



NCS PAW PRINTS

2017 ZONE TEAM NEWSLETTER—ISSUE 4. AUG 5, 2017

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10 Futures cuts reached for NCS athletes on Day 4

—Tupelo, MS. In just over four days several members of the North Carolina Zone Team have amassed a slew of new qualifying times for Futures and Winter Junior Nationals. Day 4 proved to be no exception as ten new Futures qualifying times were achieved. Ellie Marquardt continued her domination in the 15-18 Girls age group, winning the 400m Freestyle with a 4:23.94, just off the Winter Junior National qualifying time of 4:23.79.

Abigail Clark (13) swam to a 1:05.63 to win the 100m Backstroke event with a new pool record. Teammate Amaya Hanley took 2nd with 1:06.55. Both girls achieved Futures cuts in the event in the preliminaries.

In the 13-14 Boys 100m Breaststroke, Sam Hoover (13) and Matthew Kroll (13) posted new Futures cuts swimming 1:07.70 and 1:08.45 respectively. The Winter Junior cut slightly eluded both young men at 1:07.59.

Keelan Cotter (12) and Grace Rainey (12) combined for second and third place, respectively, in the 100m Breaststroke. Both girls achieved new Futures cuts in the process. 13-14 Girl, Anneliese Hohm swam faster than the Futures cut in the 100m Breaststroke with a 1:14.69 and took second place in the event.

Garrett Boone (14) continued to look sharp on Day 4 with a second place in the 100m Back of 1:00.12, another Futures cut for Boone.

The NCS Zone Team took victories tonight in both the 11-12 Girls and 13-14 Boys 200m Medley Relays. The 13-14 Girls relay finished second.

With the final day of competition ahead, the NCS squad is looking forward to several more amazing swims on Saturday. See the WATCHDOG REPORT below for a list of all those with final swims coming up on DAY 5,



WATCHDOG REPORT

EVENT 77—11-12 GIRLS 200 IM

Taylor Bloom
Keelan Cotter
Elena Dry
Grace Rainey
Kiley Wilhelm

EVENT 78—11-12 BOYS 200 IM

Lane Bradshaw
Willi Dunlap
Andrew Li

EVENT 79 — 13-14 GIRLS 200 IM

Abigail Clark
Laura Davis
Hanani Dona
Amaya Hanley
Madeline Menkhaus

EVENT 80 — 13-14 BOYS 200 IM

Nate Holder
Sam Hoover
Matthew Kroll
Baylor Nelson
Ryan Silver

EVENT 81 — 15-18 GIRLS 200 IM

Anna Dacier
Victoria Dichak
Hannalee Ellison
Ashton Gasper
Brynn Jewell
Ellie Marquardt
Haley Turner

EVENT 82 — 15-18 BOYS 200 IM

Andrew Lockhart
Jack Marquardt
Micah Martin
Jack Meehan
Jack Nielsen
Victor Simmons

EVENT 83 — 11-12 GIRLS 50 FREE

Kate Hegland
Jenna Koh
Taylor Morris

EVENT 84 — 11-12 BOYS 50 FREE

Lane Bradshaw
Willi Dunlap
Tyler Flickinger
Landon Lloyd
Noah Rock
Tucker Valliere

EVENT 85 — 13-14 GIRLS 50 FREE

Hanani Dona
Anneliese Hohm
Anne Gray Oxrider
Bethany Tart

EVENT 86 — 13-14 BOYS 50 FREE

Garrett Boone
Sam Hoover
Ryan Silver
Tommy Tobul

EVENT 87 — 15-18 GIRLS 50 FREE

Anna Dacier
Hannalee Ellison
Ashton Gasper

EVENT 88 — 15-18 BOYS 50 FREE

Jack Meehan
Victor Simmons

EVENT 89 — 11-12 GIRLS 50 FLY

Taylor Bloom
Elena Dry
Kate Hegland
Jenna Koh
Taylor Morris
Grace Rainey

EVENT 90 — 11-12 BOYS 50 FLY

Lane Bradshaw
Tyler Flickinger
Noah Rock
Tucker Valliere
Colin Whelehan

EVENT 91 — 13-14 GIRLS 200 FLY

Amaya Hanley
Madeline Menkhaus

EVENT 92 — 13-14 BOYS 200 FLY

Eric Cantrell
Nate Holder
Baylor Nelson
Tommy Tobul

EVENT 93 — 15-18 GIRLS 200 FLY

Victoria Dichak
Haley Turner

EVENT 94 — 15-18 BOYS 200 FLY

JJ Chapman
Jack Marquardt

200m FREE RELAYS WILL BE SWUM
DURING FINALS

SATURDAY AUGUST 5, 2017 ITINERARY

APPAREL TODAY: Blue caps for prelims;
Gray t-shirts

6:00-7:40am: Breakfast at Hotel

7:50am: Bus departs for pool-200 IM swimmers

8:00-8:45am: Warm-up as able

8:30-8:45am: Specific warm-up-main pool

8:50am: 2nd bus departs hotel with 50 Freestylers

9:00am: Preliminaries begin.

