

NC ZONE RANGERS

2014 ZONE
SWIM TEAM

WEDNESDAY, JULY 30, 2014

2014 North Carolina Zone Team

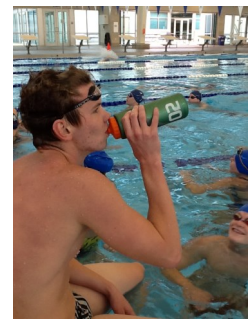
ISSUE THREE

San Antonio, Texas

NCS moves up to 4th Place

On the strength of the 11-12 and 13-14 relays all finishing in 2nd place, a win in the 11-12 Boys 50m Breast by Ben Duckworth (33.36) and sixteen noteworthy swims in finals, the **North Carolina** team moved ahead of Florida Gold Coast (FGC) and up into fourth place headed into the third of five days of competition at the Southern Zone Championships. The San Antonio weather hit 98 degrees today and our team area maintained a shady headquarters through most of the morning preliminaries with hydrating often being a primary goal. The team rallied during the breaststroke and butterfly events with some terrific performances. (see page 2 for all of the performances from Wednesday). The team warmed-up primarily in the indoor 50m course as staying out of the sun became an important part of each swimmer's preparation. Coach Alex Black was called back to North Carolina so he could make it in time to see his new son born early in the morning on Wednesday. We have it on good authority that Alex is already grooming little Joel for a spot on the 2025 Zone Team!

In finals this evening four NCS Zone Team members achieved the Bonus Junior National cut. They included **Caroline Forsyth** (14), 200m Breast (2:40.15); **Olivia Carter** (14), 100m Butterfly; **John Healy** (14), 100m Butterfly; and **Mia Morrell** (16), 100m Butterfly. **Morrell**, along with teammate **Henry McGugen** are serving as NCS Co-Captains and have been great leading the team throughout the meet.



NCS Zone Team Thursday Schedule

Thursday Schedule—July 31, 2014

- 6:00am:** Wake-up Calls to all rooms
- 6:00-6:45am:** Breakfast in the lobby.
- 6:45am:** Vans depart. Green t-shirts.
- 7:15am:** TEAM PHOTO—indoor pool
- 7:25-8:45am:** Warm-ups. Backstrokers in competition outdoor pool (Lane 3); all others in indoor 50M.
- 9:00am:** Meet starts.
- 10:30am:** Two vans depart back to hotel with anyone who does not have an event after 11-12 50m Back.
- 11:30am:** One van returns to hotel after 15-18 Boys 400 IM.
- 12:30pm:** Lunch served at the hotel. Last swimmers depart pool on two vans.
- 3:30pm:** All finalists meet in the lobby.
- 3:45pm:** Vans with finalists depart for pool.

4:45pm: Vans with remaining swimmers depart for pool. 400 Free Relays are in finals on Thursday evening. All swimmers need to warm-up at the pool, even if you are not swimming in finals!

5:30pm: Finals begin.

TBApm: ALL Return to hotel.

8:20pm: Dinner and TEAM MEETING at the hotel.

10pm: Lights out.



Wednesday Results

EVENT 5 — 11-12 Girls 200m Free
3rd Place—Darcy Hall 2:10.83

EVENT 7 — 13-14 Girls 200m Free
5th Place — Ana Pozder 2:07.69
8th Place — Anna Durak 2:08.80

EVENT 11 — 11-12 Girls 50m Breast
2nd Place — Abby Arens 34.66
7th Place — Caroline Crouse 36.40

EVENT 12 — 11-12 Boys 50m Breast
1st Place— Ben Duckworth 33.36

EVENT 13 — 13-14 Girls 200m Breast
2nd Place—Caroline Forsyth 2:40.15*

EVENT 14 — 13-14 Boys 200m Breast
6th Place— Jacob Rauch 2:33.43

EVENT 15 — 15-18 Girls 200m Breast
4th Place— Meagan Johnson 2:43.70
7th Place— Alexandra Reiker 2:46.56

EVENT 16 — 15-18 Boys 200m Breast
7th Place— Connor Blandford 2:29.48

EVENT 17 — 11-12 Girls 100m Fly
4th Place-Elizabeth Vannote 1:06.46*

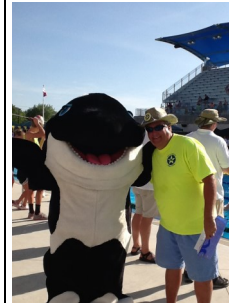
EVENT 18 — 11-12 Boys 100m Fly
3rd Place—Zackary Whipple 1:04.49*

EVENT 19 — 13-14 Girls 100m Fly
3rd seed — Olivia Carter 1:03.16*

EVENT 20 — 13-14 Boys 100m Fly
2nd Place — John Healy 58.53
5th Place — Hunter Pigg 58.89

EVENT 21 — 15-18 Girls 100m Fly
2nd Place — Mia Morrell 1:02.85*

Please be sure that you are looking for the vans today when they depart the pool. Chase starts will be run on all events alternating girls & boys except the 50m events. The 50m events will all start at the scoreboard end and swim all girls, then all boys.



Team Scores:

- (1) - GA 292
- (2) - FL 240
- (3) - SES 207
- (4) - NCS 174
- (5) - FGC 155

Relays

11-12 Girls 400m Medley Relay— 2ND PLACE			11-12 Boys 400m Medley Relay 2ND PLACE		
Athletes	50 Split	100 Split	Athletes	50 Split	100 Split
BACK—Isabel Pennington	33.81	1:10.12	BACK—Michael Moore	32.70	1:07.27
BRST—Abby Arens	36.15	1:17.6	BRST—Ben Duckworth	33,95	1:12.60
FLY—Elizabeth Vannote	31.81	1:08.0	FLY—Zackary Whipple	30.66	1:05.07
FREE—Darcy Hall	28.45	1:00.3	FREE—Bryson Johnson	29.24	1:02.64
13-14 Girls 400m Medley Relay 2ND PLACE			13-14 Boys 400m Medley Relay 2ND PLACE		
Athletes	50 Split	100 Split	Athletes	50 Split	100 Split
BACK—Kat Morrison	32.02	1:06.48	BACK—John Healy	29.36	1:00.44
BRST—Caroline Forsyth	34.03	1:15.6	BRST—Jacob Rauch	31.63	1:09.50
FLY—Olivia Carter	29.38	1:04.0	FLY—Hunter Pigg	27,35	59.30
FREE—Heidi Lowe	28.08	59.91	FREE—Tucker Burhans	25.57	54.09
15-18 Girls 400m Medley Relay 5TH PLACE			15-18 Boys 400m Medley Relay 7TH PLACE		
Athletes	50 Split	100 Split	Athletes	50 Split	100 Split
BACK—Erin McCullagh	33.02	1:08.07	BACK—Nathan Greeley	29.23	1:01.02
BRST—Alexandra Reiker	35.54	1:18.62	BRST—Connor Blandford	32.72	1:11.47
FLY—Mia Morrell	30.43	1:05.21	FLY—Connor Sturgill	27.27	59.61
FREE—Dominique Quintero	27.71	59.44	FREE—Michael Wohl	24.95	53.12