



NCS PAW PRINTS

2017 ZONE TEAM NEWSLETTER—ISSUE 2. AUG 2, 2017

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Ellie Marquardt achieves 800m Freestyle Futures cut to launch NCS Zone Team into third place

Ellie Marquardt achieved the first Futures cut for the North Carolina Zone Team Tuesday afternoon, swimming 9:13.45, her personal best by just under 10 seconds, and finishing in second place overall in the 15-18 Girls 800m Freestyle event.

Marquardt was not alone in finishing with a best time as the NCS team lit up the Tuesday afternoon distance session with several good-sized time drops.

In addition, to the 11-12 400m Freestyles, the 13-18 Girls 800m Freestyles and the Boys 13-18 1500m Freestyles, the first-ever 200m Mixed Medley Relays offered in Southern Zone Meet history, combining two males and two females from each age group on relays, were held following the distance swims. The NCS relays finished with two second place finishes (11-12, 13-14) and a third place finish in the 15-18 age group.

Following the meet, all of the Southern Zone teams were treated to an fun, DJ-led dinner/dance party at a nearby dining hall facility. Highlights of the evening included a dance by Coach Tramane and Christina to “I’m A Single Lady” and a dance guest-starring a large, female dinosaur. After the awards for the afternoon’s events were distributed, the NCS team returned to the team hotel for a team meeting and an early bedtime to get ready for the first full-day of competition set to begin on Wednesday.

RESULTS

Event 1—11-12 Girls 400m Freestyle

3rd Place—Elena Dry, 4:36.33 AAAA
6th Place —Keelan Cotter, 4:41.34 AAAA
12th Place — Kiley Wilhelm — 4:47.15 AAAA

Event 2—11-12 Boys 400m Freestyle

5th Place — Colin Whelehan, 4:35.56 AAAA
6th Place — Andrew Li , 4:35.82 AAAA
13th Place — Willi Dunlap, 4:44.32 AAA

Event 3—13-18 Girls 800m Free

2nd Place (15-18G) Ellie Marquardt (16), 9:13.56 FUT-AAAA
4th Place (13-14G) Laura Davis (14), 9:34.03 AAA
13th Place (15-18G) Brynn Jewell (16), 9:38.83 AAA
11th Place (15-18G) Victoria Dichak (15), 9:36.65 AAA

Event 4—13-18 Boys 1500m Free

16th Place (15-18B) Jack Neilsen (15), 18:35.13 AA
10th Place (13-14B) Eric Cantrell (14), 17:22.19 AAA
6th Place (15-18B) Micah Martin (15), 17:09.81 AAA

Event 5 — 11-12 200 Mixed Medley Relay—2nd PLACE

Back—Kiley Wilhelm—31.15; Breast—Grace Rainey — 34.60
Fly — Noah Rock—29.43; Free—Lane Bradshaw — 25.89

Event 6 — 13-14 200 Mixed Medley Relay—2nd PLACE

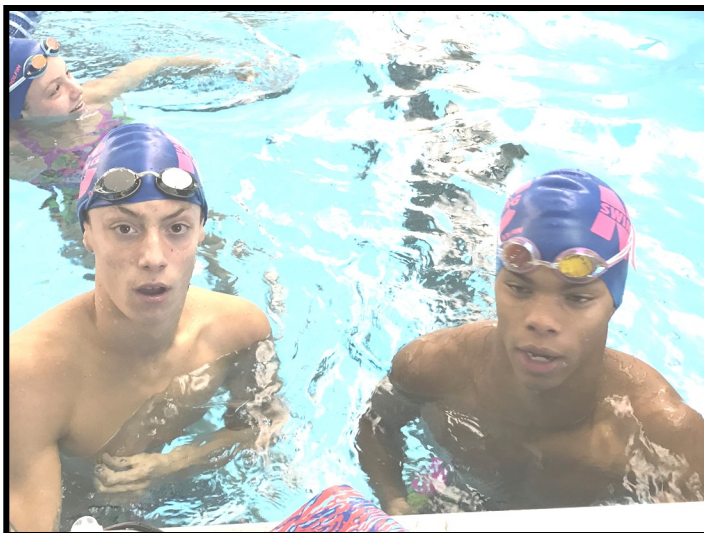
Back — Garrett Boone—27.77; Breast — Sam Hoover—30.88;
Fly — Madeline Menkhaus—28.49; Anneliese Hohm—26.72

Event 7—15-18 200 Mixed Medley Relay—3rd PLACE

Back—JJ Chapman—29.12; John Meehan—30.73;
Fly — Lawson Brantley—29.69; Free—Ellie Marquardt—27.18

