

2007 SC Zones Scheduled Itinerary

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

Wednesday, March 28th Travel Day

Western Swimmers meet in Fredericksburg or Richmond		
**Richmond Leg: U or R parking lot (near Robins Center)		
1 Bus departs U or R parking lot		5:00am
Arrives in Fredericksburg		6:00am
**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		4:15am
Arrives in Fredericksburg		6:00am
**Fredericksburg Leg: 2 buses arrive at Holiday Inn at Exit 133 off I-95 at Rt. 17		
2 Buses depart Fredericksburg		6:00am
Lunch Stop		11:30am – 12:15pm
**All buses arrive in Buffalo, NY		4:00pm
Check into rooms at hotel		4:00pm – 4:15pm
Chaperone Meeting		4:30pm – 5:00pm
**Dinner at Hotel (bring swim Gear)		5:30pm-6:30pm
Load Buses for Warm Ups		6:30pm
**Warm-ups at Flickenger Aquatic Center		7:00pm – 8:00pm
Head Coach/Manager Meeting at pool		6:00pm – 7:00pm
**Load both buses for return to Hotel		8:15pm
Team Meeting/ Coaches' remarks		8:45pm
Back to Rooms		9:00pm
In Rooms		9:00pm
Lights out	10 & unders	9:00pm
	All others	9:30pm

Thursday, March 29

Breakfast (two seatings)

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

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

Breakfast	6:30am – 7:15am
Load 2 buses	7:15am – 7:30am
****Team transport to Flickinger Aquatic Center (both buses)	7:30am
Warm-ups (11/12, 13/14 & 15 – 18)	8:00am
Meet Start Time (11/12, 13/14 & 15 – 18)	9:00am
10&Unders eat breakfast	8:15-8:45
**One Bus returns to Hotel for 10 & under pick-up	11:15
eat in food court mall /take 10&U to pool	12:00
**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	1:00pm
**One Bus returns to Aquatic Center for 10 & under pick-up	
Rest Period for 11/12, 13/14 & 15 -18	1:00pm – 3:45pm
Finals swimmers MUST rest; others rest in room	
Chaperones to arrange for Pizza on Saturday	
Zones manager to secure place at pool for Pizza dinner Saturday night	

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

Load 2 buses	4:15pm – 4:30pm
**Team transport to Aquatic Ctr. - Finals (2 buses)	4:30pm
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 (2 buses)	Approx. 8:00pm
Dinner for 11/12, 13/14 & 15 -18	Approx. 8:30 – 9:00pm
Return to rooms	9:45pm
Lights out	10:00pm

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

10 & under Finals

Breakfast (10 & Under)	8:00am – 8:30am
Load 1 bus	11:15am
**Team transport to Food Court Mall	11:15am
Lunch at Food Court Mall	11:30am – 11:55am
**Team transport to Aquatic Ctr.	11:55am - noon
Bus remains Aquatic Ctr. for 13 and Older Lunch Pick-up	
**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
10 & Under Warm-ups	12:30pm
10 & Under Meet Start Time	1:20pm
Bus returns to .Aquatic Ctr. for 10 and Under Pick-up	

Assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

**Bus returns 10 & Unders to Hotel	4:30pm
**Bus involved with 13 and older transport back for Finals	4:45pm

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

Activity for 10 & Unders (movie in room, etc.)	5:00pm – 6:00pm
Dinner for 10 and Unders	6:00pm
Award Swims of the day	
Lights out	9pm

Friday, March 30

Breakfast (two seatings)

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

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

Breakfast	6:15am – 7:00am
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Load 2 buses	7:00am – 7:10am
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****Team transport to Aquatic Center (both buses)	7:15am
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Warm-ups (11/12, 13/14 & 15 – 18)	7:30am
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Meet Start Time (11/12, 13/14 & 15 – 18)	9:00am
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****One Bus returns to Hotel for 10 & under pick-up**

**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
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**11/12, 13/14 & 15-18 Return to Hotel	1:00pm
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****One Bus returns to Aquatic Center for 10 & under pick-up**

Rest Period for 11/12, 13/14 & 15 -18 Finals swimmers MUST rest; others rest in room	1:00pm – 3:45pm
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Chaperones to arrange for Pizza on Saturday
Zones manager to secure place at pool for Pizza dinner Saturday night

