

**2009 USA Diving
Spring Junior Region II Championships
March 13 – 15, 2009 (Fri. – Sun.)**

(Sanction #:02-208)



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

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

Registration: www.divemeets.com

Diving meet: USA DIVING SANCTIONED and USA DIVING RULES.
AGE: THE AGE YOU WILL BE ON DECEMBER 31, 2009.

Diving meet is \$30.00 per event per person. You must register by March 11, 2009, to avoid \$30.00 late fee. Late dive sheets fee: \$15/sheet.

Meet Director, Host, and Organizer: George Taylor and LID Parents.
(516) 565-2750 home.
(516) 697-1678 cell.
Gt3usmc@aol.com.

Co-hosting: High Dive Champions, coach Mike Darland and Parents.
(914) 522-5440 cell.

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](#).

Meet Times: Friday: Open Warm-ups 10:00am- 3:15pm, Meet starts 5:00pm.
Diving boards open to first event from 3:30pm- 4:50pm.
Brief meeting from 3:20pm – 3:30pm on pool deck.
** EVENT: 5:00pm – Girls 16-18 3m and Boys 16- 18 1m. **

**Saturday: Open Warm-ups 7:00am – 8:20am, Meet starts at 9:00am.
Diving boards open to first event from 8:20am – 9:00am.**

**Sunday: Open Warm-ups 8:00am- 9:30am, Meet starts 9:30 am.
Diving boards open to first event from 9:00am-9:30 am.**

DIVING EVENTS

**Friday: Warm ups start at 3:30pm – 4:50pm
Event starts at: 5:00pm
Girls 16-18 3m Boys 16-18 1m**

DIVING EVENTS

**Saturday: warm- ups start at 7:00am – 8:20am,
First event warm-ups starts at 8:20am – 9:00am.**

**First Event: 9:00am
Boys 11 and under 1m Girls 11 and under 3m**

**Second Event:
Boys 9 and under 3m Girls 9 and under 1m**

**Third Event:
Boys 14-15 3m Girls 12-13 1m**

**Fourth Event:
Girls 14-15 1m Boys 12-13 3m**

DIVING EVENTS

**Sunday: warm-ups start at 8:00am – 9:00am
First Event: warm-ups starts at 9:00am – 9:25am**

**First Event: 9:30am
Boys 16 – 18 3m Girls 16-18 1m**

**Second Event:
Girls 11 and under 1m Boys 11 and under 3m**

**Third Event:
Girls 9 and under 3m Boys 9 and under 1m**

**Fourth Event:
Boys 14 – 15 1m Girls 12 – 13 3m**

**Fifth Event:
Girls 14 – 15 3m Boys 12 – 13 1m**

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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.

Hilton Garden Inn Westbury

- Located approximately 1 ½ miles from the pool
- Room rate: \$149/night
- Participants must book no later than February 9 to reserve a room in this block

Marriott Long Island Hotel & Conference Center

- Walking distance to the pool
- Room Rate: \$159/night
- Participants must book before February 19 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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