

# North Carolina ZONE TEAM



in  
**TUPELO**



**THURSDAY, AUGUST 6, 2015**

**NCS ZONE TEAM NEWSLETTER — ISSUE THREE.**

## THURSDAY, AUGUST 6 ITINERARY

**6:30am**—Wake-up and breakfast in the lobby  
**7:05am** — Vans depart for morning warm-up  
**7:30-8:45am** — Morning warm-up  
**9am** – Prelims begin  
**12:30pm** — approximate end of morning session  
**12-1:00pm** — Lunch at hotel  
**3:40pm**—Vans depart hotel for finals warm-up  
**4:00-5:15pm** — Finals warm up  
**5:30pm** — Finals Begin

## THURSDAY EVENT ORDER

29-30 15-18 200m Backstroke  
 31-32 13-14 200m Backstroke  
 33-34 11-12 50m Backstroke  
 35-36 15-18 100m Freestyle  
 37-38 13-14 100m Freestyle  
 39-40 15-18 400m IM  
 41-42 13-14 400m IM

400m Freestyle Relays will swim in Finals.

## Reminders:

1– Black caps for prelims; Pink caps for finals.  
 2– Purple t-shirts with record on back are today's shirt.  
 3 - Continue to stay hydrated today. Bring water bottles—drink water and Gatorade frequently.  
 4—Get stickers from your coach when you swim a best time or achieve a top-8 finish. Place the stickers on your bag tags.  
 5—MOJO AWARD yesterday went to John Walker and Emme Nelson who will present today's MOJO AWARD this evening.

## TOP SWIMS WEDNESDAY

25 individual swims and every NCS 400m Medley Relay finishing in the top-4 continues to propel NCS into first place after two days of competition. The coaches couldn't be prouder of the efforts thus far, but continue to advise the athletes to stay hydrated and get appropriate amounts of rest between sessions. With three days left in the meet, the NCS team is facing a big battle with rivals Georgia (who have won the meet the last four years) and Florida who is seeking to repeat as a top-3 LSC again this year.

NCS team members competed in Wednesday finals and finished as follows:

### 11-12 Boys 200m Free

2nd-Wesley Barnett-2:08.94  
 4th-Jake Thakur-2:11.19  
 5th-Christopher Ghim-2:11.27

### 13-14 Girls 200m Free

2nd-Faith Hefner-2:06.54  
 4th-M. Duracinsky-2:08.56  
 6th-S. Clayton-Luce-2:09.82

### 13-14 Boys 200m Free

3rd-Cothalee Watko-1:59.60  
 4th-John Walker-1:59.93  
 5th-Ross Dant-2:00.03

### 15-18 Boys 200m Free

3rd-Avery Gambill-1:58.01  
 4th-Robbie Epler-1:59.14

### 11-12 Girls 50m Breaststroke

4th-Isabella Gaskey-36.47

### 11-12 Boys 50m Breaststroke

2nd-Timothy Connery-34.46  
 5th-Stephen Kim-34.79

### 13-14 Girls 200m Breaststroke

1st-Emme Nelson-2:38.22 JRN

### 13-14 Boys 200m Breaststroke

8th-Tren Oliver-2:36.78

### 15-18 Boys 200m Breaststroke

1st-Danny Dilks-2:25.58

### 11-12 Girls 100m Butterfly

1st-Amanda Ray-1:03.51  
 4th-Sophie Boulware-1:05.56

### 11-12 Boys 100m Butterfly

3rd-Jake Thakur-1:04.19  
 7th-Baylor Nelson-1:05.87

### 13-14 Girls 100m Butterfly

1st-Amanda Hoffman-1:04.64  
 2nd-Faith Hefner-1:04.97

### 13-14 Boys 100m Butterfly

8th-Tren Oliver-1:02.80

### 400m Medley Relays

2nd—11-12 Girls-4:35.44  
*Pennington, Gaskey, Boulware, Pape*  
 2nd—11-12 Boys-4:30.81  
*Thakur, Connery, Nelson, Barnett*  
 1st—13-14 Girls-4:26.24  
*Dragelin, Nelson, Hoffman, Clayton-Luce*  
 3rd—13-14 Boys-4:08.36  
*Hamlet, Oliver, Lyons, Walker*

3rd—15-18 Girls-4:29.14

*Dale, Forsyth, Larson, Baker*  
 4th—15-18 Boys-4:03.44  
*Jones, Dilks, Riggs, Epler*

*Great job by all relay participants on Wednesday evening. NCS scored 78 relay points during the evening finals. With relays being held each evening for the rest of the meet, team points in relays will be extremely helpful to the team score as we move forward.*

## TEAMS SCORES

1	North Carolina	263
2	Georgia	246.5
3	Florida	232.5
4	Southeastern	159
5	Florida Gold Cst	104
6	South Texas	79
7	South Carolina	78
8	Kentucky	74
9	North Texas	66
10	West Texas	26
11	Mississippi	23
12	West Virginia	7
13	Louisiana	4



Dinner at local Mrs. Beverly's Tea and Biscuits—a Tupelo landmark!



Page 2 has swims as they are planned for the Thursday preliminaries.

# Thursday Preliminary Events

**Event 29—15-18 Girls 200m Back**

Sinclair Larson  
Diana Dale  
Emma Wennborg  
Stephanie Grandin

**Event 30 — 15-18 Boys 200m Back**

Sam Jones  
Avery Gambill  
Joshua Rigsbee  
Benjamin Riggs

**Event 31 — 13-14 Girls 200m Back**

Faith Hefner  
Amy Dragelin  
Madelyn Flickinger  
Amanda Hoffman

**Event 32 — 13-14 Boys 200m Back**

Ross Dant  
Ethan Knorr  
Thomas Hamlet

**Event 33 — 11-12 Girls 50m Back**

Elan Booker  
Isabel Pennington  
Mia Nordstrom  
Alayna Carlson  
Isabella Gaskey  
Sophie Boulware

**Event 34 — 11-12 Boys 50m Back**

Wesley Barnett  
Timothy Connery  
Baylor Nelson  
Christopher Ghim  
Tommy Tobul

**Event 35 — 15-18 Girls 100m Free**

Lexi Baker  
Sadie Schumann  
Anne Whitsel  
Emma Wennborg  
Caroline Forsyth  
Diana Dale

**Event 36 — 15-18 Boys 100m Free**

Robbie Epler  
Avery Gambill  
Benjamin Riggs  
Sam Jones  
Danny Dilks  
Joshua Rigsbee  
Matthew Jaynes

**Event 37 — 13-14 Girls 100m Free**

Sophia Clayton-Luce  
Madison Duracinsky  
Amy Dragelin  
Dakota Topp  
Emme Nelson

**Event 38 — 13-14 Boys 100m Free**

John Walker  
Michael Ivy  
Tren Oliver

**Event 39 — 15-18 Girls 400m IM**

Sinclair Larson  
Anne Whitsel  
Stephanie Grandin

**Event 40 — 15-18 Boys 400m IM**

Danny Dilks  
Robert Hudgens

**Event 41 — 13-14 Girls 400m IM**

Madison Duracinsky  
Madelyn Flickinger  
Amy Dragelin

**Event 42 — 13-14 Boys 400m IM**

Ross Dant  
Ethan Knorr  
Scott Lyons

