

FIESTA OUT WESTA

A PUBLICATION OF NORTH CAROLINA SWIMMING

ISSUE THREE. TUESDAY, JULY 31, 2018

LET'S GIVE THEM SOMETHING TO TACO BOUT

The 2018 Southern Zone Championship psych sheet was released last night and 13 LSC's will be represented when the meet gets underway today at 1pm. Our North Carolina Zone Team will be joined by athletes from the LSC's of Georgia, Florida, Florida Gold Coast, South Texas, North Texas, Southeastern, West Texas, Border (even wester Texas!), Mississippi, Louisiana, and Kentucky.

The NCS team spent Monday getting ready for the competition ahead with some time spent poster making and working out at the COM Aquatics competition pool. The swimmers also spent a few hours in the Odessa Cineplex which combined several movie theatres with entertainment activities like lazer tag, visual reality games, bowling and some other games of skill.

Tuesday events coming up include the 11-12 400 Free,

13-18 800 Free for women and the 13-18 1500 Free for men. Wrapping up today's timed final session will be the first-ever Mixed 200m Freestyle Relay. The swimmers have eaten well and got in a grocery run last evening. All are looking ready for the meet to get underway.

The coaching staff announced last night that Emile Charles and Peyton Whitaker will be the team captains for the week ahead. Both will attend the General Meeting at the pool at 11am Tuesday.

Last night, Midland had the first thunderstorm and measurable rain that the area has seen in weeks breaking the July heat wave which had the are experiencing high heat levels. And just like the weather changing, NCS swimmers are hoping to break new records as well.

TODAY'S SCHEDULE-TUESDAY

8:15am—Wake-up Calls

Apparel today—Light yellow shirts ("Taco Tuesday"); pink caps.

8:30-10:00am - Breakfast at Springhill Suites;

10:15am—Captains, Team Mgr and Head Coach to Gen'l Meeting at the pool.

11:00am—Today's individual event swimmers leave for pool.

12:20pm—Remaining swimmers depart for pool.

1:00pm—Boxed lunches at pool.

2:00-3:00pm—All swimmers warm-up at pool

5:00pm — (approx) Return to hotel

6:30pm — Dinner at Hotel; Team Meeting follows(meeting room)

8:00pm — Team Meeting at Hotel to discuss Day 1 of competition

9:00pm — All athletes in rooms

9:30pm — Lights out. Electronics silenced.

TUESDAY, JULY 31—EVENTS

Event 1 - 11-12 Girls 400m Freestyle

Ellie Hunt

Lily Welsh

Nicole Zettel

Event 2 — 11-12 Boys 400m Freestyle

Jack Lazarovsky

Andrew Li

Max Marrujo

Event 3 — 13-18 Women 800m Freestyle

Emily Carpenter (14)

Emma Hastings (14)

Emma Stolberg (14)

Summer Eaker (15)

Emily Knorr (15)

Ashlyn Walton (17)

Event 4 — 13-18 Men 1500m Freestyle

Elijah Godfrey (14)

Joshua Moore (14)

Colin Whelehan (13)

Brody Carroll (15)

Elijah Horman (15)

200m Mixed Freestyle Relays are Events 5-7 and follow the 13-18 men's 1500m Freestyle event.

