

SECTION XI

ITINERARY FOR 2013 NEW YORK STATE CHAMPIONSHIP GIRLS' SWIMMING AND DIVING MEET

Thursday, 11/21/13

6:45 AM Meet at the Park-and-Ride
LIE Exit 63, Park and Ride 6:45am...Leaves at 7:00am
LIE exit 53, Park and Ride 7:15am....Leaves at 7:30am

7:30 AM Depart
12:30 PM Lunch
*Bring a light lunch. Avoid messy foods and beverages.

4:00 PM Arrive at hotel, Ramada Ithaca,
Ithaca, NY 607-257-3100

5:45 PM Practice, TBA
7:45 PM Return to hotel
8:30 PM Dinner, TBA
9:30 PM Arrive back at hotel
10:00 PM Lights out

Friday, 11/22/13

8:00 AM Breakfast
9:00 AM Leave for pool, Ithaca College
10:00 AM Swim Warm-Ups
12-3:00 PM Swimming Pre-Lims
12-4:00 PM Diving Warm-Ups
4:00 PM Diving Pre-Lims and Semis
7:00 PM Team dinner, TBA
10:00 PM Lights out

Saturday, 11/23/13

7:30 AM Breakfast
8:30 AM Finalists leave for pool, Ithaca College
9:00 AM Warm-Ups
10:00 AM Check out of hotel
10:15 AM Finals and Consolations
5:00 PM Depart for home

11:30 PM Arrive at LIE Exit 53 Park and Ride

11:45PM Arrive at LIE Exit 63 Park and Ride

CONTACTS:

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Section XI Chair/Administrator

Chairp

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