



SUPERHEROICS

from **NORTH CAROLINA**



Jeremy "Hulk" Gregory



Gavin "I'm Batman" Spake



Rob "Superman" Norman



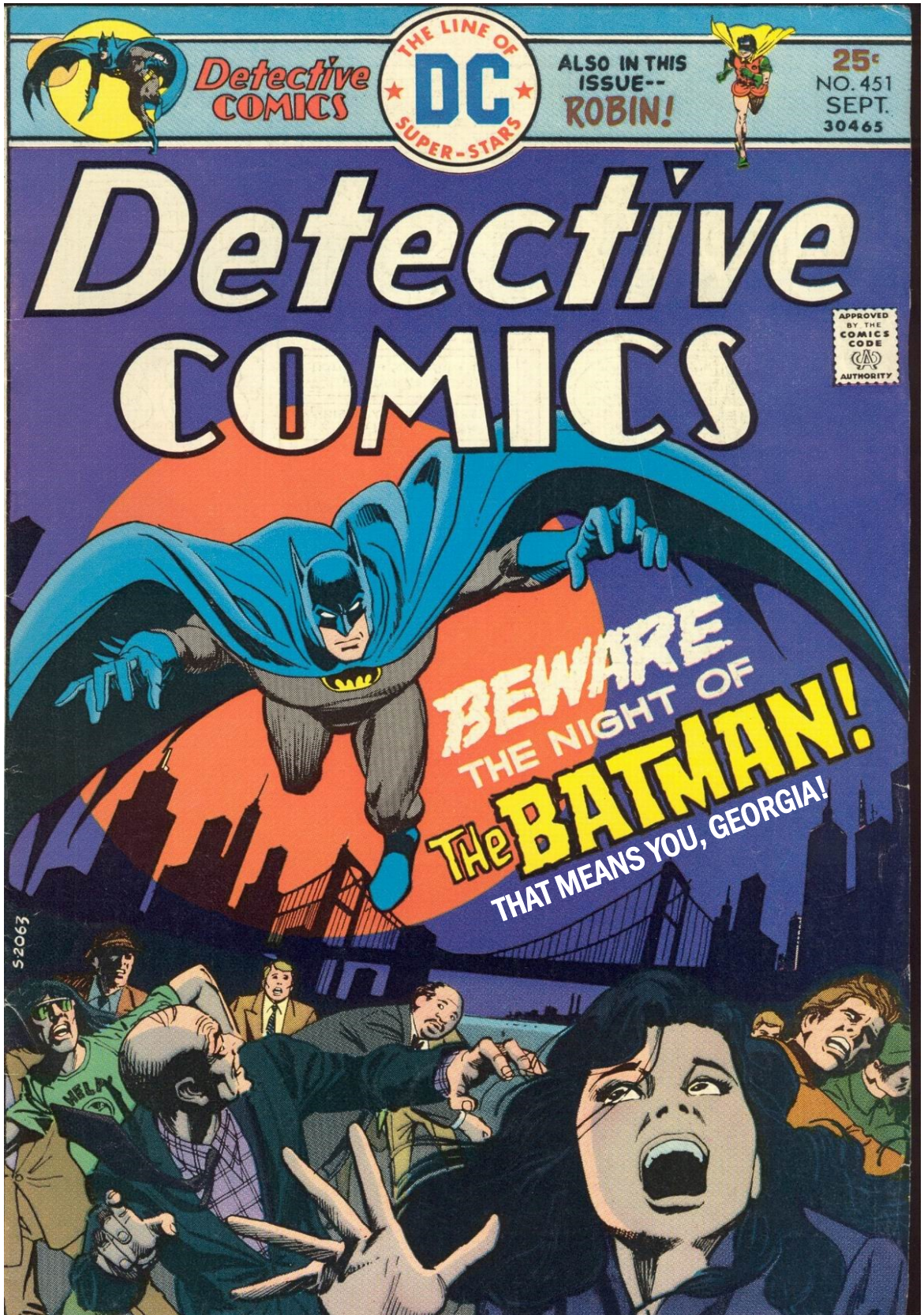
Leigh "Wonder Woman" Tharrington



Jonathan "Flash" Watson



Hannah "Capt. America" Hawkins



RESULTS WEDNESDAY

Wednesday, August 3, 2016

Event 5 11-12 Girls 200 Free

Charlotte Hook—2:12.49p/2:09.54 (3rd)
Emma Hastings—2:14.59 (11th)
Sarah Jackson—2:17.59 (21st)
Hanani Dona—2:19.22 (24th)

