

A PUBLICATION OF NORTH CAROLINA SWIMMING

ISSUE SIX. FRIDAY, AUG 3, 2018.







HIGHLIGHTS ON HIGHLIGHTER DAY

Thursday marked the halfway point of the Southern Zone Meet. All athletes focused on getting needed rest between prelims and finals while the coaches focused on providing the motivation needed for peak performance. Throughout each session it's been standing room only as the coaches, team managers and chaperones encourage each athlete to achieve maximum output. Beginning with the morning backstroke events, the deck has been electric. Multiple grocery runs, medical trips, automotive repair runs, and shuttle trips from hotel to pool to hotel have shown that our NCS operation has become a well-oiled machine. Our caterer has taken great care to meet the nutritional needs of our swimmers. Whatever the cause, the NCS athletes, adorned in hot pink tank tops, rallied on "Highlighter Day" to pull the team back ahead of Southeastern. The team had five individual first place finishes including a new pool record for Lily Welsh (12) in the 50m Backstroke. The 11-12 Boys continued to amaze with another relay win in the 400m Free Relay where all four boys swam sub-1:00 splits. Andrew Li won the 11-12 50m Back as did 11year old Evan Wilkerson who continues to improve in nearly every race he swims! Evan's sister Olivia, who like her brother is visually impaired, won the 13-14 Girls 100m Free event. Last but not least, Bethany Tart won the 15-18 Girls 100m Free with a 58.88 swim.

Following finals at our team meeting back at the hotel, *Emily Knorr* was recognized for her tough as nails performances with our **Goldfish Award**. *Andrew Li* (12) and *Lily Welsh* (12) won the **Fiesta Towel Awards** after both took victories in the 50m Backstroke events.

FRIDAY ITINERARY

6:45AM & 7:15AM - WAKE-UP **CALLS. BLACK T-SHIRTS.**

6:45-7:15AM — BREAKFAST

7:30AM - 100 BACK-**STROKERS DEPART HOTEL** FOR POOL

8:00AM - 15-18 BACK-STROKERS and 100 BREAST **STROKERS DEPART FOR** POOL.

8-9:30AM — WARM-UP AT POOL

9:00AM - ALL SWIMMERS **LEFT AT HOTEL DEPART FOR POOL—400 FREE and THOSE** WITH NO INDIVIDUAL EVENTS.

10-30AM - FIRST VANS RE-**TURN TO HOTEL**

11:15AM — 2nd VANS RE-**TURN TO HOTEL**

12:15AM - LAST VANS RE-**TURN TO HOTEL**

3:45PM—TEAM MEETING AT HOTEL

4:00PM — FINALISTS DEPART FOR POOL

4:30-5:20PM — WARM-UP

5:00PM -NON-FINALISTS & **RELAY-ONLY SWIMMERS DEPART FOR POOL**

5:30PM — MEET STARTS

6:35PM — AWARDS -15MIN

8:00PM — FINALS END

8:20PM — RETURN TO HOTEL **FOR DINNER & MEETING**

9:30PM — IN ROOMS

10:00PM — LIGHTS OUT

NCS ZONE SCOREBOARD

EVENT 33—15-18 GIRLS 200m BACK Emily Knorr (15) - 2:22.21 (2nd) Katie Knorr (15) - 2:27.91 (8th)

EVENT 34 - 15-18 BOYS 200m BACK Brody Carroll (15) - 2:15.04 (5th) Garrett Despres (15) - 2:17.20 (8th)

EVENT 35 - 13-14 GIRLS 200m BACK Madeline Smith (14) - 2:27.19 (5th)

EVENT 306 - MIXED 12U 50m BACK Evan Wilkerson (11) - 42.75 (1st)

EVENT 37 - 11-12 GIRLS 50m BACK Lilv Welsh (12) - 31.10 (1st-pool rec) Nicole Zettel (11) - 32.42 (7th) Lauren Patterson (12) - 32.69 (8th)

EVENT 38 - 11-12 BOYS 50m BACK Andrew Li (12) - 30.95 (1st) Lucca Battaglini (12) - 31.07 (2nd) Owen Sypolt (12) - 31.39 (5th)

