**Regionals: Timed Finals**

**1A/2A Eastern**

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

**Swimming:** Friday, Feb. 1st - 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. 1st — **TBD**  
**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 Central**

**Director** – Brian Wells, Central Carolina Conference  
swimbwells@gmail.com

**Swimming:** Friday, Feb. 1st - Greensboro 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:** Thursday, Jan. 31st – Greensboro Aquatic Center  
**1A/2A, 3A and 4A Central Women divers will dive together.**  
Women’s Warm-ups 8:00-8:45 am  
Women’s Competition 8:50 am  
**1A/2A, 3A and 4A Central Men divers will dive together.**  
Men’s warm-ups 45 min. at the conclusion of the Women’s competition-followed by the Men’s competition.

*NOTE* - $5 Parking Fee

**1A/2A Western**

**Director** – McKenzie Brastown, Pine Lake Prep  
mckenzie.brastown@pinelakeprep.org  
Brett Hayford, Pine Lake Prep  
brett.hayford@pinelakeprep.org

**Swimming:** Friday, Feb. 1st – 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. 1st – Huntersville Family Fitness & Aquatic Center  
**1A/2A West Men and Women will compete together.**  
Warm ups at 9:00-9:45 am  
Competition begins at 9:50 am
3A Eastern

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

Swimming: Saturday, Feb. 2nd - 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. 1st – TBD
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 – Kelly Snyder
kellypsnyder@gmail.com
Richard Swor, Northern Guilford
rmswor@gmail.com

Swimming: Saturday, Feb. 2nd – 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: Thursday, Jan. 31st – Greensboro Aquatic Center
1A/2A, 3A and 4A Central Women divers will dive together.
Women’s Warm-ups 8:00-8:45 am
Women’s Competition 8:50 am
1A/2A, 3A and 4A Central Men divers will dive together.
Men’s warm-ups 45 min. at the conclusion of the Women’s competition-followed by the Men’s competition.

*NOTE- $5 Parking Fee

3A Western

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

Swimming: Saturday, Feb. 2nd – 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. 1st - Huntersville Family Fitness & Aquatic Center
Women’s Warm-ups 3:00-3:45 pm
Women’s Competition 3:50 pm
Men’s warm-ups 45 min. at the conclusion of the Women’s competition-followed by the Men’s competition.
4A Eastern

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

**Swimming**: Saturday, Feb. 2nd – 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. 1st – TBD
Women’s Warm-ups 12:30-1:15 pm
Women’s competition 1:20 pm
Men’s warm-ups: 45 min. at the conclusion of the Women’s competition followed by the Men’s competition.

4A Central

**Directors** - Caroline Bronson, R.J. Reynolds HS
cebronson@wsfcs.k12.nc.us

**Swimming**: Saturday, Feb. 2nd - 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**: Thursday, Jan. 31st – Greensboro Aquatic Center

1A/2A, 3A and 4A Central Women divers will dive together.
Women’s Warm-ups 8:00-8:45 am
Women’s Competition 8:50 am

1A/2A, 3A and 4A Central Men divers will dive together.
Men’s warm-ups 45 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
lberens@live.com

**Swimming**: Saturday, Feb. 2nd - 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. 2nd – Huntersville Family Fitness & Aquatic Center
Women’s Warm-ups 9:00-9:45 am
Women’s Competition 9:50 am
Men’s warm-ups 45 min. at the conclusion of the Women’s competition followed by the Men’s competition.