

2006 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 8 Travel Day

Western Swimmers meet in Fredricksburg

Meet in Fredricksburg

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

2 Buses depart 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 4:30am

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 11:30am – 12:30pm

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

Check into rooms at hotel 4:15pm – 5:00pm

Chaperone Meeting in Lobby before Warm-ups 5:00pm – 5:30pm

**Load buses for Warm-ups 5:30pm

**Warm-ups at Nassau County Aquatic Center 6:00pm – 7:00pm

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

**Load both buses for return to Hotel 7:15pm

Dinner at Hotel 8:00pm – 9:00pm

Team Meeting/ Coaches' remarks in Banquet Room 8:30pm – 9:00pm

Back to Rooms 9:00pm

In Rooms 9:00pm

Lights out 10 & unders 9:00pm

All others 9:30pm

Wednesday, August 9

Breakfast (two seatings)

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

13/14 and 15-18 Prelims

Breakfast	6:15am – 6:40am
Load 2 buses	6:40am – 6:45am
****Team transport to ECC Flickinger Aquatic Center (2 buses)	6:45am
Warm-ups (13/14 & 15 – 18)	7:00am
Meet Start Time (13/14 & 15 – 18)	8:30am
**One Bus returns to Hotel for 12 & under pick-up	
**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	1:00pm
**One Bus returns to University of Buffalo for 12 & under pick-up	
Rest Period for 13/14 & 15 -18 Finals swimmers MUST rest; others rest in room	1:00pm – 3:45pm

Chaperones to arrange for Pizza on Saturday

Zones manager to secure place at pool for Pizza dinner Saturday night with meet officials

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

Load 3 buses	4:00pm
**Team transport to ECC Flickinger Aquatic Center. - Finals (2 buses)	4:15pm
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	9:45pm
Lights out	10:00pm

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

11/12 Prelims & 10 & under Finals

Breakfast (12 & Under)	6:35am – 7:05am
Load 2 buses	7:05am
**Team transport to U of Buffalo Pool	7:15am
12 & Under Warm-ups	8:00am
12 & Under Meet Start Time	9:30am
1 Bus remains U of Buffalo Pool and other returns for 13 and Older Lunch Pick-up at Flickinger Aquatic Center	
**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	

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

**Bus returns 12 & Unders to Hotel	1:00pm – 1:30pm
**3 Buses involved with 13 and older transport back for Finals	4:00pm

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

Activity for 10 & under (movie in room, etc.)	4:00pm – 6:00pm
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Dinner for 10 and Unders	6:00pm
Award Swims of the day	

Lights out	8 - 9pm
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Thursday, August 10

13/14 and 15-18 Prelims

Breakfast	6:15am – 6:40am
Load 2 buses	6:40am – 6:45am
****Team transport to ECC Flickinger Aquatic Center (2 buses)	6:45am
Warm-ups (13/14 & 15 – 18)	7:00am
Meet Start Time (13/14 & 15 – 18)	8:30am
**One Bus returns to Hotel for 12 & under pick-up	
**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	1:00pm
**One Bus returns to University of Buffalo for 12 & under pick-up	
Rest Period for 13/14 & 15 -18 Finals swimmers MUST rest; others rest in room	1:00pm – 3:45pm
Chaperones to arrange for Pizza on Saturday Zones manager to secure place at pool for Pizza dinner Saturday night with meet officials	

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

Load 3 buses	4:00pm
**Team transport to ECC Flickinger Aquatic Center. - Finals (2 buses)	4:15pm
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	9:45pm
Lights out	10:00pm

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

11/12 Prelims & 10 & under Finals

Breakfast (12 & Under)	6:35am – 7:05am
Load 2 buses	7:05am
**Team transport to U of Buffalo Pool	7:15am
1 Bus remains U of Buffalo Pool and other returns for 13 and Older Lunch Pick-up at Flickinger Aquatic Center	
12 & Under Warm-ups	8:00am
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	

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

****Bus returns 12 & Unders to Hotel** 1:00pm – 1:30pm

****3 Buses involved with 13 and older transport back for Finals** 4:00pm

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

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

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

Lights out 8 - 9pm

Friday, August 11

13/14 and 15-18 Prelims

Breakfast 6:15am – 6:40am

Load 2 buses 6:40am – 6:45am

****Team transport to ECC Flickinger Aquatic Center 6:45am
(2 buses)

Warm-ups (13/14 & 15 – 18) 7:00am

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

****One Bus returns to Hotel for 12 & under pick-up**

****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** 1:00pm

****One Bus returns to University of Buffalo for 12 & 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
Zones manager to secure place at pool for Pizza dinner Saturday night with meet officials