EVENT 307 - MIXED 12U 100m FREE Evan Wilkerson (11) - 1:24.28 (2nd)

EVENT 307-MIXED 13-14G 100m FREE Olivia Wilkerson (13) - 1:22.89 (1st)

EVENT 39 - 15-18 GIRLS 100m FREE Bethany Tart (15) - 58.88 (1st) Summer Eaker (15) - 59.04 (2nd) Sadie Calhoun (17) - 1:01.77 (9th) Peyton Whitaker (17) - 1:01.77 (9th)

EVENT 40 - 15-18 BOYS 100m FREE Charles Clickner (16) - 54.50 (4th) Drew Hollett (17) - 54.84 (5th) Emile Charles (17) - 55.35 (9th)

EVENT 41 - 13-14 GIRLS 100m FREE Madeline Smith (14) - 59.58 (4th) Emma Hastings (14) - 1:00.01 (7th)

EVENT 43 - 11-12 GIRLS 100m FREE Lily Welsh (12) - 59.86 (4th)

EVENT 44 - 11-12 BOYS 100m FREE Andrew Li (12) - 58.93 (3rd) Troy Keen (12) - 59.28 (4th) Lucca Battaglini (12) - 59.31 (5th) Jack Lazaroski (12) - 59.89 (9th)

EVENT 45 - 15-18 GIRLS 400m IM Emily Knorr (15) - 5:09.69 (3rd) Katie Knorr (15) - 5:22.20 (7th)

EVENT 47 - 13-14 GIRLS 400m IM Emma Hastings (14) - 5:16.01 (6th) Emily Campbell (14) - 5:19.00 (8th)

EVENT 48 - 13-14 BOYS 400m IM Lane Bradshaw (13) - 4:59.51 (8th)

EVENT 49 - 11-12 GIRLS 400m Fr REL 3rd Place - 4:09.48

- 1) Lily Welsh 1:00.38
- Ellie Hunt 1:02.96 2)
- Abby Druhan 1:03.5 3)
- 4) Lilv Ann Willis 1:02.8

EVENT 50 - 11-12 BOYS 400m Fr REL 1st Place - 3:56.27

- 1) Andrew Li - 59.15
- 2) Lucca Battaglini - 59.54
- 3) Trov Keen - 58.97
- 4) Jack Lazaroski - 58.61

EVENT 51 - 13-14 GIRLS 400m Fr REL

- 3rd Place 4:02.33
- Emma Hastings 1:00.74 1) 2)
- Emily Campbell 1:00.97 Elizabeth McDevitt - 1:02.03
- 3)
- Madeline Smith 58.59 4)

EVENT 52 - 13-14 BOYS 400m Fr REL

- 3rd Place 3:43.27
- Spencer Freeman 55.55 1)
- Lane Bradshaw 56.63 2)
- 3) Landon Lloyd - 56.31
- 4) Reid Miller 54.78

EVENT 53 - 15-18 GIRLS 400m Fr REL 2nd Place - 3:59.48

- Summer Eaker 58.97 1)
- 2) Morgan Despres - 1:01.46
- Sadie Calhoun 1:00.97 3)
- Bethany Tart 58.08 4)

