



NCS PAW PRINTS

DOG DAYS OF SUMMER 2017 ZONE TEAM NEWSLETTER

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TUESDAY, AUGUST 1, 2017

TODAY'S ITINERARY

7:15-8:00am:	Breakfast at Hotel (those not competing today)
8:30am:	Bus departs for pool with those not competing today
8:45-10am:	Breakfast at hotel for those who are swimming today
8:45-10am	Warm-up at pool for those not competing today
10:15am:	Swimmers at pool return to hotel.
11:00am-ish:	LUNCH: Firehouse Subs Arrive at hotel
11:30am:	Distance swimmers and mixed relay swimmers depart for pool from hotel.
12N-12:30pm:	Swimmers in today's events warm-up at the pool (LANE 3)
1:00pm:	Meet Starts
4:40pm:	Meet concludes and return to hotel to drop off swim gear
5:45pm:	Bus departs hotel for TEAM SOCIAL and dinner
8:00pm:	Bus returns to the team hotel
9:30pm:	Athlete Room Check
9:45pm:	LIGHTS OUT



WATCHDOG REPORT: SWIMMING ON TUESDAY

Event 1—11-12 Girls 400m Freestyle

Elena Dry—4:39.36

Keelan Cotter — 4:45.09

Kiley Wilhelm — 4:48.59

Event 2—11-12 Boys 400m Freestyle

Colin Whelehan — 4:39.11

Andrew Li — 4:40.35

Willi Dunlap — 4:46.53

Event 3—13-18 Girls 800m Free

Ellie Marquardt (16) —9:23.18

Laura Davis (14) — 9:30.84

Brynn Jewell (16) — 9:32.00

Victoria Dichak (15) — 9:32.43

Event 4—13-18 Boys 1500m Free

Jack Neilsen (15) — 16:53.73

Eric Cantrell (14) — 17:01.49

Micah Martin (15) — 17:23.33

Event 5 — 11-12 200 Mixed Medley Relay

Event 6 — 13-14 200 Mixed Medley Relay

Event 7—15-18 200 Mixed Medley Relay



Ellie Marquardt and Andrew Lockhart were elected TEAM CAPTAINS on Monday evening. Both will attend a TEAM MEETING representing TEAM NC on Tuesday morning and will lead the North Carolina swimmers throughout the next 5 days of competition.