



Virginia Swimming

2013 Eastern Zone Long Course Age Group Championship

Preliminary Team Itinerary

<u>Meet Dates-</u>	August 7 th -10 th 2013
<u>Location-</u>	Collegiate School Aquatics Center 5050 Ridgedale Parkway N. Chesterfield Virginia, 23234
<u>Transportation-</u>	Platinum Tours Montpelier VA, 23192
<u>Accommodations-</u>	Marriott Richmond 500 East Broad Street Richmond VA, 23219 804 643 3400 (Parents are requested to stay at a different location)
<u>Entertainment-</u>	Field trips for the 9-10 year olds Richmond Children's Museum \$7.00 per person State Capitol Tour free of charge 9-10 Girls chaperones are requesting, each girl to bring a roll of colorful duck tape and an inexpensive pair of plain black, red, blue or white flip flops! (Dollar store, 5 Below)
<u>Support Staff-</u>	Team Manager, Maureen Tolliver
<u>Coaching Staff-</u>	Head Coach, Mark VanDeren Tim Mousetis 10 and under girls Jordan Filchock 10 and under boys Justin Racer 11-12 boys James Landis 11-12 girls Mark VanDeren 13-14 boys Bridget Burkot 13-14 girls Peter Maloney 15-18 boys Jay Smith 15-18 girls

*Timer signup sheets are located at team bench, if you can time please let us know, we have the sessions broken down by events in 45-60 minute shifts, your help is greatly appreciated!

Chaperones-

9-10 Boys

Jim Lowe

Dan Harvey

9-10 Girls

Valerie Nezelek

Susan Reilly

11-12 Boys

Cassondre Wilburn

David Neff

Amie Verastek

Mark Graff

11-12 Girls

Ellen Bollinger Tinneney

Deanna Langenburg

13-14 Boys

Brett Townsend

Annette Mills

Joy Duke

13-14 Girls

Mary Anne Townsend

Heidi Simpson

15-18 Boys

Mark Wilson

Joe Kimbel

15-18 Girls

Amy MacIssac

Drop off - Tuesday, August 6th

All athletes are required to be at the Collegiate School Aquatic Center **no later than 2:30pm**. Please be dressed in grey shirts and team shorts, for team picture. Order form for picture is posted on the web site

ALL swim bags must be (packed with practice gear), brought into the aquatic center for practice. All luggage will be stored in the bins of the buses.

Bus 1- 9-10 boys, 9-10 girls and 11-12 girls

Bus 2- 11-12 boys, 13-14 boys

Bus 3- 13-14 girls, 15-18 girls, 15-18 boys

Reminder- any athletes who have medications must pack their meds in their back packs, any special instructions should be with the medication.

Tuesday, August 6th

2:30pm all team members load luggage, team picture

3:00pm- team practice, chaperone meeting with team manager

4:15pm- depart aquatic center

4:30pm- hotel arrival and check in

7:15pm- dinner at the hotel, team meeting, coaches' remarks

8:30pm- all athletes in rooms

8:45pm- 10 and unders, lights out

9:00pm 11 and 12 year olds, lights out

9:30pm- all others, lights out

Wednesday August 7th

12 and under athletes competition schedule

RED TSHIRTS and RED TEAM CAPS

7:30am wake up

8:00am- breakfast

8:30am - Planned activity with chaperones for 10 and unders

11 and 12 year olds are on rest in their rooms

THE FOLLOWING IS SUBJECT TO CHANGE, FIRST SESSION REFLECTS A 1:21PM FINISH

10:30am- depart hotel for lunch (2 buses),

11 and 12 year olds, are reminded to purchase additional food and drinks

11:15am- depart for aquatic center

11:45am- warm ups (second warm up lanes 7 share 8, 25 minute warm up)

12:45pm- meet start (1 timer needed lane 7)

5:00pm- session ends

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

5:15pm- 9-10 yr. olds depart aquatic center for hotel

7:15pm- dinner

8:15pm-10 and unders, in rooms

8:30pm-10 and unders, lights out

Wednesday August 7th

13 and older competition schedule

RED TEAM TSHIRTS AND RED TEAM CAPS

5:30am- wake up

5:45am- breakfast

6:10am- depart for aquatic center (2 buses)

6:45am- warm ups (first warm-up lanes 7, 8)

8:15am- meet start, (2 Timers needed, lane 2 timer's meeting 25 minutes prior to start)

*The fastest heat of the Men's 1500 free will swim at finals. All of the Women's 1500 free will swim in pre-lims. 1 bus will depart early; chaperones will divide to provide adequate coverage.

