



# NCS TIKI TIME NEWSLETTER

#NCSWIKIWIKI

SATURDAY - AUGUST 3, 2019

**MAHALO**  
(MA-HAH-LOW)

Hawaiian word  
for  
"Thank You"



THE HELPFUL HAWAIIAN'S  
WORD OF THE DAY

## NCS WINS

Given the 29 NCS swims qualifying for finals and the strength of the NC relays, the coaching staff felt confident going into the last finals session on Saturday evening. And the North Carolina swimmers sure didn't fail to impress.

The finals session began on fire as **Nicole Zettel** (12) swam to a new SZ Record in her 200m IM swim [2:22.98]. The previous record of 2:23.20 has been on the books since 2006. **Kathryn Monville** (12) won the 50m Fly in a 30.41 out-touching the 2nd place finisher by just .04sec.

Both the 11-12 Girls and the 11-12 Boys won their 200m Free Relays and both were the winners of their respective age groups in the overall team scoring. Florida and South Texas won the 13-14 overall age group awards and Georgia finished first in both of the 15-18 age groups.

North Carolina also had several swimmers finish in second place in the individual scoring—**John Kroll** (50 Free-26.98; 50 Fly-29.34), **Alex Wilhelm** (200 IM-2:13.38), and **Matthew Shanahan** (2:11.00) were all runners-up in their events.

In true NCS fashion, the 200m Free relays wrapped up in a big way. NCS won both of the 11-12 relays, the 15-18 Boys finished in second, and the 13-14 and 15-18 Girls both finished third.

The 2019 Southern Zone Championship is the 40th annual running of the event and the winning of the title by North Carolina Swimming marks the 7th time the LSC has won the event (1980, 1990, 1999, 2000, 2001, 2016 and now 2019). This is no small achievement and each of the NCS Zone Team athletes, home coaches and the 2019 NCS Zone Staff are to be congratulated!

Many thank you's also go to all of the NCS Officials and volunteers (and several others from all over the southeast who visited North Carolina this week) who took time out of their busy schedules to run this meet.

For many this meet will be a springboard to the next level and beyond. We hope all of the NCS athletes had a great time. Next year the Zone AG Championship Meet returns to Tupelo, Mississippi (July 28-Aug 1). Please mark it on your calendar if you think you might want to return next year.

Until then, on behalf of NC Swimming, MAHALO to all involved!

## TEAM SCORES AS OF EVENT 100

RANK	LSC	POINTS
1	NORTH CAROLINA	944.5
2	FLORIDA	791
3	GEORGIA	745
4	SOUTH CAROLINA	533.5
5	SOUTH TEXAS	440.5
6	NORTH TEXAS	422
7	SOUTHEASTERN	260.5
8	FLORIDA GOLD COAST	229
9	WEST VIRGINIA	184
10	KENTUCKY	173
11	BORDER	66
12	MISSISSIPPI	43
13	WEST TEXAS	36

West Virginia LSC won the 2019 Charlene Craddock Sportsmanship Award. All NC Zone Team members received a special medal and a t-shirt for their top-place team finish in the 2019 Southern Zone Championship. Congrats all!

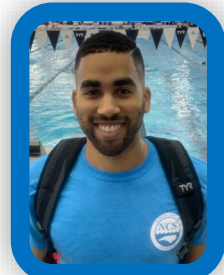
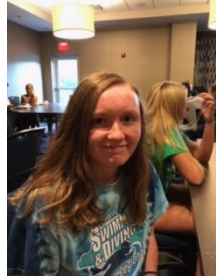
# SATURDAY ZONE MEET RESULTS

EVENT	PL	PRELIMS	PL	FINALS
77-Girls 11-12 200m IM	1	Nicole Zettel-2:25.33	1	Zettel-2:22.98 (SZ REC)
	4	Reagan Rainey-2:32.43	5	Rainey-2:31.89
	6	Meredith Whelehan-2:35.21	7	Whelehan-2:33.97
	8	Ellery Eward-2:35.94	6	Eward-2:32.47
78-Boys 11-12 200m IM	4	Darren Liu-2:25.88	4	Liu-2:24.83
	6	Max Osman-2:28.15	8	Osman-2:28.44
	11	Aidan Allen-2:31.34		
	14	Norvin Clontz-2:33.20		
	16	Goran Cindric-2:34.60		
	31	Ethan Emerton-2:37.81		
79-Girls 13-14 200m IM	4	Sydney Sanders-2:30.08	3	Sanders-2:27.14
	12	Jenna Jacobs-2:33.16		
	16	Katherin Ivanov-2:33.46		
	26	Jordan Marley-2:35.53		
	29	Katherine Sikes-2:36.08		
80-Boys 13-14 200m IM	3	Willi Dunlap-2:17.94	5	Dunlap-2:18.59
	8	Lane Bradshaw-2:19.33		
	18	Kian Constantine-2:21.63		
	29	Max Marujo-2:24.33		
81-Girls 15-18 200m IM	3	Hanani Dona-2:28.40	7	Dona-2:33.44
	4	Isabella Gaskey-2:29.41	5	Gaskey-2:29.79
	9	Michaela Teachey-2:32.36		
	12	Kyra Dalbo-2:34.15		
	14	Isabella Anton-2:34.27		
82-Boys 15-18 200m IM	2	Alex Wilhelm-2:13.93	2	Wilhelm-2:13.38
	6	Matthew Shanahan-2:16.53	5	Shanahan-2:14.73
	11	Lucas Grigat-2:18.90		
	20	Graham Hohnbaum-2:22.64		
	21	Hamlin Williams-Tracy-2:22.92		
	DQ	Sam Reiger		
83-Girls 11-12 50m Free	2	Meredith Whelehan-28.41	5	Whelehan-28.55
	3	Taylor Cureton-28.50	8	Cureton-29.24
	12	Sydney Holfelder-28.94		
	19	Kathryn Monville-29.43		
	20	Clarke Neace-29.45		
	22	Reagan Rainey-29.81		
84-Boys 11-12 50m Free	5	John Kroll-27.24	2	Kroll-26.98
	6	Max Osman-27.36	7	Osman-27.45
	13	Darren Liu-27.89		
	20	Granger Bartee-28.51		
85-Girls 13-14 50m Free	8	Katherine Sikes-27.97	7	Sikes-27.80
	13	Jenna Jacobs-28.17		
	20	Lauren Patterson-28.65		
86-Boys 13-14 50m Free	4	Landon Lloyd-25.18	5	Lloyd-25.01
	17	Troy Keen-25.91		
	22	Lucca Battaglini-26.13		

