

Regionals: Timed Finals

1A/2A East

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 – Willis R. Casey 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 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 West

Director: McKenzie Brastrow, Pine Lake Prep
mckenzie.brastrow@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 East

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 – Willis R. Casey 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: 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 West

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 East

Directors: Maureen Blandford, Corinth-Holders HS
maureenblandford@johnston.k12.nc.us
Daniel Mumma, Sanderson HS
dmumma@wcpss.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 – Willis R. Casey Aquatic Center, Raleigh 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 West

Director: Leslie Berens, South Mecklenburg HS
lhberens@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