Event 6 11-12 Boys 200 Free

Braeden Haughey—2:05.55p/2:05.69 (1st)
AJ Johnson—2:08.31p/2:09.34 (5th)
Patrick Keough—2:15.83p (20th)
Robert Tars—2:13.28p (15th)

Event 7 13-14 Girls 200 Free

Nina Turcanu—2:10.93p (11th)
Olivia Sutter—2:09.91p/2:12.24 (8th)
Isabella Barnette—2:12.84p (19th)
Haley Turner—2:14.75p (28th)

Event 8 13-14 Boys 200 Free

Boyd Poelke—1:59.64p/1:59.68 (3rd)
Kenneth Lowe—1:59.57p/1:58.73 (2nd)
Zachary Cairns—2:04.18p (20th)

Event 9 15-18 Girls 200 Free

Ashton Gasper—2:11.82p (10th)
Ellie Marquardt—2:10.59p/2:09.67 (4th)
Jaylyn Forrest—2:12.49 (16th)
Katherine Epler—2:15.23 (27th)

Event 10 15-18 Boys

William Anderson—2:01.45 (9th)
Drake Moretz—2:02.52 (20th)
Gator Pritchard—2:02.12 (13th)
Micah McRae—2:01.70 (11th)

Event 11 11-12 Girls 50 Breast

Jolene Zhang—36.78p/35.91 (5th)
Caitlin Horn—37.45p (9th)
Jordan Browning—38.05p (17th)

Event 12 11-12 Boys 50 Breast

Sam Hoover—33.65p/33.57 (2nd)
Matthew Kroll—34.71p/34.89 (7th)
Cameron Abaqueta—34.71p/33.33 (1st)

Event 13 13-14 Girls 200 Breast

Caroline Crouse—2:42.66p/2:40.87 (1st)
Olivia Sutter—2:45.36p/2:48.03 (6th)
Anneliese Hohm—2:47.47p/2:48.61 (7th)
Sydney Morgan—2:44.21p/2:43.80 (4th)

Event 14 13-14 Boys 200 Breast

Ben Duckworth—2:28.69p/2:26.88 (1st)*
Tim Connery—2:32.36p/2:30.67 (4th)
John Meehan—2:31.19p/2:29.22 (2nd)

Event 15 15-18 Girls 200 Breast

Brenna Divoky—2:44.42p/2:43.01 (2nd)
Audrey Costley—2:46.06p/2:47.37 (4th)

Event 16 15-18 Boys 200 Breast

Jacob Queen—2:26.95p/2:26.28 (2nd)
John Marquardt—2:30.68p/2:32.90 (8th)
Tom Hubbard—2:36.44p (18th)

Event 17 11-12 Girls 100 Fly

Claire Curzan—1:04.59p/1:03.37 (2nd)
Jolene Zhang—1:09.26p (10th)
Jordan Browning—1:09.86p (13th)
Emma Hastings—1:11.30p (21st)

Event 18 11-12 Boys 100 Fly

AJ Johnson—1:04.98p/1:05.18 (6th)
Joseph Bunker—1:03.25p/1:03.80 (3rd)
Patrick Keough—1:04.09p/1:03.13 (1st)

Event 19 13-14 Girls 100 Fly

Caroline Crouse—1:06.67p/1:05.81 (6th)
Isabella Barnette—1:07.35p (13th)
Haley Turner—1:08.18p (18th)
Eliza Whitmire—1:06.81p (10th)

Event 20 13-14 Boys 100 Fly

Boyd Poelke—1:00.40p/58.24 (1st)
Zackary Whipple—1:00.04p/59.93 (7th)
Colin Cotter—1:03.08 (25th)

