

## 2005 SC Zones Scheduled Itinerary

*Please note that everyone is welcome to bring videos for the bus trip as buses are equipped with VCRs. PG and PG 13 movies ONLY.*

**Wednesday, March 30**      **Travel Day**

**Staunton Leg:** Holiday Inn at Exit 225 off of Interstate 81; I 81/I64 E to Charlottesville; Shadwell exit take RT 250 west and look for RT 20 signs; RT20 to RT 3 to Fredricksburg (estimated travel time 2 hours)

~~\*\*Bus departs Staunton at Holiday Inn 8:00am~~

Arrives in Fredricksburg 10:00am

## Meet in Fredricksburg

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

1 Bus departs U or R parking lot	8:30am
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Arrives in Fredricksburg 10:00am

**\*\*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	7:30am
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Arrives in Fredricksburg 10:00am

**\*\*Fredricksburg Leg: 2 buses arrive at Holiday Inn at Exit 133 off I-95 at Rt. 17**

2 Buses depart Fredricksburg 10:00 – 10:30am

## Lunch Stop

12:00 – 1:00pm

**\*\*All buses arrive in Thorofare, NJ**

2:30pm

Check into rooms at hotel

2:30pm – 4:00pm

**\*\*Load buses for Warm-ups**

5:00pm

## \*\*Warm-ups at GCIT Center

6:00pm – 7:00pm

### Chaperone Meeting at pool

6:00pm – 7:00pm

**\*\*Load both buses for return to Hotel**

7:00pm – 7:15pm

### Head Coach and Team Manager stay for Meeting

Dinner at Hotel

8:00pm

## Team Head Coach & Manager Meeting

8:00pm

**\*\*One Bus to return to pick up Head Coach & Manager**

8:30pm

Final Coach's remarks

9:00pm

## Back to Rooms

9:00pm

## In Rooms

9:00pm

Lights out      10 & unders

9:00pm

All others

9:30pm

## **Thursday, March 31**

**Breakfast (two seatings)**

**Warm-ups 7:30-7:55**

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

### **11/12, 13/14 and 15-18 Prelims**

Breakfast	6:00am – 6:30am
**Team transport to pool (both buses)	6:45am
Warm-ups (11/12, 13/14 & 15 – 18)	7:30am
Meet Start Time (11/12,13/14 & 15 – 18)	9:00am
**One Bus returns to Hotel for 10 & Under pick-up at 11:00am	
**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
**11/12, 13/14 & 15-18 Return to Hotel	12:45pm
**One Bus returns to Pool	2:00pm
Rest Period for 11/12, 13/14 & 15 -18	1:00pm – 4:00pm
Chaperones to arrange for Pizza on Saturday	

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

** Team transport to pool (2 buses) - Finals 11/12, 13/14 & 15 - 18	4:15pm
Warm-ups (11/12, 13/14 & 15 – 18)	5:00pm
Meet Start Time for Finals (11/12, 13/14 & 15 – 18)	6:00pm
**Team transport to hotel (both buses)	Approx. 8:30pm
<b>Dinner for 11/12, 13/14 &amp; 15 -18</b>	<b>Approx. 9 – 10pm</b>
Return to rooms and lights out	10:00pm

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

### **10 & under Finals**

Breakfast (10 & Unders)	8:00am – 9:00am
Rest period/Group time for 10 & Unders	9 – 11
**Bus transports 10 & Unders to Food Court - Lunch	11:00am

\*\*Bus continues transport of 10 & Unders to pool 11:45am

10 & Unders Warm-ups 12:30pm

10 & Under Meet Start Time 1:20pm

Before leaving pool, assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

\*\*10 & Unders Return to Hotel approx. 2:30 - 3:00pm???

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

Activity for 10 & under (movie in room, etc.) 3:30pm – 6:00pm

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

**Lights out 8-9pm**

## **Friday, April 1**

**11/12, 13/14 and 15-18 Prelims Warm-ups 8:00-8:25 (8:15) – Talk to Carl about changing schedule?**

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

Breakfast	6:00am – 6:30am
**Team transport to pool (both buses)	6:45am
Warm-ups (11/12, 13/14 & 15 – 18)	7:30am
Meet Start Time (11/12,13/14 & 15 – 18)	9:00am
**One Bus returns to Hotel for 10 & Under pick-up at 11:00am	
**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
**11/12, 13/14 & 15-18 Return to Hotel	12:45pm
**One Bus returns to Pool for 10 & U	2:00pm
Rest Period for 11/12, 13/14 & 15 -18	1:00pm – 4:00pm
Chaperones to arrange for Pizza on Saturday	

