

2011 NYSPHSAA SWIMMING and DIVING CHAMPIONSHIPS
MARCH 4-5, 2011
NASSAU COUNTY AQUATIC CENTER, EISENHOWER PARK, EAST MEADOW, NY

Thursday 03/03/11

Dive Practice	4:00pm-8:00pm	Awards	200 Individual Medley	1:10pm
Swim Practice - all sections	4:00pm-8:00pm	Awards	50 Freestyle	1:16pm

Friday 03/04/11 Prelims

Swimming Warm-up	10:00am-11:40am		Warm-Up (15 Minutes)	
One Way Sprints (Lanes 2,3)	11:00am-11:40am	Event 6	Bonus Heat - 100 Butterfly	1:31pm
Relay Starts (Lanes 4,7)	11:00am-11:40am		Consolation Heat	1:34pm
Diving Warm-up	10:00am-3:15pm		Parade Championship Heat	1:37pm
Parade of Swimming Officials	11:42am		Championship Heat	1:40pm
Parade of Senior Procession	11:47am			
National Anthem	11:55am	Event 7	Bonus Heat - 100 Freestyle	1:43pm
Swimming Prelims	12:00pm		Consolation Heat	1:46pm
Deadline for Diving Sheets / Changes	2:30pm		Parade Championship Heat	1:49pm
Diving (8 dives) - all will perform 5 Dives	3:30pm		Championship Heat	1:52pm

Saturday 03/05/11 Finals

Diving Warm-Up	8:00am-9:40am	Awards	100 Butterfly	1:58pm
Parade of Diving Officials	9:45am	Awards	100 Freestyle	2:04pm
Parade Championship Heat - Diving	9:50am	Event 8	Bonus Heat - 500 Freestyle	2:10pm
National Anthem	9:55am		Consolation Heat	2:16pm
			Parade Championship Heat	2:22pm
Event 5 Diving Finals	10:00am		Championship Heat	2:25pm
Swimming Warm-Up	10:45am-11:40am			
One Way Sprints (Lanes 2,3,4)	11:15am	Awards	Scholar Athlete Award	2:31pm
Relay Starts (Lanes 5,6,7)	11:15am			
		Event 9	Bonus Heat - 200 Freestyle Relay	2:40pm
Awards NYSPHSAA Good Sports Awards	11:45am		Consolation Heat	2:43pm
Parade of Officials	11:50am		Parade Championship Heat	2:47pm
Introductions			Championship Heat	2:50pm
National Anthem	11:55am			
		Awards	500 Freestyle	2:55pm
Event 1 Bonus Heat - 200 Medley Relay	12:00pm	Awards	200 Freestyle Relay	3:01pm
Consolation Heat	12:03pm			
Parade Championship Heat	12:06pm	Event 10	Bonus Heat - 100 Backstroke	3:07pm
Championship Heat	12:09pm		Consolation Heat	3:09pm
			Parade Championship Heat	3:12pm
Awards Diving	12:14pm		Championship Heat	3:15pm
Event 2 Bonus Heat - 200 Freestyle	12:19pm	Event 11	Bonus Heat - 100 Breaststroke	3:18pm
Consolation Heat	12:22pm		Consolation Heat	3:21pm
Parade Championship Heat	12:25pm		Parade Championship Heat	3:24pm
Championship Heat	12:28pm		Championship Heat	3:27pm
		Awards	100 Backstroke	3:22pm
Awards 200 Medley Relay	12:33pm	Awards	100 Breaststroke	3:28pm
Awards 200 Freestyle	12:39pm			
		Awards	Outstanding Swimmer / Diver Award	3:34pm
Event 3 Bonus Heat - 200 Individual Medley	12:46pm			
Consolation Heat	12:49pm	Event 12	Bonus Heat - 400 Freestyle Relay	3:43pm
Parade Championship Heat	12:52pm		Consolation Heat	3:46pm
Championship Heat	12:55pm		Parade Championship Heat	3:49pm
			Championship Heat	3:52pm
Event 4 Bonus Heat - 50 Freestyle	12:58pm			
Consolation Heat	1:00pm			
Parade Championship Heat	1:02pm	Awards	400 Freestyle Relay	3:55pm
Championship Heat	1:05pm	Meet Ends		4:01pm