

## 2005 LC Zones Scheduled Itinerary

*Please note that everyone is welcome to bring DVDs and/or videos for the bus trip as buses are equipped with DVDs or VCRs. PG and PG 13 movies ONLY.*

### Tuesday, August 9      Travel Day

Staunton Leg: Holiday Inn at Exit 225 off of Interstate 81; I 81/I64 E to Charlottesville; Shadwell exit take RT 250 west and look for RT 20 signs; RT20 to RT 3 to Fredricksburg (estimated travel time 2 hours)

\*\*Bus departs Staunton at Holiday Inn 8:00am

Arrives in Fredricksburg 10:00am

**CANCELLED – Meet in**

**Fredricksburg**

\*\*Richmond Leg: U or R parking lot (near Robins Center)

1 Bus departs U or R parking lot 5:00am

Arrives in Fredricksburg 6:00am

\*\*Newport News Leg: Patrick Henry Mall parking lot in Newport News; Jefferson Ave. Exit off I-64; near Ruby Tuesday's

1 Bus departs Patrick Henry Mall parking lot 4:00am

Arrives in Fredricksburg 6:00am

\*\*Fredricksburg Leg: 2 buses arrive at Holiday Inn at Exit 133 off I-95 at Rt. 17

2 Buses depart Fredricksburg 6:00am

Lunch Stop 12:00 – 1:00pm

\*\*All buses arrive in Buffalo, NY 4:00pm

Check into rooms at hotel 4:00pm – 4:45pm

Team Meeting/ Coaches' remarks in Banquet Room 4:45pm – 5:00pm

Dinner at Hotel 5:00pm – 6:00pm

\*\* Head Coach/Manager Load buses for Warm-ups 5:45pm

Head Coach/Manager Meeting at pool 6:00pm – 7:00pm

\*\*Load buses for Warm-ups 6:30pm

\*\*Warm-ups at Flickinger Center 7:00pm – 8:45pm

Chaperone Meeting during Warm-ups 7:00pm – 8:00pm

\*\*Load both buses for return to Hotel 8:45pm

Back to Rooms 9:00pm

In Rooms 9:00pm

Lights out 10 & unders 9:00pm

All others 9:30pm

## **Wednesday, August 10**

### **Breakfast (two seatings)**

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

### **13/14 and 15-18 Prelims**

Breakfast	6:00am – 6:25am
Load 2 buses	6:25am – 6:30am
****Team transport to Flickinger Ctr.(both buses)	6:30am
Warm-ups (13/14 & 15 – 18)	7:00am
**One Bus <b>IMMEDIATELY</b> returns to Hotel for 12 & Unders pick-up at hotel	
Meet Start Time (13/14 & 15 – 18)	8:30am
**Bus transport 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
**13/14 & 15-18 Return to Hotel	12:45pm
**One Bus IMMEDIATELY returns to U of Buffalo Pool for 10 & under pick-up	
Rest Period for 13/14 & 15 -18 Finals swimmers <b>MUST</b> rest; others rest in room	1:00pm – 3:45pm
Chaperones to arrange for Pizza on Saturday	

### **11/12, 13/14 and 15-18 Finals**

Load 3 buses On day of Niagara Trip 11/12 bus will be a school bus	3:50pm – 4:00pm
**Team transport to Flickinger Ctr. (3 buses) - Finals 11/12, 13/14 & 15 - 18	4:00pm
Warm-ups (11/12, 13/14 & 15 – 18)	4:30pm
Meet Start Time for Finals (11/12, 13/14 & 15 – 18)	6:00pm
**Team transport to hotel (3 buses)	Approx. 8:00pm
<b>Dinner for 11/12, 13/14 &amp; 15 -18</b>	<b>Approx. 8:30 – 9:00pm</b>
Return to rooms	9:00pm
Lights out	9:30pm

