

# North Carolina ZONE TEAM



in  
**TUPELO**



**FRIDAY, AUGUST 7, 2015**

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

## FRIDAY, AUGUST 7 ITINERARY

**6:50am**—Wake-up and breakfast in the lobby  
**7:35am** — Vans depart for morning warm-up  
**8:00-8:45am** — 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

## FRIDAY EVENT ORDER

49-50 11-12 100m Backstroke  
 51-52 13-14 100m Backstroke  
 53-54 15-18 100m Backstroke  
 55-56 11-12 100m Breaststroke  
 57-58 13-14 100m Breaststroke  
 59-60 15-18 100m Breaststroke  
 61-62 11-12 100m Freestyle  
 63-64 13-14 400m Freestyle  
 65-66 15-18 400m Freestyle

200m Medley Relays will swim in Finals.

## Reminders:

1- Black caps for prelims; Pink caps for finals.  
 2- Red "hound dog" t-shirt is 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 AWARDS yesterday went to **Wesley Barnett and Sinclair Larson** who will present today's MOJO AWARD this evening.

## TOP SWIMS THURSDAY

NCS had 20 finals swims in the Thursday evening finals. North Carolina continues to arrive and Take Care of Business during the morning preliminaries which sets up some great evening swimming. Lots of cheering with the North Carolina state flag omni-present, helped propel NC athletes into evening finals. Thursday night did not disappoint either as Ross Dant (14), Sinclair Larson (15) and Wesley Barnett (12) each became Thursday Zone Champions winning the 400 IM (Dant, Larson) and the 50 Back (Barnett) events. NCS team members competed in Thursday finals and finished as follows:

**15-18 Girls 200m Backstroke**  
 2nd—Sinclair Larson-2:20.67

**15-18 Boys 200m Backstroke**  
 5th-Sam Jones-2:13.57

**13-14 Girls 200m Backstroke**  
 3rd-Amy Dragelin-2:23.50  
 4th-Faith Hefner-2:23.92  
 8th-Madelyn Flickinger-2:24.35