10:15am: Bus goes back to hotel

10:30am: Amy picks up JJ Chapman & Beth Chapman

11:15am: LUNCH: McAllister's Deli.

11:30pm: Bus back to hotel

12:15pm: Bus back to hotel

12:45pm: Final bus back to hotel

3:45pm: TEAM MEETING—IN MEETING ROOM

4:00pm: Finalists –bus shuttles to pool

4:15-5:15pm: Warm-Up For Finals

4:45pm: Swimmers not in finals depart hotel for pool

5:20pm: AWARDS

5:30pm: Finals Begin

8:30pm: Dinner at Sweet Tea & Biscuits

10:00pm: LIGHTS OUT

SUNDAY AM—AUGUST 6TH

6:00-7:00am: Wake-up and Breakfast at hotel

7:00-7:25am: Coaches and Chaperones conduct swimmer room checks

7:30am: Depart Hotel by bus back to North Carolina

ATHLETES WILL BE TEXTING PARENTS WITH APPROXIMATE PICK-UP TIMES:

Concord Mills—1st Stop

Triangle Aquatic Center — 2nd Stop

TEAM SCORES FOLLOWING FRIDAY EVENTS

1—GEORGIA	863 POINTS
2—FLORIDA	716 POINTS
3—NORTH CAROLINA	639 POINTS
4—SOUTHEASTERN	454 POINTS
5—KENTUCKY	264 POINTS
6—SOUTH TEXAS	219 POINTS
7—FLORIDA GOLD COAST	218 POINTS
8—SOUTH CAROLINA	115 POINTS
9—NORTH TEXAS	75 POINTS
10—WEST TEXAS	72 POINTS
11—WEST VIRGINIA	62 POINTS
12—LOUISIANA	24 POINTS
13—MISSISSIPPI	19 POINTS

