

## 2017 Swimming Regional Dates, Sites and Times:

### Regionals: Timed Finals

1A/2A Eastern

Director - Spencer Pake, Washington HS  
spake@beaufort.k12.nc.us

Swimming: Saturday, Feb. 4<sup>th</sup> - Triangle Aquatic Center, Cary  
Facility opens 3:00 pm  
Pool open for general warm-ups 3:15-4:00 pm  
Clear the pool for coaches' meeting 4:00 pm  
Coaches' meeting 4:05 pm  
Competition begins following the coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> - Pullen Aquatic Center, Raleigh  
**1A/2A and 3A East Men and Women divers will dive together.**  
Warm ups at 9:00-9:45 am  
Competition begins at 9:50 am

1A/2A Western

Director - Kristin Marsh, Pine Lake Prep  
marshswim@gmail.com

Swimming: Saturday, Feb. 4<sup>th</sup> - Mecklenburg County Aquatic Center  
Facility opens 3:00 pm  
Pool open for general warm-ups 3:15-4:00 pm  
Clear the pool for coaches' meeting 4:00 pm  
Coaches' meeting 4:05 pm  
Competition begins following the coaches meeting.

Diving: Saturday, Feb. 4<sup>th</sup> - Huntersville Family Fitness & Aquatic Center  
**1A/2A West Men and Women will compete together.**  
Warm ups at 9:00-9:30 am  
Competition begins at 9:35 am

3A Eastern

Director – Steve Reigler, Chapel Hill HS

chhsswimming@gmail.com

Swimming: Friday, Feb. 3<sup>rd</sup> –Triangle Aquatic Center, Cary

Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> – Pullen Aquatic Center, Raleigh

**1A/2A and 3A East Men and Women divers will dive together.**

Warm ups at 9:00-9:45 am

Competition begins at 9:50 am

3A Central

Director – TBD

Swimming: Saturday, Feb. 4<sup>th</sup> - Greensboro Aquatic Center

Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> – Greensboro Aquatic Center

**3A and 4A Central Women divers will dive together.**

Women's Warm-ups 12:30 pm-1:05 pm

Women's competition 1:05 pm

**3A and 4A Central Men divers will dive together.**

Men's warm-ups: 35 min. at the conclusion of the Women's competition-followed by the Men's competition.

**\*NOTE- \$5 Parking Fee**

3A Western

Director – Eric Hyder, West Henderson HS

hyder7820@gmail.com

Swimming: Friday, Feb. 3<sup>rd</sup> - Mecklenburg County Aquatic Center

Facility opens 3:00 pm

Pool open for general warm-ups 3:15-4:00 pm

Clear the pool for coaches' meeting 4:00 pm

Coaches' meeting 4:05 pm

Competition begins following the coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> - Huntersville Family Fitness & Aquatic Center

**3A West Men and Women will compete together.**

Warm-ups 9:00-9:30 am

Competition 9:35 am

4A Eastern

Directors – Chris Mumma, Sanderson HS    dmumma@wcpss.net

Julia Herman, Green Hope HS    juliarherman@gmail.com

Swimming: Saturday, Feb. 4<sup>th</sup> - Triangle Aquatic Center, Cary

Facility opens 7:30 am

Pool open for general warm-ups 7:45-8:30 am

Clear the pool for coaches' meeting 8:30 am

Coaches' meeting 8:35 am

Competition begins following coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> – Pullen Aquatic Center, Raleigh

Women's Warm-ups 12:00 pm-12:45 pm

Women's competition 12:50 pm

Men's warm-ups: 45 min. at the conclusion of the Women's competition-followed by the Men's competition.

4A Central

Directors - Brian Wells, North Davidson HS

swimbwells@gmail.com

Swimming: Saturday, Feb. 4<sup>th</sup> – Greensboro Aquatic Center

Facility opens 7:30 am

Pool open for general warm-ups 7:45-8:30 am

Clear the pool for coaches' meeting 8:30 am

Coaches' meeting 8:35 am

Competition begins following coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> – Greensboro Aquatic Center

**3A and 4A Central Women divers will dive together.**

Women's Warm-ups 12:30 pm-1:05 pm

Women's competition 1:05 pm

**3A and 4A Central Men divers will dive together.**

Men's warm-ups: 35 min. at the conclusion of the Women's competition-followed by the Men's competition.

**\*NOTE- \$5 Parking Fee**

4A Western

Director – Leslie Berens, South Mecklenburg HS

lhberens@live.com

Swimming: Saturday, Feb. 4<sup>th</sup> – Mecklenburg County Aquatic Center

Facility opens for teams 7:00 am

Facility opens 7:30 am

Pool open for general warm-ups 7:45-8:30 am

Clear the pool for coaches' meeting 8:30 am

Coaches' meeting 8:35 am

Competition begins following coaches meeting.

Diving: Friday, Feb. 3<sup>rd</sup> – Huntersville Family Fitness & Aquatic Center

Women's Warm-ups 1:00-1:30 pm

Women's Competition 1:35 pm

Men's warm-ups 45 min. at the conclusion of the Women's competition-followed by the Men's competition.