

2019 NYSPHSAA SWIMMING and DIVING CHAMPIONSHIPS
March 1st and 2nd
Nassau County Aquatic Center, East Meadow, Long Island, NY

Thursday 02/28/19

Dive Practice (Two One Meter Boards) 4:00pm-8:00pm
 Swim Practice - All Sections (19 Lanes) 4:00pm-8:00pm

Session 1 **Friday 03/01/19 Swimming Prelims**

Swimming Warm-Up (Coordinator's Meeting) 8:30am-10:10am
 One Way Sprints (Lanes 2,3) 9:30am
 Relay Starts (Lanes 4,7) 9:30am
 Diving Warm-up 8:30am-12:45pm
 Parade of Swimming Officials 9:55am
 Parade of Senior Procession 10:10am
 Welcome 10:18am
 National Anthem 10:27am
 Swimming Prelims 10:30am
 Deadline for Diving Sheets / Changes 12:00pm
 Diving (To Completion, 11 Dives) 2:00pm

Session 2 **Saturday 03/02/19 Finals**

Swimming Warm-Up (Coordinator's Meeting) 8:30am-10:10am
 One Way Sprints (Lanes 2,3,4) 9:30am
 Relay Starts (Lanes 5,6,7) 9:30am

Awards **NYSPHSAA Good Sports Awards** 9:55am
 Parade of Officials 10:05am
 Introductions 10:10am
 National Anthem 10:25am

Event 1 **Bonus Heat - 200 Medley Relay** 10:30am
 Consolation Heat 10:33am
 Parade Championship Heat 10:36am
 Championship Heat 10:39am

Awards **Diving or Special Awards** 10:44am

Event 2 **Bonus Heat - 200 Freestyle** 10:56am
 Consolation Heat 10:59am
 Parade Championship Heat 11:02am
 Championship Heat 11:05am

Event 3 **Bonus Heat - 200 Individual Medley** 11:08am
 Consolation Heat 11:11am
 Parade Championship Heat 11:14am
 Championship Heat 11:17am

Event 4 **Bonus Heat - 50 Freestyle** 11:20am
 Consolation Heat 11:22am
 Parade Championship Heat 11:24am
 Championship Heat 11:27am

Awards **200 Medley Relay** 11:32am
 Awards **200 Freestyle** 11:37am
 Awards **200 Individual Medley** 11:42am
 Awards **50 Freestyle** 11:47am

15 Minute Break (Pool Open for Warm-up) 11:52am

Event 6 **Bonus Heat - 100 Butterfly** 12:07pm
 Consolation Heat 12:10pm
 Parade Championship Heat 12:13pm
 Championship Heat 12:16pm

Event 7 **Bonus Heat - 100 Freestyle** 12:21pm
 Consolation Heat 12:24pm
 Parade Championship Heat 12:27pm
 Championship Heat 12:30pm

Event 8 **1st Bonus Heat - 500 Freestyle** 12:33pm
 Consolation Heat 12:39pm
 Parade Championship Heat 12:45pm
 Championship Heat 12:48pm

Awards **100 Butterfly** 12:54pm
 Awards **100 Freestyle** 12:59pm
 Awards **500 Freestyle** 1:04pm

Event 9 **Bonus Heat - 200 Freestyle Relay** 1:09pm
 Consolation Heat 1:12pm
 Parade Championship Heat 1:15pm
 Championship Heat 1:18pm

Awards **Scholar Athlete Award** 1:21pm

Event 10 **Bonus Heat - 100 Backstroke** 1:33pm
 Consolation Heat 1:37pm
 Parade Championship Heat 1:41pm
 Championship Heat 1:44pm

Bonus Heat - 100 Breaststroke 1:49pm
 Consolation Heat 1:52pm
 Parade Championship Heat 1:55pm
 Championship Heat 1:58pm

Awards **200 Freestyle Relay** 2:03pm
 Awards **100 Backstroke** 2:08pm
 Awards **100 Breaststroke** 2:13pm

Event 12 **Bonus Heat - 400 Freestyle Relay** 2:18pm
 Consolation Heat 2:22pm
 Parade Championship Heat 2:26pm
 Championship Heat 2:29pm

Awards **400 Freestyle Relay** 2:34pm
 Awards **Outstanding Swimmer / Diver Award** 2:39pm

Meet Ends 2:44pm