

SECTION XI

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

Thursday, 11/16/23

5:15 AM	Meet at the Park and Ride <i>(Coaches will provide bagels for ride up)</i> 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
12:30-1:30 PM	Arrive at hotel, <i>Hampton Inn at Webster</i> <i>878 Hard Road Webster, NY 14580 (585)671-2050</i>
3:00-8:00 PM	PRACTICE - Webster High School 875 Ridge Road Webster, NY 14580 <i>Section XI will practice sometime between 3-6pm</i>
6:00 PM	Wegmans Supermarket
7:30 PM	Arrive back to hotel
10:00 PM	Lights out

Contact:

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Section XI Coordinator
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Friday, 11/17/23

6:30-7:30 AM	Breakfast - Hampton Inn provides a continental breakfast
7:45 AM	Leave for pool, <i>Webster HS</i>
8:00-9:50 AM	Swimming 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-1:25 PM	Diving Warm-Ups
12:00 PM	Deadline for Diving Sheets/Changes
1:30 PM	Diving Prelims & Semi-finals & Finals(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, 11/18/23

6:30-7:30 AM	Breakfast
7:30 AM	All Rooms will be checked
7:45 AM	Finalists leave for pool, <i>Webster High School</i>
9:00 AM	Doors Open
8:00-9:55 AM	Warm-Ups
10:00 AM	NYS PHSA 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 the GW bridge.
9:30 PM	Arrive at LIE Exit 63 Park and Ride

ALL TIMES ARE ESTIMATES & ARE SUBJECT TO CHANGE
ATHLETES WILL CALL FROM BUS WITH TIMES TO PICK UP.

Updated 10/31/2023