

Sunday, September 27, 2026

Pool Setup: Short Course-yard (25 yard & 25 meter lanes available)

Team / Group Use Schedule:

Nassau LG test: 9 am-11 am = Dive lanes 1-3
 Excel Swimming: 9 am-10:30 am = Lanes 5-10
 "Learn to Dive": 9 am-10 am = Platform only
 10 am-11 am = 1 meter boards only
 11 am-12 pm = Platform only
 Meet setup: 10 am-10:30 am = Lanes 1-4
 10:30 am-11 am = Lanes 1-10

SWIM MEET: 11 am-2 pm = Lanes 1-10 & dive lanes 1-3

Long Island Diving: 12 pm-3 pm = All boards
 Meet breakdown: 2 pm-3 pm = Lanes 1-10
 Island Swim Academy: 3 pm-5 pm = Lanes 5-10
 High Dive Champions: 4 pm-5 pm = 1 meter boards & platform only
 5 pm-6 pm = All boards & platform

Pool Setup: 5:30 pm-6 pm = Dive lanes 1-3

D I V E B O A R D S	D	D	D	2 B U L K H E A D S	LANE 10	1 B U L K H E A D	P	P	P	P	P	MOVEABLE FLOOR SECTION
	I	I	I		LANE 9		U	U	U	U	U	
	V	V	V		LANE 8		B	B	B	B	B	
	E	E	E		LANE 7		L	L	L	L	L	
					LANE 6		I	I	I	I	I	
	L	L	L		LANE 5		C	C	C	C	C	
	A	A	A		LANE 4		L	L	L	L	L	
	N	N	N		LANE 3		A	A	A	A	A	
	E	E	E		LANE 2		N	N	N	N	N	
	#	#	#		LANE 1		E	E	E	E	E	
	3	2	1				#1	#2	#3	#4	#5	

Public/Member swim lane availability:

9 am-10 am = **9 lanes available** (Lanes 1-4 & 5 public lanes available)
 10 am-2 pm = **5 lanes available** (5 public lanes available)
 2 pm-3 pm = **8 lanes available** (Dive lanes 1-3 & 5 public lanes available)
 3 pm-5 pm = **12 lanes available** (Lanes 1-4, DL 1-3 & 5 public lanes available)
 5 pm-5:30 pm = **18 lanes available** (Lanes 1-10, DL 1-3 & 5 public lanes available)
 5:30 pm-6 pm = **15 lanes available** (Lanes 1-10 & 5 public lanes available)

All times, availability and lane assignments are subject to change.

Note: *The dive lanes, jacuzzi and sauna
 will be closed 11am-2pm.*