



*December 6th, 2025*

**Session 1:**

Doors open at 2:30 pm for spectators  
Middle School / JV Class A & C

Team	Warm Up (10 min)	Competition Time
Berner MS	2:45	3:00
Woodland MS	2:55	3:10
Island Trees MS	3:05	3:20
Cold Spring Harbor MS	3:15	3:30
Seaford MS	3:25	3:40
Locust Valley MS	3:35	3:50
Farmingdale MS	3:45	4:00
Syosset MS	3:55	4:10
CSH JV C	4:05	4:20
Seaford JV C	4:15	4:30
Syosset JV A	4:25	4:40
East Meadow JV A	4:35	4:50
Massapequa JV A	4:45	5:00
Farmingdale JV A	4:55	5:10
Results		5:25

**Session 2:**

Doors open at 5:45 pm for spectators  
Varsity Class A & C

Team	Warm Up (10 min)	Competition Time
W. Hempstead Varsity C	5:45	6:00
Cold Spring Harbor Varsity C	5:55	6:10
Seaford Varsity C	6:05	6:20
Island Trees Varsity C	6:15	6:30
North Shore Varsity C	6:25	6:40
East Meadow Varsity A	6:35	6:50
Syosset Varsity A	6:45	7:00
Massapequa Varsity A	6:55	7:10
Oceanside Varsity A	7:05	7:20
Baldwin Varsity A	7:15	7:30
Farmingdale Varsity A	7:25	7:40
Results		8:00

Clear Gym



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## **TEAMS ONLY**

Bus lot/teachers' lot off of Intervale and Grant. (Back of school/softball field ).  
Buses can park in any designated space.

\*\* The bus driver will take you to the pool entrance if you do not have this conversation with them, and it will jam up the parking lot \*\*

## **SPECTATORS ONLY**

Can use either parking lot on the map. Not the bus lot labeled "teams"



The competition will be live-streamed on the NFHS Network

[Click Here to Watch](#)