



NCS TIKI TIME NEWSLETTER

#NCSWIKIWIKI

FRIDAY - AUGUST 2, 2019

WILHELM, MUMFORD AND GASKEY ACHIEVE FUTURES WHILE NCS REMAINS IN FIRST PLACE

The NCS Zone Team maintained its composure today and swam to 19 swims in finals—enough to hold off nearest challenger Florida who is 104.5 points back in second place. With one day left in the competition and just three individual events remaining, the NCS squad needs to put together one more day of tough swimming.

In the Friday finals, NC swimmers swam to victory in three individual events and two relays. **Nicole Zettel** (12) won the 100 Backstroke dropping nearly 2 seconds from her swim in the preliminaries. **Susan Mumford** (16) dropped over a second from her prelim swim in the 100m Back to win and improve on her Futures qualifying swim from the morning. **Izza Gaskey** (16) won her 100m Breaststroke and swam a 1:15.87 in prelims to better the Futures cut in the event as well. Also achieving a Futures cut was Alex Wilhelm (17) in both prelims and finals, swimming 1:00.32 in the 100m Back in finals, and taking 3rd place in the event. In one of the best races of the evening, **MaKayla Ciancanelli** (15) won the 400m Freestyle in 4:31.10, just under three seconds off the Futures qualifying time. Rounding out the evening, the 11-12 Boys 200 MR team (**Bartee, Liu, Osman, and Kroll**) and the 15-18 Girls 200 MR team (**Mumford, Gaskey, Dona, and Kosik**) will both be at the top of the podium when medals are awarded on Saturday. The 11-12 Boys were just over a second over the Zone Meet Record in the event which is 1:59.08 currently held by Georgia since 2014.



FRIDAY ZONE MEET RESULTS

EVENT	PL	PRELIMS	PL	FINALS	EVENT	PL	PRELIMS	PL	FINALS
55-Girls 11-12 100m Back	4	Nicole Zettel-1:09.12	1	Zettel-1:07.34		11	Willi Dunlap-4:21.72		
	8	Meredith Whelehan-1:11.75	6	Whelehan-1:11.37		12	Landon Lloyd-4:22.78		
	11	Sydney Holfedler-1:12.35			69-Girls 15-18 400m FR	2	MaKayla Ciancanelli-4:35.95	1	Ciancanelli-4:31.10
	14	Clarke Neace-1:12.53				7	Kyra Dalbo-4:40.15	6	Dalbo-4:35.94
	19	Ellery Eward-1:13.53				12	Michaela Teachey-4:44.03		
	21	Kathryn Monville-1:13.77			70-Boys 15-18 400m FR	1	Hamlin Williams-Tracy-4:14.30	4	Williams-Tracy-4:14.67
56-Boys 11-12 100m Back	3	Granger Bartee-1:07.11	3	Bartee-1:05.97		3	Graham Hohnbaum-4:17.08	2	Hohnbaum-4:13.32
	9	Goran Cindric-1:09.23				14	Brody Carroll-4:29.86		
	10	Norvin Clontz-1:09.46			71-Girls 11-12 200m F.R.	2	BK-N. Zettel-36.33		2:06.69
	11	Ethan Emerton-1:09.61					BR-T. Cureton-32.76		
	15	Aidan Allen-1:10.88					FLY-K. Monville-29.68		
57-Girls 13-14 100m Back	7	Lauren Patterson-1:09.20	8	Patterson-1:09.90			FR-M. Whelehan-27.92		
	11	Jordan Marley-1:09.57			72-Boys 11-12 200m F.R.	1	BK-G. Bartee-30.78		2:00.13
	12	Mary Shanahan-1:09.71					BR-D. Liu-33.56		
	27	Katherine Sikes-1:11.53					FLY-M. Osman-29.18		
58-Boys 13-14 100m Back	4	Lucca Battaglini-1:02.70	4	Battaglini-1:02.38			FR-J. Kroll-26.61		
	5	Colin Whelehan-1:03.03	8	Whelehan-1:03.97	73-Girls 13-14 200m F.R.	4	BK-L. Patterson-32.19		2:04.46
	15	Troy Keen-1:05.00					BR-S. Sanders-35.56		
59-Girls 15-18 100m Back	1	Susan Mumford-1:06.81 (FUT)	1	Mumford-1:05.78 (FUT)			FLY-M. Shanahan-28.99		
	3	Hanani Dona-1:07.50	3	Dona-1:07.70			FR-J. Jacobs-27.72		
	22	MaKayla Ciancanelli-1:12.06			74-Boys 13-14 200m F.R.	XX		DQ	
	29	Ede Kosik-1:15.04							
60-Boys 15-18 100m Back	2	Alex Wilhelm-1:00.54 (FUT)	3	Wilhelm-1:00.32 (FUT)					
	11	Brody Carroll-1:03.46							
	14	Samuel Reiger-1:03.93			75-Girls 15-18 200m F.R.	1	BK-S. Mumford-31.03		2:02.47
	16	Hamlin Williams-Tracy-1:04.27					BR-I. Gaskey-34.31		
61-Girls 11-12 100m BRST	10	Tarylor Cureton-1:23.97					FLY-H. Dona-29.62		
	16	Sydney Holfelder-1:25.55					FR-E. Kosik-27.51		
62-Boys 11-12 100m BRST	4	Aidan Allen-1:15.20	6	Allen-1:15.58	76-Boys 15-18 200m F.R.	3	BK-A. Wilhelm-29.04		1:51.90
	5	Darren Liu-1:15.35	2	Liu-1:14.40			BR-L. Grigat-31.22		
	9	Goran Cindric-1:18.39					FLY-M. Shanahan-26.86		
	17	Norvin Clontz-1:23.11					FR-G. Hohnbaum-24.78		
63-Girls 13-14 100m BR	7	Katherine Ivanov-1:17.27	7	Ivanov-1:17.36					
	10	Sydney Sanders-1:17.94							
	17	Lauren Patterson-1:22.56							
64-Boys 13-14 100m BR	9	Lane Bradshaw-1:12.23							
	19	Kian Constantine-1:14.27							
	22	Willi Dunlap-1:15.76							
65-Girls 15-18 100m BR	1	Isabella Gaskey-1:15.87	1	Gaskey-1:15.79 (FUT)					
	4	Isabella Anton-1:17.92	3	Anton-1:17.08					
66-Boys 15-18 100m BR	4	Alex Wilhelm-1:10.22	5	Wilhelm-1:10.03					
	6	Lucas Grigat-1:10.58							
67-Girls 13-14 400m FR	16	Katherine Ivanov-4:44.34							
	21	Jenna Jacobs-4:47.67							
	24	Sarah Dichak-4:49.67							
68-Boys 13-14 400m FR	3	Max Marrujo-4:17.59	5	Marrujo-4:18.09					

