

SECTION XI

ITINERARY FOR 2022 NEW YORK STATE CHAMPIONSHIP GIRLS' SWIMMING AND DIVING MEET

Thursday, 11/17/22

5:15 AM Meet at the Park and Ride
LIE Exit 63, Park and Ride(North of LIE on North Ocean Ave.) 5:15am...Leaves at 5:30am
LIE Exit 53, Park and Ride(Wicks Road Near Suffolk CC) 5:45am...Leaves at 6:00am

6:15 AM Depart from Park & Ride
10:00 AM BINGHAMTON, NY Wegman's Shopping Plaza

Contact:

Rich Lionetti 631-495-7104
Section XI Coordinator
section11swimming@gmail.com

12:00-1:00 PM Arrive at hotel,
Hampton Inn at Webster
878 Hard Road Webster, NY 14580 (585)671-2050

2:00-8:00 PM **PRACTICE - Webster High School 875 Ridge Road Webster, NY 14580**
Section XI will practice sometime between 3-6pm

6:00 PM Wegmans Supermarket
7:30 PM Arrive back to hotel
10:00 PM Lights out

Friday, 11/18/22

6:30-7:30 AM Breakfast - Hampton Inn provides a continental breakfast
7:45 AM Leave for pool, ***Webster HS***
8:30-9:50 AM Swim Warm-Ups
9:00 AM Doors Open
9:50 AM Welcome
9:55 AM National Anthem
10:00 AM Swimming Preliminaries Begin
10:00 AM-1:45 PM Diving Warm-Ups
12:00 PM Deadline for Diving Sheets/Changes
2:00 PM Diving(To Completion, 11 Dives)

Team will travel back to Wegman's snacks immediately after swimming
Coaching staff will order dinner for the team back at the hotel.

Saturday, 11/19/22

6:30-7:30 AM Breakfast
7:30 AM All Rooms will be checked
8:00 AM Finalists leave for pool, ***Webster High School***
9:00 AM Doors Open
8:30-10:20 AM Warm-Ups
10:20 AM NYSPHSAA Sportsmanship Awards
10:30 AM Finals and Consolations Start
Approx.2:30 PM Depart for home immediately after the swim meet.
Bus will stop in Binghamton for food.

9:00 PM Arrive at LIE Exit 53 Park and Ride **Athletes will call when we cross a bridge.**
9:30 PM Arrive at LIE Exit 63 Park and Ride

ALL TIMES ARE ESTIMATE

ATHLETES WILL CALL FROM BUS WITH TIMES TO PICK UP.

Updated 11/2/22