

SUPERHEROICS *from* **NORTH CAROLINA** **10¢**



North Carolina Zone Team Ready To Battle From Beginning

When the 2016 Southern Zone Championships kick off on Tuesday, the North Carolina Swimming Zone Team is expecting to be in it to win it from the start. The 2016 Zone Team has an impressive line-up of 48 superheroic swimming stars who were chosen from clubs across the state based on super performances during the 2016 long course season. With Head Coach JP Merchant and Team Manager Amy Faulk leading the charge, the team met at the Triangle Aquatic Center in Cary, NC at 3:30pm Monday and after getting reacquainted and meeting their coaches for the week ahead, the swimmers moved at light speed to workout in the pool as they readied themselves for the meet to come. From the pool, the athletes headed to the team hotel and dinner. Following dinner Coach JP led a team meeting and Code of Conduct review, and the team received all of their team apparel items and a brief overview of the Tuesday timetable. This was followed by dessert and the group headed off to their rooms and sleep.



Jeremy "Hulk" Gregory



Gavin "I'm Batman" Spake



Rob "Superman" Norman



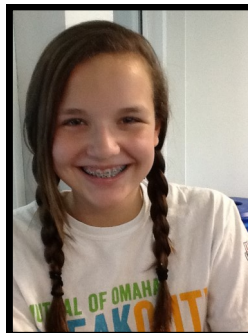
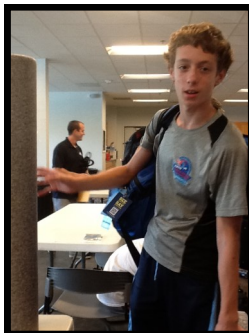
Leigh "Wonder Woman"
Tharrington



Jonathan "Flash" Watson



Hannah "Capt. America"
Hawkins



CAPTAIN AMERICA DAY

Tuesday, August 2, 2016 Timeline

7:00am	Wake-up Calls to Rooms
7:15-8am	Breakfast at hotel
8am	Shuttle 1 to pool with 13&Overs who are not competing Tuesday. (bring team suits, Capt. America shirts and silver caps for warm-ups)
8:20am	Shuttle 2 to pool with 12Unders who are not competing Tuesday.
9:45am	Shuttle returns from pool with First load of swimmers
10:05am	Shuttle returns from pool with final group of swimmers
10:20am	Shuttle run/s to Target to get food or snack items for the week.
11:00am	Shuttle leaves Target and heads back to the hotel.
11:15am	Swimmers competing Tuesday depart hotel for pool warm-up. Take colorful finals caps, Capt. America t-shirt, new suit, tech suit, and swim bags.
12-12:30pm	Warm-up at pool
12:30pm	Non-competing swimmers leave hotel for pool to cheer
1-4:30pm	Pool Competition
5:00pm	BBQ Buffet Dinner/Team Social At pool. Movie on jumbotron will be "The Last Gold".
TBA	Shuttles return to team hotel
9:30pm	Lights Out



SWIMMING TODAY

EVENT 1—11-12 Girls 400m Freestyle

Jackson, Sarah (12)
Hastings, Emma (12)

EVENT 2 — 11-12 Boys 400m Freestyle

Haughey, Braeden (12)
Johnson, AJ (12)
Keough, Patrick (12)

EVENT 3A — 13-14 Girls 800m Freestyle

Sutter, Olivia (14)
Turcanu, Nina (14)
Morgan, Sydney (13)

EVENT 3B — 15-18 Girls 800m Freestyle

Forrest, Jaylyn (16)
Marquardt, Ellie (15)

EVENT 4A — 13-14 Boys 1500m Freestyle

Whipple, Zackary (14)
Cairns, Zachary (14)

EVENT 4B — 15-18 Boys 1500m Freestyle

McRea, Micah (15)
Hubbard, Christopher (15)
Pritchard, Gator (15)

Tuesday events are swum fastest to slowest alternating girls and boys heats. The 13-14 and 15-18 age groups will be combined for competition but scored separately.

