannah Sams SR | | | | |
| 3) Abi Sams SO | 4) Kendall Abbott SO | | | | |
| 15 ATKIN | 5:11.38 | | 4 | | |
| 1) Kirsten Hall JR | 2) Kaleigh Altman JR | | | | |
| 3) Ashley Wang SR | 4) Taylor Lazenby JR | | | | |
| 16 MONTC | 5:20.58 | | 2 | | |
| 1) Kaelyn Davis SR | 2) River Seawell SR | | | | |
| 3) Jessica Freeman SR | 4) Paige Kern SR | | | | |
| 17 LEDFD | 5:30.18 | | | | |
| 1) Katherine Goodman JR | 2) Addison Sage JR | | | | |
| 3) Elizabeth Johnston JR | 4) Bella Elliott SO | | | | |
| 18 EALAM | 5:31.56 | | | | |
| 1) Quincie Loy SR | 2) Ryen Gibbs JR | | | | |
| 3) Madison Page SR | 4) Abby Brinker JR | | | | |

Event 24 Men 400 Yard Freestyle Relay

| 3:05.74 AA-A | | 3:08.40 AA-C | | All-America | |
|---------------------------|-----------------------------|--------------|----|-------------|--|
| 4:00.99 REGA | | 5:55.99 REGC | | Regional | |
| Team | Finals Time | | | | |
| 1 CARR | 3:24.87 | | 40 | | |
| 1) Matt Strada SR | 2) Zach Maiorana SO | | | | |
| 3) Grey DeWalt SO | 4) Andrew Commins SR | | | | |
| 2 ORNGE | 3:29.13 | | 34 | | |
| 1) Alexander Andre JR | 2) Nicholas Baczara JR | | | | |
| 3) Ayden Twiddy JR | 4) Luke Roman JR | | | | |
| 3 OAKGR | 3:39.34 | | 32 | | |
| 1) Aiden Fleming XX | 2) Evan Messer XX | | | | |
| 3) Eli Fulcher XX | 4) Joshua Vogl XX | | | | |
| 4 NDAVD | 3:44.66 | | 30 | | |
| 1) Owen Johnson | 2) Cooper Berrier | | | | |
| 3) Landon James | 4) Jacob Meuser | | | | |
| 5 ATKIN | 3:45.60 | | 28 | | |
| 1) Robert Gale JR | 2) Braden Schwenke FR | | | | |
| 3) Adric Ebert FR | 4) Zack Schambra Stevens FR | | | | |
| 6 CRIDG | 3:46.03 | | 26 | | |
| 1) Christopher Seawell FR | 2) Zion Green FR | | | | |
| 3) Philip Cauwels JR | 4) Nikhil Agans SR | | | | |
| 7 WALAM | 3:48.36 | | 24 | | |
| 1) Jacob Miles SR | 2) Zack Ollis SR | | | | |
| 3) Wylie Kline SR | 4) Eamon Hipps SO | | | | |
| 8 ASHEB | 3:58.89 | | 22 | | |
| 1) Cayne Duranceau XX | 2) Stefan Reedy XX | | | | |
| 3) Kevin Rodriguez XX | 4) Tyler Smith XX | | | | |
| 9 CDAVD | 4:06.95 | | 18 | | |
| 1) Dalton Collins SR | 2) Jackson Bailey FR | | | | |
| 3) Parker Hess SO | 4) Rance Jackson SO | | | | |
| 10 LEDFD | 4:22.04 | | 14 | | |
| 1) Julio Santillan JR | 2) Emiliano Santillan SR | | | | |
| 3) Austin Watson JR | 4) Sawyer Dobbins JR | | | | |
| 11 UPINS | 4:22.77 | | 12 | | |
| 1) Klay Blue SO | 2) Justin Cole JR | | | | |
| 3) Nicholas Phillips SO | 4) Tay Tranel SO | | | | |
| 12 ROCCO | 4:32.49 | | 10 | | |
| 1) Allan Gwyn SO | 2) Carter Pruitt FR | | | | |
| 3) Ethan Whitesell SR | 4) Nicholas Acree SO | | | | |
| 13 SCOTL | 4:32.98 | | 8 | | |
| 1) Elisha Dockery JR | 2) Kishawn Pate SR | | | | |
| 3) Mavin McKenzie FR | 4) Jack Herr SR | | | | |
| 14 MONTC | 4:56.04 | | 6 | | |
| 1) Kamryn Lovelace FR | 2) Gavin Cummins JR | | | | |
| 3) Andrew Richardson SO | 4) Lance Hensley JR | | | | |
| 15 SOLEE | 5:26.29 | | 4 | | |
| 1) Yasser Ben Mansour SR | 2) David Fitzgerald FR | | | | |
| 3) Jose Alberto SR | 4) Jared Alderson JR | | | | |