

**Regionals: Timed Finals**

1A/2A/3A East

Director: Jonathan Elolf, 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.cgshnc.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.cgshnc.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  
mcmillanmandyp@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

**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.**

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