



December 7th, 2024

Doors open at 12:30 for spectators

Session 1:

JV Class A, Class B, & Class C

JV COED

Division - JV A, JV C, Varsity C	Warm Up Time (10 min)	Competition Time
East Meadow - JV A	12:45	1:00
Syosset - JV A	12:55	1:10
Farmingdale - JV A	1:05	1:20
Plainview- Old Bethpage- JV A	1:15	1:30
Division - JV B	1:25	1:40
Wantagh- Class B	1:35	1:50
Carey- JV B	1:45	2:00
Cold Spring Harbor - JV C	1:55	2:10
Bellmore JFK - COED	2:05	2:20
Massapequa - JV COED	2:15	2:30
Results		2:45

Session 2:

Varsity Class A & Class B

Team	Warm Up Time (10 min)	Competition Time
Massapequa- Class A	3:00	3:15
Oceanside- Class A	3:25	3:40
East Meadow - Class A	3:35	3:50
Syosset - Class A	3:45	4:00
Farmingdale- Class A	3:55	4:10
Mepham- Class B	4:05	4:20
Wantagh- Class B	4:15	4:30
Bellmore JFK- Class B	4:25	4:40
Calhoun -Class B	4:35	4:50
Bethpage - Class B	4:45	5:00
Division- Class B	4:55	5:10
Long Beach - Class B	5:05	5:20
Results		5:30

Clear Gym