RESULTS**FROM FRIDAY, AUG 4, 2017****Event 55 - 11-12 Girls 100m Back**

8th Place—Kate Hegland, 1:10.80

4th Place—Taylor Morris, 1:08.56

Event 57 - 13-14 Girls 100m Back

1st Place —Abigail Clark, 1:05.63, fut

2nd Place—Amaya Hanley, 1:06.55, fut

Event 58 - 13-14 Boys 100m Back

2nd Place—Garrett Boone, 1:00.12-fut

Event 59 - 15-18 Girls 100m Back

7th Place—Haley Turner, 1:09.04

Event 61 - 11-12 Girls 100m Breast

2nd Place—Keelan Cotter, 1:15.27, fut

3rd Place —Grace Rainey, 1:15.51, fut

Event 63 - 13-14 Girls 100m Breast

2nd Place—Anneliese Hohm, 1:14.69-fut

Event 64 - 13-14 Boys 100m Breast

1st Place—Sam Hoover, 1:07.70, fut

3rd Place—Matthew Kroll, 1:08.45, fut

Event 65 - 15-18 Girls 100m Breast

6th Place—Anna Dacier, 1:19.14

Event 66 - 15-18 Boys 100m Breast

7th Place—Jack Meehan, 1:08.22, fut

Event 68 - 13-14 Boys 400m Free

5th Place — Eric Cantrell, 4:17.27

4th Place—Tommy Tobul, 4:15.96

Event 69 - 15-18 Girls 400m Free

8th Place—Lawson Brantley, 4:45.30

1st Place—Ellie Marquardt, 4:23.94

PREC, fut

Event 70 - 15-18 Boys 400m Free

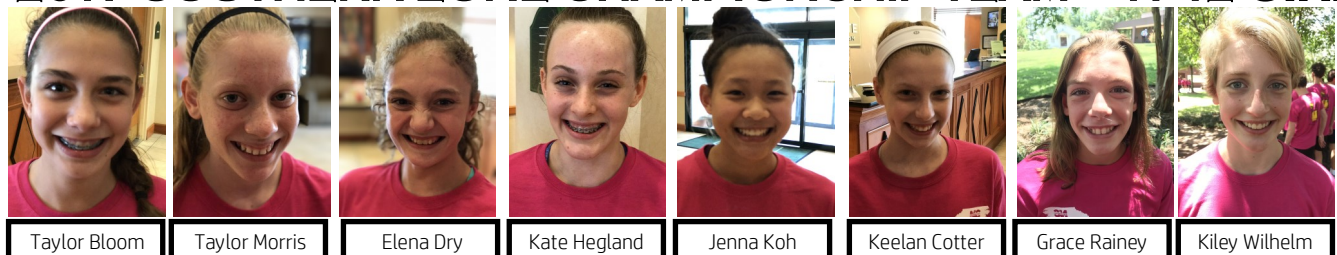
7th Place—Micah Martin, 4:18.33

Relays Saturday Night**Event 71****11-12 Girls 200m Medley Relay—1st****2:04.08****Wilhelm—31.67****Rainey — 35.92****Hegland — 29.35****Dry — 27.14****Event 72****11-12 Boys 200m Medley Relay—5th****2:03.95****Valliere — 31.87****Dunlap — 36.09****Rock — 29.38****Bradshaw—26.61****Event 73****13-14 Girls 200m Medley Relay—2nd****2:01.44****Clark—31.42****Hohm — 34.82****Menkhaus — 28.66****Tart — 26.54****Event 74****13-14 Boys 200m Medley Relay—1st****1:50.67****Boone—27.91****Kroll — 31.82****Nelson — 26.66****Hoover — 24.28****Event 75****15-18 Girls 200m Medley Relay—8th****2:08.79****Turner — 33.29****Dacier — 36.99****Brantley — 30.93****Marquardt — 27.58****Event 76****15-18 Boys 200m Medley Relay—4th****1:51.52****Chapman — 29.29****Meehan—30.96****Simmons — 26.76****Adkins—24.51**

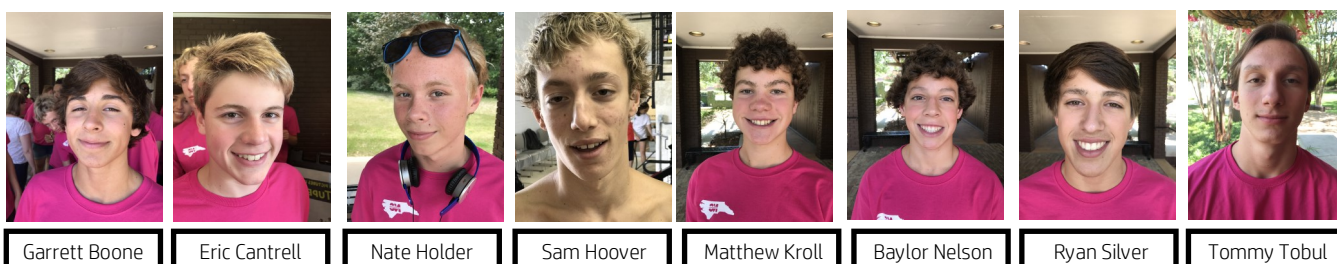
2017 SOUTHERN ZONE CHAMPIONSHIP TEAM – 11-12 BOYS



2017 SOUTHERN ZONE CHAMPIONSHIP TEAM – 11-12 GIRLS



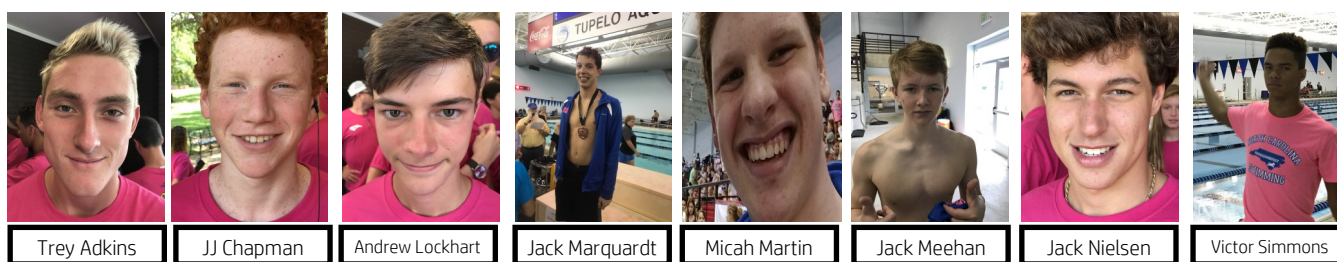
2017 SOUTHERN ZONE CHAMPIONSHIP TEAM – 13-14 BOYS



2017 SOUTHERN ZONE CHAMPIONSHIP TEAM – 13-14 GIRLS



2017 SOUTHERN ZONE CHAMPIONSHIP TEAM – 15-18 BOYS



2017 SOUTHERN ZONE CHAMPIONSHIP TEAM – 15-18 GIRLS