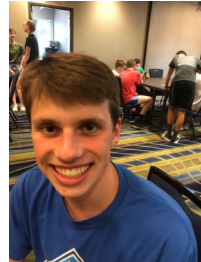
EVENT	PL	PRELIMS	PL	FINALS
87-Girls 15-18 50m Free	3	Ede Kosik-27.64	6	Kosik-27.98
	17	Susan Mumford-28.59		
	27	Isabella Gaskey-29.15		
	28	Isabella Anton-29.16		
88-Boys 15-18 50m Free	11	Graham Hohnbaum-25.76		
	16	Samuel Reiger-25.91		
	22	Lucas Grigat-26.26		
	23	Logan McLuskie-26.27		
89-Girls 11-12 50m Fly	3	Kathryn Monville-30.59	1	Monville-30.41
	6	Taylor Cureton-30.73	6	Cureton-30.80
	19	Clarke Neace-31.87		
	20	Sydney Holfelder-31.88		
90-Boys 11-12 50m Fly	3	Max Osman-29.88	3	Osman-29.61
	7	John Kroll-30.03	2	Kroll-29.34
	13	Granger Bartee-30.80		
91-Girls 13-14 200m Fly	4	Mary Shanahan-2:27.05	6	Shanahan-2:25.35
	14	Jordan Marley-2:33.14		
	18	Sydney Sanders-2:36.69		
	22	Sarah Dichak-2:40.97		
92-Boys 13-14 200m Fly	2	Troy Keen-2:16.48	3	Keen-2:13.84
	13	Landon Lloyd-2:19.74		
	17	Colin Whelehan-2:23.65		
	18	Kian Constantine-2:23.83		
93-Girls 15-18 200m Fly	5	Kyra Dalbo-2:29.09	6	Dalbo-2:27.14
	7	Michaela Teachey-2:29.32	4	Teachey-2:26.52
	11	MaKayla Ciancanelli-2:33.29		
	12	Ede Kosik-2:39.73		
	13	Hanani Dona-2:41.22		
94-Boys 15-18 200m Fly	2	Matthew Shanahan-2:12.38	2	Shanahan-2:11.00
	5	Logan McLuskie-2:16.24	4	McLuskie-2:14.64
	11	Brody Carroll-2:22.62		
95-Girls 11-12 200m F.R.		Whelehan-28.50		
TIME: 1:53.42 PLACE: 1		Zettel-27.79		
		Eward-28.40		
		Holfelder-28.73		
96-Boys 11-12 200m F.R.		Kroll-XX		
TIME: 1:48.38 PLACE: 1		Osman-XX		
		Bartee-27.26		
		Liu-26.82		
97-Girls 13-14 200m F.R.		Sikes-28.07		
TIME: 1:52.26 PLACE: 3		Ivanov-28.96		
		Patterson-27.79		
		Jacobs-27.44		
98-Boys 13-14 200m F.R.		Bradshaw-25.89		100-Boys 15-18 200m
TIME: 1:41.64 PLACE: 5		Keen-25.21		Free Relay—1:40.69
		Battaglini-25.65		PLACE: 2
		Lloyd-24.89		Reiger-25.40
99-Girls 15-18 200m F.R.		Kosik-28.22		Hohnbaum-25.16
TIME: 1:51.66 PLACE: 3		Gaskey-27.77		Grigat-25.01
		Dona-27.79		Shanahan-25.12
		Mumford-27.88		



# NC SWIMMING 15-18 GIRLS NC SWIMMING 15-18 BOYS



Coach Cliff Gordon



Coach Austin Goldstein



Head Coach  
Scott Stephens



Team Manager  
Amy Faulk





# NCS PODIUM PICS



11-12  
HIGH POINT  
AGE GROUP  
WINNERS  
NCS