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

Load 2 buses	3:55pm – 4:10pm
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**Team transport to Aquatic Ctr. - Finals (2 buses)	4:10pm
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Warm-ups (11/12, 13/14 & 15 – 18)	4:30pm
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Meet Start Time for Finals (11/12, 13/14 & 15 – 18)	6:00pm
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**Team transport to hotel (2 buses)	Approx. 8:00pm
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Dinner for 11/12, 13/14 & 15 -18	Approx. 8:30 – 9:00pm
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Return to rooms	9:45pm
Lights out	10:00pm

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

10 & under Finals

Breakfast (10 & Under)	8:00am – 8:30am
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Load 1 bus	11:15am
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**Team transport to Food Court Mall	11:20am
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Lunch at Food Court Mall	11:30am – noon
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**Team transport to Aquatic Ctr.	-noon
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Bus remains at Aquatic Ctr. for 13 and Older Lunch Pick-up

**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
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10 & Under Warm-ups	12:30pm
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10 & Under Meet Start Time	1:20pm
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Bus returns to Aquatic Ctr. for 10 and Under Pick-up

Assigned Chaperone should discuss with 2 9/10 coaches regarding the swims of the day. To be awarded at dinner each night.

**Bus returns 10 & Unders to Hotel	4:30pm
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**Bus involved with 13 and older transport back for Finals	4:45pm
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Chaperones be mindful of departure and arrival noise of different groups- others are sleeping

Activity for 10 & Unders (movie in room, etc.)	5:00pm – 6:00pm
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Dinner for 10 and Unders	6:00pm
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Award Swims of the day

Lights out	9pm
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Saturday, March 31 (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

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

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

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

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 NOT swimming the mile 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**

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

Breakfast (two seatings)

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

Everyone Packs prior to breakfast. Bring Luggage to Dining room

Breakfast 6:30am – 7:15am

Load 2 buses 7:15am – 7:30am

****Team transport to Aquatic Center
(both buses) 7:30

Warm-ups (11/12, 13/14 & 15 – 18) 8:00am

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

****One Bus returns to Hotel for 10 & under pick-up**

****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 1:00pm**

****One Bus returns to Aquatic Center for 10 & under pick-up**

Rest Period for 11/12, 13/14 & 15 -18 1:00pm – 3:45pm

Finals swimmers **MUST** rest

Assigned Late Check out Room

Balance of people in banquet room

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

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

Load 2 buses	4:00pm – 4:30pm
**Team transport to Aquatic Ctr. - Finals (2 buses)	4:30pm
Warm-ups (11/12, 13/14 & 15 – 18)	5:00pm
Meet Start Time for Finals (11/12, 13/14 & 15 – 18)	6:00pm
Dinner for 10 & U, 11/12, 13/14 & 15 -18 Pizza Dinner at Pool	Approx. 8:30 – 9:00pm

10 & under Finals

Breakfast (10 & Under)	8:00am – 8:30am
*****Bring Luggage down prior to leaving for lunch. Put in dining room	
Load 1 bus	11:15am
**Team transport to Food Court Mall	11:15am
Lunch at Food Court Mall	11:25am – 11:55am
**Team transport to Aquatic Ctr.	11:55am - noon
Bus remains at Aquatic Ctr. for 13 and Older Lunch Pick-up	
**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch at Food Court Mall (both buses)	noon
10 & Under Warm-ups	12:30pm
10 & Under Meet Start Time	1:20pm
10 & Unders stay at Aquatic Ctr. for 10 and Under Pick-up return to hotel	
10 & Unders at Finals	5:00pm – 8:30pm
Dinner for all Pizza Dinner at Pool after Finals Swimmers should provide own drink for dinner	Approx. 8:30 – 9:00pm
**Team transport home	9:30pm – 10:00pm

Expected Arrivals

To Fredericksburg (bus pick-up):

Expected pick-up time	6:00am - 6:30am ***
**2 Buses continue to Richmond to U of R (Robins Center)	
Expected arrival time	7:00am – 7:30am ***
**1 Bus continue to Newport News to Patrick Henry Mall (by Ruby Tuesday's)	
Expected arrival time	8:00am – 8:30am ***

Arrival time may vary on Sunday may vary. Please be there well in advance of the expected arrival time.