



For more information:

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**2019 Schedule of Events**

**Thursday, May 30, 2019**

<b><i>Athlete Registration</i></b>	3:00 - 6:00 pm	<b><i>Mitchel Athletic Complex</i></b>
<b><i>Volunteer Registration</i></b>	Noon - 6:00 pm	
<b><i>Demonstration Events</i></b>	3:00 - 6:00 pm	
<b><i>Opening Ceremonies</i> (line-up 6:00 pm)</b>	6:30 - 7:30 pm	

**Friday, May 31, 2019**

<b><i>Athlete Registration</i></b>	8:00am – 2:00 pm	<b><i>Mitchel Athletic Complex</i></b>
	3:00pm – 7:00 pm	<b><i>Nassau Community College</i></b>
<b><i>Volunteer Registration</i></b>	8:00am – 3:00 pm	<b><i>Mitchel Athletic Complex</i></b>
	4:00pm – 7:00 pm	<b><i>Nassau Community College</i></b>

<b><u>Track</u></b>	<b>Mitchel Athletic Complex (refer to Track Schedule)</b>
9:15 am	800M
9:30 am	P40, 100M
TBA	40M, 400M

<b><u>Field</u></b>	<b>Mitchel Athletic Complex</b>
8:30 am	Discus, Soft Discus, Club Throw Precision Throw, Distance Kick

***Adapted Games*** 10:00 am - 2:00 pm

**Wheelchair Basketball** ***NCC – Lower Gym - Teams Only***  
4:30 pm Warm-up/Check-in (all teams) Competition begins at 5:00pm

**Swimming** ***Nassau Community College Pool***  
6:00 pm Warm Up/Check-in (all swimmers) 6:00pm-6:30pm, Competition begins at 6:45pm

**Table Tennis** ***NCC - Field House***  
6:00 pm Check-in and warm-up for all Table Tennis competitors

**Saturday, June 1, 2019**

<b><u>Track</u></b>	<b>Mitchel Athletic Complex (refer to Track Schedule)</b>
9:15 am	1500M
9:30 am	P80, 60M
TBA	200M

<b><u>Field</u></b>	<b>Mitchel Athletic Complex</b>
8:30 am	Soft Shot, Shot Put,
1:30 pm	Long Jump, High jump

**Archery** **Mitchel Athletic Complex**  
10:00 am Open to all Athletes age 12 - 21

**Slalom** **Mitchel Athletic Complex**  
11:00 am Ambulatory/Wheelchair/PWC

***Demonstrations Activities*** Friday and Saturday, May 31<sup>st</sup> & June 1<sup>st</sup> (All day) ***Mitchel Athletic Complex***

***Celebration Dinner Dance at Nassau Community College Field House - Saturday, June 1<sup>st</sup>.***

*Buffet Dinner begins at 5pm (Tickets available at Athlete Registration). Dance will be 6:30 - 8:00 pm.*

**Weekend Games video will be shown at 7:30pm.**