

SECTION XI

ITINERARY FOR 2023 NEW YORK STATE CHAMPIONSHIP BOYS' SWIMMING AND DIVING MEET

Thursday, 3/2/23

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| 6:00 AM | Meet at the Park and Ride LIE Exit 63, Park and Ride(North of LIE on North Ocean Ave.) 6:00am...Leaves at 6:15am LIE Exit 53, Park and Ride(Wicks Road Near Suffolk CC) 6:30am...Leaves at 6:45am | |
| 6:45 AM | Depart(From Exit 53) | Contact: |
| 12:00 - 1:00 PM | Lunch at along the way Subway, Pizza, McDonald's | Rich Lionetti 631-495-7104 Section XI Coordinator section11swimming@gmail.com |
| 1:00 PM | Arrive at hotel, <i>Best Western Ithaca</i> <i>1020 Ellis Hollow Road</i> <i>Ithaca, NY 14850 (607)272-6100</i> | |
| 2:00-8:00 PM | PRACTICE Section XI will practice sometime between 3-6pm <i>Ithaca Aquatics Pavilion Ithaca College 953 Danby Rd, Ithaca, NY 14850</i> | |
| 5:00 PM | Wegman's for food | |
| 6:30 PM | Arrive back to hotel | |
| 10:00 PM | Lights out | |

Friday, 3/3/23

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| 6:30-7:30 AM | Breakfast - Buffet at hotel(Included in stay) |
| 8:00 AM | Leave for pool, <i>Ithaca Aquatics Pavilion</i> |
| 8:30-10:00 AM | Swim Warm-Ups |
| 9:45 AM | Welcome |
| 9:55 AM | National Anthem |
| 10:00 AM | Swimming Preliminaries Begin |
| 9:30-1:45 PM | Diving Warm-Ups |
| 1:00 PM | Deadline for Diving Sheets/Changes |
| 2:00 PM | Diving(To Completion, 11 Dives) |

Team will travel back to Wegman's for dinner immediately after swimming.
Coaching staff will order dinner for the team back at the hotel. Athletes need to pay \$5

Saturday, 3/4/23

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| 6:30-7:30 AM | Breakfast buffet at Hotel |
| 7:30 AM | All Rooms will be checked |
| 8:00 AM | Finalists leave for pool, <i>Ithaca Aquatics Pavilion</i> |
| 8:30-9:45 AM | Warm-Ups |
| 9:45 AM | NYSPHSAA Sportsmanship Awards, Introductions |
| 10:00 AM | Finals and Consolations Start |
| 2:30-3:00 PM | Depart for home immediately after the swim meet. We will stop along the way. |
| 8:00 PM | Arrive at LIE Exit 53 Park and Ride Athletes will call when we are on LIE |
| 8:30 PM | Arrive at LIE Exit 63 Park and Ride |

ALL TIMES ARE ESTIMATE

ATHLETES WILL CALL FROM BUS WITH TIMES TO PICK UP.

Updated 2/12/23