Event 21 15-18 Girls 100 Fly

Peyton Whitaker—1:06.12p/1:06.53 (5th)
Audrey Costley—1:07.59p (14th)
Elizabeth Guimond—1:09.84p (24th)
Katherine Epler—1:10.28p (25th)

Event 22 15-18 Boys 100 Fly

Drake Moretz—1:00.22p (12th)
Jeff Adams—59.32p/58.82 (4th)
William Anderson—1:03.73p (28th)

400m Medley Relays Results:

11-12 Girls 400m Medley Relay

3rd Place—4:39.05

(Charlotte Hook—1:07.76; Caitlin Horn—1:24.45; Claire Curzan—1:05.53; Emma Hastings—1:01.31)

11-12 Boys 400m Medley Relay

1st Place—4:23.75-New Zone Record!

(Joseph Bunker—1:07.99; Matthew Kroll—1:14.63; Patrick Keough—1:03.96; Braeden Haughey—57.17)

13-14 Girls 400m Medley Relay

DQ

13-14 Boys 400m Medley Relay

1st Place—4:03.98

(Colin Cotter—1:02.11; Ben Duckworth—1:08.53; Boyd Poelke—59.24; Kenneth Lowe—54.10)

15-18 Girls 400m Medley Relay

1st Place—4:28.92

(Fern Guimond—1:10.64; Brenna Divoky—1:13.17; Peyton Whitaker—1:04.97; Katherine Epler—1:00.14)

15-18 Boys 400m Medley Relay

1st Place—4:00.98

(Jeff Adams—1:01.40; Jacob Queen—1:06.16; Drake Moretz—59.38; William Anderson—54.04)

NCS Superpowers Activate

Weapons Hot On Wednesday

Cary, NC—The NCS Zone Team came to the meet with powers set to stun during the Wednesday preliminaries. NCS swimmers completed the morning session with 31 individual qualifying swims for Wednesday evening finals, including seven first place qualifiers. Perennial challenger Georgia had 32 individual qualifying swims.

Warm-ups for the Wednesday evening finals began with the annual parade and with superheroes as this year's theme, there were plenty to be found in and out of the pool.

Six swimmers claimed individual titles in the Wednesday evening finals including **Braeden Haughey** (200m Free); **Cameron Abaqueta** (50m Breast); **Caroline Crouse** (200m Breast); **Ben Duckworth** (200m Breast); **Patrick Keough** (100m Fly); and **Boyd Poelke** (100m Fly). Duckworth's 200m Breast time bettered the Winter Junior National standard.

NCS relays rallied to amazing victories in four out of six relays. At the conclusion of the Wednesday finals, the NCS Zone Team had re-captured the lead with the team point standings as follows:

Team Scores Through Wed Finals

1st—North Carolina	291
2nd—Georgia	274.5
3rd—Florida	208
4th—Southeastern	119
5th—Kentucky	104
6th—North Texas	87
7th—South Carolina	72
8th—South Texas	69
9th—Florida Gold Coast	55
10th—Louisiana	16
11th—West Texas	13.5
12th—West Virginia	13
13th—Mississippi	9

After the meet, the NCS squad was treated to an excellent dinner by local caterer dinner catered by local restaurant owner and caterer, Angie's Restaurant from Garner, NC. A quick team meeting was held during dinner and the timeline (see next page) for Thursday was reviewed. Team members were then shuttled back to the team hotel and hustled to make bedtime curfew at 9:45pm. Swimmers were reminded to get their rest whenever possible to remain sharp for the rest of the competition ahead. Three days of swimming trials and finals remain and North Carolina remains in it to win it!

