

2018 NYSPHAA Swimming & Diving Championships  
Ithaca College, Ithaca, New York  
Section One Itinerary

Make sure your coach has notified the school that you will be absent on Thursday, November 15 and Friday, November 16 for competition.

**THURSDAY, NOVEMBER 15: TRAVEL DAY**

The Section One State Team will travel together to ITHACA via Coach Bus.

***BUS PICK-UPS:***

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**BUS 1:** White Plains High School (7:45 AM) , Exit 4 off 684 (8:30am) & I-84 Diner @ Exit 12 in Fishkill (9:30am)

**BUS 2:** White Plains High School (8:15am) & Palisades Park-n-Ride (9:15 am)

*The times listed are when the bus will LEAVE the location.* Plan on being at your stop at least 10 minutes ahead. **Coaches or swimmers/divers should notify Meg by e-mail as to which location you will be at.** [camelot93@optonline.net](mailto:camelot93@optonline.net)

**Hotel Info:**

Quality Inn                      356 Elmira Rd. Ithaca, NY                      Phone: (607) 272-2405

Standard meals will be provided by Section One. All additional expenses are the responsibility of the swimmer/diver. Movies must be paid for in advance.

We will go directly to the pool for a Section One team practice, so please have suit, towel, goggles, etc. ready to go. In addition you will have an opportunity to purchase NYS apparel so make sure you have cash or charge available. At the conclusion of practice, we will go to the hotel, get settled into the rooms and go as a team to dinner (Wegman's) and then back to the hotel. ***You are asked to be in your OWN room by 8:45 P.M. with lights out by 9:30 P.M.***

<p>N.Y.S.P.H.S.A.A. HAS PUT INTO EFFECT: IN THE EVENT A SWIMMER OR DIVER IS CAUGHT OUT OF THEIR ROOM, THEY WILL BE SCRATCHED FROM THE COMPETITION.</p>
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**ONE Diving Sheet and BIO Due: 6:30 pm on  
Thursday**

## **FRIDAY, NOVEMBER 16, 2018: SWIMMING WARM-UP/PRELIMS & ALL DIVING**

The team will have a buffet breakfast at the hotel. (approx 7:30am)

*Swimmers will leave the hotel at 8:15am for Warm-Ups. Competition for the Swimmers begins at 10:30am. (Swimmers & divers should wear their **SCHOOL** apparel. Seniors should bring both School apparel and Section One apparel).*

**The Parade of Seniors is scheduled for 10:05am on Friday. All Section One Seniors must be dressed in 2018 Section One team apparel and ready to go by 10:00am.**

*Diving boards will be open from 9:00am to 1:45pm. Competition for the divers will begin at 2:00pm. Divers will perform all 11 dives on Friday.*

After the swimming competition, swimmers will return to the hotel and will have dinner at 6 PM. At the conclusion of the diving competition, the divers, Sectional Coordinator and appointed coach will have dinner or if going home with their parent, they may gather their belongings from the hotel and check out with the coordinator.

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A Section One Swimmer, who has not placed in a position (TOP 30) where they will have a second swim at finals on Saturday, 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 8:45pm, with lights out by 9:30pm. A diver is entitled to leave with their respective parent or guardian (provided a release form has been received by the Section One Coordinator), if they did not finish within the top 10. Top 10 divers are asked to be present for the awards ceremony on Saturday.

## **SATURDAY, November 17, 2018 Swimming Warm-up and Finals:**

Swimmers will have the buffet breakfast in the hotel. (approx 7:30am)

**(Swimmers and Divers should wear SECTION ONE apparel.)** *The bus will depart HOTEL at 8:15am. 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. 9:00am Swimming Warm-Up; 10:00am Swimming Finals & Consolation Finals.*

Once the meet has been completed, coaches, swimmers and divers will travel back on the bus, to the location you left from on Thursday. *If you turned in a completed Travel Release Form, you may leave with **YOUR PARENT / GUARDIAN ONLY!*** Please remember to check out with the designated Section One Coach.

Questions should be directed to me at: 914-260-1213 or camelot93@optonline.net.

*CONGRATULATIONS on qualifying for the state meet!*

Margaret P. Kaplan, Section One Swimming & Diving Coordinator

SECTION ONE SWIMMING AND DIVING

TRAVEL RELEASE FROM NEW YORK STATE CHAMPIONSHIPS

2018

ALL Swimmers and Divers representing Section One are required to travel to the NYS Championship via Coach bus(es) provided by the Section. No parent is allowed to transport to the Championship venue.

I \_\_\_\_\_ will be taking my daughter \_\_\_\_\_ home with me from the 2018 New York State Swim and Dive meet being held November 16, and November 17, at Ithaca College, Ithaca New York upon completion of her participation. In accordance with the New York State Education Law, I understand that I am allowed to transport only my own child and no others. I understand that in signing this release, I fully acknowledge that in case of an accident, I his parent / guardian will assume all responsibility and do not hold Section One or any of its coaches or employees accountable.

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Signature of Swimmer/Diver

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Signature of Parent / Guardian

Date

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Signature of the Section One Coordinator

Date

# 2018 GIRLS Swimming and Diving State Championship BIO Form

Event # \_\_\_\_\_ Event \_\_\_\_\_ Lane \_\_\_\_\_

Name \_\_\_\_\_ School \_\_\_\_\_ Section \_\_\_\_\_

List no more than 6 total Achievements

h V' o @ U k (Include previous place finishes, appearances in finals and/or number of All Section Awards)

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