

2016 NYSPHSAA SWIMMING and DIVING CHAMPIONSHIPS

March 4th 5th

Erie County Community College, New York

<u>Thursday 03/03/16</u>		Event 6	Bonus Heat - 100 Butterfly	12:12pm	
Dive Practice	4:00pm-8:00pm		Consolation Heat	12:15pm	
Swim Practice - all sections	4:00pm-8:00pm		Parade Championship Heat	12:18pm	
			Championship Heat	12:21pm	
Session 1	<u>Friday 03/04/16 Swimming Prelims</u>		Event 7	Bonus Heat - 100 Freestyle	12:24pm
Swimming Warm-up	8:30am-10:10am		Consolation Heat	12:27pm	
One Way Sprints (Lanes 2,3)	9:30am		Parade Championship Heat	12:30pm	
Relay Starts (Lanes 4,7)	9:30am		Championship Heat	12:33pm	
Diving Warm-up	8:30am-12:45pm				
Parade of Swimming Officials	10:12am	Awards	100 Butterfly	12:39pm	
Parade of Senior Procession	10:17am	Awards	100 Freestyle	12:44pm	
National Anthem	10:25am	Event 8	1st Bonus Heat - 500 Freestyle	12:49pm	
Swimming Prelims	10:30am		2nd Bonus Heat - 500 Freestyle	12:57pm	
Deadline for Diving Sheets / Changes	11:45am		Consolation Heat	1:03pm	
Diving (To Completion, 11 Dives)	1:00pm		Parade Championship Heat	1:09pm	
			Championship Heat	1:12pm	
Session 2	<u>Saturday 03/05/16 Finals</u>		Awards	Scholar Athlete Award	1:18pm
Swimming Warm-Up	8:30am-10:10am		Event 9	Bonus Heat - 200 Freestyle Relay	1:24pm
One Way Sprints (Lanes 2,3,4)	9:30am		Consolation Heat	1:27pm	
Relay Starts (Lanes 5,6,7)	9:30am		Parade Championship Heat	1:30pm	
Awards	NYSPHSAA Good Sports Awards	10:10am	Championship Heat	1:33pm	
	Parade of Officials	10:20am	Awards	500 Freestyle	1:36pm
	Introductions	10:25am	Awards	200 Freestyle Relay	1:42pm
	National Anthem	10:28am	Event 10	Bonus Heat - 100 Backstroke	1:47pm
Event 1	Bonus Heat - 200 Medley Relay	10:30am	Consolation Heat	1:50pm	
	Consolation Heat	10:33am	Parade Championship Heat	1:53pm	
	Parade Championship Heat	10:36am	Championship Heat	1:57pm	
	Championship Heat	10:39am	Event 11	Bonus Heat - 100 Breaststroke	2:00pm
Awards	Diving or Special Awards	10:44am	Consolation Heat	2:03pm	
Event 2	Bonus Heat - 200 Freestyle	10:49am	Parade Championship Heat	2:06pm	
	Consolation Heat	10:52am	Championship Heat	2:09pm	
	Parade Championship Heat	10:55am	Awards	100 Backstroke	2:12pm
	Championship Heat	10:58am	Awards	100 Breaststroke	2:18pm
Awards	200 Medley Relay	11:03am	Awards	Outstanding Swimmer / Diver Award	2:23pm
Awards	200 Freestyle	11:09am	Event 12	Bonus Heat - 400 Freestyle Relay	2:13pm
Event 3	Bonus Heat - 200 Individual Medley	11:16am	Consolation Heat	2:17pm	
	Consolation Heat	11:19am	Parade Championship Heat	2:20pm	
	Parade Championship Heat	11:22am	Championship Heat	2:24pm	
	Championship Heat	11:25am	Awards	400 Freestyle Relay	2:30pm
Event 4	Bonus Heat - 50 Freestyle	11:28am	Meet Ends	2:35pm	
	Consolation Heat	11:30am			
	Parade Championship Heat	11:32am			
	Championship Heat	11:35am			
Awards	200 Individual Medley	11:40am			
Awards	50 Freestyle	11:46am			
	Warm-Up (20 Minutes)	11:52am			