

Regionals: Timed Finals

1A/2A Eastern

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

Swimming: Saturday, Feb. 3rd - 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. 2nd – 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. 3rd – 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. 2nd – 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. 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. 2nd – 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. 3rd – 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. 2nd – 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. 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: Saturday, 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 - Maureen Blandford, Corinth-Holders HS
maureenblandford@johnston.k12.nc.us
Daniel Mumma, Sanderson HS
dmumma@wcpss.net

Swimming: Friday, 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. 2nd – 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. 3rd - 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. 2nd – 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. 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: Friday, Feb. 2nd – 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.