

2007 Virginia Swimming's EZ LC Age Group Championships Team Itinerary – Buffalo, NY

Monday, August 6, Travel Day

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| Depart 1 bus from Newport News (Patrick Henry Mall/ near Belk's) | 7:00am |
| Depart 2 buses from Richmond's NOVA Pool Complex 12207 Gayton Road (Open Swim for Zone Team swimmers, 6:00-7:00am - coaches available) | 8:00am |
| All three buses arrive at Holiday Inn at Exit 133 off I-95 at Rt 17 Depart after loading passengers in Fredericksburg | 9:00am |
| Lunch Stop | 12:30-1:15pm |
| Buses Arrive in Buffalo, NY | 7:00pm |
| Check into Rooms | 7:15-7:30pm |
| Dinner at Hotel | 7:30pm |
| Meeting with Team | 8:00pm |
| Chaperone Meeting with Team Manager Swimmers in rooms unpacking | 8:30pm |
| Lights out | 9:30pm |

Tuesday, August 7, Trip to Niagara Falls

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| Breakfast for all | 8:15-8:45am |
| Load 3 buses for Niagara Falls | 9:00am |
| Arrive at Niagara Falls and Tour Park | 9:30am-12:00pm |
| Lunch Stop on way back from Falls | 12:30-1:15pm |
| Return to Hotel | 1:30pm |
| Missing uniform pickup in Team Mgr's room | 1:45pm |
| Swimmers Relax in rooms | 1:30-2:30pm |
| Load 3 Buses for Afternoon Swim Practice | 2:40pm |
| Warm Ups at Pool (Flickenger Aquatic Center) | 3:00-4:00pm |
| Load 3 Buses return to Hotel | 4:15pm |
| Dinner at Hotel | 5:30-6:15pm |
| Team Mgr and Head Coach Meeting at Flickenger | 6:00pm |
| Swimmers relax in rooms after dinner/In rooms | 9:00pm |
| Lights Out !!!!!!!!!!! | 9:30pm |

Competition Schedule for Prelims (11-18) / Timed Finals (10&U)
Wednesday, August 8 - Saturday, August 11

Morning (Breakfast, 2 Seatings) **Be mindful of those who get to sleep a little later

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| 13&O seating | 6:00-6:30am |
| 12&U seating | 7:00-7:30am |

Warm Ups

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| 13&O load 2 buses for Warm Ups at Flickenger pool Warm ups (7:00-8:15am; meet starts at 8:30am) ****1 bus must return to Hotel for 12&U pick up | 6:40am |
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| 12&U load buses for Warm Ups at U of B pool Warm Ups (8:00-9:15am; meet starts at 9:30am) ****1 bus must return to pick up at Flickenger pool in afternoon | 7:30am |
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Afternoon (Sessions end times may vary; please call bus driver to insure proper pick up)

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| 13&O Session 2 buses pickup swimmers at Flickenger | 11:45 am |
| Transport to food court and back to Hotel (Lunch) | 12:00am-12:30pm |
| Swimmers may bring food back to hotel, if needed ****1 bus heads to U of B pool Swimmers must rest for Finals | 1:00-3:40pm |

12&U session upon completion of your session walk to food court area at Uof B pool,
Lunch there around 12:00pm.
****Call for bus pick up. 1 bus takes all 11/12 swimmers back

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| 10&Us wait for next bus to arrive to transport back to hotel. Swimmers going to Finals must rest in rooms | 1:30-340pm |
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10&Us be respectful of quiet time at Hotel!!!!!!!!!!!!!!!!!!!!!!

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| Tentative afternoon activities planned for 10&Us | 2:00-6:00pm |
| Swimmers attending Finals load buses for Warm ups | 3:45pm |

Competition Schedule for Finals
Wednesday August 8 - Friday, August 10

Finals 11&O at Flickenger Aquatic Center

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| Load 2 buses for Flickenger | 3:45pm |
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| Warm Ups | 4:00-5:00pm |
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| Meet begins | 5:30pm |
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Weather permitting - swimmers not competing in Finals may walk to pool **with chaperones at 4:30pm

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| 10&Us dinner at Hotel (award swims of day) | 6:00pm |
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| 10&Us in rooms 8:30pm / Lights out | 9:00pm |
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| 3 Buses return for swimmers pick up at Flickenger | 8:15pm |
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| Dinner at Hotel | 8:30pm |
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| Swimmers in rooms | 9:15pm |
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| Lights out (11&O) | 9:30pm |
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**** Depending on time that finals end, schedule may need to be adjusted

Departure Schedule

Saturday, August 11

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 Prelim 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 Bus 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 1 of NN bus.
7. Depart for Finals at 3:45pm at Flickenger Pool.
8. Dinner in bleachers after Finals at 8:30pm (Swimmers must provide own drinks).
9. Depart for Virginia at 9:00/9:30pm.

Expected arrival times in VA

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| Fredericksburg | 6:15-6:30am |
| 2 Buses continue to Richmond | 7:15-7:30am |
| 1 Bus continues to Newport News | 8:15-8:30am |