

2008 USA Diving Summer Junior Zone Championships Zone – A
(Sanction # 03-106)

- Location:** Nassau County Aquatic Center
Eisenhower Park: East Meadow, New York 11554
Long Island, New York at Merrick Ave. & Stewart Ave.
(516) 572- 0501 or (516) 572- 0502 Pool Information
- Event:** July 10 – July 13, 2008
Open Warm – Ups: July 9, 2008 from 1pm – 6pm
Diving meet is \$30.00 per event per person
One-time late fee: \$30 payable to the meet host
Late dive sheets will be assessed at \$15 fee per sheet payable to the meet host
Register online at www.divemeets.com .
- Meet Director:** George Taylor III and LID Parents.
(516) 565-2750 home (516) 697-1678 cell
Email: Gt3usmc@aol.com
- Coaches:** A reminder that you must meet all USA Diving safety certification requirements to be allowed on deck at USA Diving events. This will be strongly enforced in 2008. For more information on the requirements, please [click here](#). To see when safety training classes are offered, [click here](#).
- Facility:** Two 1-meter “cheese boards” (16 ft maxi-flex model B on Concrete Stands)
Two 3-meter “cheese boards” (16 ft maxi-flex model B on Concrete Stands)
1, 3, 5, 7.5, & 10 meter platforms
- Refreshments:** Concession Stand and many food restaurants within the area.
Food will be provided for the coaches on deck.

(WEDNESDAY, JULY 9, 2008)

WARM – UPS: 1PM – 6PM

(THURSDAY, JULY 10, 2008) Warm – ups = 7am – 8:30am, first event: 8:30am – 8:50am

<u>1 - meter</u>	<u>3 - meter</u>	<u>platform</u>	
11- u boys	11- u girls	-----	9am - 10:30am
12-13 girls	12-13 boys	-----	10:30am - 12:00pm
11- u girls	11- u boys	-----	12:20pm - 1:55pm
12-13 boys	12-13 girls	-----	2:40pm - 3:50pm

(FRIDAY, JULY 11, 2008) Warm – ups = 7am – 8:30am, first event: 8:30am – 8:50am

<u>1 - meter</u>	<u>3 - meter</u>	<u>platform</u>	
14-15 girls		11- u boys	9am - 10:30am
	14-15 boys	11- u girls	10:30am - 12:00pm
14-15 boys		12-13 boys	12:20pm - 1:55pm
	14-15 girls	12-13 girls	2:40pm - 3:50pm

(SATURDAY, JULY 12, 2008) Warm – ups = 7am – 8:45am

<u>1 - meter</u>	<u>3 - meter</u>	<u>platform</u>	
16-18 boys		14-15 girls	9am – 10:30am
	16-18 girls	-----	10:30am – 12:30pm
16-18 girls		14-15 boys	12:30pm – 2:30pm
	16-18 boys	-----	2:30pm – 3:50pm

(SUNDAY, JULY 13, 2008) Warm ups = 8am – 9:45am

1 - meter

3 - meter

platform

16-18 boys 9:50am – 11:15am

16-18 girls 11:30pm – 2:00pm

Hotels:

THS Company, the Official Housing Service for USA Diving, has reserved hotel room blocks close to the venue at very good rates. To make hotel reservations, please click on the following link:

<http://www.ths-usad.com>

You can also make reservations by calling THS at 888-536-TEAM (8326)

Restaurants and Stores:

Hempstead Tpke (South of the Pool):

McDonalds, Wendy's, Borelli's, Burger King, Hooters, Coliseum Deli.

Merrick Ave. (Road in front of Pool):

Bertucci's (Pizza Restaurant), Houlihans, Fridays, Chili's, Cozymel, Applebee's, Macaroni Grill, Dunkin Doughnuts, Starbucks.

Old Country Road (North of Pool):

Benihana's, Wendy's, Olive Garden, Ruby Tuesday's, Spazzo's, Ruth Chris Steak House, Various Diners, Pancake House, McDonalds, Burger King, Pizza Hut, Cheesecake Factory, Ice Cream shops, and various Deli's.

Roosevelt Field Shopping Mall (West of Pool):

Houston's, Legal Sea Food, Grand Lux Café, Roosevelt Field Movie Theatre.

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