

**Regionals: Timed Finals**

1A/2A East

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

Swimming: Saturday, Feb. 1st –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, Jan. 31st – Pullen Aquatic Center, Raleigh  
**1A/2A, 3A and 4A East Men divers will dive together**  
Men's Warm-ups 12:00-12:45 pm  
Men's competition 12:50 pm  
**1A/2A, 3A and 4A East Women divers will dive together**  
Women's warm-ups: 45 min. at the conclusion of the men's competition-followed by the Women's competition

1A/2A Central

Director: McKenzie Brastrow, Pine Lake Prep  
mckenzie.brastrow@pinelakeprep.org  
Brett Hayford, Pine Lake Prep  
brett.hayford@pinelakeprep.org

Swimming: Saturday, Feb. 1st - Greensboro Aquatic Center  
Facility opens 2:30 pm  
Pool open for general warm-ups 3:05-4:00 pm  
Clear the pool for coaches' meeting 4:00 pm  
Coaches' meeting 4:05 pm  
Competition begins following the coaches meeting

Diving: Thursday, Jan. 30th – Greensboro Aquatic Center  
**1A/2A, 3A and 4A Central Men divers will dive together**  
Men's Warm-ups 8:00-8:45 am  
Men's Competition 8:50 am  
**1A/2A, 3A and 4A Central Women divers will dive together**  
Women's warm-ups 45 min. at the conclusion of the men's competition-followed by the Women's competition

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

1A/2A West

Director: Stewart Isaacs, Lake Norman Charter  
stewart@sailfishaquatics.org  
Dillon Ross, Lincoln Charter  
dillon.ross@lincolncharter.org

Swimming: Saturday, Feb. 1st - 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. 1st – Huntersville Family Fitness & Aquatic Center  
**1A/2A West Men and Women will compete together**  
Warm-ups at 9:00-9:45 am  
Competition begins at 9:50 am

3A East

Director: Mandy McMillan, Patriot Athletic Conference  
mandymcmillan@ccs.k12.nc.us

Swimming: Friday, Jan. 31st - 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, Jan. 31st – Pullen Aquatic Center, Raleigh  
**1A/2A, 3A and 4A East Men divers will dive together**  
Men's Warm-ups 12:00-12:45 pm  
Men's competition 12:50 pm  
**1A/2A, 3A and 4A East Women divers will dive together**  
Women's warm-ups: 45 min. at the conclusion of the men's competition-followed by the Women's competition

3A Central

Director: Mary Elizabeth Caldwell, Northern Guilford  
mc8bq@virginia.edu  
Brian Thomas, Northern Guilford  
thomasb@gcsnc.com

Swimming: Friday, Jan. 31st – Greensboro Aquatic Center  
Facility opens 2:30 pm  
Pool open for general warm-ups 3:05-4:00 pm  
Clear the pool for coaches' meeting 4:00 pm  
Coaches' meeting 4:05 pm  
Competition begins following the coaches meeting

Diving: Thursday, Jan. 30th – Greensboro Aquatic Center  
**1A/2A, 3A and 4A Central Men divers will dive together**  
Men's Warm-ups 8:00-8:45 am  
Men's Competition 8:50 am  
**1A/2A, 3A and 4A Central Women divers will dive together**  
Women's warm-ups 45 min. at the conclusion of the men's competition-followed by the Women's competition

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

3A West

Director: Melissa King-Pierce, Marvin Ridge HS  
Melissa.king@ucps.k12.nc.us

Swimming: Friday, Jan. 31st – 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, Jan. 31st - Huntersville Family Fitness & Aquatic Center  
Men's Warm-ups 9:00-9:45 am  
Men's Competition 9:50 am  
Women's warm-ups 45 min. at the conclusion of the men's competition-followed by the Women's competition

4A East

Directors: Mandy McMillan, Patriot Athletic Conference  
mandymcmillan@ccs.k12.nc.us

Swimming: Saturday, Feb. 1st - 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, Jan. 31st – Pullen Aquatic Center, Raleigh  
**1A/2A, 3A and 4A East Men divers will dive together**  
Men's Warm-ups 12:00-12:45 pm  
Men's competition 12:50 pm  
**1A/2A, 3A and 4A East Women divers will dive together**  
Women's warm-ups: 45 min. at the conclusion of the men's competition-followed by the Women's competition

4A Central

Directors: Nicole Krasowski, Page HS  
coachnicole1650@gmail.com

Swimming: Saturday, Feb. 1st – Greensboro Aquatic Center  
Facility opens 7:15 am  
Pool open for general warm-ups 7:35-8:30 am  
Clear the pool for coaches' meeting 8:30 am  
Coaches' meeting 8:35 am  
Competition begins following coaches meeting

Diving: Thursday, Jan. 30th – Greensboro Aquatic Center  
**1A/2A, 3A and 4A Central Men divers will dive together**  
Men's Warm-ups 8:00-8:45 am  
Men's Competition 8:50 am  
**1A/2A, 3A and 4A Central Women divers will dive together**  
Women's warm-ups 45 min. at the conclusion of the men's competition-followed by the Women's competition

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

4A West

Director: Ryan Pegarsch, Lake Norman HS  
rpegarsch@yahoo.com

Swimming: Saturday, Feb. 1st – 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, Jan. 31st - Huntersville Family Fitness & Aquatic Center  
Men's Warm-ups 3:00-3:45 pm  
Men's Competition 3:50 pm  
Women's warm-ups 45 min. at the conclusion of the men's competition-followed by the Women's competition