

NC SUPERHEROICS

from NORTH CAROLINA



ISSUE 4
AUG 4
2016



Jeremy "Hulk" Gregory



Gavin "I'm Batman" Spake



Rob "Superman" Nor-



Leigh "Wonder Woman" Tharrington



Jonathan "Flash" Wat-



Hannah "Capt. America" Hawkins



Let The Games Begin



Cary, NC—The Thursday evening finals saw two meet records broken by North Carolina swimmers. The first meet record was topped by Boyd Poelke (14) who set a new Zone record mark of 53.33 in the 100m Free formerly a 53.46 held by Gunnar Bentz of Georgia. The 11-12 Boys 400m Free Relay team of Patrick Keough, Joe Bunker, Sam Hoover and Braeden Haughey lowered the record to 3:54.86 from 3:56.19, another former Georgia meet record set in 2012. NCS had three individual event winners—**Charlotte Hook** (12) in the 50m Back swam 31.00; **Boyd Poelke** (14) in the 100m Free (53.33); and **Zachary Cairns** (14) who swam a 4:46.94 in the 400m IM. Georgia still trails North Carolina by nearly 30 points but the battle continues. With several strong events ahead as well as the 200m Medley and 200m Free relays yet to

be swum over the next two days of competition this meet is gearing up to go down to the wire. NCS relays were on fire on Thursday evening with two teams winning (11-12 Boys; 13-14 Boys) and three third place finishes and a fourth. This meet is truly a complete team effort. **Ashton Gasper** and **Boyd Poelke** were recognized by the team captains for outstanding swims on Day 3 of the Zone Championships. Gasper had three races on Thursday and achieved finals swims in two of them, swimming best times in all 5 races. Poelke set a new Meet Record winning the 100m Free event for 13-14 boys. As all eyes watch the world as the Olympic Games begin in Rio, our swimmers will be finishing their final two days of competition at what has been an outstanding meet for NCS athletes!

SWIMMING FRIDAY

Friday, August 5, 2016

Event 49-11-12 Girls 100m Back

Charlotte Hook
Claire Curzan
Jolene Zhang
Hanani Dona

Event 50-11-12 Boys 100m Back

Braeden Haughey
Joseph Bunger
Robert Tars

Event 51-13-14 Girls 100m Back

Eliza Whitmire
Haley Turner
Isabella Barnette

Event 52-13-14 Boys 100m Back

Colin Cotter
Boyd Poelke
Kenneth Lowe

Event 53-15-18 Girls 100m Back

Peyton Whitaker
Fern Guimond

Event 54-15-18 Boys 100m Back

Jacob Queen
Jeff Adams
Drake Moretz

Event 55-11-12 Girls 100m Breast

Caitlin Horn
Jolene Zhang

Event 56-11-12 Boys 100m Breast

Matthew Kroll
Cameron Abaqueta
Sam Hoover

Event 57-13-14 Girls 100m Breast

Caroline Crouse
Anneliese Hohm
Eliza Whitmire
Sydney Morgan

Event 58-13-14 Boys 100m Breast

Ben Duckworth
Tim Connery
John Meehan

Event 59-15-18 Girls 100m Breast

Brenna Divoky
Audrey Costley

Event 60-15-18 Boys 100m Breast

Jacob Queen
Micah McRea
John Marquardt

Event 61-11-12 Girls 100m Free

Claire Curzan
Emma Hastings
Hanani Dona
Caitlin Horn
Sarah Jackson

Event 62-11-12 Boys 100m Free

Braeden Haughey
Joseph Bunger
AJ Johnson
Patrick Keough
Robert Tars
Sam Hoover
Matthew Kroll

Event 63-13-14 Girls 400m Free

Olivia Sutter
Nina Turcanu
Sydney Morgan

Event 64-13-14 Boys 400m Free

Zackary Whipple
Zachary Cairns
Tim Connery

Event 65-15-18 Girls 400m Free

Jaylyn Forrest
Ellie Marquardt

FRIDAY TIMELINE

6:30am

Wake-up Calls

7:15am

First shuttle to pool
(All 100 swimmers;
Remember silver cap
And tie-dyed t-shirt.)

8-8:45am

Warm-up

9:30am

2nd Shuttle to pool.

11am

1st shuttle to hotel

11:30am

2nd shuttle to hotel

12noon

3rd shuttle to hotel

Lunch-meeting room

1pm

Final shuttle to hotel

3:30pm

Team meeting in
meeting room.

3:45pm

Shuttle 1-finalists

4:30pm

Shuttle 2-400 free
finalists, relay-only
and all other swim
mers.

5:30pm

Finals begin.