BATMAN DAY

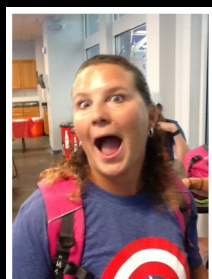
Thursday, August 4, 2016 Timeline

6:15am	Wake-up Calls to Rooms
6:50am	Shuttle 1 to pool with all 200/50 backstrokers. (bring suits, Batman t-shirt, and silver caps).
7:15am	Shuttle 2 to pool with remaining swimmers.
9:00am	Meet starts.
10:45am	Shuttle run to hotel
11:45am	Shuttle run to hotel; lunch served in meeting room (Jason's Deli)
1:00pm	Final Shuttle run back to hotel.
3:45pm	All swimmers to meeting room.
4:00pm	Shuttle with finalists departs
4:15-5:15p	Warm-up for finals
5:00pm	Second shuttle departs for pool.
5:30pm	Finals Begin
8:00pm	Dinner at pool
8:30-9pm	Shuttles return to hotel
9:30pm	In rooms
9:45pm	Lights Out



**North Carolina Swimming Wants To
Thank DOLFIN For Their Generosity
and Support of the
2016 NCS ZONE TEAM.**

Your support has been truly SUPERb!



THURSDAY SWIMMING

Event #29

15-18 Girls 200m Back

Guimond, Elizabeth
Divoky, Brenna
Whitaker, Peyton
Epler, Katherine

Event #30

15-18 Boys 200m Back

Queen, Jacob
Adams, Jeff
Moretz, Drake

Event #31

13-14 Girls 200m Back

Whitmire, Liza
Turner, Haley
Turcanu, Nina

Event #32

13-14 Boys 200m Back

Cotter, Colin
Lowe, Kenneth
Cairns, Zachary

Event #33

11-12 Girls 50m Back

Curzan, Claire
Hook, Charlotte
Dona, Hanani
Browning, Jordan
Zhang, Jolene
Horn, Caitlin
Jackson, Sarah

Event #34

11-12 Boys 50m Back

Bunger, Jospeh
Tars, Robert
Abaqueta, Cameron
Hoover, Sam

Event #35

15-18 Girls 100m Free

Gaspar, Ashton
Epler, Katherine
Whitaker, Peyton

Event #36

15-18 Boys 100m Free

Moretz, Drake

Anderson, William

Adams, Jeff
Pritchard, Gator

Event #37

13-14 Girls 100m Free

Barnette, Isabella
Whitmire, Eliza
Hohm, Anneliese

Event #38

13-14 Boys 100m Free

Poelke, Boyd
Lowe, Kenneth
Meehan, John
Connery, Tim
Duckworth, Ben

Event #39

15-18 Girls 400m IM

Gaspar, Ashton
Costley, Audrey
Forrest, Jaylyn

Event #40

15-18 Boys 400m IM

Queen, Jacob
Hubbard, Tom
McRae, Micah

Event #41

13-14 Girls 400m IM

Crouse, Caroline
Sutter, Olivia
Morgan, Sydney

Event #42

13-14 Boys 400m IM

Cairns, Zachary
Whipple, Zackary
Cotter, Colin

The 400m Freestyle relays will be swim at the end of the Thursday evening finals session. Relay swimmers will be notified at lunch on Thursday.

ALTER EGOS SPOTTED WEDNESDAY



Jack and Ellie Marquardt represent the best of the Wonder Twins with their powers to call up fast swims at a moments notice!



Coach Leigh Tharrington captured Wonder Woman dead-to-rights with her completely updated look of the costumed heroine complete with magic lasso.



I'm Batman, no you're Batman, no I think you might be Batman after all. Hey, where's the batmobile?



We think Coach Jeremy Gregory nailed the best of the Hulk. Complete with a full body suit with safety shorts, Jeremy was quick to point out that nobody wanted to make him angry or smell him.



The 11-12 Girls donned FLASH-LIKE outfits and maintained super-speed powers throughout the meet. Their favorite line all day long, "NO FLASH PHOTOGRAPHY!"



Captain Hannah Hawkins and the Howling Commandos were the go-to group when you needed a shield or great swimming!



The Batman Brigade each had their own take on the proper mask and body armor



Wonder Women were everywhere and even re-designed her classic tights look.

Supermen donned capes and were ready to fly until hospitality called and wanted their tablecloths back.



Who does Nick Fury best? We'll let you decide?