

# NC SUPERHEROICS

from NORTH CAROLINA



Jeremy "Hulk" Gregory



Gavin "I'm Batman" Spake



Rob "Superman" Norman



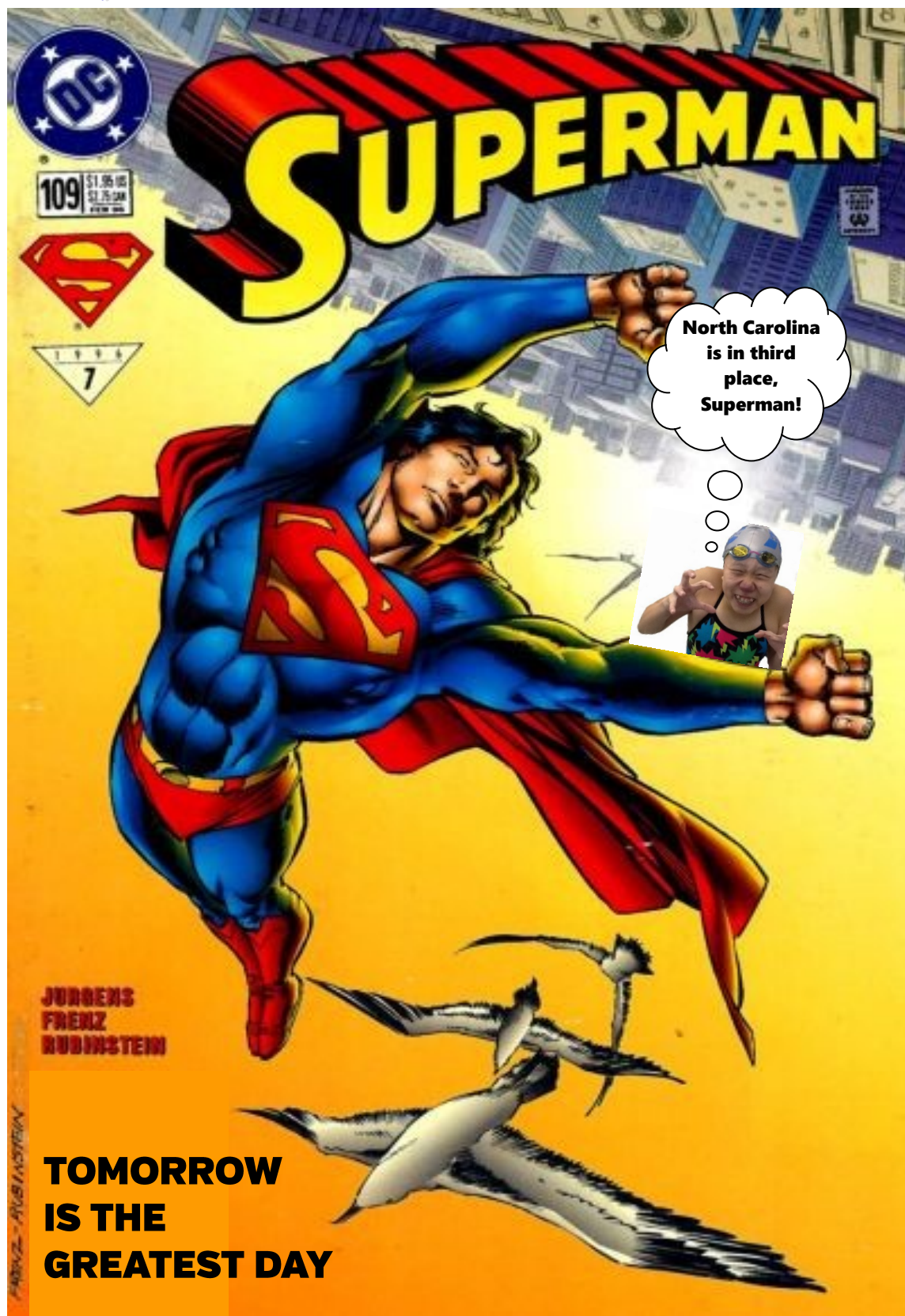
Leigh "Wonder Woman" Tharrington



Jonathan "Flash" Watson



Hannah "Capt. America" Hawkins





# SWIMMING TODAY

Wednesday, August 3, 2016

## Event 5 11-12 Girls 200 Free

Charlotte Hook  
Emma Hastings  
Sarah Jackson  
Hanani Dona

## Event 6 11-12 Boys 200 Free

Braeden Haughey  
AJ Johnson  
Patrick Keough  
Robert Tars

## Event 7 13-14 Girls 200 Free

Nina Turcanu  
Olivia Sutter  
Isabella Barnette  
Haley Turner

## Event 8 13-14 Boys 200 Free

Boyd Poelke  
Kenneth Lowe  
Zachary Cairns

## Event 9 15-18 Girls 200 Free

Ashton Gasper  
Ellie Marquardt  
Jaylyn Forrest  
Katherine Epler

## Event 10 15-18 Boys

William Anderson  
Drake Moretz  
Gator Pritchard  
Micah McRae

## Event 11 11-12 Girls 50 Breast

Jolene Zhang  
Caitlin Horn  
Jordan Browning

## Event 12 11-12 Boys 50 Breast

Sam Hoover  
Matthew Kroll  
Cameron Abaqueta

## Event 13 13-14 Girls 200 Breast

Caroline Crouse  
Olivia Sutter  
Anneliese Hohm  
Sydney Morgan

## Event 14 13-14 Boys 200 Breast

Ben Duckworth  
Tim Connery  
John Meehan

## Event 15 15-18 Girls 200 Breast

Brenna Divoky  
Audrey Costley

## Event 16 15-18 Boys 200 Breast

Jacob Queen  
John Marquardt  
Christopher Hubbard

## Event 17 11-12 Girls 100 Fly

Claire Curzan  
Jolene Zhang  
Jordan Browning  
Emma Hastings

## Event 18 11-12 Boys 100 Fly

AJ Johnson  
Joseph Bungler  
Patrick Keough

## Event 19 13-14 Girls 100 Fly

Caroline Crouse  
Isabella Barnette  
Haley Turner  
Eliza Whitmire

## Event 20 13-14 Boys 100 Fly

Boyd Poelke  
Zackary Whipple  
Colin Cotter

## Event 21 15-18 Girls 100 Fly

Peyton Whitaker  
Audrey Costley  
Elizabeth Guimond  
Katherine Epler

## Event 22 15-18 Boys 100 Fly

Drake Moretz  
Jeff Adams  
William Anderson

400m Medley Relays will be swum at the end of finals tonight.

Tuesday's races in the 11-12 400m Freestyle and the 13-18 women's 800m Free and 13-18 men's 1500m Freestyle were spectacular with several best times being swum by the North Carolina swimmers.

