

2007 US MASTERS DIVING SUMMER NATIONAL CHAMPIONSHIPS

Saturday, September 15th – Monday, September 17th

NASSAU COUNTY AQUATIC CENTER (NCAC) - (516) 572-0501

Located in Eisenhower Park on Merrick Avenue
East Meadow, New York (Long Island) 11554

HOST HOTEL: Marriott Long Island Hotel & Conference Center - (516) 794-3800

101 James Doolittle Boulevard, Uniondale, NY, 11553

Masters Diving Discounted Rate \$149.00 + Tax

(800) 228-9290: Code: "Masters Diving"



SCHEDULE OF EVENTS FRIDAY SEPT 14TH

		TIME	
Open Practice	Noon- 6 PM	12:00 PM	NCAC
Happy Hour	6 PM - 7 PM	6:00 PM	Champion's Sports Bar
General Meeting	7 PM – 8:30 PM	7:00 PM	Marriott Meeting Room

SATURDAY SEPT 15TH

	1 METER	TIME	3 METER
Open Practice		8:00 AM	
Warm-Up 1 st Event		9:30 AM	
Opening Ceremonies (25-minute warm-up)	All Divers	9:50 AM	
(25-minute warm-up)	Women 50+ & Men 65+	10:00 AM	Men 50 - 64
(25-minute warm-up)	Women 35-49	12:00 PM	Women 21-34
(25-minute warm-up)	Men 35-49	2:00 PM	Men 21-34
Practice available for one hour	Grand Masters #3, #4, #5	4:00 PM	Grand Masters #3, #4, #5
SUMMER Banquet		5:00 PM	
		7:00 PM	Marriott – Cash Bar
		7:00 PM	Banquet Room

SUNDAY SEPT 16TH

	1 METER	TIME	3 METER
Open Practice		8:00 AM	
Warm-Up 1 st Event		9:40 AM	
(25-minute warm-up)	Men 21 -34	10:00 AM	Men 35-49
(25-minute warm-up)	Women 21-34	12:00 PM	Women 35-49
(25-minute warm-up)	Men 50-64	2:00 PM	Women 50+ & Men 65+
Practice available for one hour	Grand Masters #1 and #2	4:00 PM	Grand Masters #1 and #2
		5:00 PM	
		6:00 PM	
Dinner TBD		7:00 PM	

MONDAY SEPT 17TH

	PLATFORM	TIME	SYNCHRO
Open Platform Practice		8:00 AM	
Warm-Up 1 st Event		9:40 AM	
(25-minute warm-up)	Men & Women 50+	10:00 AM	
Synchronized Warm-Ups	Men & Women 21-49	12:00 PM	
		1:00 PM	Warm-Ups
		1:30 PM	All Synchronized Events
Dinner TBD		7:00 PM	

Notes: **1. Event & Times May Change Due to Number of Participants.**
 2. Marriott Hotel is Walking Distance to the Pool. (5 Minutes)

Revised: 6/18/07