



Virginia Swimming Itinerary for 2010 Long Course  
Eastern Zone Age Group Championship Swim Meet

Meet Dates- August 11- August 14, 2010

Locations-	site for: 13-18 year old prelims, 11-12 and 13-18 finals Montgomery Aquatic Center 5900 Executive Blvd Rockville, Maryland 20852 301.468.4211	site for: 10 and under timed finals, 11-12 prelims Rockville Municipal Swim Center 355 Martins Lane Rockville, Maryland 20850 240. 314.8750
	*PLEASE REVIEW THE MEET ANNOUNCEMENT FOR PARKING INFORMATION	

Transportation- Platinum Tours  
Montpelier VA  
3, 55 passenger video tour coaches with restrooms

Accommodations- Bethesda Marriott  
5151 Pooks Hill Road, Bethesda, MD  
301.897.9400

For mapping the hotel and venues the following link is available  
<http://map.bookmarriott.com/ViewMap.aspx?ID=cde0aa86-e64b-4fbb-9ea6-09cf65c3ac8f>

Departure and Destination Locations-

Richmond:	Newport News:	Fredericksburg:
NOVA Aquatic Center	Patrick Henry Mall Parking Lot	Holiday Inn (Route 17)
12207 Gayton Road	Jefferson Avenue	564 Warrenton Road
Richmond, 23238	near Ruby Tuesday's	Fredericksburg, 2240

Staff-

13-18 Head Coach Diane Cayce	15-18 Boys; Josh Graham	15-18 Girls; Trey
	13-14 Boys; Bridget Burkot	13-1 Girls; Diane Cayce
12 and under Head Coach Dot Collins	11-12 Boys; Dot Collins	11-12 Girls; Caleb Miller
	9-10 Boys; Josh Huger	9-10 Girls; Sarah Koeck

Team Manager- Maureen Tolliver

Team Physician- Dr. Jimmy Wiley

Chaperones-	9-10 Boys	Christopher Klipp Carl Cassamasina
	9-10 Girls	Nicole Cooke Rebecca Muzzy
	11-12 Boys	Wilson Tate Lynne Sullivan Krisit Allison
	11-12 Girls	Shannon Howell Mary Claire Ikenberry
	13-14 Boys	Jeff Jones Henry Wallace
	13-14 Girls	Brandi Pesetti Terri Proffitt
	15-18 Boys	Karol Hilker
	15-18 Girls	Regina Davis

### **Tuesday August 10<sup>th</sup> Travel Day**

9:45am Newport News leg departs for Fredericksburg  
 10:45am Richmond leg departs for Fredericksburg  
 12:00pm Fredericksburg leg departs for Aquatic Center  
 12:30pm Stop for lunch  
 3:00pm Hotel check in  
 4:15pm Team departs for Montgomery Aquatic Center  
 5:00pm Team practice  
 6:00pm Team Manager and Head Coaches' Meeting  
 6:30pm Team departs aquatic center  
 7:00pm Team Dinner, Meeting  
 8:00pm Chaperone meeting  
 9:00pm 10 and under in rooms lights out  
 9:30pm 11-12 in rooms lights out  
 10:00pm 13-18 in rooms lights out

### **Wednesday August 11<sup>th</sup>**

5:00am Wake up  
 5:30am Breakfast  
 6:15am Depart for Aquatic Centers  
 7:00am Warm ups  
 8:30am Competition Start  
 11:30am Pick up 12 and under athletes from Rockville Municipal Aquatic Center for lunch  
 12:30pm Pick up 13 and older athletes from Montgomery Aquatic Center for lunch  
 3:30pm All finalists depart for Montgomery Aquatic Center  
 4:00pm Warm ups begin  
 5:00pm All other 11 and older athletes depart for Montgomery Aquatic Center to support finalists  
 5:30pm Finals session begins  
 6:00pm Dinner for 10 and under athletes  
 8:30pm Depart Montgomery Aquatic Center  
 9:00pm Dinner for 12 and older athletes  
 9:00pm 10 and under athletes in rooms lights out  
 10:00pm 12 and older athletes in rooms lights out

**Thursday August 12<sup>th</sup>**

5:00am Wake up  
5:30am Breakfast  
6:15am Depart for Aquatic Centers  
7:00am Warm ups  
8:30am Competition Start  
12:15pm Pick up 12 and under athletes from Rockville Municipal Aquatic Center for lunch  
12:30pm Pick up 13 and older athletes from Montgomery for lunch  
1:00pm All Team members depart for hotel  
3:30pm All finalists depart for Montgomery Aquatic Center  
4:00pm Warm ups begin  
5:00pm All other 11 and older athletes depart for Montgomery Aquatic Center to support finalists  
5:30pm Finals session begins  
6:00pm Dinner for 10 and under athletes  
8:30pm Depart Montgomery Aquatic Center  
9:00pm Dinner for 12 and older athletes  
9:00pm 10 and under athletes in rooms lights out  
10:00pm 12 and older athletes in rooms lights out

**Friday, August 13<sup>th</sup>**

5:00am Wake up  
5:30am Breakfast  
6:15am Depart for Aquatic Centers  
7:00am Warm ups  
8:30am Competition Start  
12:00pm Pick up 12 and under athletes from Rockville Municipal Aquatic Center  
12:30pm Pick up 13 and older athletes from Montgomery Aquatic Center  
1:00pm Zone Family Lunch at Bethesda Marriott (by reservation only)  
3:30pm All finalists to Montgomery Aquatic Center  
4:00pm Warm ups begin  
5:00pm All other 11 and older athletes depart for Montgomery Aquatic Center to support finalists  
5:30pm Finals session begins  
6:00pm Dinner for 10 and under athletes  
8:30pm Depart Montgomery Aquatic Center  
9:00pm Dinner for 12 and older athletes  
9:00pm 10 and under athletes in rooms lights out  
10:00pm 12 and older athletes in rooms lights out

**Saturday, August 14<sup>th</sup>**

5:00am Wake up  
5:30am Breakfast  
6:15am Depart for Aquatic Centers  
**Luggage for 13 and older athletes coaches and chaperones must be stored on bus at this time**  
7:00am Warm ups  
8:30am Meet start  
11:15am 12 and under session ends, depart for lunch  
1:00pm 13 and older session ends, depart for lunch  
2:00pm Hotel check 12 and under athletes coaches and chaperones  
4:00pm Warm-ups

5:30pm Meet start  
9:00pm End of Meet Pizza and Awards celebration  
10:00pm Depart Aquatic center  
11:15pm Estimated arrival time Fredericksburg  
12:15am Estimated arrival time Richmond  
1:15am Estimated arrival time Newport News

Parents these are estimates, please arrive at destination 15-30 minutes prior to estimated arrival time.  
Coaches are responsible to remain at destination locations until all athletes have been safely released to their parents.