

**2017 NYSPHSAA SWIMMING and DIVING CHAMPIONSHIPS**  
**March 3rd and 4th**  
**Nassau County Aquatic Center, East Meadow, Long Island, NY**

<b><u>Thursday 03/02/17</u></b>		Event 6	<b>Bonus Heat - 100 Butterfly</b>	12:12pm	
Dive Practice (2 One Meter Boards)	4:00pm-8:00pm		Consolation Heat	12:15pm	
Swim Practice - All Sections (19 Lanes)	4:00pm-8:00pm		Parade Championship Heat	12:18pm	
			Championship Heat	12:21pm	
Session 1	<b><u>Friday 03/03/17 Swimming Prelims</u></b>		Event 7	<b>Bonus Heat - 100 Freestyle</b>	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	9:55am	Awards	<b>100 Butterfly</b>	12:39pm	
Parade of Senior Procession	10:10am	Awards	<b>100 Freestyle</b>	12:44pm	
Welcome	10:18am				
National Anthem	10:27am	Event 8	<b>1st Bonus Heat - 500 Freestyle</b>	12:49pm	
Swimming Prelims	10:30am		Consolation Heat	12:55pm	
Deadline for Diving Sheets / Changes	11:45am		Parade Championship Heat	1:01pm	
Diving (To Completion, 11 Dives)	1:00pm		Championship Heat	1:04pm	
Session 2	<b><u>Saturday 03/04/17 Finals</u></b>		Awards	<b>Scholar Athlete Award</b>	1:10pm
Swimming Warm-Up	8:30am-10:10am				
One Way Sprints (Lanes 2,3,4)	9:30am	Event 9	<b>Bonus Heat - 200 Freestyle Relay</b>	1:22pm	
Relay Starts (Lanes 5,6,7)	9:30am		Consolation Heat	1:25pm	
			Parade Championship Heat	1:28pm	
Awards	<b>NYSPHSAA Good Sports Awards</b>		Championship Heat	1:31pm	
	9:55am	Awards	<b>500 Freestyle</b>	1:37pm	
Parade of Officials	10:05am	Awards	<b>200 Freestyle Relay</b>	1:42pm	
Introductions	10:10am				
National Anthem	10:25am	Event 10	<b>Bonus Heat - 100 Backstroke</b>	1:47pm	
Event 1	<b>Bonus Heat - 200 Medley Relay</b>		Consolation Heat	1:50pm	
	10:30am		Parade Championship Heat	1:53pm	
	Consolation Heat		Championship Heat	1:57pm	
	10:33am				
	Parade Championship Heat	Event 11	<b>Bonus Heat - 100 Breaststroke</b>	2:00pm	
	10:36am		Consolation Heat	2:03pm	
	Championship Heat		Parade Championship Heat	2:06pm	
	10:39am		Championship Heat	2:09pm	
Awards	<b>Diving or Special Awards</b>				
	10:44am	Awards	<b>100 Backstroke</b>	2:15pm	
Event 2	<b>Bonus Heat - 200 Freestyle</b>	Awards	<b>100 Breaststroke</b>	2:20pm	
	10:49am				
	Consolation Heat	Awards	<b>Outstanding Swimmer / Diver Award</b>	2:30pm	
	10:52am				
	Parade Championship Heat	Event 12	<b>Bonus Heat - 400 Freestyle Relay</b>	2:35pm	
	10:55am		Consolation Heat	2:39pm	
	Championship Heat		Parade Championship Heat	2:43pm	
	10:58am		Championship Heat	2:46pm	
Awards	<b>200 Medley Relay</b>				
	11:03am	Awards	<b>400 Freestyle Relay</b>	2:51pm	
Awards	<b>200 Freestyle</b>				
	11:09am		<b>Meet Ends</b>	2:57pm	
Event 3	<b>Bonus Heat - 200 Individual Medley</b>				
	11:16am				
	Consolation Heat				
	11:19am				
	Parade Championship Heat				
	11:22am				
	Championship Heat				
	11:25am				
Event 4	<b>Bonus Heat - 50 Freestyle</b>				
	11:28am				
	Consolation Heat				
	11:30am				
	Parade Championship Heat				
	11:32am				
	Championship Heat				
	11:35am				
Awards	<b>200 Individual Medley</b>				
	11:40am				
Awards	<b>50 Freestyle</b>				
	11:46am				
Warm-Up (20 Minutes)	11:52am				