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

## 10 & under Finals; 11/12 Prelims

Breakfast (12 & Under) 6:45am – 7:15am

Load 2 buses 7:20am – 7:25am

\*\*Team transport to U of B pool 7:30am

One bus returns so 2 buses available for 13 & over lunch pick-up  
Other bus remains at U of B pool for 11/12 year olds

12 & Under Warm-ups 8:30am

12 & Under Meet Start Time 9:30am

\*\*Eat at Food Court area at U of B pool 12:00

Call Bus at U of B pool for 11/12 pick-up

10 & Unders must wait for other 13/14, 15/18 Bus to be available

Rest Period for 11/12 1:00pm – 3:45pm  
Finals swimmers **MUST** rest; others rest in room

Assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

10 & Unders await other bus for pick-up

\*\*Bus continues transport of 10 & Unders

\*\*Trip to Niagara Falls for **10 and under**  
(weather dependant / move to Friday if necessary)

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

Activity for 10 & under (movie in room, etc.) 2:00pm – 6:00pm

**Dinner for 10 and Unders 6:00pm**  
**Award Swims of the day**

**Lights out 8 - 9pm**

## Thursday, August 11

**Breakfast (two seatings)**

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

## **13/14 and 15-18 Prelims**

Breakfast 6:00am – 6:25am

Load 2 buses 6:25am – 6:30am

\*\*\*\*Team transport to Flickinger Ctr.(both buses) 6:30am

Warm-ups (13/14 & 15 – 18) 7:00am

**\*\*One Bus IMMEDIATELY** returns to Hotel for  
12 & Unders pick-up at hotel

Meet Start Time (13/14 & 15 – 18) 8:30am

**\*\*Bus transport 13/14 & 15-18 to hotel /stop for lunch  
at Food Court Mall  
(both buses)** noon

**\*\*13/14 & 15-18 Return to Hotel** 12:45pm

**\*\*One Bus IMMEDIATELY** returns to U of Buffalo Pool for 10 & under pick-up

Rest Period for 13/14 & 15 -18 1:00pm – 3:45pm  
Finals swimmers **MUST** rest; others rest in room

Chaperones to arrange for Pizza on Saturday

### **11/12, 13/14 and 15-18 Finals**

Load 3 buses 3:50pm – 4:00pm  
On day of Niagara Trip 11/12 bus will be a school bus

**\*\*Team transport to Flickinger Ctr. (3 buses) - Finals  
11/12, 13/14 & 15 - 18** 4:00pm

Warm-ups (11/12, 13/14 & 15 – 18) 4:30pm

Meet Start Time for Finals (11/12, 13/14 & 15 – 18) 6:00pm

**\*\*Team transport to hotel (3 buses)** Approx. 8:00pm

**Dinner for 11/12, 13/14 & 15 -18** **Approx. 8:30 – 9:00pm**

Return to rooms 9:00pm  
Lights out 9:30pm

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

### **10 & under Finals; 11/12 Prelims**

Breakfast (12 & Under) 6:45am – 7:15am

Load 2 buses 7:20am – 7:25am

**\*\*Team transport to U of B pool** 7:30am

One bus returns so 2 buses available for 13 & over lunch pick-up  
Other bus remains at U of B pool for 11/12 year olds

12 & Under Warm-ups 8:30am

12 & Under Meet Start Time 9:30am

**\*\*Eat at Food Court area at U of B pool** 12:00

Call Bus at U of B pool for 11/12 pick-up  
10 & Unders must wait for other 13/14, 15/18 Bus to be available