**13-14 Boys 200m Backstroke**  
 4th-Ross Dant-2:10.61

**11-12 Girls 50m Backstroke**  
 6th-Alayna Carlson-32.22  
 8th-Isabel Pennington-32.65

**11-12 Boys 50m Backstroke**  
 1st-Wesley Barnett-30.58  
 6th-Tommy Tobul-31.47  
 7th-Christopher Ghim-31.50

**15-18 Boys 100m Freestyle**  
 5th-Robbie Epler-54.17

**13-14 Girls 100m Freestyle**  
 4th-Sophia Clayton-Luce-58.97

**13-14 Boys 100m Freestyle**  
 4th-Jack Walker-53.89  
 8th-Michael Ivy-55.24

**15-18 Girls 400m IM**  
 1st-Sinclair Larson-5:03.01  
 6th-Anne Whitsel-5:13.40

**13-14 Girls 400m IM**  
 7th-M. Duracinsky-5:13.30

**13-14 Boys 400m IM**  
 1st-Ross Dant-4:40.83  
 4th-Ethan Knorr-4:47.15

**400m Free Relays**  
 3rd—11-12 Girls-4:06.53  
*Pape, Pennington, Carlson, Ray*

2nd—11-12 Boys-4:00.60  
*Barnett, Ghim, Nowacek, Thakur*

2nd—13-14 Girls—3:59.67  
*Duracinsky, Topp, Nelson, Clayton-Luce*

1st—13-14 Boys—3:39.74  
*Walker, Watko, Oliver, Ivy*

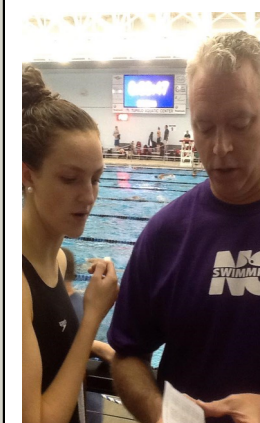
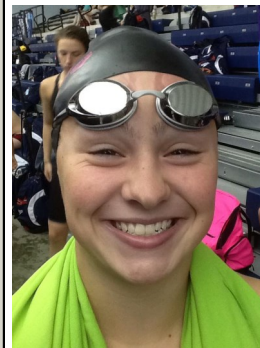
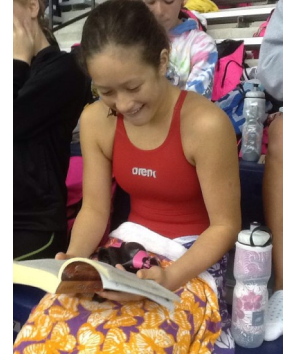
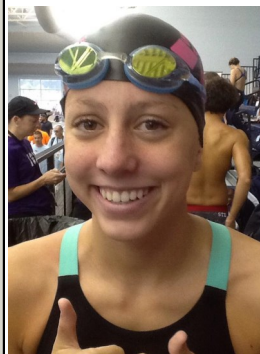
6th—15-18 Girls—4:05.30  
*Schumann, Larson, Whitsel, Baker*

5th—15-18 Boys—3:39.63  
*Gambill, Riggs, Jones, Epler*

*Great job by all relay participants on Thursday evening. NCS scored 72 relay points during the evening finals. Michael Ivy anchored the 13-14 Boys in outstanding fashion holding off a charging SES team and Florida to take the win for North Carolina. The 200 Medley and 200 Free relays will add excitement to the final two days of competition. Relay personnel will be decided based on prelims swimming during Friday and Saturday.*

## CURRENT TEAM SCORES

1	Georgia	423
2	Florida	422.5
3	North Carolina	421.5
4	Southeastern	269
5	Florida Gold Cst	194.5
6	South Texas	168.5
7	Kentucky	138
8	South Carolina	117
9	North Texas	102
10	West Texas	39
11	Mississippi	31
12	Louisiana	15
13	West Virginia	7



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

# Friday Preliminary Events

## Event 49—11-12 Girls 100m Back

Isabel Pennington  
Mia Nordstrom  
Sophie Boulware  
Elan Booker  
Alayna Carlson

## Event 50 — 11-12 Boys 100m Back

Wesley Barnett  
Jake Thakur  
Christopher Ghim  
Baylor Nelson

## Event 51 — 13-14 Girls 100m Back

Amy Dragelin  
Madelyn Flickinger  
Sophia Clayton-Luce  
Dakota Topp

## Event 52 — 13-14 Boys 100m Back

Tren Oliver  
Jack Walker  
Michael Ivy  
Thomas Hamlet

## Event 53 — 15-18 Girls 100m Back

Sinclair Larson  
Diana Dale  
Sadie Schumann  
Alexandria Baker  
Emma Wennborg

## Event 54 — 15-18 Boys 100m Back

Danny Dilks  
Sam Jones  
Avery Gambill  
Joshua Riggsbee  
Benjamin Riggs  
Robbie Epler

## Event 55 — 11-12 Girls 100m Breast

Isabella Gaskey

## Event 56 — 11-12 Boys 100m Breast

Timothy Connery  
Stephen Kim  
Christopher Ghim  
Jackson Nowacek

## Event 57 — 13-14 Girls 100m Breast

Emme Nelson  
Madelyn Flickinger

## Event 58 — 13-14 Boys 100m Breast

Scott Lyons  
Tren Oliver

## Event 59 — 15-18 Girls 100m Breast

Caroline Forsyth  
Stephanie Grandin

## Event 60 — 15-18 Boys 100m Breast

Danny Dilks  
Robert Hudgens

## Event 61 — 11-12 Girls 100m Freestyle

Amanda Ray  
Caroline Pape  
Isabel Pennington  
Alayna Carlson  
Elan Booker  
Isabella Gaskey

## Event 62 — 11-12 Boys 100m Freestyle

Wesley Barnett  
Jackson Nowacek  
Tommy Tobul  
Stephen Kim

## Event 63 — 13-14 Girls 400m Freestyle

Faith Hefner  
Amanda Hoffman  
Dakota Topp

## Event 64 — 13-14 Boys 400m Freestyle

Cothalee Watko  
Ross Dant  
Ethan Knorr

## Event 65 — 15-18 Girls 400m Freestyle

Sadie Schumann

## Event 66 — 15-18 Boys 400m Freestyle

Avery Gambill  
Matthew Jaynes  
Robert Hudgens

