

2009 SC Zones Scheduled Itinerary

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

Wednesday, April 1 Travel Day

Western Swimmers meet in Fredericksburg or Richmond

****Richmond Leg: NOVA Aquatic Center (12207 Gayton Road, Richmond 23238**

1 Bus departs	4:45am
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	3:45am
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
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Lunch Stop	11:30am – 12:15pm
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**All buses arrive in Rochester, NY	4:30pm
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Check into rooms at hotel	4:30pm
Chaperones meet with your age group	

Load Buses	5:30pm
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Warm ups at Aquatic Center	6:00pm-7:00pm
Load Buses return to Hotel	7:00

Head Coach/Manager Meeting at pool	6:00pm – 7:00pm
Dinner at hotel	7:30pm
Team Meeting/ Coaches' remarks	8:00pm

Back to Rooms	9:00pm
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In Rooms	9:00pm
Lights out	10 &U
	All others
	9:30pm

Thursday, April 2

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	6:00am – 6:30am
Load 2 buses	6:30am
****Team transport to Aquatic Center	

Warm-ups (11/12, 13/14 & 15– 18)	7:00am
Meet Start Time (11/12, 13/14 & 15 – 18)	9:00am
10&U eat breakfast	8:00-8:30am
Craft or games with chaperones after Breakfast	
**One Bus returns to Hotel for 10&U pick-up	11:00am
Lunch @ Wegmans 5 min from pool	
Take 10&U to pool for competition.	12:00pm
**Bus transport 11/12, 13/14 & 15-18	
Lunch at Wegmans (both buses)	12:15pm
**11/12, 13/14 & 15-18 Return to Hotel	1:00pm
**One Bus returns to Aquatic Center for 10 & under pick-up	3:30pm
Rest Period for 11/12, 13/14 & 15-18	1:00pm – 3:45pm
Finals swimmers MUST rest; others rest in room	

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

Load bus swimmers swimming finals	4:15pm – 4:30pm
**Team transport to Aquatic Center	
Warm-ups (11/12, 13/14 & 15–18)	5:00pm
Load Bus with non final swimmers to pool	5:30pm
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.

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

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

Friday, April 3

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	6:00am – 6:30am
Load 2 buses	6:30am
****Team transport to Aquatic Center (both buses)	
Warm-ups (11/12, 13/14 & 15–18)	7:00am
Meet Start Time (11/12, 13/14 & 15–18)	9:00am
**One Bus returns to Hotel for 10&U pick-up Take to Lunch at Wegman's	11:00am
**Bus transport 11/12, 13/14 & 15-18 to LUNCH 1Bus to pool for pick up	12:00pm
**11/12, 13/14 & 15-18 Return to Hotel	1:00pm
**One Bus returns to Aquatic Center for 10&U pick-up	3:30pm
Rest Period for 11/12, 13/14 & 15-18 Finals swimmers MUST rest; others rest in room	1:00pm – 3:45pm
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 1 bus swimmer going to finals **Team transport to Aquatic Ctr. - Finals	4:15-4:30pm
Warm-ups (11/12, 13/14 & 15–18)	5:00pm
Remaining swimmers transport to pool	5:30pm
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&U Timed Finals Schedule for Thursday, Friday and Saturday

Breakfast (10&U)	8:00am – 8:30am
Craft, games in room after breakfast	

Load 1 bus	11:00am
Lunch	11:30am – 12:00pm
**9/10 Team transport to Aquatic Center from Lunch	12:00pm
Bus remains at Aquatic Center for 13 and Older Lunch Pick-up	
**Bus transport 11/12, 13/14 & 15-18 to Wegman's for lunch (both buses)	
10&U Warm-ups	12:30pm
10&U Meet Start Time	1:20pm
Bus returns to Aquatic Center for 10&U 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&U s to Hotel	3:30pm
**Bus involved with 13&Os transport back for Finals	4:00pm
Chaperones be mindful of departure and arrival noise of different groups- others are sleeping	
Activity for 10&Us (movie in room, etc.)	5:00pm – 6:00pm
Dinner for 10&Us	6:00pm
Award Swims of the day	
Lights out	9:00pm

Saturday, April 4 (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 designated bus
- if swimmer is getting off at Fredericksburg, belongings should be put in first bin of designated 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) 7:30pm

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&U pick-up

**Bus transport 11/12, 13/14 & 15-18 to hotel /stop for lunch
at Food Court Mall 12:00pm
(Final swimmers & non-milers go in first bus)

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

**One Bus return to Aquatic Center for 10&U 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 Center - 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&U Finals Saturday

Breakfast (10&U)

8:00am – 8:30am

*****Bring Luggage down prior to leaving for lunch. Put in dining room. Swimmers going home with parents must pick up child's luggage.

10&Us at Finals

5:00pm – 8:30pm

Dinner for all

Approx. 8:30 – 9:00pm

Pizza Dinner at Pool after Finals

Swimmers should provide own drink for dinner

**Team transport home

9:30pm

Expected Arrivals Sunday, April 5

To Fredericksburg (bus pick-up):

Expected pick-up time

6:30am ***

**2 Buses continue to Richmond to NOVA pool

Expected arrival time

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