

**Virginia Swimming
2008 EZ LC Age Group Champs Meet Team Itinerary
Rockville, Maryland**

Tuesday, August 5, Travel Day (Pack or eat lunch before leaving)

Depart 1 bus from Newport News (Patrick Henry Mall - near Macy's DEPT store)	11:30am
Depart 2 buses from Richmond 's NOVA Pool Complex 12207 Gayton Road ,	12:30pm
All three buses arrive at Holiday Inn at Exit 133 off I-95 at Rt 17 Depart after loading passengers in Fredericksburg	1:30pm
Buses Arrive in Rockville (The Legacy Hotel 1775Rockville, Pike) Go to Georgia Room for room assignments.	3:30pm
Load 2 Buses 12&unders for MAC pool	4:30pm
Practice 3lanes for 12&unders	5:00-5:30pm
2Buses returns to Hotel for 13&older	5:00pm
13&older practice at MAC	5:30-6:00pm
2 Buses Return to hotel with 12& unders after dropping off 2 nd group	5:45pm
2 Buses Pick up 13&older at pool and return to hotel	6:15pm
Practice at Montgomery Aquatic Center MAC ,5900 Executive Boulevard-Rockville 3 Lanes for Virginia Swimmers.	5:00pm-6:00pm
Head Coaches&Team Manager meeting at pool	6:00pm
Dinner and Team Meeting at Hotel	7:15pm
Athletes Meeting with Chaperones	8:15pm
Missing Uniform pickup in Team Managers Room /Athletes in room Bags,Towels,Tshirts if available?	9:00pm
Lights out * No cell phone use after lights out	9:30pm
Chaperone Meeting by elevators	10:00pm

**Competition Schedule for Prelims 11-18 / Finals 10&Y
Wednesday, August 6 - Saturday, August 9**

Team will travel in 4 groups & use 3 buses - sometimes a group will have to wait for pick up.

Wake up
 Breakfast 6:30pm
 Warmups (TBA????)
 12&Y Competition at Rockville Municipal Center **RMC**
 13&O Competition at the Montgomery Aquatic Center **MAC**
3 Buses depart for pools 1 returns for Pick up of 4th group

Afternoon (Sessions end times may vary please call bus driver to insure proper pick up)

Pickup swimmers 11:45am
 Transport to food court at White Flint Mall and back to Hotel (Lunch)
 Swimmers may bring food back to hotel if needed

Swimmers must rest for finals session 1:00-3:40pm
 Lunch there around 12:00pm.

****Call for bus pick up. 1 bus takes all 11/12 swimmers back
 10&Y wait for next bus to arrive to transport back to hotel.
 Swimmers going to finals must rest in rooms 1:30-3:40pm
 10&Y be respectful of quiet time at Hotel!!!!!!!!!!!!!!!!!!!!!!

Tentative afternoon activities planned by chaperones for 10&Y 3:45pm

**Finals Schedule for Zone Competition
Wednesday August 6 - Friday, August 8th**

Finals 11&O at Montgomery Aquatic Center (MAC)

Load 3 buses for MAC 3:45pm
 Warmups 4:00-5:00pm
 Competition Begins 5:30pm

10&Y dinner at Hotel (award swims of day) 6:00pm
 1 bus to take 10&Y group to finals 6:45-8:00pm
 1 Bus pick up Group at MAC 8:00pm

10&Y in rooms 8:30 / Lights out 9:00pm

3 Buses return for swimmers pick up at MAC 8:30pm

Dinner at Hotel 8:45pm

Lights out 11&O 10:00pm

Departure Schedule

Saturday, August 9

Use previous daily schedule listed for this Zone trip with following changes for Saturday:

1. At breakfast, swimmers must bring down belongings and place in designated areas. This will depend on Bus departure from finals.
2. Chaperones need to monitor swimmers placing luggage (swimmers going home with parent, swimmers on NN bus, R1 bus, R2 bus).
3. Chaperones will compile room assignments for swimmers going to finals during the prelims sessions, so that there will be adequate space in late check-out rooms.
4. Swimmers not attending finals must stay and watch milers swim. Then they may return on later bus.
5. Swimmers not attending finals must remain in Banquet room during quiet time, 1:30-3:00pm.
6. Load 3 Buses for Departure/Finals at 3:15pm.
Swimmers going home with parents load belongings in bin 1 of R1 bus
Swimmers getting off in Fredericksburg load belongings in bin one of NN bus
7. Depart for finals at 3:45pm.
8. Dinner in bleachers after finals at 8:30 (Swimmers must provide own drinks).
9. Depart for Virginia 9:00/9:30pm

Expected arrival times in VA

Fredericksburg	10:30pm
2 Buses continue to Richmond (NOVA POOL)	11:30pm
1 Bus continue to Newport News	12:00am