10:30am- finalists, relay participants and men in the fastest heat of the 1500 free depart aquatic center for lunch, depart lunch for hotel 11:45am (1 bus)

1:30pm- (or when our last athlete finishes) pre-lim participants in the 1500 free and athletes not competing in finals depart aquatic center for lunch (1-2 buses)

THE FOLLOWING IS SUBJECT TO CHANGE BASED ON THE SESSION REPORT OF THE FIRST SESSION

4:15pm- finalists and relay participants depart hotel for aquatic center

5:00pm- general warm ups

5:15pm- non finalists return to aquatic center to support teammates

6:00pm-meet start

7:45pm- 11-12s depart aquatic center for hotel (1 bus)

8:15pm 11-12s dinner

9:00pm-all others depart aquatic center for hotel (2 buses)

9:30pm- 13-18 dinner, 11-12s in room

10:00pm-13-18s in room, 11-12 lights out

10:30pm- 13-18 lights out

Thursday, August 8th

12 and under athletes competition schedule

WHITE TSHIRTS RED TEAM CAPS

7:00am- wake up

7:30am- breakfast

Planned activity with chaperones in hospitality suite for 10 and unders

11 and 12 year olds are on rest, in their rooms

10:30am- depart hotel for lunch (2 buses),

11 and 12 year olds, are reminded to purchase additional food and drinks

11:15am- depart for aquatic center

11:45am- warm ups (first warm up lane 7 share 8, 25 minute warm up)

12:45pm- meet start (1 timer needed lane 7, timer's meeting 25 min prior to start)

4:00pm- 9-10 year old depart aquatic center for Children's Museum

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

6:30pm- dinner for 10 and unders

8:15pm-10 and unders in rooms

8:30pm-10 and unders lights out

Thursday August 8th

13 and older competition schedule

WHITE TSHIRTS RED TEAM CAPS

6:10am- wake up

6:20am- breakfast

6:45am- depart for aquatic center (2 buses)

7:25am- warm ups (second warm up lanes 7, 8)

8:15am- meet start 2 timers needed for lane 2, timer's meeting 25 min prior to start

11:45am- depart aquatic center for lunch (2 buses)

12:45pm depart for hotel for rest

4:00pm- 11&12 yr. old finalists remain at aquatic center

4:20pm- finalists depart hotel for aquatic center (1 bus)

5:00pm- warm ups

5:15pm-non finalists depart hotel to support their teammates (1-2 buses)

6:00pm-meet start

7:45pm-11-12 yr. olds depart for hotel (1 bus) **dinner upon arrival**

8:30pm- all others, depart aquatic center for hotel (2 buses)

8:45pm- dinner at hotel, team meeting

9:30pm in room

10:00pm- lights out

Friday August 9th

12 and under athletes competition schedule

GREY TSHIRTS BLUE TEAM CAPS

7:30am- wake up

8:00am- breakfast

Planned activity with chaperones in hospitality suite for 10 and unders

11 and 12 year olds are on rest

10:15am- **Family lunch at hotel**

11:00- depart for aquatic center

11:30am- warm ups (second warm up, lane 7 share 8, 25 minute warm up)

12:45pm- meet start 1 timer needed, lane 7 timer's meeting 25 min prior to start

3:30pm- 11 and 12 year olds not competing in finals depart aquatic center for hotel

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

6:30pm- dinner for 10 and under, pack luggage for tomorrow's departure

8:15pm-10 and unders in rooms

8:30pm-10 and unders lights out

Friday, August 9th

13 and older competition schedule

GREY TSHIRTS BLUE TEAM CAPS

5:30am- wake up

5:45am- breakfast

6:10am- depart for aquatic center (2 buses)

6:45am- warm ups (first warm up lanes 7 and 8)

8:15am- meet start 2 timers needed for lane 2, timer's meeting 25 min prior to start

11:45am- depart aquatic center for lunch (2 buses)

12:15- **Family lunch at hotel**

4:15pm- finalists depart hotel for aquatic center

5:00pm- warm ups

5:15pm-non finalists depart for aquatic center to support their teammates

6:00pm-meet start

8:15pm- depart aquatic center for hotel (3 buses)

8:30pm- dinner at hotel, team meeting

9:00pm in room, all bags need to be packed for tomorrow's departure

10:00pm- lights out

Saturday August 10th

12 and under competition schedule

BLACK TSHIRTS BLACK TEAM CAPS

7:30am- wake up

7:45am- breakfast, immediately following breakfast room inspections

10:00am - load luggage on bus, depart for lunch

***All 11-12 athletes are reminded to purchase additional food and drinks. This will be a very long day at the aquatic center.**

11:00am- depart for aquatic center (2 buses)

11:30am- warm ups (first warm up lanes 7 share 8, 40 minute warm up)

12:45pm-meet start 9 1 timer needed lane 7 timer's meeting 25 min prior to start)

3:30pm- session ends

10 and unders will be released after their pizza awards banquet immediately following their session location to be determined

11-12s will remain at aquatic center until the end of the finals

Saturday August 13th

13 and older athletes competition schedule

BLACK TSHIRTS BLACK TEAM CAPS

6:10am- wake up

6:20am- breakfast

6:45am- depart for aquatic center

7:25am- warm ups, second warm up lanes 7 and 8

8:15am- meet start 2 timers needed lane 2, timer's meeting 25 min prior to start

11:15pm- depart aquatic center for lunch

1:30pm-depart for hotel.

2:30pm- room inspections, load luggage on bus

3:00pm- depart hotel

4:00pm- warm ups

5:30pm- meet start

7:55pm- Team Pizza Banquet and Awards location to be determined, team members are released to their parents immediately following.

8:30pm- Athletes released to their families

This Itinerary is subject to change based on actual timelines. The times provided are approximate.