

Regionals: Timed Finals

1A/2A East

Director: Mikaela Edge, Croatan HS
mikaela.edge@carteretk12.org

Coaches Meeting: Monday, February 1 @ 6:00 pm via Zoom

Swimming: Saturday, February 6 - Triangle Aquatic Center, Cary
Facility opens 7:30 am
Pool open for general warm-ups 8:00-9:30 am
Competition

Diving: Thursday, February 4 - Pullen Aquatic Center, Raleigh

1A/2A, 3A and 4A East women divers will dive together

Women's warm-ups 8:30-9:00 am

Women's competition 9:05 am

1A/2A, 3A and 4A East men divers will dive together

Men's warm-ups: 30 min. at the conclusion of the women's competition-followed by the men's competition

1A/2A Central

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

Coaches Meeting: Tuesday, February 2 @ 6:00 pm via Zoom

Swimming: Saturday, February 6 - Greensboro Aquatic Center
Facility opens 7:30 am
Pool open for general warm-ups 8:00-9:30 am
Competition

Diving: Thursday, February 4 - Greensboro Aquatic Center

1A/2A, 3A and 4A Central women divers will dive together

Women's warm-ups 8:00-8:30 am

Women's competition 8:35 am

1A/2A, 3A and 4A Central men divers will dive together

Men's warm-ups 30 min. at the conclusion of the women's competition-followed by the men's competition

1A/2A West

Director: Dillon Ross, Lincoln Charter
dillon.ross@lincolncharter.org

Coaches Meeting: Wednesday, February 3 @ 6:00 pm via Zoom

Swimming: Friday, February 5 - Huntersville Family Fitness & Aquatic Center

1A/2A women

Facility opens 1:00 pm

Pool open for general warm-ups 1:30-2:30 pm

Competition

1A/2A men

Facility opens 5:30 pm

Pool open for general warm-ups 6:00-7:00 pm

Competition

Diving: Friday, February 5 - Huntersville Family Fitness & Aquatic Center

1A/2A and 4A men and women will dive together

Facility Open @ 7:00 am

Warm-ups @ 7:30 am – 8:00 am

Competition

3A East

Director: Mandy McMillan, Patriot Athletic Conference
gowpack@aol.com

Coaches Meeting: Monday, February 1 @ 6:00 pm via Zoom

Swimming: Saturday, February 6 - Triangle Aquatic Center, Cary

Facility opens 3:00 pm

Pool open for general warm-ups 3:30-5:00 pm

Competition

Diving: Thursday, February 4 - Pullen Aquatic Center, Raleigh

1A/2A, 3A and 4A East women divers will dive together

Women's warm-ups 8:30-9:00 am

Women's competition 9:05 am

1A/2A, 3A and 4A East men divers will dive together

Men's warm-ups: 30 min. at the conclusion of the women's competition-followed by the men's competition

3A Central

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

Coaches Meeting: Tuesday, February 2 @ 6:00 pm via Zoom

Swimming: Saturday, February 6 - Greensboro Aquatic Center
Facility opens 3:00 pm
Pool open for general warm-ups 3:30-5:00 pm
Competition

Diving: Thursday, February 4 - Greensboro Aquatic Center
1A/2A, 3A and 4A Central women divers will dive together
Women's warm-ups 8:00-8:30 am
Women's competition 8:35 am
1A/2A, 3A and 4A Central men divers will dive together
Men's warm-ups 30 min. at the conclusion of the women's competition-followed by the men's competition

3A West

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

Coaches Meeting: Wednesday, February 3 @ 6:00 pm via Zoom

Swimming: Saturday, February 6 - Huntersville Family Fitness & Aquatic Center
3A women
Facility opens 1:00 pm
Pool open for general warm-ups 1:30-2:30 pm
Competition
3A men
Facility opens 5:30 pm
Pool open for general warm-ups 6:00-7:00 pm
Competition

Diving: Friday, February 5 - Huntersville Family Fitness & Aquatic Center
3A men and women will dive together
Facility Open @ 10:00 am
Warm-ups @ 10:30 am – 11:00 am
Competition

4A East

Director: Mandy McMillan, Patriot Athletic Conference
gowpack@aol.com

Coaches Meeting: Monday, February 1 @ 6:00 pm via Zoom

Swimming: Friday, February 5 - Triangle Aquatic Center, Cary
Facility opens 3:00 pm
Pool open for general warm-ups 3:30-5:00 pm
Competition

Diving: Thursday, February 4 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East women divers will dive together
Women's warm-ups 8:30-9:00 am
Women's competition 9:05 am
1A/2A, 3A and 4A East men divers will dive together
Men's warm-ups: 30 min. at the conclusion of the women's competition-followed by the men's competition

4A Central

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

Coaches Meeting: Tuesday, February 2 @ 6:00 pm via Zoom

Swimming: Friday, February 5 - Greensboro Aquatic Center
Facility opens 3:00 pm
Pool open for general warm-ups 3:30-5:00 pm
Competition

Diving: Thursday, February 4 - Greensboro Aquatic Center
1A/2A, 3A and 4A Central women divers will dive together
Women's warm-ups 8:00-8:30 am
Women's competition 8:35 am
1A/2A, 3A and 4A Central men divers will dive together
Men's warm-ups 30 min. at the conclusion of the women's competition-followed by the men's competition

4A West

Director: Ryan Pegarsch, Lake Norman HS
pegarschr@gmail.com

Coaches Meeting: Wednesday, February 3 @ 6:00 pm via Zoom

Swimming: Sunday, February 7 - Huntersville Family Fitness & Aquatic Center
4A women
Facility opens 1:00 pm
Pool open for general warm-ups 1:30-2:30 pm
Competition
4A men
Facility opens 5:30 pm
Pool open for general warm-ups 6:00-7:00 pm
Competition

Diving: Friday, February 5 - Huntersville Family Fitness & Aquatic Center
1A/2A and 4A men and women will dive together
Facility Open @ 7:00 am
Warm-ups @ 7:30 am – 8:00 am
Competition