

2017 Swimming Regional Dates, Sites and Times:

Regionals: Timed Finals

1A/2A Eastern

Director - Spencer Pake, Washington HS
spake@beaufort.k12.nc.us

Swimming: Saturday, Feb. 4th - Triangle Aquatic Center, Cary
Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3rd – Pullen Aquatic Center, Raleigh

1A/2A and 3A East Men and Women divers will dive together.

Warm ups at 9:00-9:45 am

Competition begins at 9:50 am

1A/2A Western

Director – Kristin Marsh, Pine Lake Prep
marshswim@gmail.com

Swimming: Saturday, Feb. 4th – Mecklenburg County Aquatic
Center

Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Saturday, Feb. 4th – Huntersville Family Fitness & Aquatic
Center

1A/2A West Men and Women will compete together.

Warm ups at 9:00-9:30 am

Competition begins at 9:35 am

3A Eastern

Director – Steve Reigler, Chapel Hill HS

chhsswimming@gmail.com

Swimming: Friday, Feb. 3rd –Triangle Aquatic Center, Cary

Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3rd – Pullen Aquatic Center, Raleigh

1A/2A and 3A East Men and Women divers will dive together.

Warm ups at 9:00-9:45 am

Competition begins at 9:50 am

3A Central

Director – Richard Swor, Northern Guilford Rmswor@gmail.com

Mandy McMillian, Terry Sanford mandymcmillan@ccs.k12.nc.us

Swimming: Saturday, Feb. 4th - Greensboro Aquatic Center

Facility opens 2:30 pm

Pool open for general warm-ups 3:05-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3rd – Greensboro Aquatic Center

3A and 4A Central Women divers will dive together.

Women's Warm-ups 12:30 pm-1:05 pm

Women's competition 1:05 pm

3A and 4A Central Men divers will dive together.

Men's warm-ups: 35 min. at the conclusion of the Women's competition-followed by the Men's competition.

***NOTE- \$5 Parking Fee**

3A Western

Director – Eric Hyder, West Henderson HS

hyder7820@gmail.com

Swimming: Friday, Feb. 3rd - Mecklenburg County Aquatic Center

Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3rd - Huntersville Family Fitness & Aquatic Center

3A West Men and Women will compete together.

Warm-ups 9:00-9:30 am

Competition 9:35 am

4A Eastern

Directors – Chris Mumma, Sanderson HS dmumma@wcpss.net
Julia Herman, Green Hope HS juliarherman@gmail.com
Swimming: Saturday, Feb. 4th - Triangle Aquatic Center, Cary
Facility opens 7:30 am
Pool open for general warm-ups 7:45-8:30 am
Clear the pool for coaches' meeting 8:30 am
Coaches' meeting 8:35 am
Competition begins following coaches meeting.

Diving: Friday, Feb. 3rd – Pullen Aquatic Center, Raleigh
Women's Warm-ups 12:00 pm-12:45 pm
Women's competition 12:50 pm
Men's warm-ups: 45 min. at the conclusion of the Women's
competition-followed by the Men's competition.

4A Central

Directors - Brian Wells, North Davidson HS swimbwells@gmail.com
Tyler Shepard, RJ Reynoldstk shepherd@wsfcs.k12.nc.us
Swimming: Saturday, Feb. 4th – Greensboro Aquatic Center
Facility opens 7:15 am
Pool open for general warm-ups 7:35-8:30 am
Clear the pool for coaches' meeting 8:30 am
Coaches' meeting 8:35 am
Competition begins following coaches meeting.

Diving: Friday, Feb. 3rd – Greensboro Aquatic Center
3A and 4A Central Women divers will dive together.
Women's Warm-ups 12:30 pm-1:05 pm
Women's competition 1:05 pm
3A and 4A Central Men divers will dive together.
Men's warm-ups: 35 min. at the conclusion of the Women's
competition-followed by the Men's competition.

***NOTE- \$5 Parking Fee**

4A Western

Director – Leslie Berens, South Mecklenburg HS
lhberens@live.com
Swimming: Saturday, Feb. 4th – Mecklenburg County Aquatic
Center
Facility opens for teams 7:00 am
Facility opens 7:30 am
Pool open for general warm-ups 7:45-8:30 am
Clear the pool for coaches' meeting 8:30 am
Coaches' meeting 8:35 am
Competition begins following coaches meeting.

Diving: Friday, Feb. 3rd – Huntersville Family Fitness & Aquatic
Center
Women's Warm-ups 1:00-1:30 pm
Women's Competition 1:35 pm
Men's warm-ups 45 min. at the conclusion of the Women's
competition-followed by the Men's competition.