Rest Period for 11/12 1:00pm – 3:45pm

Finals swimmers **MUST** rest; others rest in room

Assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

10 & Unders await other bus for pick-up

**\*\*Bus continues transport of 10 & Unders**

**\*\*Trip to Niagara Falls for 10 and under  
(weather dependant / move to Friday if necessary)**

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

Activity for 10 & under (movie in room, etc.) 2:00pm – 6:00pm

**Dinner for 10 and Unders 6:00pm  
Award Swims of the day**

**Lights out 8 - 9pm**

## **Friday, August 12**

### **13/14 and 15-18 Prelims**

Breakfast 6:00am – 6:25am

Load 2 buses 6:25am – 6:30am

**\*\*\*\*Team transport to Flickinger Ctr.(both buses) 6:30am**

Warm-ups (13/14 & 15 – 18) 7:00am

**\*\*One Bus IMMEDIATELY returns to Hotel for  
12 & Unders pick-up at hotel**

Meet Start Time (13/14 & 15 – 18) 8:30am

**\*\*Bus transport 13/14 & 15-18 to hotel /stop for lunch  
at Food Court Mall noon  
(both buses)**

**\*\*13/14 & 15-18 Return to Hotel 12:45pm**

**\*\*One Bus IMMEDIATELY returns to U of Buffalo Pool for 10 & under pick-up**

Rest Period for 13/14 & 15 -18 1:00pm – 3:45pm  
Finals swimmers **MUST** rest; others rest in room

Chaperones to arrange for Pizza on Saturday

### **11/12, 13/14 and 15-18 Finals**

Load 2 buses 3:50pm – 4:00pm

On day of Niagara Trip 11/12 bus will be a school bus

**\*\*Team transport to Flickinger Ctr. (3 buses) - Finals 4:00pm**

11/12, 13/14 & 15 - 18

Warm-ups (11/12, 13/14 & 15 – 18) 4:30pm

Meet Start Time for Finals (11/12, 13/14 & 15 – 18) 6:00pm

\*\*Team transport to hotel (3 buses) Approx. 8:00pm

**Dinner for 11/12, 13/14 & 15 -18 Approx. 8:30 – 9:00pm**

Return to rooms 9:00pm

Lights out 9:30pm

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

## **10 & under Finals; 11/12 Prelims**

Breakfast (12 & Under) 6:45am – 7:15am

Load 2 buses 7:20am – 7:25am

\*\*Team transport to U of B pool 7:30am

One bus returns so 2 buses available for 13 & over lunch pick-up  
Other bus remains at U of B pool

12 & Under Warm-ups 8:30am

12 & Under Meet Start Time 9:30am

\*\*Eat at Food Court area at U of B pool 12:00

Note: the U of B Food Court may not be open on Saturday

Call Bus at U of B pool for 11/12 pick-up

10 & Unders must wait for other 13/14, 15/18 Bus to be available

Rest Period for 11/12 1:00pm – 3:45pm

Finals swimmers **MUST** rest; others rest in room

Assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

10 & Unders await other bus for pick-up

\*\*Bus continues transport of 10 & Unders

\*\*Trip to Niagara Falls for **10 and under**  
(weather dependant / move to Friday if necessary)

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

Activity for 10 & under (movie in room, etc.) 2:00pm – 6:00pm

**Dinner for 10 and Unders 6:00pm**

**Award Swims of the day**

**Lights out 8 - 9pm**

## **Saturday, August 13**

**(Note all swimmers will check out of rooms and put luggage items on the bus that they will return on or in secured banquet room before leaving for meet in the morning) – 10 rooms will have late check-out for Finals**

### **Load Bus in this manner:**

- if swimmer is being picked up by parent belongings should be put in first bin of R1 bus
- if swimmer is getting off at Fredericksburg belongings should be put in first bin of NN bus

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

**\*\*Load Buses**

**5:45am**

**Load Appropriate Return Bus OR if return bus is not there, leave belongings in Banquet Room as marked on walls;**

### **Load Bus in this manner:**

- if swimmer is being picked up by parent belongings should be put in first bin of R1 bus
- if swimmer is getting off at Fredericksburg belongings should be put in first bin of NN bus

## **13/14 and 15-18 Prelims**

Breakfast 6:00am – 6:25am

Load 2 buses 6:25am – 6:30am

\*\*\*\*Team transport to Flickinger Ctr. 6:30am

Warm-ups (13/14 & 15 – 18) 7:00am

**\*\*One Bus IMMEDIATELY returns to Hotel for 12 & Unders pick-up at hotel**

Meet Start Time (13/14 & 15 – 18) 8:30am

**13/14 & 15/18 Prelims (Top Heat of Milers will swim at Finals; rest will swim alternating girls and boys swimming fastest to slowest); may need to put Final swimmers NOT swimming the mile on bus for early lunch and those not in Finals will wait on milers) – Need to check Psych sheet**

