

Virginia Swimming Zone Team
Scheduled Itinerary
Summer 2009

Tuesday, August 11	Travel Day
1 Bus Departs Newport News (Patrick Henry Mall -near Ruby Tuesdays)	8:00am
2 Buses Depart Richmond (NOVA Pool-12207 Gayton Road, Rich 23238)	9:00am
3 Buses meet At Holiday Inn (Fredericksburg area) @Exit 133 off I-95 at RT 17 Depart Fredericksburg	10:00am
Lunch Stop on Road	12:30pm
All Buses arrive at State College ,PA	4:00pm
Check Into Rooms	4:00pm
Chaperones meet with Age group	4:15pm
Load Bus for Pool	4:45pm
Warm Ups at Aquatic Center	5:00-6:00pm
Head Coach/ Team Mgr meeting	6:00-7:00pm
Will need to call bus for ride	
Load 3 Buses return to hotel	6:15pm
1 bus will have to return for last load	
Dinner at Hotel	7:30pm
Team Meeting/Coaches remarks	8:15pm
Missing Uniform Handed out	
Swimmers In Rooms	9:00pm
Lights out 9/10year olds	9:00pm
11&up	9:30pm
Team manager meets with chaperones	10:00pm

Wednesday, August 12-Friday August 14th
Schedule for 13&older Competition Days

Wake Up	6:00am
Breakfast	6:15-6:50am
*Times may change due to warm up assignments	
Load 2 buses for warm ups at pool	6:50am
Warm Ups at Penn State	7:00am
Competition Starts	8:15am
Load buses at Pool for Lunch	12:30pm ??
Chaperones call ahead for buses (this time may change)	
Lunch at Wegmans (345 Colonade Blvd)	12:30-1:15pm
Swimmers going to finals may need to buy extra food	
Return to Hotel	
Mandatory Quiet time at Hotel	1:30-3:30pm
Load swimmers going to finals	400pm
Warm ups at pool	4:30-5:30pm
Competition begins	5:30pm
Swimmers return to Hotel for Dinner	8:45pm
Dinner	9:00pm
Meeting Following dinner	
Swimmers in Rooms	9:45pm
Friday night (swimmers pack/room inspections)	
Lights out	10:00pm

Wednesday, August 12-Friday, August 14
Competition schedule for 12&unders

Wake up	7:30am
Breakfast	8:00am

Swimmers relax in rooms prior to afternoon's competition

Load Buses for Lunch	11:15am
Lunch at Wegman's	11:30-12:00pm

11/12 swimmers may want to purchase extra food since dinner is so late*

12&unders transport to pool	12:00pm
*Chaperones will need to call buses	

Warm ups at Pool complex	12:30pm
Competition Starts	1:30pm

*12&U session warm up 7 start time may change

Transport 10&U back to hotel	4:00pm
11/12 year olds remain at pool for Finals	

Warm ups for finals	4:30-5:30pm
Competition starts 11&older	5:50pm
*11/12's follow 13&up schedule for remainder of time	

Activity for 10&U at hotel

9/10 year olds dinner	7:00pm
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9/10 swimmers in rooms	9:00pm
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Lights out	9:15pm
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Saturday, August 15th

13&Up follow Competition schedule for Wed-Friday****

Changes: Swimmers and Coaches will need to bring luggage down to breakfast and Load bus they are going back to Va on.

All 3 buses will Load and travel to pool for warm ups. Swimmers going home with parents must load luggage in 1st bin of bus.

Swimmers will not be allowed to return to hotel to rest.

After lunch return to pool.

12&under follow Competition schedule for Wed-Friday***

Changes: 12&unders may pack rooms after breakfast.

Swimmers will load their luggage on the bus they are returning to VA on. Swimmers going home with parents must have luggage picked up at hotel by 11Am or place it in front bin of bus.

** Once Luggage is loaded swimmers will not have access to it until back in VA.

Finals Warm up	4:30-5:30pm
Competition starts	5:50pm
Pizza Follows finals	8:45pm
Swimmers release to parents <u>after finals</u>	
Depart from Pool for VA	9:30pm

Tentative arrival in Va. (swimmers call parents 30min out)

Arrival in Fredericksburg	2:30am ?
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Arrival in Richmond	3:30am ?
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Arrival in Newport News	4:30am ?
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