7:45pm

Shuttle 1 returns to
the hotel

8:10pm

Shuttle 2 returns to
the hotel.

8:15pm

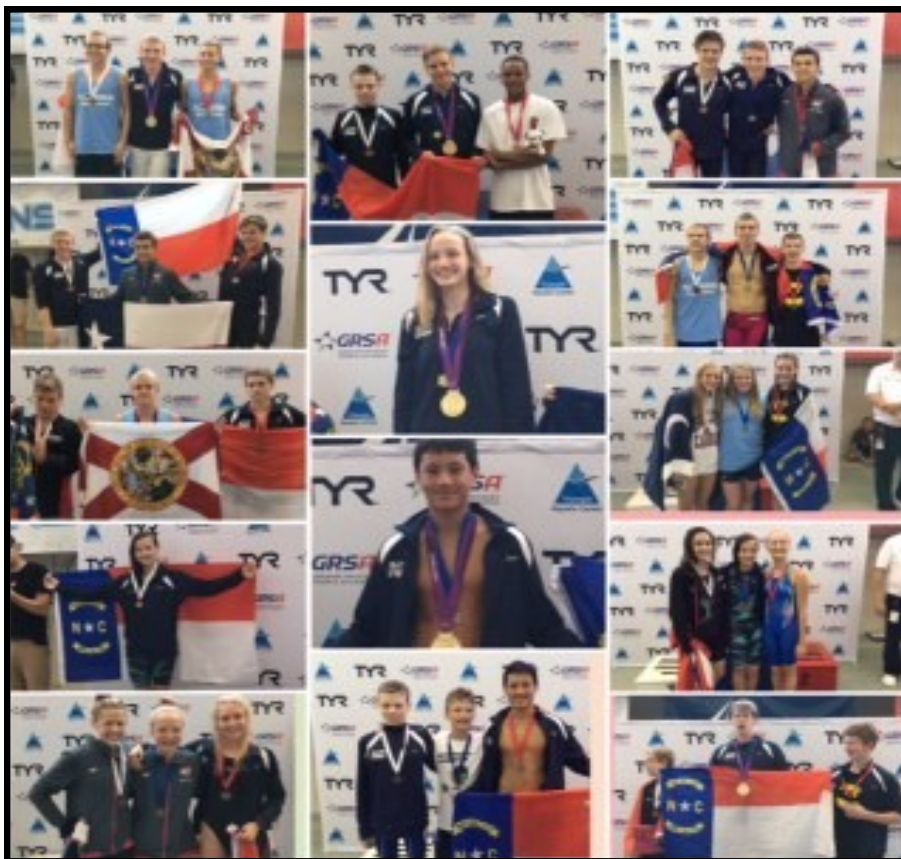
Dinner & meeting-
hotel meeting room.

9:30pm

In rooms/lights out.

Event 66-15-18 Boys 400m Free

Tom Hubbard
Gator Pritchard
William Anderson



THURSDAY RESULTS

Event #29

15-18 Girls 200m Back

Guimond, Fern-2:27.17p/2:26.80 (7th)
Gasper, Ashton--2:28.96p (10th)
Whitaker, Peyton-2:27.38p/2:26.40 (4th)
Forrest, Jaylyn-2:31.19p (15th)

Event #30

15-18 Boys 200m Back

Queen, Jacob-2:13.06p/2:11.40 (4th)^{FUT}
Adams, Jeff-2:17.34p (10th)
Moretz, Drake--2:19.64p (16th)

Event #31

13-14 Girls 200m Back

Whitmire, Liza--2:24.78p/2:24.19 (6th)^{FUT}
Turner, Haley--2:25.31p (9th)
Turcanu, Nina--2:30.58p (15th)

Event #32

13-14 Boys 200m Back

Cotter, Colin--2:13.64p/2:11.29 (2nd)^{FUT}
Lowe, Kenneth--2:18.20p (13th)
Cairns, Zachary--2:21.15p (23rd)

Event #33

11-12 Girls 50m Back

Curzan, Claire--31.72p/31.53 (4th)
Hook, Charlotte--31.68p/31.00 (1st)
Dona, Hanani-33.02p (13th)
Browning, Jordan--33.46p (19th)
Zhang, Jolene--34.02p (23rd)
Horn, Caitlin-34.98p (32nd)
Jackson, Sarah--36.74p (46th)

Event #34

11-12 Boys 50m Back

Bunger, Joseph-30.75p/30.87 (3rd)
Tars, Robert--31.54p/31.17 (6th)
Abaqueta, Cameron-31.19p/30.82 (2nd)
Hoover, Sam--32.29p (12th)

