BHAMPDHETIPS

# The Tupelo TYones A North Carolina Swimming Publication ISSUE 2. JULY 26, そO22 

## NCS Throws Down 3 Futures Cuts To Lead In The Team Scoring on Day One of the Southern Zone Age Group Championship

Events on Day One of the 2022 Southern Zone Age Group Championships included the 11-12 400m Free, the 13-14/15-18 Girls 800m Freestyle and the 13-14/15-18 Boys 1500m Freestyle. The session ended with the 200 Mixed Free Relay for the 11-12, 13-14 and 15-18 age groups.

Yari Brock (12) won the 11-12 Girls 400m Free in a time of 4:36.77 which is a Summer Senior Sectional qualifying standard. Teammate Reina Liu (12) swam a 4:41.98, her best time, and a third place finish. Fiona O'Malley completed her 400 Free in a best time of 4:46.06 and took 8th Place.

Not to be outdone the 11-12 Boys had two swimmers score in the top-8-William Zhang (12) finished third with nearly a 6 sec drop [4:33.62] and Griffin Cagle finished fifth in a time of 4:40.15. Teddy Peterson swam 4:49.89 to finish tenth.

In the 15-18 Girls 800m Free, NCS swimmer Charlotte LePage (15) had a first place finish in 9:11.35 which is a Futures cut. Daisy Collins (13) swam a 9:12.31, also a Futures cut and good enough to win the 13-14 Girls 800m Free. Madison Schmitz (13) placed third in the 13-14 Girls with a time of 9:23.43. Taylor Goodwin finished in fifth place among the 15-18 Girls with a time of 9:28.45. Tia Ormondroyd (15) finished 8th with a time of 9:45.31 and Madison Winardi (14), finished 10th swimming a time of 9:35.40.

Santi Alzate (14) posted a new best time by nearly 15 seconds in the 1500m Free [16:24.22] and won the 13-14 Boys event in a time good enough for a new Futures qualifying standard. Teammate Ben Brock (14) finished in fifth place
with a final time of 17:09.08. 15-18 Boys, Harrison Short (17:30.21), 10th; Frank Hassell (17:44.70), 14th; and Isaac Holtham (17:46.91), 15th; all swam best times in the 1500 m Free with 40,32 and 40 second drops respectively!

The coaches are awarding prizes to scoring swimmers, recognizing superlative swims with NCS OSCARS and top-3 finishing relays are being recognized. Swimmers who score receive stars that are placed on our WALL OF FAME at our hotel.

In the Mixed Freestyle relay, the 11-12 team of Yari Brock, William Guy, Carolin He and William Zhang finished 2nd overall in a time of 1:50.45.

The 13-14 Mixed Freestyle relay team of Albert Smelzer, Michael Rice, Taylor Klein, and Georgia Howard won their relay in a time of 1:43.97 just missing the meet record of 1:43.42 set by Georgia in 2018.

Lastly the 15-18 Mixed Freestyle Relay team of Kyle Countie, Hil Lindsay, Miko Takei and Nina Nugent swam to a third place finish of 1:45.01.


> Chaperones Jaime Goodwin (L) and Kelly Townsend (R) getting heat sheets prepared for sending out on the Group Me app. These two are first time chaperones and have done a great job with the NC swimmers, assisting with moving snacks and water, helping with meals and helping the team move from place to place. Teamwork makes the dream work!

| LANE | $\mathbf{1}^{\text {st }}$ WARM-UP <br> $\mathbf{7 : 0 0 - 7 : 3 0 A M ~}$ | $\mathbf{2}^{\text {nd }}$ WARM-UP <br> $\mathbf{7 : 3 0 - 8 : 0 0 A M ~}$ | $\mathbf{3}^{\text {rd }}$ WARM-UP <br> $\mathbf{8 : 0 0 - 8 : 3 0 A M ~}$ |
| :---: | :---: | :---: | :---: |
| $\mathbf{1}$ |  |  |  |
| $\mathbf{2}$ | KENTUCKY | GEORGIA | MISSISSIPPI |
| $\mathbf{3}$ | NORTH CAROLINA | SOUTH TEXAS | BORDER |
| $\mathbf{4}$ | SOUTH CAROLINA | FLORIDA | NORTH TEXAS |
| $\mathbf{5}$ | WEST TEXAS | GULF | FLORIDA GOLD COAST |
| $\mathbf{6}$ | WEST VIRGINIA | LOUISIANA | SOUTHEASTERN |
| $\mathbf{7}$ |  |  |  |
| $\mathbf{8}$ | DISABILITY | DISABILITY | DISABILITY |

8:30-8:50AM: SPECIFIC WARM-UPS
Lanes 1,2,7,8 - PACE LANES
Lanes 3 \& 6 - ONE-WAY STARTS Lanes 4, 5 - GENERAL WARM-UPS

9:00AM:

| GIRLS \# | WEDNESDAY ORDER OF EVENTS | BOYS \# |
| :---: | :---: | :---: |
| 9 | 11-12 200M Freestyle | 10 |
| 11 | 13-14 200M Freestyle | 12 |
| 13 | 15-18 200M Freestyle | 14 |
| 15 | 11-12 50M Breaststroke | $16^{\text {AWVARUS }}$ |
| 17 | 13-14 200M Breaststroke | 18 |
| 19 | 15-18 200M Breaststroke | 20 |
| 21 | 11-12 100M Butterfly | 22 |
| 23 | 13-14 100M Butterfly | 24 |
| 25 | 15-18 100M Butterfly | $26^{\text {AWUARUS }}$ |
| 27 | 11-12 400M Medley Relay** | 28 |
| 29 | 13-14 400M Medley Relay** | 30 |
| 31 | 15-18 400M Medley Relay** | 32 |
| ** All relays are timed finals and will be swum in the finals session. |  |  |

GENERAL WARM-UPS FOR FINALS

4:00-4:45PM:
4:45-5:15PM:

5:30PM:

SPECIFIC WARM-UPS FOR FINALS
Lanes 1 \& 8 - PACE
Lanes 2,3,6,7 - ONE-WAY STARTS
Lanes 4 \& 5 - GENERAL

FINALS BEGIN.
The fastest 8 swimmers in each event will be marched out and names announced. Relay cards are due
Awards presentations after Event 16 and 26 in finals.


