

## 2008 USA Diving Summer Junior Zone Championships Zone – A

(Sanction # 03-106)

- Location:** Nassau County Aquatic Center  
Eisenhower Park: East Meadow, New York 11554  
Long Island, New York at Merrick Ave. & Stewart Ave.  
(516) 572- 0501 or (516) 572- 0502 Pool Information
- Event:** July 11 – July 14, 2008  
Open Warm – Ups: July 10, 2008 from 8 a.m. – 5:45 p.m.  
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  
Register online at [www.divemeets.com](http://www.divemeets.com) .
- Meet Director:** George Taylor III and LID Parents.  
(516) 565-2750 home (516) 697-1678 cell  
Email: [Gt3usmc@aol.com](mailto:Gt3usmc@aol.com)
- 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 2008. For more information on the requirements, please [click here](#). To see when safety training classes are offered, [click here](#).
- 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
- Refreshments:** Concession Stand and many food restaurants within the area.  
Food will be provided for the coaches on deck.

### Schedule:

**THURSDAY** Open Warm – Ups: 8:00am – 5:45pm  
Short meeting upstairs in the pool bleachers @ 5:45pm.

#### Day 1 Friday

6:30am-8:00am	Warm-up (Open)
8-9am	Warm-up (12-13 B&G Plat & 11&U G 1m Boys 3M)
9:00-10:30am	11 & U Girls 1m & Boys 3 meter
10:30-11:15am	Warm-up (12-13 G Plat & 14-15 G 1m Boys 3M)
11:00-12:30pm	12-13 Girls Platform 12-13 Boys Platform
12:30-1:30pm	Warm-up (11&U B Plat & 14-15G 1M Boys 3M)
1:30-3:45pm	14-15 Girls 1m & Boys 3 meter
Open Warm-up immediately following the meet.	

#### Day 2 Saturday

6:30am-8:00am	Warm-up(11&U B Plat & 14-15G 3M Boys 1M)
8:00-10:15am	14-15 Boys 1m & Girls 3m
10:15-10:45am	Warm-up (11&U B Plat & 16-18 G 3M Boys 1M)
10:45-11:45am	11 & U Boys Platform 11 & U Girls Platform
11:45-12:45pm	Warm-up (Open Plat & 16-18 G 1M Boys 3M)
12:45-3:15pm	16-18 Girls 1m & Boys 3m
3:15-4:00pm	Warm-up (14-15 G & B Plat 12-13G 1M Boys 3M)
4:00-5:45pm	12-13 Girls 1m & Boys 3m
Open Warm-up immediately following the meet.	

**Day 3 Sunday**

7:00am-8:00am

8-9am Warm-up

9:00-10:30am

10:30-11:15am

11:15-12:15pm

12:15-1:15pm

1:15-3:45pm

Open Warm-up immediately following the meet.

Warm-up(Open)

(14-15 B & G Plat & 11&U G 3M Boys 1M)

11 & U Boys 1m & Girls 3m

Warm-up (14-15 G & B Plat & 16-18 G 3M Boys 1M)

14-15 Girls Platform 14-15 Boys Platform

Warm-up (Open Plat 16-18 G 3M Boys 1M)

16-18 Boys 1m and Girls 3m

**Day 4 Monday**

6:30am-9:00am

9:00-10:45am

10:45-11:45am

11:45-2:00pm

Warm-up(16-18 B & G Plat & 12-13 G 3M Boys 1M)

12-13 Boys 1m & Girls 3m

Warm-up(16-18 B & G Plat)

16-18 Boys Platform 16-18 Girls Platform

**Hotels:**

THS Company, the Official Housing Service for USA Diving, has reserved hotel room blocks close to the venue at very good rates. To make hotel reservations, please click on the following link:

<http://www.ths-usad.com>

You can also make reservations by calling THS at 888-536-TEAM (8326)

**Restaurants and Stores:**

**Hempstead Tpke (South of the Pool):**

McDonalds, Wendy's, Borelli's, Burger King, Hooters, Coliseum Deli.

**Merrick Ave. (Road in front of Pool):**

Bertucci's (Pizza Restaurant), Houlihans, Fridays, Chili's, Cozymel, Applebee's, Macaroni Grill, Dunkin Doughnuts, Starbucks.

**Old Country Road (North of Pool):**

Benihana's, Wendy's, Olive Garden, Ruby Tuesday's, Spazzo's, Ruth Chris Steak House, Various Diners, Pancake House, McDonalds, Burger King, Pizza Hut, Cheesecake Factory, Ice Cream shops, and various Deli's.

**Roosevelt Field Shopping Mall (West of Pool):**

Houston's, Legal Sea Food, Grand Lux Café, Roosevelt Field Movie Theatre.

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