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

Load 3 buses 4:00pm

****Team transport to ECC Flickinger Aquatic Center. - Finals 4:15pm
(2 buses)**

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	9:45pm
Lights out	10:00pm

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

11/12 Prelims & 10 & under Finals

Breakfast (12 & Under)	6:35am – 7:05am
Load 2 buses	7:05am
**Team transport to U of Buffalo Pool	7:15am
12 & Under Warm-ups	8:00am
12 & Under Meet Start Time	9:30am

1 Bus returns to Flickinger Aquatic Center for 13 and Over Pick-up for Lunch

1 Bus remains U of Buffalo Pool and other returns for 13 and Older Lunch Pick-up at Flickinger Aquatic Center

**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

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

**Bus returns 12 & Unders to Hotel 1:00pm – 1:30pm

**3 Buses involved with 13 and older transport back for Finals 4:00pm

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

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

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

Lights out 8 - 9pm

Saturday, August 12 (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) – 15 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 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 & 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**

ALL BUSES SHOULD BE AVAILABLE BY 6:15 AM FOR LOADING PURPOSES

13/14 and 15-18 Prelims

Breakfast 6:15am – 6:40am

Load 3 buses 6:40am – 6:45am

****Team transport to ECC Flickinger Aquatic Center 6:45am
(2 buses)

Warm-ups (13/14 & 15 – 18) 7:00am

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

****One Bus returns to Hotel for 12 & under pick-up**

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 U of B pool to pick up 10 & Unders	12:15pm
Rest Period for 13/14 & 15 -18 (Final swimmers & non-milers)	12:15pm – 3:40pm
Assigned Late Check out Rooms	

****BUS #2:**

**Second bus transport 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (Balance of swimmers & milers return in 2 nd bus)	12:00 – 12:45pm
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**13/14 & 15-18 Return to Hotel	1:00 – 1:15pm
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**Bus to stay at hotel

Rest Period for 13/14 & 15 -18 (Any miler in room for Rest)	1:15pm – 3:40pm
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Balance of people in banquet room

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

Finals swimmers **MUST** rest

Assigned Late Check out Room

Balance of people in banquet room

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 Stuff left in banquet rooms because bus not there	3:40pm – 4:00pm
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Chaperones to arrange for Pizza on Saturday

Zones manager to secure place at pool for Pizza dinner Saturday night with meet officials

11/12 Prelims & 10 & under Finals

Breakfast (12 & Under)	6:35am – 7:05am
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Load 3 buses or buses that are there	7:05am
If your bus is not there then stow luggage in the banquet room for later loading	

**Team transport to U of Buffalo Pool	7:15am
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12 & Under Warm-ups	8:00am
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12 & Under Meet Start Time	9:30am
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1 Bus remains U of Buffalo Pool and other returns for 13 and Older Lunch Pick-up at Flickinger Aquatic Center

**Eat at Food Court area at U of B pool	12:00
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Note: the U of B Food Court may not be open on Saturday

If not open then eat at Food court

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

**Bus returns 12 & Unders to Hotel

1:00pm – 1:30pm

Finals swimmers **MUST** rest

Assigned Late Check out Room

Balance of people in banquet room

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

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

**3 Buses involved with all swimmer transport back for Finals

4:00pm

All Swimmers NOT in FINALS decorate for finals or just hang-out

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

ALL SWIMMERS WILL GO TO FINALS 10 & Unders, 11/12, 13/14 and 15-18 Finals

BUSES WILL BE LOADED PER THE RETURN BUS ROSTER

Load 3 buses

4:00pm

**Team transport to ECC Flickinger Aquatic Center. - Finals 4:15pm
(3 buses)

Warm-ups (11/12, 13/14 & 15 – 18)

4:30pm

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

6:00pm

**Dinner for 10 & Unders, 11/12, 13/14 & 15 -18
Pizza at the Pool**

Approx. 8:30 – 9:00pm

**Team transport home

9:30pm – 10:00pm

Expected Arrivals

To Fredricksburg (bus pick-up):

Expected pick-up time

7:30am – 8:00am ***

**2 Buses continue to Richmond to U of R (Robins Center)

Expected arrival time

8:30am – 9:00am ***

**1 Bus continue to Newport News to Patrick Henry Mall (by Ruby Tuesday's)

Expected arrival time

9:00am – 9:30am ***

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