Braeden Haughey (12) set a new pending NCS record in the 11-12 Boys 400m Free (4:22.97). Haughey along with Christopher Hubbard (15) were recognized by NCS Team Captains Jacob Queen and Brenna Divoky for having the most exciting swims of the afternoon timed final session. Hubbard clocked a time of 16:42.86 in his 1500m Free, a personal best by more than 38 seconds! Congratulations to all of our distance performers for representing our LSC so well.



# SUPERMAN DAY

*Wednesday, August 3, 2016 Timeline*

6:30am Wake-up Calls to Rooms  
 6:45-7:15am Breakfast at hotel  
 7:20am Shuttle 1 to pool with all 200 free swimmers and 6 breaststroke swimmers (29 athletes). (bring suits, Superman t-shirt, and silver caps). Lane 1 for warm-ups.  
 8:20am Shuttle 2 to pool with remaining swimmers. Warming up in short course pool.  
 9:00am Meet starts.  
 11:30am Shuttle run to hotel  
 12noon Shuttle run to hotel; lunch served in meeting room (Firehouse Subs)  
 12:30pm Shuttle run to hotel.  
 1:15pm Final Shuttle run back to hotel.  
 3:30pm All swimmers to meeting room.  
 3:45pm Finalists go to pool on first shuttle. (Bring parade gear)  
 3:45-5pm Warm-up for finals  
 4:20pm Second shuttle departs for pool.  
 5:15pm Parade and awards from Tues.  
 5:30pm Finals Begin  
 8:05pm Dinner at pool  
 8:30-9pm Shuttles return to hotel  
 9:30pm Return to Rooms/Lights Out



## Fantastic Four

### EVENT 1—11-12 Girls 400m Freestyle

Jackson, Sarah (12) - 4:46.07—15th  
 Hastings, Emma (12) - 4:47.85 — 17th

# RESULTS

### EVENT 2 — 11-12 Boys 400m Freestyle

Haughey, Braeden (12) — 4:22.97 — 1st—NCS Record  
 Johnson, AJ (12) - 4:40.56 — 12th  
 Keough, Patrick (12) — 4:42.70 — 16th

### EVENT 3A — 13-14 Girls 800m Freestyle

Sutter, Olivia (14) — 9:23.62 — 5th  
 Turcanu, Nina (14) — 9:16.65 — 3rd  
 Morgan, Sydney (13) — 9:34.29 — 15th

### EVENT 3B — 15-18 Girls 800m Freestyle

Forrest, Jaylyn (16) — 9:26.68 — 3rd  
 Marquardt, Ellie (15) — 9:27.48 — 6th

### EVENT 4A — 13-14 Boys 1500m Freestyle

Whipple, Zackary (14) — 17:16.16 — 9th  
 Cairns, Zachary (14) — 17:00.25 — 6th

### EVENT 4B — 15-18 Boys 1500m Freestyle

McRea, Micah (15) — 17:04.12 — 7th  
 Hubbard, Christopher (15) — 16:42.86 — 4th  
 Pritchard, Gator (15) — 17:14.43 — 10th

### TEAM SCORES AFTER TUESDAYS EVENTS

1st—Georgia	47
2nd — Florida	45
3rd — North Carolina	38
4th — Kentucky	27
5th — Southeastern	19
6th — Florida Gold Cst	14
6th — South Texas	14





# 2016 NCS ZONE TEAM

