

May 17th-

Hi All,

I hope all is well. Great racing this past weekend! Attached are preliminary entries for Summertime Classic. Please review and let me know of any changes.

There are no practice changes this week.

Be sure to keep up with the latest on our team page!

May 8th-

Hi All,

I hope all is well. We do not have any practice changes this week.

Saturday (5/13) & Sunday (5/14): **SPRING KICKOFF MEET; No Sun practice**

Session	Events	Check-in	Warm-up	Start time
Saturday AM Session: NCAC 11- 12 & Open 400 Freestyle	#1 - 24	8:45 AM	9:00 AM	10:00 AM
Sat. PM Session: 10 & U (NCAC) & 13-14 (Freedom)	#25 - 46	13-14: 12:45 PM 10 & Unders: 1:15 PM	13-14: 1:00 PM 10 & Unders: 1:30 PM	13-14: 2:00 PM 10 & Unders: 2:30 PM
Sunday AM Session: NCAC 10 & U & 13-14	#47 - 68	7:45 AM	8:00 AM	9:00 AM
Sun. PM Session: NCAC 11- 12	#69 - 86	12:45 PM	1:00 PM	2:00 PM

Reminder there are no spectator tickets for Freedom Pool sessions; online tickets are for Aquatic Center sessions only. I will send the livestream link for the Freedom Pool later this week. LIAC attire only, swimmers should be in a Red LIAC shirt for Saturday and Blue LIAC

Shirt for Sunday. Attached to this email is the final entry report, psych sheet, and the link below is to buy spectator tickets.

<https://longislandswimming.ticketleap.com/>

400 Free Open event will be at the end of Saturday's morning session. I will let 10 & Under swimmers doing this event know when they have to arrive at the pool for the warm-up.

May 4th-

Hi All,

We have a practice change this weekend from Sunday to Saturday. A marathon event is going on Sunday, and there will be road closures all morning.

Saturday (5/6): 11:00 am-12:30 pm at FP

Sunday (5/7): No practice

Attached is the final entry report for Spring Kickoff. If you have any questions, let me know.