

**Regionals: Timed Finals**

1A/2A Eastern

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

Swimming: Saturday, Feb. 3<sup>rd</sup> - 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. 2<sup>nd</sup> – Pullen Aquatic Center, Raleigh

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

Warm ups at 4:00-4:45 pm

Competition begins at 4:50 pm

1A/2A Western

Director – McKenzie Brastrow, Pine Lake Prep  
Mckenzie.brastow@pinelakeprep.org  
Mario Saragoni, Pine Lake Prep  
lakemojo@gmail.com

Swimming: Saturday, Feb. 3<sup>rd</sup> – 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. 2<sup>nd</sup> – Huntersville Family Fitness & Aquatic  
Center

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

Warm ups at 4:00-4:45 pm

Competition begins at 4:50 pm

3A Eastern

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

Swimming: Saturday, Feb. 3<sup>rd</sup> - 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. 2<sup>nd</sup> – Pullen Aquatic Center, Raleigh  
**1A/2A and 3A East Men and Women divers will dive together.**  
Warm ups at 4:00-4:45 pm  
Competition begins at 4:50 pm

3A Central

Director – Richard Swor, Northern Guilford  
Rmswor@gmail.com  
William Brdshaw, Southwest Guilford  
bradshw@gcsnc.com

Swimming: Saturday, Feb. 3<sup>rd</sup> – 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. 2<sup>nd</sup> – Greensboro Aquatic Center  
**3A and 4A Central Men divers will dive together.**  
Men's Warm-ups 12:30 pm-1:05 pm  
Men's competition 1:05 pm  
**3A and 4A Central Women divers will dive together.**  
Women's warm-ups: 35 min. at the conclusion of the Men's  
competition-followed by the Women's competition.

\*NOTE- \$5 Parking Fee

3A Western

Director – Melissa King-Pierce, Marvin Ridge HS  
Melissa.king@ucps.k12.nc.us

Swimming: Saturday, Feb. 3<sup>rd</sup> – 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. 3<sup>rd</sup> - Huntersville Family Fitness & Aquatic  
Center  
**3A West Men and Women will compete together.**  
Warm-ups 9:00-10:00 am  
Competition 10:05 am

4A Eastern

Directors - Maureen Blandford, Corinth-Holders HS  
maureenblandford@johnston.k12.nc.us  
Daniel Mumma, Sanderson HS  
dmumma@wcpss.net

Swimming: Friday, Feb. 2<sup>nd</sup> –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. 2<sup>nd</sup> – Pullen Aquatic Center, Raleigh  
Men's Warm-ups 8:00 am-8:45 am  
Men's competition 8:50 am  
Women's warm-ups: 45 min. at the conclusion of the Men's  
competition-followed by the Women's competition.

4A Central

Directors - Caroline Jones, R.J. Reynolds HS  
cejones@wsfcs.k12.nc.us  
Tyler Shepherd, R.J. Reynolds HS  
shepherdtk1@gmail.com

Swimming: Saturday, Feb. 3<sup>rd</sup> - 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. 2<sup>nd</sup> – Greensboro Aquatic Center  
**3A and 4A Central Men divers will dive together.**  
Men's Warm-ups 12:30 pm-1:05 pm  
Men's competition 1:05 pm  
**3A and 4A Central Women divers will dive together.**  
Women's warm-ups: 35 min. at the conclusion of the Men's  
competition-followed by the Women's competition.

\*NOTE- \$5 Parking Fee

4A Western

Director – Leslie Berens, South Mecklenburg HS  
lhberens@live.com

Swimming: Friday, Feb. 2<sup>nd</sup> - 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. 2<sup>nd</sup> – Huntersville Family Fitness & Aquatic  
Center  
Men's Warm-ups 9:00-9:45 am  
Men's Competition 9:50 am  
Women's warm-ups 45 min. at the conclusion of the Men's  
competition-followed by the Women's competition.