

Regionals: Timed Finals

1A/2A/3A East

Director: Jonathan Elof, Bishop McGuinness HS
jelolf@bmhs.us

Swimming: Saturday, 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.
***NOTE- Parking Fee (Cashless)**

Diving: Director: Jonah Turner – Cardinal Gibbons - jturner@coach.cghsnc.org
Thursday, January 29 - Pullen Aquatic Center, Raleigh
All East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

1A/2A/3A West

Director: Brett Hayford, Pine Lake Prep
brett.hayford@pinelakeprep.org

Swimming: Saturday, January 31 - Mecklenburg County Aquatic Center
Facility opens 3:00 pm
Pool open for general warm-ups 3:15-4:00 pm
Competition

Diving: Director: Ryan Pegarsch – pegarschr@gmail.com
Thursday, January 29 – Greensboro Aquatic Center
All Women Divers will dive together.
Women's Warm-ups 7:00-7:45 am
Women's Competition 7:50 am
All 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- Parking Fee (Cashless)**

4A East

Directors: Justine Luzwick, West Stokes
justine.luzwick@stokes.k12.nc.us

Swimming: Friday, January 30 - 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.
***NOTE- Parking Fee (Cashless)**

Diving: Director: Jonah Turner – Cardinal Gibbons - jturner@coach.cghsnc.org
Thursday, January 29 - Pullen Aquatic Center, Raleigh
All East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

4A West

Director: Roger Hawkins, East Gaston
eastgastonswimcoach@gmail.com

Swimming: Friday, January 30 - Mecklenburg County Aquatic Center

Facility opens 7:30 am

Pool open for general warm-ups 7:45-8:30 am

Competition

***NOTE- Parking Fee (Cashless)**

Diving: Director: Ryan Pegarsch – pegarschr@gmail.com

Thursday, January 29 – Greensboro Aquatic Center

All Women Divers will dive together.

Women's Warm-ups 7:00-7:45 am

Women's Competition 7:50 am

All 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- Parking Fee (Cashless)**

5A East

Director: Mikaela Worsinger, West Carteret
mikaela.worsinger@carteretk12.org

Swimming: Friday, January 30 – Triangle Aquatic Center, Cary

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: Director: Jonah Turner – Cardinal Gibbons - jturner@coach.cghsnc.org

Thursday, January 29 - Pullen Aquatic Center, Raleigh

All East women and men divers will dive together

Warm-ups 8:30-9:00 am

Competition 9:05 am

5A West

Director: Rachel Greene, Oak Grove
rachelgreene@davidson.k12.nc.us

Swimming: Friday, January 30 – 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.

***NOTE- Parking Fee (Cashless)**

Diving: Director: Ryan Pegarsch – pegarschr@gmail.com

Thursday, January 29 – Greensboro Aquatic Center

All Women Divers will dive together.

Women's Warm-ups 7:00-7:45 am

Women's Competition 7:50 am

All 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- Parking Fee (Cashless)**

6A East

Director: Mary Du Lac, Middle Creek
mdulac@wcpss.net

Swimming: Saturday, January 31 - 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: Director: Jonah Turner – Cardinal Gibbons - jturner@coach.cghsnc.org
Thursday, January 29 - Pullen Aquatic Center, Raleigh
All East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

6A West

Director: Veronica Farrell, Northern Guilford
vdfarrell@gmail.com

Swimming: Saturday, January 31 – 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.
***NOTE- Parking Fee (Cashless)**

Diving: Director: Ryan Pegarsch – pegarschr@gmail.com
Thursday, January 29 – Greensboro Aquatic Center
All Women Divers will dive together.
Women's Warm-ups 7:00-7:45 am
Women's Competition 7:50 am
All 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- Parking Fee (Cashless)**

7A East

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

Swimming: Friday, January 30 - Triangle Aquatic Center, Cary
Facility opens 1:45 pm
Pool open for general warm-ups 2:00-2:45 pm
Clear the pool for coaches' meeting 2:45 pm
Coaches' meeting 2:50 pm
Competition begins following the coaches meeting.

Diving: Director: Jonah Turner – Cardinal Gibbons - jturner@coach.cghsnc.org
Thursday, January 29 - Pullen Aquatic Center, Raleigh
All East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

7A West

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

Swimming: Friday, January 30 - Mecklenburg County Aquatic Center
Facility opens 3:00 pm
Pool open for general warm-ups 3:15-4:00 pm
Competition
***NOTE- Parking Fee (Cashless)**

Diving: Director: Ryan Pegarsch – pegarschr@gmail.com
Thursday, January 29 – Greensboro Aquatic Center
All Women Divers will dive together.
Women's Warm-ups 7:00-7:45 am
Women's Competition 7:50 am
All 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- Parking Fee (Cashless)**

8A East

Director: Mandy McMillan, Pine Forest
mcmillanmandy@gmail.com

Swimming: Saturday, January 31– Triangle Aquatic Center, Cary
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: Director: Jonah Turner – Cardinal Gibbons - jturner@coach.cghsnc.org
Thursday, January 29 - Pullen Aquatic Center, Raleigh
All East women and men divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

8A West

Director: Jennifer Degen, East Mecklenburg
jennifer.degen@cms.k12.nc.us

Swimming: Saturday, January 31 - Mecklenburg County Aquatic Center
Facility opens 7:30 am
Pool open for general warm-ups 7:45-8:30 am
Competition

Diving: Director: Ryan Pegarsch – pegarschr@gmail.com
Thursday, January 29 – Greensboro Aquatic Center
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