

2018 NYSPHAA Swimming & Diving Championships
Eisenhower Aquatic Center, Long Island New York
March 1, 2 and 3, 2018

THURSDAY, March 1: TRAVEL DAY

The Section One Swimming Team will travel together to Eisenhower via Coach Bus. Pick-ups are as follows: Times listed are the hours that the bus will be pulling out of the location. Please notify me by e-mail as to which location you will be at.

Bus 1: 1-84 Diner: 12:30 PM

Bus 1: Exit 4 off of 684: 1:30 PM

Bus 2: Pallisades Center Park and Ride by Home Depot 1:00 PM

Bus 2: White Plains High School: 1 :35 PM

Times listed are the hours that the bus will be pulling out of the location. Please notify Meg by e-mail camelot93@optonline.net as to which location you will be at.

Transportation will be provided by Section One via LEPRECHAN LINES (coach bus).

Hotel Info:

Homewood Suites

Phone: 1-516-747-0230

40 Westbury Avenue

Carle Place, NY 11514

Each Swimmer / Diver is provided with a meal allowance which will be held by the Sectional Coordinator. It is recommended that each athlete bring at least 50 dollars more, just in case. All additional expenses are the responsibility of the swimmer / diver,

Please make sure that your coach has notified the School that you will be excused on Thursday March 1ST 1 hour before your scheduled pick up time and Friday, March 2nd for competition. In addition, prior to being allowed to LEAVE you MUST have filled out completely the Section One Emergency Contact with all appropriate information. Please make one copy for your bus chaperone and one for me to hold.

Upon arrival to the hotel, you will be expected to check into your assigned room and prepare for a **Section One team practice approximately 4:00 P.M. - 6:00 P.M.** At the conclusion of practice, we will go to dinner and then back to the hotel. You are asked to be in your own room by 10:00 P.M. with lights out by 10:30 P.M. N.Y.S.P.H.S.A.A. HAS PUT INTO EFFECT A STATEMENT THAT IN THE EVENT A SWIMMER OR DIVER IS OUT OF THEIR ROOM AND THEY ARE CAUGHT, THEY WILL BE SCRATCHED FROM THE COMPETITION.

DIVERS: Please note that Diving sheets are due to the Diving Referee by 5 PM Thursday March 1st. Dives can be changed on the day of competition if necessary no later than 1 hour prior (11:45 AM) to the start of the competition. Competition is scheduled to begin at 1 pm

FRIDAY, March 2, 2018

SWIMMING PRELIMINARIES; DIVING PRELIMINARIES, and SEMIFINALS

The team will have breakfast between 6:30 a.m and 8 am at the hotel . .

Swimmers and Divers will leave the hotel at 8:15 a.m. for Warm-Ups. Competition for the Swimmers Begins at 10:10 AM . All SENIOR swimmers and divers are to come to the pool with their Section One attire. The parade of seniors starts at 10:10 AM.

Swimming Prelims begins at 10:30 AM

Diving boards will be open from 8:30 am to 12:45 p.m. Competition for the divers will begin at 1:00 p.m. . Divers will perform all 11 dives on Friday.

The Parade of Seniors is scheduled for 10:10am on Friday. All Section One Seniors must be dressed in 2018 Section One team apparel and ready to go by 10:05am. Please have something on your feet

After the swimming competition, the Swim Team will return to the hotel and will relax. At 6:00 pm the team will depart for dinner.

At the conclusion of the diving competition, the divers and coaches will join the swimmers and coaches for dinner.

A Section One Swimmer, who has not placed in a position where they will have a second swim at finals on Saturday, (TOP 30) has the option of remaining with the team for the duration of the weekend or returning home with **their respective parent or guardian**, at the completion of preliminaries. A signed travel release form must be provided to the Sectional Coordinator before the athlete can leave. Swimmers and divers, whether or not they are still competing, are asked to be in their own rooms by 9:30 p.m. with lights out by 10:00p.m. A diver is entitled to leave with their respective parent or guardian if they did not finish within the top 10 finishers. All top 10 divers are asked to be present for the awards ceremony on finals day. Which will be held after the 200 Medley Relay Heats.

SATURDAY, March 3, 2018

SWIMMING FINALS AND CONSOLATION FINALS:

Bus will depart HOTEL at 8:30 a.m. At that time, you MUST have all personal items packed and ready to go as we will not be returning to the hotel at the completion of the meet. **Swimmers will have breakfast in the hotel again**

9:00 a.m. Swimming Warm-Up

10:30 a.m. Swimming Bonus, Consolation and Final Heats

The meet is scheduled to be completed by approximately 3:00 P.M. At that time, if you turned in a completed Travel release Form to the Sectional Coordinator, you may leave with **YOUR PARENT / GUARDIAN ONLY!** All other coaches, swimmers and divers will travel back to the appropriate location in reverse order of pick up locations by the state

Buses. Please check out with the designated coach so that we have accurate counts of athletes traveling home with us.

If you or your parents have any questions regarding any of the above information, please feel free to contact me at the below number. Thank you and Congratulations on your accomplishments.

Margaret P. Kaplan (Meg)
Section One Swimming and Diving Coordinator
Horace Greeley Head Swimming Coach
Email: camelot93@optonline.net
Cell: 914-260-1213