

COLD SPRING HARBOR'S

HIT AT THE HARBOR

SESSION

1

MIDDLE SCHOOL

TEAM	CLASS	WARM UP (10 MIN.)	COMPETITION TIME
CSH	MS	3:45	4:00
Salk	MS	3:55	4:10
Woodmere	MS	4:05	4:20
Grand Ave	MS	4:15	4:30
Merrick Ave	MS	4:25	4:40
Plainedge	MS	4:35	4:50
Carle Place	MS	4:45	5:00
Lynbrook	MS	4:55	5:10
Roosevelt	MS	5:05	5:20
Bethpage	MS	5:15	5:30
AWARDS			5:40

SESSION

2

CLASS C

TEAM	CLASS	WARM UP (10 MIN.)	COMPETITION TIME
Seaford	C	5:45	6:00
Island trees	C	5:55	6:10
Malverne	C	6:05	6:20
East Rockaway	C	6:15	6:30
CSH	C	6:25	6:40
Northshore	C	6:35	6:50
Oyster Bay	C	6:45	7:00
West Hempstead	C	6:55	7:10
Seaford	JV C	7:15	7:30
CSH	JV C	7:25	7:40
AWARDS			8:00

SESSION

3

COED

TEAM	CLASS	WARM UP (10 MIN.)	COMPETITION TIME
NHP	JV COED	8:05	8:20
Clarke	JV COED	8:15	8:30
Valley Stream North	V COED	8:25	8:40
Roosevelt	V COED	8:35	8:50
Carle Place	V COED	8:45	9:00
Glen Cove	V COED	8:55	9:10
Freeport	V COED	9:05	9:20
AWARDS			9:30