

Friday-Sunday 28-30 March 2008

Junior Olympics at the Nassau County Aquatic Center

IMPORTANT MEET REMINDERS

** Allow extra time to find a parking spot (in pool lot if available, or alternate parking lots #1A or #6) and plan to be ON DECK BEFORE warm-up start time. Meet directors frequently alternate warm-up time between teams, genders and/or age groups. Do not arrive late and risk missing out on warm-up period, which is an important and necessary part of preparing for successful competition.

** NOTE that each coach/team needs to process swimmer SCRATCHES during the first 30 minutes of warmup period. Therefore it is imperative that you arrive for warmup ON TIME to avoid being scratched from meet session.

** Swimmers entered in the 1000Free and/or 1650Free must provide their own TIMERS & LAP COUNTERS.

** Pack extras of everything from towels to swim suits, goggles, caps and apparel. Make sure your name is on all personal possessions. Plan for last-minute "equipment failure" by having an extra suit, goggles and cap on pool deck with you. Bring an extra sweatshirt or jacket, sweatpants and deck shoes along to keep you warm in case deck area is chilly/breezy. Know which team COLORS to bring/wear each day: RED for FRIDAY, WHITE for SATURDAY and BLUE for SUNDAY.

** Bring healthy and easy-to-digest snacks, energy food, bottled water and/or sports drinks. Fresh fruit, crackers, pretzels, Fig Newtons, PowerBars, granola & nuts, etc. are a few suggested items to pack.

Swimmers' events are posted on the LIAC website at www.longislandswimming.com

FRIDAY 28 MARCH RED LIAC Team Apparel

Sessions #1 & #2: PRELIMS
Warm-Up Starts at 7:00AM
11-12, 13-14 & 15-18
Events #1 thru #32

Session #3: TIMED FINALS
Warm-Up Starts at 12:30PM
10 & U Age Group Only
Events #33 thru #42

Session #4: FINALS
Warm-Up Starts at 4:15PM
11-12, 13-14 & 15-18

SATURDAY 29 MARCH WHITE LIAC Team Apparel

Sessions #5 & #6: PRELIMS
Warm-Up Starts at 7:00AM
11-12, 13-14 & 15-18
Events #43 thru #84

Session #7: TIMED FINALS
Warm-Up Starts at 12:30PM
10 & U Age Group Only
Events #85 thru #94

Session #8: FINALS
Warm-Up Starts at 4:15PM
11-12, 13-14 & 15-18

SUNDAY 30 MARCH BLUE LIAC Team Apparel

Sessions #9 & #10: PRELIMS
Warm-Up Starts at 7:00AM
11-12, 13-14 & 15-18
Events #95 thru #128

Session #11: TIMED FINALS
Warm-Up Starts at 12:30PM
10 & U Age Group Only
Events #129 thru #138

Session #12: FINALS
Warm-Up Starts at 4:15PM
11-12, 13-14 & 15-18

Awards: Medals 1st thru 8th place & ribbons 9th thru 16th place in individual events. Individual High Point Age Group Trophies 1st thru 3rd place. Team Age Group High Point, Combined Team High Point & Team Spirit Award TROPHIES! Events are TRIALS & FINALS with the exception of RELAYS (contested during PRELIMS), all 10 & Under events, 11-12 400IM & 500Free, 13-14 1000Free, and the 15-18 1650Free.