EVENT 54 - 15-18 BOYS 400m Fr REL 3rd Place - 3:38.95

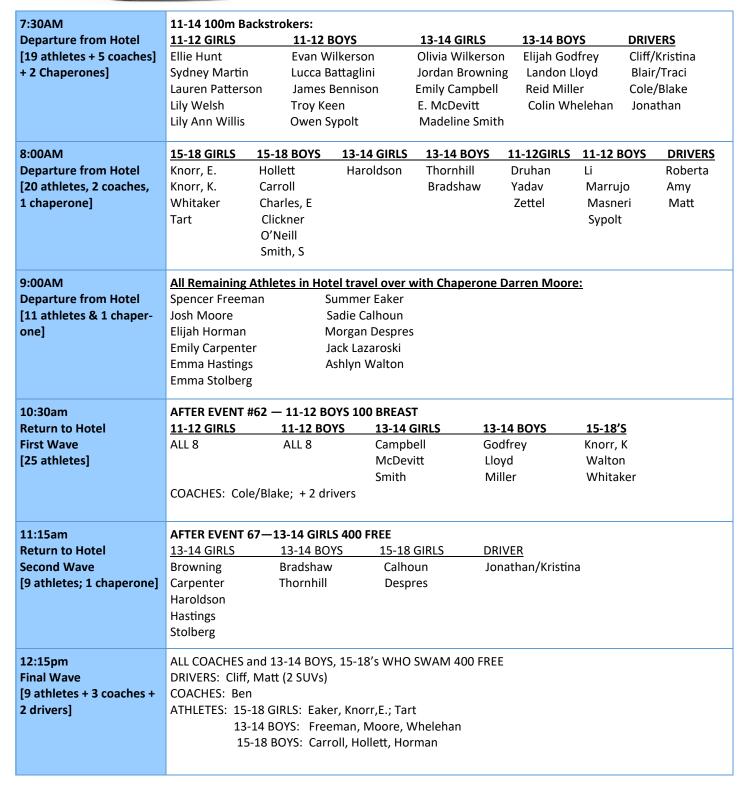
- 1) Drew Hollett - 54.87
- Charles Clickner 53.86 2)
- 3) Emile Charles - 55.04
- 4) Brody Carroll 55.18



Team Scores After Thursday Finals

1st - Florida	768
2nd - Georgia	704
3rd - North Carolina	653
4th - Southeastern	650
5th - South Texas	314.5
6th - Florida Gold Coast	217.5
7th – North Texas	186
8th - Kentucky	135
9th - Louisiana	94
10th - West Texas	88
11th - Border	82
12th - Mississippi	77
13th - West Virginia	38



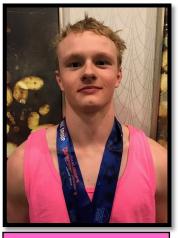


A TAXI SAY





TREVOR O'NEILL



DREW HOLLETT









BRODY CARROLL





SADLER SMITH



ELIJAH HORMAN

GARRETT DESPRES



CHARLES CLICKNER



FRIDAY INDIVIDUAL EVENTS

Event 55 - 11-12 Girls 100m Back Ellie Hunt Sydney Martin Lauren Patterson Lily Welsh Lily Ann Willis

Event 56 - 11-12 Boys 100m Back Lucca Battaglini James Bennison Troy Keen Owen Sypolt

Event 57 - 13-14 Girls 100m Back Jordan Browning Emily Campbell Elizabeth McDevitt Madeline Smith

Event 58 - 13-14 Boys 100m Back Elijah Godfrey Landon Lloyd Reid Miller Colin Whelehan

Event 59 - 15-18 Girls 100m Back Emily Knorr Katie Knorr Bethany Tart Peyton Whitaker

Sadler Smith

Event 60 - 15-18 Boys 100m Back Brody Carroll Emile Charles Charles Clickner Garrett Despres Trevor O'Neill

Event 61 - 11-12 Girls 100m Breast Abby Druhan Lauren Patterson Jotue Yadav Nicole Zettel

Event 62 - 11-12 Boys 100m Breast Andrew Li Max Marrujo David Masneri

Event 63 - 13-14 Girls 100m Breast Jordan Browning Olivia Haroldson

Event 64 - 13-14 Boys 100m Breast Lane Bradshaw Kwame Thornhill Event 65 - 15-18 Girls 100m Breast Sadie Calhoun Morgan Despres

Event 66 - 15-18 Boys 100m Breast Drew Hollett

Event 67 - 13-14 Girls 400m Free Emily Carpenter Emma Hastings Emma Stolberg

Event 68 - 13-14 Boys 400m Free Spencer Freeman Joshua Moore Colin Whelehan

Event 69 - 15-18 Girls 400m Free Summer Eaker Emily Knorr Bethany Tart

Event 70 - 15-18 Boys 400m Free Brody Carroll Drew Hollett Elijah Horman





