

## 2002 POTOMAC VALLEY ZONE TEAM ITINERARY

### WEDNESDAY APRIL 3

1:00 pm	Arrive at <a href="#">Montgomery Aquatic Center</a> , 5990 Executive Blvd., Bethesda, MD. Directions: Capitol Beltway to MD 355 ( Rockville Pike) exit. Proceed North to Marinelli Road. Turn left on Martinelli, proceed about 1/2 mile to pool entrance. Check in with zone team manager Linda Crudup. Arrival time is not flexible! If you are late, you risk buses departing without you. Bring bag lunch for bus ride.
1:30pm	Buses depart for Cherry Hill, New Jersey.
3:45pm	Arrive Holiday Inn, Cherry Hill.
4:00pm	Team meeting
4:30pm	Unpack, get acquainted and Rest
6:20pm	Buses depart hotel for team practice at Gloucester County Institute of Technology
7:00-8:00pm	Team Practice
8:30pm	Dinner
9:15pm	Team meeting
9:30pm	Lights OUT

### Thursday April 4

6:30am	Wake up (11 & Over ONLY)
6:45 - 7:15	Breakfast (11 & Over ONLY )
7:25am	Buses depart hotel for pool. 10 & unders remain at hotel.
8:10 - 8:50am	Warm up
9:00 am	Preliminary events for 11 & over
9:00am	Wake up 10 & Unders
9:15 - 9:45am	Breakfast for 10 & Unders
11:30am	11 & Overs depart pool for hotel
12: 00 - 1:00pm	Lunch for 11 & overs
12:00pm	10 & unders depart hotel for pool
1:00 - 4:pm	11& Overs Rest
1:30pm	10& Unders Timed Finals
3:30pm	10 & Unders depart pool for hotel
4:00pm	10 & Unders Lunch
4:20pm	Buses depart hotel for finals. All 11& Over swimmers will attend finals.

5:00pm	Warm -up
6:00pm	Finals
8:30pm	Buses depart pool for hotel
9:00pm	Dinner
9:30pm	Team Meeting
10:00pm	Lights Out

#### FRIDAY APRIL 5

6:15am	Wake up 11& Overs
6:30 -6:50am	Breakfast for 11 & Overs
7:00am	Buses depart hotel for pool. 10 & Unders remain at hotel
7:30 - 8:10am	Warm - ups
9:00am	Preliminary events for 11& Overs
9:00am	Wake up 10 & Unders
9:15 - 9:45am	10 & Unders breakfast
11:30am	11& Overs depart pool for hotel
12:00 - 1:00pm	11& Overs Lunch
12:00pm	10 & Unders depart hotel for pool
1:00 - 4:30pm	11 & Overs Rest
1:30pm	10 & Unders Timed Finals
3:30pm	10 & Unders depart pool for hotel
4:00pm	10 & Unders Lunch
4:50 pm	11& Overs depart hotel for finals
5:30pm	Warm - ups
6:00pm	Finals
8:30pm	Buses depart pool for hotel
9:00pm	Dinner
9:30pm	Team Meeting
10:00	Lights OUT

#### SATURADAY APRIL 6

6:30am	Wake up (11& Over ONLY)
6:45 - 7:15AM	Breakfast (11 & Over ONLY )
7:25am	Buses depart hotel for pool. 10 & unders remain at hotel.
8:10 - 8:50am	Warm up
9:00 am	Preliminary events for 11 & over
9:00am	Wake up 10 & Unders
9:15 - 9:45am	Breakfast for 10 & Unders
11:30am	11 & Overs depart pool for hotel
12: 00 - 1:00pm	Lunch for 11 & overs
12:30pm	10 & unders depart hotel for pool
1:00 -4:00pm	11& Overs REST

2:00pm	10 & Unders Timed Finals
3:30pm	10 & Unders depart pool for hotel
4:00pm	10 & Unders Lunch
4:20pm	11 & Overs depart hotel for finals
5:pm	Warm -ups
6:pm	Finals
8:45pm	Buses depart for hotel
9:15pm	Dinner and team awards plus planned activity

**SUNDAY APRIL 7**

7:30am	WAKE UP (EVERYONE )
8:00am	BREAKFAST
8:45am	PACK BAGS, ROOM CHECK
9:15am	DEPART FOR HOME
11:15am	ARRIVE AT MONTGOMERY AQUATIC CENTER