

Regionals: Timed Finals

1A/2A East

Director: Mandy McMillan, Cumberland County Schools
mcmillanmandyp@gmail.com

Swimming: Saturday, February 4 - 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: Thursday, February 2 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East men and women divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

1A/2A Central

Director: Dana St. Clair, Bishop McGuinness HS
dc@bmhs.us
Jay Williams, Mt. Airy HS
jwilliams@loweandwilliams.com

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

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

1A/2A West

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

Coaches Meeting: Tuesday, January 31 @ 6:00 pm via Zoom

Swimming: Saturday, February 4 - Mecklenburg County Aquatic Center
Facility opens 5:00 pm
Pool open for general warm-ups 5:15-6:00 pm
Competition

Diving: Friday, February 3 – Huntersville Family Fitness & Aquatic Center
Facility opens 9:30 am
Warm-ups 10:00 am
Competition 10:30 am

3A East

Director: Mikaela Worsinger, Croatan HS
mikaela.worsinger@carteretk12.org

Swimming: Friday, February 3 - 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: Thursday, February 2 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East men and women divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

3A Central

Director: Jodi Troxler, Rockingham County HS
jtroxler@rock.k12.nc.us

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

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

3A West

Director: Ryan Pegarsch, Pine Lake Prep
plpswim@pinelakeprep.org

Coaches Meeting: Tuesday, January 31 @ 6:00 pm via Zoom

Swimming: Friday, February 3 - Mecklenburg County Aquatic Center
Facility opens 3:00 pm
Pool open for general warm-ups 3:15-4:00 pm
Competition

Diving: Friday, February 3 - Huntersville Family Fitness & Aquatic Center
Facility opens 7:00 am
Warm-ups 7:30 am
Competition 8:00 am

4A East

Directors: Mandy McMillan, Cumberland County Schools
mcmillanmandyp@gmail.com

Swimming: Saturday, February 4 - 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: Thursday, February 2 - Pullen Aquatic Center, Raleigh
1A/2A, 3A and 4A East men and women divers will dive together
Warm-ups 8:30-9:00 am
Competition 9:05 am

4A Central

Directors: Nicole Krasowski, Page HS
coachnicole1650@gmail.com
Jennifer Lovato, Northwest Guilford HS
lovatoj@gcsnc.com

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

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

4A West

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

Coaches Meeting: Tuesday, January 31 @ 6:00 pm via Zoom

Swimming: Saturday, February 4 - Mecklenburg County Aquatic Center
Facility opens 7:30 am
Pool open for general warm-ups 7:45-8:30 am
Competition

Diving: Friday, February 3 - Huntersville Family Fitness & Aquatic Center
Facility opens 12:00 pm
Warm-ups 12:30 pm
Competition 1:00 pm