

Regionals: Timed Finals

1A/2A East

Director: Mandy McMillan, Pine Forest High School
mcmillanmandyp@gmail.com

Swimming: Friday, January 31 - 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: Thursday, January 30 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

1A/2A Central

Director: Jonathan Eloff, Bishop McGuinness HS
jelolf@bmhs.us
Justine Luzwick, West Stokes HS
justine.luzwick@stokes.k12.nc.us

Swimming: Friday, January 31 - 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, January 30 – Greensboro Aquatic Center
1A/2A, 3A and 4A Central men 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 women 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: Brett Hayford, Pine Lake Prep
brett.hayford@pinelakeprep.org
Coaches Meeting: Tuesday, January 28 @ 6:00 pm via Zoom

Swimming: Friday, January 31 - Mecklenburg County Aquatic Center
Facility opens 5:00 pm
Pool open for general warm-ups 5:15-6:00 pm
Competition

Diving: Friday, January 31 – Mecklenburg County Aquatic Center
1A/2A and 3A will dive together
Facility opens 11:30 am
Warm-ups 12:00 pm
Competition 12:30 pm

3A East

Director: Mikaela Worsinger, Croatan HS
mikaela.worsinger@carteretk12.org

Swimming: Saturday, February 1 - Triangle Aquatic Center, Cary
Facility opens 7:45 am
Pool open for general warm-ups 8:00-8:45 am
Clear the pool for coaches' meeting 8:45 am
Coaches' meeting 8:50 am
Competition begins following coaches meeting.

Diving: Thursday, January 30 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

3A Central

Director: Jodi Troxler, Rockingham County HS
jtroxler@rock.k12.nc.us

Swimming: Saturday, February 1 – 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, January 30 – Greensboro Aquatic Center
1A/2A, 3A and 4A Central men 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 women 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: Brett Hayford, Pine Lake Prep
brett.hayford@pinelakeprep.org

Coaches Meeting: Tuesday, January 28 @ 6:00 pm via Zoom

Swimming: Saturday, February 1 - Mecklenburg County Aquatic Center
Facility opens 7:30 am
Pool open for general warm-ups 7:45-8:30 am
Competition

Diving: Friday, January 31 - Mecklenburg County Aquatic Center
1A/2A and 3A will dive together
Facility opens 11:30 am
Warm-ups 12:00 pm
Competition 12:30 pm

4A East

Directors: Mandy McMillan, Pine Forest High School
mcmillanmandyp@gmail.com

Swimming: Saturday, February 1 - Triangle Aquatic Center, Cary
Facility opens 3:15 pm
Pool open for general warm-ups 3:30-4:15 pm
Clear the pool for coaches' meeting 4:15 pm
Coaches' meeting 4:20 pm
Competition begins following the coaches meeting.

Diving: Thursday, January 30 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

4A Central

Directors: Jennifer Lovato, Northwest Guilford HS
lovatoj@gcsnc.com
Susan Skipper, Grimsley HS
susanleeskipper@gmail.com

Swimming: Saturday, February 1 – 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, January 30 – Greensboro Aquatic Center
1A/2A, 3A and 4A Central men 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 women 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: Melissa King-Pierce, Marvin Ridge HS
Melissa.king@ucps.k12.nc.us

Coaches Meeting: Tuesday, January 28 @ 6:00 pm via Zoom

Swimming: Saturday, February 1 - Mecklenburg County Aquatic Center
Facility opens 3:00 pm
Pool open for general warm-ups 3:15-4:00 pm
Competition

Diving: Friday, January 31 - Mecklenburg County Aquatic Center
Facility opens 7:00 am
Warm-ups 7:30 am
Competition 8:00 am