**Thursday March 5th**

*Team Practice at Hauppauge HS 2:45 – 4:15*  Pasta dinner immediately following practice. This is where you will pick-up your state apparel.

**Tournament Information**

Championship Dates March 6-7, 2020

**Championship Sites**

*Nassau County Aquatic Center Eisenhower Park Merrick Avenue East Meadow, NY 11554*

**Admission & Ticket Sales**

*Admission is $10 at the gate (cash only). Tickets are general admission. Bus drivers with proper ID will be admitted to regionals, semifinals and finals free of charge. There are no discounts for senior citizens or students. Children age 5 and under are free. Only NYSPHSAA passes will be honored at the championship site. Regional ticket prices are determined by the host section*.

**Advanced Sale** *$8.00 online (plus service fee) at* [*www.gofan.co/nysphsaa*](http://www.gofan.co/nysphsaa)

***Championship Format Schedule***

**Friday, March 6**

8:30-10:10am Swimming Warm-Ups

8:30am-12:45pm Diving Warm-Ups

9:30am Doors open for admission

 One-Way Sprints (Lanes 2,3) Relay Starts (Lanes 4,7)

9:55am Parade of Swimming Officials

10:10am Parade of Seniors Procession

10:18am Welcome

10:27am National Anthem

10:30am Swimming Preliminaries

12:00pm Deadline for Diving Sheets/Changes

2:00pm Diving (To Completion, 11 dives)

**Saturday, March 7**

8:30-10:10am Swimming Warm-Ups

9:30am Doors open for admission One Way Sprints (Lanes 2,3,4) Relay Starts (Lanes 5,6,7)

9:55am NYSPHSAA Sportsmanship Awards

10:30am Start of Meet