Event #35

15-18 Girls 100m Free

Gasper, Ashton--1:00.95p/1:00.40 (4th)
Epler, Katherine--1:01.13p (11th)
Whitaker, Peyton--1:01.51 (15th)

Event #36

15-18 Boys 100m Free

Moretz, Drake--55.26p/55.41 (7th)
Anderson, William--55.18p/54.93 (5th)
Adams, Jeff--56.78p (18th)
Marquardt, John--57.28p (25th)
Pritchard, Gator--57.41p (27th)

Event #37

13-14 Girls 100m Free

Barnette, Isabella--1:01.75p (18th)
Whitmire, Eliza--1:01.38p (13th)
Hohm, Anneliese--1:02.03p (21st)

Event #38

13-14 Boys 100m Free

Poelke, Boyd--54.02p/53.33 (1st)^{MREC/FUT}
Lowe, Kenneth--54.94p/54.90 (3rd)

Meehan, John--56.99p (16th)
Connery, Tim--57.09p (17th)
Duckworth, Ben--59.87p (48th)

Event #39

15-18 Girls 400m IM

Gasper, Ashton--5:14.11p/5:10.59 (3rd)
Costley, Audrey--5:20.60p/5:17.41 (5th)
Forrest, Jaylyn--5:21.28p/5:20.55 (7th)

Event #40

15-18 Boys 400m IM

Queen, Jacob--443.22p/4:41.86 (5th)^{FUT}
Hubbard, Tom--4:46.27p/4:43.93 (7th)
McRae, Micah--4:49.17p (11th)

Event #41

13-14 Girls 400m IM

Crouse, Caroline-5:14.22p/5:06.15 (3rd)^{FUT}
Sutter, Olivia-5:10.09p/5:08.40 (4th)
Morgan, Sydney-5:11.10p/5:10.68 (5th)

Event #42

13-14 Boys 400m IM

Cairns, Zachary--4:48.51p/4:46.94 (1st)
Whipple, Zackary--4:50.44p/4:49.40 (4th)
Cotter, Colin--5:07.29p (25th)

400m Freestyle Relay Event Results:

11-12 Girls 400m Free Relay

3rd Place--4:06.90

(Charlotte Hook-1:01.63; Emma Hastings-1:01.89; Hanani Dona-1:02.52; Claire Curzan-1:00.86)

11-12 Boys 400m Free Relay

1st Place--3:54.86-New Zone Record!

(Patrick Keough-1:00.73; Joseph Bunger-58.78; Sam Hoover-58.48; Braeden Haughey-56.87)

13-14 Girls 400m Free Relay

4th Place--4:02.98

(Eliza Whitmire-1:01.01; Anneliese Hohm-1:01.21; Olivia Sutter-1:01.02; Isabella Barnette-59.74)

13-14 Boys 400m Free Relay

1st Place--3:40.43

(Kenneth Lowe-54.91; Boyd Poelke-55.01; John Meehan-55.48; Tim Connery-55.03)

15-18 Girls 400m Free Relay

3rd Place--4:01.27

(Ellie Marquardt-1:00.23; Katherine Epler-1:00.42; Ashton Gasper-1:00.43; Peyton Whitaker-1:00.19)

15-18 Boys 400m Free Relay

3rd Place--3:39.80

(Micah McRae-55.74; Jeff Adams-54.81; Drake Moretz-54.74; William Anderson-54.51)

Six new Futures cuts and two meet records set by NCS athletes topped off the Thursday evening Finals competition. NCS had 25 individual swims to 2nd place Georgia's 26 individual swims on Thursday. NCS gained 5 more points on Georgia after the evening concluded. A large part of our team points came from relays where the NCS 11-12 and 13-14 Boys took first place. Georgia outscored NCS in relay points 88-82. NCS looks better on paper in the 200m Medley Relays which take place Friday evening. Disability points also could be a factor as the meet continues. Georgia has swimmers in these events and their points are included in the team score. NCS has no disability athletes competing as part of the team. The meet is shaping up as a two-way race to the finish line. It will take every athlete preparing and taking care of themselves over the next two days of competition to seal the deal. The fantastic morning swims have helped get the NCS team to where it stands in the meet thus far. The last time NCS won the Zone Meet was back in 2001.

NORTH CAROLINA SCOREBOARD

Sponsored By



Team Scores Through Thurs Finals

1st--North Carolina	498
2nd--Georgia	469.5
3rd--Florida	365
4th--Southeastern	247
5th--Kentucky	206
6th--North Texas	137
7th--South Texas	130
8th--South Carolina	120
9th--Florida Gold Coast	91
10th--Louisiana	43
11th--West Virginia	22
12th--West Texas	17.5
13th--Mississippi	9

CAUGHT ON CAMERA