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

** Team transport to pool (2 buses) - Finals 11/12, 13/14 & 15 - 18	4:15pm
Warm-ups (11/12, 13/14 & 15 – 18)	5:00pm
Meet Start Time for Finals (11/12, 13/14 & 15 – 18)	6:00pm
**Team transport to hotel (both buses)	Approx. 8:30pm
<b>Dinner for 11/12, 13/14 &amp; 15 -18</b>	<b>Approx. 9 – 10pm</b>

**Chaperones be mindful of departure and arrival noise of different groups- others are sleeping – Ensure that all packing is completed at night!!!**

Return to rooms and lights out	10:00pm
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### **10 & under Finals**

Breakfast (10 & Unders)	8:00am – 9:00am
Rest period for 10 & Unders	9 – 11
**Bus transports 10 & Unders to Food Court - Lunch	11:00am
**Bus continues transport of 10 & Unders to pool	11:45am

10 & Unders Warm-ups 12:30pm

10 & Under Meet Start Time 1:20pm

Before leaving pool, assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

\*\*10 & Unders Return to Hotel approx. 2:30 - 3:00pm???

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

Activity for 10 & under (movie in room, etc.) 3:30pm – 6:00pm

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

**Lights out 8-9pm**

**Saturday, April 2 (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) – 10 rooms will have late check-out for Finals**

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

**\*\*Load Buses** 5:45am

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

**Breakfast (two seatings)**

**11/12, 13/14 and 15-18 Prelims Warm-ups 7:30-7:55**

Breakfast 6:00am – 6:30am

**\*\*Team transport to pool (both buses)** 6:45am

Warm-ups (11/12, 13/14 & 15 – 18) 7:30am

Meet Start Time (11/12,13/14 & 15 – 18) 9:00am

**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 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**

**\*\*One Bus returns to Hotel for 10& Under pick-up at 11:15am**

**\*\*BUS # 1:**

**\*\*Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch**  
at Food Court Mall noon  
(Final swimmers & non-milers go in first bus)

**\*\*11/12, 13/14 & 15-18 Return to Hotel** 12:45pm

**\*\*Bus to return to pool to pick up 10 & Unders** 2:15pm

Rest Period for 11/12, 13/14 & 15 -18 1:00pm – 4:00pm  
(Final swimmers & non-milers)

**Assigned Late Check out Rooms**

**\*\*BUS #2: (after bringing 10 & Unders back to pool)**

**\*\*Second bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch**  
at Food Court Mall 12:15 – 12:30pm  
(Balance of swimmers & milers return in 2<sup>nd</sup> bus)

\*\*11/12, 13/14 & 15-18 Return to Hotel 1:00 – 1:15pm

\*\*Bus to stay at hotel

Rest Period for 11/12, 13/14 & 15 -18 1:15pm – 4:00pm  
(Any miler in room for Rest)

**Assigned Late Check out Rooms**

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

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 3:30pm - 3:45pm

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 belongs should be put in first bin of NN bus

**10 & under Finals**

Breakfast (10 & Unders) 8:00am – 9:00am

Pack & Room Check-out 9:00am

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 belongs should be put in first bin of NN bus

Rest period for 10 & Unders Following completion of packing  
and loading of bus or placing of items in Banquet Room

\*\*Bus transports 10 & Unders to Food Court - Lunch 11:15am

\*\*Bus continues transport of 10 & Unders to pool 12:00am

10 & Unders Warm-ups 12:45pm

10 & Under Meet Start Time 1:30pm

\*\*10 & Unders Return to Hotel approx. 2:45 - 3:00-???

**10 & Unders** complete loading of appropriate bus 3:00pm - 3:15pm  
Decorate for finals or just hang-out 3-4:00pm

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

**Finals for 11/12;13/14;15/18 (includes 10 & unders)**

\*\*Load Buses per return trip list 4:00pm

\*\*Team transport to GCIT Ctr. 4:15pm

Warm-ups	5:00pm
Meet Start Time	6:00pm
Pizza Dinner at GTIC Ctr.	8:30pm – 9:30pm
**Team transport home	9:30pm – 10:00pm
*Team begins trip home	Approx . 10:00pm

### **Expected Arrivals**

To Fredricksburg (bus pick-up):

Expected pick-up time	1:00am – 1:30am***
Expected arrival time in Staunton	3:00am – 3:30am ***

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

Expected arrival time	2:00am – 2:30am ***
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\*\*1 Bus continue to Newport News to Patrick Henry Mall (by Ruby Tuesday's)

Expected arrival time	3:00am – 3:30am ***
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**Arrival time may vary on Sunday may vary. Please be there well in advance of the expected arrival time.**