

2014 LONG ISLAND DIVERS 2014 MINI HOLIDAY TEAM MEET



NOVEMBER 29, 2014



MEET LOCATION: NASSAU COUNTY AQUATIC CENTER
EISENHOWER PARK N.C.A.C. "POOL"
MEET DATE: SATURDAY, NOVEMBER 29, 2014
MEET INFO.: GEORGE TAYLOR III – LID (516) 697 1678 GT3USMC@AOL.COM
MEET START - END TIME: 10:45AM – 5:30PM
FIRST EVENT WARM UP: 11:00AM – 11:30AM (11 – U BOYS, GIRLS)
TYPE OF MEET: FOR ALL DIVERS (BEGINNERS – ADVANCE)
NOVICE AND BEGINNERS DO 4 DIVES.
@@ THIS IS ALSO AN AAU NATIONAL QUALIFYING DIVING MEET @@

"MEDALS FOR ALL DIVERS IN EVERY EVENT."

MEET INFORMATION

** ENTER POOL AT 10:45AM. STRETCH OUT AND PREPARE FOR THE FIRST WARM UP EVENT WHICH WILL BE BOYS AND GIRLS 11 – U 1M AND 3M EVENTS (THIS WILL START AT 11:00AM (YOU CAN'T GET ON THE BOARD OR PLATFORM UNTIL 11:00AM.)

WARM UPS 10:45AM (STRETCHING) 11AM – 11:30AM (DIVING BOARD WARM UP.)

** FIRST EVENT OF MEET STARTS AT 11:35AM (11 – U: BOYS 3M, GIRLS 1M BEG, NOV, ADV)

WARM UPS 12:20PM – 12:40PM OR WHENEVER 1ST EVENT ENDS

(11 – U: BOYS 3M, GIRLS 1M BEG, NOV, ADV)

** SECOND EVENT OF MEET STARTS AT 12:45PM - (11 – U: BOYS 1M, GIRLS 3M BEG, NOV, ADV)

WARM UPS: 1:45PM – 2:20PM OR WHENEVER 2ND EVENT ENDS

** THIRD EVENT OF MEET STARTS AT 2:25PM (12-13B, 14-15G, 16-18B, BEG, NOV, ADV)

WARM UPS: 3:30PM – 4:10PM OR WHENEVER 3RD EVENT ENDS

** THIRD EVENT OF MEET STARTS AT 4:15PM (12-13G, 14-15B, 16-18G, BEG, NOV, ADV)

? This event is licensed by the Amateur Athletic Union of the U. S., Inc.

? All participants must have a current AAU membership.

? AAU membership may not be included as part of the entry fee to the event.

? AAU Youth Athlete membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

Be Prepared: Adult and Non Athlete memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.

? Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.



? Note: Any contacts listed within this flyer MUST have a current valid AAU Membership