

OLD WESTBURY AQUATICS

DISTANCE & SPRINT MEET

NOVEMBER 18TH

DIRECTIONS:

Northern State Parkway to Post Ave. exit. Post Ave. south, cross over Old County Road continue south. Eisenhower Park will be on your left. Make left into park follow the road around to parking lot #6. Pool will be to your left.

Southern State Parkway to Meadowbrook Pkwy north. Take Meadowbrook Pkwy to Eisenhower Park exit follow signs to park. Enter the Park and follow the road to parking lot #6

Warm up and Event Schedule:

Boys & Girls 13-14 / Open
Events # 1 – 18
Warm up 8:00 AM

Boys & Girls 11-12 / 10 & Under
Events # 19-38
Warm up 1:30 PM

All swimmers are to report on deck no later than 15 minutes prior to their scheduled warm-up time with positive check in with the coach on deck.

Coach on Deck

Coach Eric cell # 631-875-5593