TEAM SCORES AS OF EVENT 76

RANK	LSC	POINTS
1	NORTH CAROLINA	731.5
2	FLORIDA	627
3	GEORGIA	587
4	SOUTH CAROLINA	368.5
5	SOUTH TEXAS	321.5
6	NORTH TEXAS	316
7	SOUTHEASTERN	189.5
8	FLORIDA GOLD COAST	178
9	WEST VIRGINIA	163
10	KENTUCKY	145
11	BORDER	49
12	MISSISSIPPI	28
13	WEST TEXAS	26

SATURDAY, AUGUST 3 — ZONE TEAM ITINERARY

6:30AM — WAKE-UP-ALARMS SET BY ATHLETES

6:50-7:20AM — BREAKFAST AT HOTEL

NAVY T-SHIRT

7:30 AM — SHUTTLE 1 DEPARTS (11-12s/13-14G)

7:45 AM — SHUTTLE 2 DEPARTS (13-14B/15-18s)

8-8:30 AM — POOL WARM-UP

9:00AM — PRELIMS BEGIN

12:28 PM — SESSION ENDS; EVERYONE TO HOTEL

11-1PM — LUNCH

1-3:45PM — REST

TBA — TEAM MEETING

TBA — 2 SHUTTLE RUNS TO POOL (ALL)

4:00-5:00 PM — FINALS WARM-UP

5:30PM — FINALS BEGIN

7:41PM — FINALS CONCLUDE

8 PM — 2 SHUTTLE RUNS TO HOTEL

8:20PM — DINNER AT HOTEL/DAILY WRAP

SATURDAY FINALS EVENT ORDER

GIRLS	EVENT	BOYS
77	11-12 200m IM	78
79	13-14 200m IM	80
81	15-18 200m IM	82
83	11-12 50m Free	84
85	13-14 50m Free	86
87	15-18 50m Free	88
AWARDS BREAK—20 MINUTES		
89	11-12 50m Fly	90
91	13-14 200m Fly	92
93	15-18 200m Fly	94

* 200m FREE RELAYS will be swum at the end of the evening finals session.

NAI'A (NY'AH)

Hawaiian word for
"Dolphin"



THE HELPFUL HAWAIIAN'S
WORD OF THE DAY

