

DIRECTIONS

The Nassau County Aquatic Center is located on Merrick Ave. ¼ mile North of Hempstead Tpke. in Eisenhower Park. Please use any GPS or map search that you are comfortable with for directions. Please remind parents that the meet is at Eisenhower Park and not the Flushing YMCA.

Friday Dec.12:		Session #1	Warm up 3:30	Start 5:00pm
<u>Girls Event #</u>		<u>Event</u>		<u>Boys Event#</u>
1		9-10 200 IM		2
3	2:40.00	11-12 200 IM		4
5	5:10.00	13-14 400 IM		6
7	5:05.00	OPEN 400 IM		8
9		9-10 200 freestyle		10
11	2:25.00	11-12 200 freestyle		12
13	5:50.00	13-14 500 freestyle		14
15	5:40.00	OPEN 500 freestyle		16

Saturday Dec.13:		Session #2	Warm Up 6:15am	Start 7:45am
<u>Girls Event#</u>		<u>Event</u>		<u>Boys Event#</u>
17	1:10.00	13-14 100 Backstroke	1:06.00	18
19	1:06.00	OPEN 100 Backstroke	1:00.00	20
21	37.00	11-12 50 Backstroke	37.00	22
23	2:40.00	13-14 200 Breaststroke	2:35.00	24
25	2:35.00	OPEN 200 Breaststroke	2:30.00	26
27	1:33.00	11-12 100 Breaststroke	1:33.00	28
29	1:01.00	13-14 100 Freestyle	59.00	30
31	57.00	OPEN 100 Freestyle	54.00	32
33	30.00	11-12 50 Freestyle	30.00	34
35	2:40.00	13-14 200 Butterfly	2:35.00	36
37	2:30.00	OPEN 200 Butterfly	2:20.00	38
39	1:25.00	11-12 100 Butterfly	1:20.00	40
41	2:30.00	13-14 200 IM	2:26.00	42
43	2:26.00	OPEN 200 IM	2:15.00	44
45		11-12 200 Medley Relay		46
47		13-14 200 Medley Relay		48
49		OPEN 200 Medley Relay		50

Saturday Dec.13:		Session #3	Warm-up 1:30	Start 2:30
<u>Girls Event#</u>		<u>Event</u>		<u>Boys Event#</u>
51		8 & Under 100 Freestyle		52
53		9-10 100 Freestyle		54
55		8 & Under 50 Butterfly		56
57		9-10 50 Butterfly		58
59		8 & Under 25 Breaststroke		60
61		9-10 100 Breaststroke		62
63		8 & Under 50 Backstroke		64
65		9-10 50 Backstroke		66
67		8 & Under 25 Freestyle		68
69		9-10 200 Medley Relay		70
71		8 & Under 100 Medley Relay		72

Sunday Dec. 14 Session #5 Warm up 6:15 am Start 7:45am

<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event #</u>
73 1:20.00	11-12 100 Backstroke	1:20.00 74
75 2:30.00	13-14 200 Backstroke	2:26.00 76
77 2:23.00	OPEN 200 Backstroke	2:11.00 78
79 44.00	11-12 50 Breaststroke	42.00 80
81 1:20.00	13-14 100 Breaststroke	1:15.00 82
83 1:15.00	OPEN 100 Breaststroke	1:06.00 84
85 1:12.00	11-12 100 Freestyle	1:10.00 86
87 2:16.00	13-14 200 Freestyle	2:12.00 88
89 2:10.00	OPEN 200 Freestyle	2:01.00 90
91 38.00	11-12 50 Butterfly	38.00 92
93 1:10.00	13-14 100 Butterfly	1:08.00 94
95 1:05.00	OPEN 100 Butterfly	1:01.00 96
97 1:16.00	11-12 100 IM	1:16.00 98
99 29.00	13-14 50 Freestyle	27.50 100
101 27.00	OPEN 50 Freestyle	25.00 102
103	11-12 200 Freestyle Relay	104
105	13-14 200 Freestyle Relay	106
107	OPEN 200 Freestyle Relay	108

Sunday Dec. 14: Session #6 Warm up 1:15 Start 2:15

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
109	8 & Under 100 IM	110
111	9-10 100 IM	112
113	8 & Under 50 Breaststroke	114
115	9-10 50 Breaststroke	116
117	8 & Under 25 Butterfly	118
119	9-10 100 Butterfly	120
121	8 & Under 50 Freestyle	122
123	9-10 50 Freestyle	124
125	8 & Under 25 Backstroke	126
127	9-10 100 Backstroke	128
129	8 & Under 100 Freestyle Relay	130
131	9-10 200 Freestyle Relay	132