**\*\*\*Chaperones need to obtain late Check-out room numbers from Team manager as well as assignments for who goes with Final swimmers and who goes with balance and milers for bus list**

### **\*\*BUS # 1:**

**\*\*Bus transport 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall 11:00 am  
(Final swimmers & non-milers go in first bus)**

**\*\*13/14 & 15-18 Return to Hotel 12:00pm**

**\*\*Bus to return to pool to pick up 10 & Unders 12:15pm**

**Rest Period for 13/14 & 15 -18 12:15pm – 3:40pm  
(Final swimmers & non-milers)**

**Assigned Late Check out Rooms**

### **\*\*BUS #2:**

**\*\*Second bus transport 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall 12:00 – 12:45pm**

(Balance of swimmers & milers return in 2<sup>nd</sup> bus)

\*\*13/14 & 15-18 Return to Hotel

1:00 – 1:15pm

\*\*Bus to stay at hotel

Rest Period for 13/14 & 15 -18

1:15pm – 3:40pm

(Any miler in room for Rest)

**Balance of people in banquet room**

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

11/12, 13/14 & 15/18 NOT in FINALS decorate for finals or just hang-out

\*\*\*This is to be done in the Banquet Room

\*\*Continue Load Buses per Return Bus List

3:00pm - 3:40pm

Stuff left in banquet rooms because bus not there

**Load Bus in this manner:**

- if swimmer is being picked up by parent belongings should be put in first bin of R1 bus

- if swimmer is getting off at Fredericksburg belongs should be put in first bin of NN bus

## **10 & under Finals; 11/12 Prelims**

Breakfast (12 & Under)

6:45am – 7:15am

Load 2 buses

7:20am – 7:25am

\*\*Team transport to U of B pool

7:30am

One bus returns so 2 buses available for 13 & over lunch pick-up

Other bus remains at U of B pool

12 & Under Warm-ups

8:30am

12 & Under Meet Start Time

9:30am

\*\*Eat at Food Court area at U of B pool

12:00

Note: the U of B Food Court may not be open on Saturday

Call Bus at U of B pool for 11/12 pick-up

10 & Unders must wait for other 13/14, 15/18 Bus to be available

Rest Period for 11/12

1:00pm – 3:40pm

Finals swimmers **MUST** rest; others rest in room

\*\*Bus continues transport of 10 & Unders

Rest Period for 11/12

1:15pm – 3:40pm

**Assigned Late Check out Rooms**

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping**

11/12 NOT in FINALS decorate for finals or just hang-out

\*\*\*This is to be done in the Banquet Room

**10 & Unders** complete loading of appropriate bus

2:00pm - 3:15pm

Decorate for finals or just hang-out

2 -3:45pm

\*\*\*This is to be done in the Banquet Room



## **Finals for 11/12;13/14;15/18 (includes 10 & unders)**

**Load Buses per return trip list	3:50 – 4:00pm
**Team transport to Flickinger Ctr.	4:00pm
Warm-ups	4:30pm
Meet Start Time	6:00pm
Pizza Dinner at Flickinger Ctr.	8:30pm – 9:30pm
**Team transport home	9:30pm – 10:00pm

### **Expected Arrivals**

To Fredricksburg (bus pick-up):

Expected pick-up time	6:15am - 6:30am ***
**2 Buses continue to Richmond to U of R (Robins Center)	
Expected arrival time	7:15am – 7:30am ***
**1 Bus continue to Newport News to Patrick Henry Mall (by Ruby Tuesday's)	
Expected arrival time	8:00am – 8:30am ***

**Arrival time may vary on Sunday may vary. Please be there well in advance of the expected arrival time.**