

**FARMINGDALE AQUATICS  
LONG COURSE MEET SCHEDULE  
SUMMER 2009**

<b>Date</b>	<b>Sponsor</b>	<b>Location</b>
May 9	Marist Swim Club	Lehman College
May 23-24	Long Island Express	Hofstra University
June 12-14	New York Sharks	West Nyach NY
June 20-21	Long Island Express	Hofstra University
July 13	Metro 5K Open Water	Huntington
July 18-19	New York Sharks	West Nyach NY
July 18-19	Long Island Express	Hofstra University
July 23-26	<i>Senior Mets *</i>	<i>To be Announced</i>
July 31 – Aug 1	<i>Junior Olympics*</i>	<i>West Nyach NY</i>
Aug. 12-15	<i>Eastern Zones*</i>	<i>To Be Announced</i>

*Championship Meets Qualifying Swimmers Only\**