

2009 USA Diving Junior Summer Zone A Championships JULY 9 – JULY 12

(Sanction #: 03-229)



Location: Nassau County Aquatic Center
Eisenhower Park
East Meadow, New York 11554
Long Island, New York at Merrick and Stewart Avenues
(516) 572- 0501 or (516) 572- 0502

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

Registration: www.divemeets.com

Spectator Admission:

We will be charging \$3.00 per day for the events. Children under 13 are free.

Meet Director, Host, and Organizer: George Taylor and LID Parents.

(516) 565-2750 h

(516) 697 1678 c

Gt3usmc@aol.com

Meet Times: Thursday: Open Warm-ups 7:00am- 1:00pm, Meet starts 1:00pm.
Diving boards open to first event from 12:30pm-1:00pm.
Open Warm-ups start after last event – 8:00pm.
Friday: Event Warm-ups 6:30am- 8:00am, Meet starts 8:00 am.
Open Warm-ups start after last event – 8:00pm.
Saturday: Open Warm-ups start 7:00am – 8:00am.
Event Warm-ups start at 8:00am – 9:00am.
Open Warm-ups start after last event – 7:00pm.
Sunday: Event Warm-ups start at 6:30am – 9:00am.
First Event starts at 9:00am.

Facility: Built in 1998 for the Goodwill Games, the Nassau County Aquatic Center is one of the most spectacular diving pools in North America.

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

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 2009. For more information on the requirements, please [click here](#). To see when safety training classes are offered, [click here](#).

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THURSDAY, JULY 9, 2009:

OPEN WARM-UP	7:00am - 1:00pm	OPEN WARM-UP
WARM-UP	12:30pm-1:00pm Warm-up	11&U Girls 1m Boys 3M
EVENT# 1&2	1:00pm-2:30pm	11&U Girls 1m Boys 3M
WARM-UP	2:30pm-3:30pm Warm-up	14-15 G 1m Boys 3M 12-13 Platform B/G
EVENT# 3,4,5&6	3:30pm-5:30pm	14-15 B 3M G 1M 12-13 Platform B/G

OPEN WARM-UP END OF LAST EVENT – 8:00pm OPEN WARM-UP

FRIDAY, JULY 10, 2009:

WARM-UP	6:30am-8:00am Warm-up	14-15 B1M G 3M 11& U B/G Platform
EVENT# 7,8,9&10	8:00am-10:15am	14-15 B1M G 3M 11& U B/G Platform
WARM-UP	10:15am-11:15am Warm-up	16-18 G 3M B1M open platform
EVENT# 11&12	11:15am -1:45pm	16 -18 G 3M B1M
WARM-UP	1:45pm-2:45pm Warm-up	12-13 G 1M B 3M 14-15 B/G Platform
EVENT# 13&14	2:45pm- 4:00pm	12-13 G 1M B 3M

OPEN WARM-UP END OF LAST EVENT - 7:00PM OPEN WARM-UP

SATURDAY, JULY 11, 2009:

OPEN WARM – UP	7:00am - 8:00am	OPEN WARM-UP
WARM-UP	8:00am-9:00am Warm-up	11&U G3M B1M 14-15 B/G Platform
EVENT# 15&16	9:00am - 10:30am	11&U G3M B1M
WARM-UP	10:30am - 11:15am Warm-up	14-15 B/G Platform 16-18 G1M B3M
EVENT# 17&18	11:15am - 12:15pm	14-15 B/G Platform
WARM-UP	12:15pm-1:15pm Warm-up	16-18 G1M B3M open platform
EVENT#19&20	1:15pm -3:45pm	16-18 G1M B 3M

OPEN WARM-UP END OF LAST EVENT – 7:00pm OPEN WARM-UP

SUNDAY, JULY 12, 2009:

WARM-UP	6:30-9:00am Warm-up	12-13 G3M B1M 16-18 B/G Platform
EVENT# 21&22	9:00am-10:45am	12-13 G3M B1M
WARM-UP	10:45pm - 11:45am Warm-up	16-18 B/G Platform
EVENT# 23&24	11:45am - 2:00pm	16-18 B/G Platform

Hotels:

National Travel Systems, the Official Housing Service of USA Diving, has reserved hotel room blocks close to the venue at very good rates. The following hotels have been booked for this event.

To make hotel reservations, please click on the following link: <http://www.ntssportstravel.com/diving/>.
You can also make reservations by calling National Travel Systems at:
1-888-603-8747.

Econo Lodge Hicksville

- Located approximately 3 miles from the pool
- Room Rate: \$99/night plus tax
- Participants must book before June 22 to reserve a room in this block

Long Island Marriott

- Located within walking distance to the pool
- Room rate: \$159/night plus tax
- Participants must book before June 15 to reserve a room in this block

Rental Car Discount with HERTZ:

Hertz is the official rental car supplier of USA Diving. Visit Hertz at www.hertz.com or call 1-800-654-2210 and use CV#03CH0004 and CDP#1423923 when making reservations to receive USA Diving's special discounted rates.

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