

2010-11 Swimming Regional and State Dates, Sites and Times:

Regionals: Timed Finals

- 1A/2A Eastern
- Director – Dow Needham, NC School of Science & Math,
dsaswimdive@aol.com
Swimming: Saturday, Feb 5th - Triangle Aquatic Center
(TAC), Cary
Facility opens 3:00pm.
Pool opens for general warm-ups 3:15-3:45pm.
Specific sprint lanes and specific assignments 3:45-4pm.
Clear the pool for coaches' meeting 4:00pm.
Coaches' meeting 4:05 pm.
Competition begins following the coaches' meeting.
Diving: Friday, Feb. 4th – TBA
1A/2A will compete with 4A Central Regional.
Women's warm-ups 1:30-2:15 pm.
Women's competition 2:15 pm until completion.
Men's warm-up is 45 minutes at the conclusion of the
Women's competition followed by the women's
competition.
- 1A/2A Western
- Director – JT Bost, Salisbury High School,
bostjt@rss.k12.nc.us
Swimming: Friday, Feb 4th – Huntersville Family Fitness
& Aquatic Center
Facility Opens 12 noon.
Pool open for general warm-ups 12:15-12:45 am.
Specific sprint lanes and specific assignments 1:00 pm.
Clear pool for coaches' meeting 1:00 pm.
Coaches' meeting 1:05 pm.
Competition begins following the coaches' meeting.
Diving: Friday, Feb 4th – Huntersville Family Fitness &
Aquatic Center
Warm-ups (Men and Women) beginning at 9:30 am.
Competition beginning at 10:00 am until completion.
*NOTE - \$5 Parking Fee
- 3A Eastern
- Director – Sidney Myers, Eastern Wayne High School,
sidneymyers@wcps.org
Swimming: Saturday, Feb 5th – Goldsboro Family Y,
Goldsboro
Facility opens 11:00 am.
Pool open for general warm-ups 11:15-11:45 am.
Specific sprint lanes and specific assignments 11:45-12
Clear the pool for coaches' meeting 12:00 noon.
Coaches' meeting 12:05 pm.
Competition begins following the coaches meeting.
Diving: Saturday, Feb 5th – Goldsboro Family Y
Women and Men will compete together.
Warm-ups 8:30am-9:15 am.
Competition 9:15 am until completion.

3A Western

Director – Mike Kernodle, RS Central High School,
kernodles@bellsouth.net

Swimming: Sat., Feb 5th - Huntersville Fitness & Aquatics
Facility opens 7:30 am.

Pool open for general warm-ups 7:45-8:15 am.

Sprint lanes and specific lane assignments 8:15-8:30 am.

Clear pool for coaches' meeting 8:30 am.

Coaches' meeting 8:35 am.

Competition begins following the coaches' meeting.

Diving: Friday, Feb 4th – Huntersville Family Fitness &
Aquatic Center

Divers should arrive no later than 2:30 pm.

Women and Men will warm-up together 3:00-3:45 pm.

Competition for both Women and Men at 3:45 pm.

*NOTE - \$5 Parking Fee

4A Eastern

Director – Tamara Cole, Holly Springs, tcole@wcpss.net
Swimming: Saturday, Feb 5th - Triangle Aquatic Center
(TAC), Cary

Facility open 7:30am.

Pool open for general warm-ups 7:45am-8:15am.

Specific sprint lanes and assignments 8:15-8:30am.

Clear the pool for coaches' meeting 8:30am.

Coaches' meeting 8:35am.

Competition begins following coaches meeting.

Diving: Friday, Feb. 4th – Pullen Aquatic Center, Raleigh –

*1A/2A Eastern divers will compete with the 4A Eastern
Reg. Divers. *

Women's Warm-ups 1:30-2:15pm.

Women's competition 2:15pm until completion.

Men's warm-ups 45 minutes at the conclusion of the

Women's competition followed by the women's

competition.

4A Central

Director – Brian Wells, North Davidson,
swimbwells@gmail.com

Swimming: Saturday, Feb 5th– Triangle Sports Plex,
Hillsborough

Facility opens 10am.

Pool open for general warm-ups 10:15-10:45am.

Specific sprint lanes and specific assignments 10:45-11am.

Clear pool for coaches' meeting 11:00am

Coaches' meeting 11:05am.

Competition begins following coaches meeting.

Diving: Friday, Feb. 4th – TBA

Women's warm-ups 1:30-2:15pm.

Women's competition 2:15pm until completion.

Men's warm-ups 45 minutes at the conclusion of the

Women's competition followed by the women's

competition.

4A Western

Director – William Keith, Ardrey Kell and Southwestern Conference Schools
William.keith@cms.k12.nc.us
Swimming: Saturday, Feb 5th - Huntersville Family Fitness & Aquatic Center
Facility opens at 3:00 pm.
Pool open for general warm-ups 3:15-3:45 pm.
Specific sprint lanes and lane assignments 3:45-4:00 pm.
Clear pool for coaches' meeting 4:00 pm.
Coaches' meeting 4:05 pm.
Competition begins following the coaches meeting.
Diving: Saturday, Feb. 5th – Huntersville Family Fitness & Aquatic Center
Women's Warm-up 9:00-9:45 am.
Women's Competition 9:45 am until completion.
Men's warm-ups 45 min. at the conclusion of the Women's competition followed by the Men's competition.
*NOTE - \$5 Parking Fee

State: Prelims & Finals

1A/2A

Directors – Dow Needham, NCSSM,
downneedham@aol.com, JT Bost, Salisbury,
bostjt@rss.k12.nc.us
Swimming: Thursday, Feb 10th – Triangle Aquatic Center,
Cary
See schedule posted below.
Diving: Wednesday, Feb. 9th – Pullen Aquatic Center,
Raleigh
Women's and Men's warm-ups 2:00 pm
Women's and Men's competition 2:45 pm until completion

3A

Director – TBA
Swimming: Saturday, Feb 12th – Triangle Aquatic Center,
Cary
See schedule posted below.
Diving: Friday, Feb. 11th – Pullen Aquatic Center – 1pm
Women's warm-ups – 1:00-1:45pm
Women's Competition – 1:45pm until completion
Men's warm-ups – 45 minutes at the conclusion of the
Women's competition followed by the Men's competition

4A

Director – TBA
Swimming: Friday, Feb 11th – TAC, Cary
See schedule posted below
Diving: Thursday, Feb 10th – Pullen Aquatic Center –
Women's warm-ups – 1:00-1:45
Women's competition – 1:45 until completion
Men's warm-ups – 45 minutes at the conclusion of the
Women's competition followed by the Men's competition

2010-2011 State Swimming Schedule

Facility opens – 7am

Pool open for general warm-ups: 7:30-8:00am

Specific sprint lanes and specific assignments: 8:00-8:15am

Clear the pool for coaches' meeting: 8:15am

Coaches' meeting: 8:20-8:45am (Head coach and captain must attend)

Prelims: Begin after coaches' meeting until completion

Facility opens for finals: 3:30pm

Final warm-ups: 4:00pm

Finals: 5:00pm