WEDNESDAY AUGUST 2, 2017 ITINERARY

APPAREL TODAY:	Blue caps for prelims; Hot pink t-shirts
5:45-6:15am:	Breakfast at Hotel
6:30am:	Bus departs for pool with those competing today in 200m Free /11-12 50 Breast event
7:00-7:30am:	Assigned warm-ups (LANE 3)
8:30-8:45am:	Specific warm-up-main pool
8:45am:	Shuttle van departs for pool with those competing only in 200m Breast (Lockhart, Hoo- ver, Meehan, Kroll, Oxrider, Hohm, Davis)-Coach Amy.
9:00am:	Preliminaries begin.
10:30am:	Shuttle van departs for pool with those competing only in 100m Fly (Rock, Holder, Silver, Clark, Menkhaus, Turner, Gasper, Martin)-Coach Amy
10:30am:	Bus shuttles swimmers who are done back to hotel
11:15am:	LUNCH: McAllister's Deli. 2nd bus run back to hotel.
12:30pm:	3rd bus run back to hotel.
1:00pm:	Final shuttle run back to hotel.
3:30pm:	TEAM MEETING—IN MTG ROOM
3:45pm:	Finalists –bus shuttles to pool
4:00-5:00pm:	Warm-Up For Finals
4:45pm:	Swimmers not in finals depart hotel for pool
5:15pm:	PARADE OF ATHLETES
5:30pm:	Finals Begin
8:30pm:	Dinner at Sweet Tea & Biscuits
9:30pm:	TEAM MEETING
9:45pm:	LIGHTS OUT



TEAM SCORES FOLLOWING TUESDAY EVENTS

1—GEORGIA	98.5 POINTS
2—FLORIDA	94 POINTS
3—NORTH CAROLINA	71 POINTS
4—KENTUCKY	42 POINTS
5—FLORIDA GOLD COAST	31 POINTS
6—SOUTHEASTERN	30 POINTS



WATCHDOG REPORT—Wednesday, August 2 Swims

Event 9 - 11-12 Girls 200m Free

Taylor Bloom
Keelan Cotter
Elena Dry
Taylor Morris
Kiley Wilhelm

Event 10 - 11-12 Boys 200m Free

Lane Bradshaw
Andrew Li
Landon Lloyd
Colin Whelehan

Event 11 - 13-14 Girls 200m Free

Hanani Dona
Amaya Hanley
Bethany Tart

Event 12 - 13-14 Boys 200m Free

Garrett Boone
Eric Cantrell
Baylor Nelson
Tommy Tobul

Event 13 - 15-18 Girls 200m Free

Lawson Brantley
Anna Dacier
Victoria Dichak
Hannalee Ellison
Brynn Jewell
Ellie Marquardt

Event 14 - 15-18 Boys 200m Free

Trey Adkins
JJ Chapman
John Marquardt
Jack Nielsen
Victor Simmons

Event 15 - 11-12 Girls 50m Breast

Keelan Cotter
Kate Hegland
Jenna Koh
Grace Rainey

Event 16 - 11-12 Boys 50m Breast

Willi Dunlap
Tyler Flickinger
Andrew Li
Tucker Valliere

Event 17 - 13-14 Girls 200m Breast

Laura Davis
Anneliese Hohm
Anne Gray Oxrider

Event 18 - 13-14 Boys 200m Breast

Sam Hoover
Matthew Kroll

Event 19 - 15-18 Girls 200m Breast

Anna Dacier

Event 20 - 15-18 Boys 200m Breast

Andrew Lockhart
John Meehan
Jack Neilsen

Event 21 - 11-12 Girls 100m Fly

Taylor Bloom
Elena Dry
Kate Hegland
Jenna Koh
Grace Rainey
Kiley Wilhelm

Event 22 - 11-12 Boys 100m Fly

Lane Bradshaw
Noah Rock
Colin Whelehan

Event 23 - 13-14 Girls 100m Fly

Abby Clark
Amaya Hanley
Madeline Menkhaus

Event 24 - 13-14 Boys 100m Fly

Garrett Boone
Nate Holder
Baylor Nelson
Ryan Silver
Tommy Tobul

Event 25 - 15-18 Girls 100m Fly

Lawson Brantley
Victoria Dichak
Haley Turner

Event 26 - 15-18 Boys 100m Fly

Victor Simmons

Relays at Night

Event 27 - 11-12 Girls 400m Medley Relay

Event 28 - 11-12 Boys 400m Medley Relay

Event 29 - 13-14 Girls 400m Medley Relay

Event 30 - 13-14 Boys 400m Medley Relay

Event 31 - 15-18 Girls 400m Medley Relay

Event 32 - 15-18 Boys 400m Medley Relay



