

Division- Varsity B/Varsity A	Middle School Warm up (Optional) (9 minutes)	Stretch/Tumble (3min)	Warm Up Time (7min)	Competition Time (2:30)
Garden City (B)	8:50	9:40	9:43	10:00
Hewlett (B)	9:00	9:50	9:53	10:10
Great Neck South (B)	9:10	10:00	10:03	10:20
Long Beach (B)	no	10:10	10:13	10:30
Baldwin (A)	9:30	10:20	10:23	10:40
East Meadow (A)	9:40	10:30	10:33	10:50
Plainview Old Bethpage (A)	9:50	10:40	10:43	11:00
Oceanside (A)	no	10:50	10:53	11:10
Syosset (A)	10:10	11:00	11:03	11:20
Farmingdale (A)	10:20	11:10	11:13	11:30
Herricks (A)	10:30	11:20	11:23	11:40
Massapequa (A)	10:40	11:30	11:33	11:50
Results				12:10
Break 20 minutes				
Division- Varsity Coed Varsity C/ JV B/ JV A		Stretch/Tumble	Warm Up Time	Competition Time
Freeport (Coed)	11:20	12:10	12:13	12:30
Glen Cove (Coed)	11:30	12:20	12:23	12:40
Roosevelt (Coed)	11:40	12:30	12:33	12:50
Carle Place (Coed)	11:50	12:40	12:43	1:00
Malverne (C)	12:00	12:50	12:53	1:10
East Rockaway (C)	12:10	1:00	1:03	1:20
Cold Spring Harbor (C)	12:20	1:10	1:13	1:30
West Hemstead (C)	12:30	1:20	1:23	1:40
Lynbrook (JV B)	12:40	1:30	1:33	1:50
Garden City (JV B)	12:50	1:40	1:43	2:00
Massapequa (JV A)	1:00	1:50	1:53	2:10
Syosset (JV A)	1:10	2:00	2:03	2:20
Farmingdale (JV A)	1:20	2:10	2:13	2:30
Freeport (JV A)	1:30	2:20	2:23	2:40
Plainview Old Bethpage (JV A)	1:40	2:30	2:33	2:50
Oceanside (JV A)	no	2:40	2:43	3:00
Results				3:20

