



NCS TIKI TIME NEWSLETTER

#NCSWIKIWIKI

TUESDAY - JULY 30, 2019

ZETTEL, DUNLAP WIN EVENTS TO PROPEL THE NCS ZONE TEAM TO AN EARLY FIRST NIGHT LEAD

The NCS ZONE TEAM was catapulted into the lead following winning swims by 12-year old **Nicole Zettel** in the 400m Free [4:34.00] and a 3.39 second improvement and from **Willi Dunlap** [14] who dropped 5.12 to swim a personal best time of 16:40.68 and capture first in the 13-14 Boys 1500m Free.

In addition to the win by Zettel, **Ellery Eward** (12) finished in second place of the 11-12 Girls 400m Free in a time of 4:34.47, her best. NCS teammate **Meredith Whelehan** finished 5th in 4:38.11.

Other NCS first night finishes included:

11-12 Boys 400m Free

Ethan Emerton (12) - 4:42.17—14th
Norvin Clontz (12) - 4:49.88 — 19th

13-14 Girls 800m Free

Jenna Jacobs (14) - 9:40.13 — 16th
Katherine Ivanov (13) - 9:42.75 — 17th
Sarah Dichak (14) - 9:45.84 — 19th

13-14 Boys 1500m Free

Willi Dunlap (14) - 16:40.68 — 1st
Max Marrujo (13) - 16:59.82 — 5th
Colin Whelehan (14) - 17:30.42 — 13th

15-18 Girls 800m Free

MaKayla Ciancanelli (15) - 9:29.07 — 3rd
Kyra Dalbo (16) - 9:31.29 — 6th
Michaela Teachey (16) - 9:41.47 — 12th

15-18 Boys 1500m Free

Graham Hohnbaum (15) - 17:07.02 — 6th
Brody Carroll (16) - 17:08.27 — 7th
Logan McLuskie (16) - 17:23.45 — 9th

Solid relay performances were banked on Tuesday night in the 200m Mixed Medley Relay, an event contested for only the second time in Zone history and performed in odd numbered years only. The results were as follows:

11-12 Mixed 200m Medley Relay

1st Place—2:01.28
Back—Nicole Zettel—31.88
Breast—Darren Liu—32.85
Fly—Kathryn Monville—30.02
Free—Max Osman—26.53

13-14 Mixed 200m Medley Relay

4th Place—1:58.57
Back—Lauren Patterson—31.91
Breast—Katherine Ivanov—35.89
Fly—Troy Keen—26.33
Free—Landon Lloyd—24.44

15-18 Mixed 200m Medley Relay

3rd Place—1:57.25
Back—Sam Reiger—29.05
Breast—Isabella Gaskey—34.05
Fly—Hanani Dona—29.28
Free—Graham Hohnbaum—24.87

TEAM SCORES AFTER EVENT 7M

1—NORTH CAROLINA	87 points
2—Florida	84
3—Georgia	62
4—South Texas	38
5—South Carolina	37
6—North Texas	36
7—West Virginia	26
8—Southeastern	22
9—Florida Gold Coast	20
10—Border	14
11—Kentucky	8
12—Mississippi	6
13—West Texas	4

OWAI KAU INOA?

(OH-WHY KAH-oo ee-no-AH)

Hawaiian for
"What is your
name?"



**THE HELPFUL HAWAIIAN'S
WORD OF THE DAY**



WEDNESDAY, JULY 31 — ZONE TEAM ITINERARY

6:45-7:20AM — BREAKFAST AT HOTEL
 7:20AM — SHUTTLE 1 DEPARTS
 7:35AM — SHUTTLE 2 DEPARTS
 8-8:30AM — WARM-UP
 9:00AM — PRELIMS BEGIN
 11:00AM — FIRST SHUTTLE BACK TO HOTEL
 11:30AM — LUNCH DELIVERED TO HOTEL
 12:50PM — SESSION ENDS; EVERYONE TO HOTEL
 12:45-3PM — REST (NO CELL PHONES)
 3:00PM — TEAM MEETING
 3:30PM — 2 SHUTTLE RUNS TO POOL (ALL)
 4-5PM — FINALS WARM-UP
 5:00PM — LINE-UP FOR PARADE IN PROGRAM
 POOL AREA (HAWAIIAN ATTIRE)
 5:30PM — FINALS BEGIN
 8:22PM — FINALS CONCLUDE
 8:30PM — 2 SHUTTLE RUNS TO HOTEL
 8:50PM — DINNER AT HOTEL/DAILY WRAP
 9:30PM — LIGHTS OUT

WEDNESDAY EVENT ORDER

GIRLS	EVENT	BOYS
9	11-12 200m FREE	10
11	13-14 200m FREE	12
13	15-18 200m FREE	14
15	11-12 50m BREAST	16
17	13-14 200m BREAST	18
19	15-18 200m BREAST	20
21	11-12 100m FLY	22
23	13-14 100m FLY	24
25	15-18 100m FLY	26

* 400m MEDLEY RELAYS will be swum at the end of the evening finals session.

