

**2019 NYSPHSAA SWIMMING and DIVING CHAMPIONSHIPS**  
**March 1st and 2nd**  
**Nassau County Aquatic Center, East Meadow, Long Island, NY**

**Thursday 02/28/19**

Dive Practice (Two One Meter Boards) 4:00pm-8:00pm  
 Swim Practice - All Sections (19 Lanes) 4:00pm-8:00pm

Session 1 **Friday 03/01/19 Swimming Prelims**

Swimming Warm-Up (Coordinator's Meeting) 8:30am-10:10am  
 One Way Sprints (Lanes 2,3) 9:30am  
 Relay Starts (Lanes 4,7) 9:30am  
 Diving Warm-up 8:30am-12:45pm  
 Parade of Swimming Officials 9:55am  
 Parade of Senior Procession 10:10am  
 Welcome 10:18am  
 National Anthem 10:27am  
 Swimming Prelims 10:30am  
 Deadline for Diving Sheets / Changes 12:00pm  
 Diving (To Completion, 11 Dives) 2:00pm

Session 2 **Saturday 03/02/19 Finals**

Swimming Warm-Up (Coordinator's Meeting) 8:30am-10:10am  
 One Way Sprints (Lanes 2,3,4) 9:30am  
 Relay Starts (Lanes 5,6,7) 9:30am

Awards **NYSPHSAA Good Sports Awards** 9:55am  
 Parade of Officials 10:05am  
 Introductions 10:10am  
 National Anthem 10:25am

Event 1 **Bonus Heat - 200 Medley Relay** 10:30am  
 Consolation Heat 10:33am  
 Parade Championship Heat 10:36am  
 Championship Heat 10:39am

Awards **Diving or Special Awards** 10:44am

Event 2 **Bonus Heat - 200 Freestyle** 10:56am  
 Consolation Heat 10:59am  
 Parade Championship Heat 11:02am  
 Championship Heat 11:05am

Event 3 **Bonus Heat - 200 Individual Medley** 11:08am  
 Consolation Heat 11:11am  
 Parade Championship Heat 11:14am  
 Championship Heat 11:17am

Event 4 **Bonus Heat - 50 Freestyle** 11:20am  
 Consolation Heat 11:22am  
 Parade Championship Heat 11:24am  
 Championship Heat 11:27am

Awards **200 Medley Relay** 11:32am  
 Awards **200 Freestyle** 11:37am  
 Awards **200 Individual Medley** 11:42am  
 Awards **50 Freestyle** 11:47am

**15 Minute Break (Pool Open for Warm-up)** 11:52am

Event 6 **Bonus Heat - 100 Butterfly** 12:07pm  
 Consolation Heat 12:10pm  
 Parade Championship Heat 12:13pm  
 Championship Heat 12:16pm

Event 7 **Bonus Heat - 100 Freestyle** 12:21pm  
 Consolation Heat 12:24pm  
 Parade Championship Heat 12:27pm  
 Championship Heat 12:30pm

Event 8 **1st Bonus Heat - 500 Freestyle** 12:33pm  
 Consolation Heat 12:39pm  
 Parade Championship Heat 12:45pm  
 Championship Heat 12:48pm

Awards **100 Butterfly** 12:54pm  
 Awards **100 Freestyle** 12:59pm  
 Awards **500 Freestyle** 1:04pm

Event 9 **Bonus Heat - 200 Freestyle Relay** 1:09pm  
 Consolation Heat 1:12pm  
 Parade Championship Heat 1:15pm  
 Championship Heat 1:18pm

Awards **Scholar Athlete Award** 1:21pm

Event 10 **Bonus Heat - 100 Backstroke** 1:33pm  
 Consolation Heat 1:37pm  
 Parade Championship Heat 1:41pm  
 Championship Heat 1:44pm

**Bonus Heat - 100 Breaststroke** 1:49pm  
 Consolation Heat 1:52pm  
 Parade Championship Heat 1:55pm  
 Championship Heat 1:58pm

Awards **200 Freestyle Relay** 2:03pm  
 Awards **100 Backstroke** 2:08pm  
 Awards **100 Breaststroke** 2:13pm

Event 12 **Bonus Heat - 400 Freestyle Relay** 2:18pm  
 Consolation Heat 2:22pm  
 Parade Championship Heat 2:26pm  
 Championship Heat 2:29pm

Awards **400 Freestyle Relay** 2:34pm  
 Awards **Outstanding Swimmer / Diver Award** 2:39pm

**Meet Ends** 2:44pm