



TS January Distance at CW Post Sunday, January 28th 2024

Location:

LIU- C W Post Campus

720 Northern Blvd, Greenvale

(Can enter the campus from the East Gate (1st Entrance). Take the Campus road straight back to the Pratt Recreation Center. (On the Right Hand Side, just before the Football Field).

All swimmers swimming in the session require a timer for the event they are swimming. Viewing of the event may be done via the glass wall of the adjacent atrium to the pool.

Once the swimmer swims their event, they will be allowed to leave the aquatic facility

Schedule of Meet

Session I –

1,650 AND 500 FREE SWIMMERS ONLY

8:00 Warm-Up 8:30 Start

ALL OTHER SWIMMERS (ELITE, JR ELITE, INTERMEDIATE)

8:50AM Arrival

9:00AM Warmup Session

9:30AM Start of Session

****It is mandatory you time your own child's events****

