



NC ZONE RANGERS

2014 ZONE

TUESDAY, JULY 29, 2014

SWIM TEAM

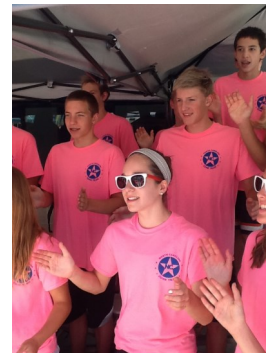
2014 North Carolina Zone Team

ISSUE TWO

San Antonio, Texas

13-14 Girls Rock the 800m Free

Finishing 2nd, 3rd, and 7th, all three North Carolina girls (Sophia Cherkez, Ana Pozder, and Anna Durak, respectively) finished in the top-8 of the 800m Freestyle to lead the NCS delegation in today's timed finals. Other top-8 finishers today included Amanda Ray (11F), 8th, 400m Free; Cothalee Watko (13M), 8th, 1500m Free; Ashlyn Butkowski (15F), 5th, 800m Free; and Erin McCullagh (15F), 8th, 800m Free. The team score after DAY 1: (1) **Florida** (60pts); (2) **Georgia** (41pts); (3) **Southeastern** (36pts); (4) **FGC** (30pts); (5) **NCS** (22pts).



(left) Maddy Flickinger leads the NCS Zone team into the Northside Independent School District (NISD) venue; (center) NCS athletes gather for their first big N-C-S cheer on Day 1 of competition; (above right) 13 and over girls waiting during Monday warm-up session.

NCS Zone Team Wednesday Schedule

Wednesday Schedule—July 30, 2014

6:15am: Wake-up Calls to all rooms
6:15-6:45am: Breakfast in the lobby.
6:45am: Vans depart. Yellow t-shirts.
7:15-8:45am: Warm-ups.
9:00am: Meet starts.
11:15am: First vans depart back to hotel with anyone who does not have an event after 11-12 50m Breast.
12:15pm: One van returns to hotel after 11-12 Boys 100 Fly.
12:30pm: Lunch service at hotel.
1:00pm: Last group of swimmers who are competing today depart for hotel.
3:45pm: Vans with finalists depart for pool.
4:45pm: Vans with remaining swimmers depart. Many of you will be timing the evening session. 400 Medley Relays are in finals on Wednesday evening.

5:30pm: Finals begin.

8:40pm: ALL Return to hotel.

9:00pm: Dinner and TEAM MEETING at the hotel.

10pm: Lights out.

REMINDERS

- ◆ **WEAR YELLOW SHIRTS TO POOL**
- ◆ **BRING WATER BOTTLES AND STAY HYDRATED.**
- ◆ **CHASE STARTS WILL BE USED.** Girls will finish at end where we started all Tuesday heats. Boys will finish at the opposite (scoreboard end).
- ◆ **NORTH & SOUTH CAROLINA** have volunteered to provide timers for the Wednesday finals session. We will need 12 volunteers to time.
- ◆ **POLICE our team area** for trash whenever you depart.
- ◆ There will be a **10min break** at night after the last individual event before relays begin.

- ◆ Once the pool is cleared from finals warm-ups, there will be an awards presentation for the top-3 athletes from the previous days events. Coach of winning athlete to present the awards.
- ◆ Relay cards due at 5:30pm each evening.
- ◆ Relay take-off pads will be used for all relay false starts called. Officials must first agree, then the computer has to agree with the call.
- ◆ All finalists will be marched out to the blocks. Be in the ready room ahead of heat.
- ◆ Everyone will be swimming a 3K at the Open Water meet as the lake water may exceed temperature allowed. Everything will be organized in the Sea World grandstand.
- ◆ Outdoor pool venue is a \$20million facility.
- ◆ All pool events will be swum fastest to slowest alternating women and men from this point onward. Be ready at the appropriate end of the pool.