

2002 EASTERN ZONE LONG COURSE

POTOMAC VALLEY ZONE TEAM

WARM -UP AND

OUTFITTING PICK-UP

POTOMAC VALLEY WILL HAVE A ZONE TEAM WARM UP AT FLICKINGER AQUATIC CENTER ON TUESDAY AUGUST 6 FROM 5PM TO 6PM. THIS WARM UP IS FOR ALL AGE GROUPS. ALL SWIMMERS ON THE PVS ZONE TEAM ARE ENCOURAGED TO COME. THIS IS NOT A MANDATORY WARM UP. POTOMAC VALLEY WILL HAVE ZONE TEAM COACHES ON DECK.

ZONE TEAM OUTFITTING PICK-UP IS FRIDAY AUG 2, FROM 4PM TO 7PM. AT AARDVARK.

POTOMAC VALLEY WILL HAVE A TENT SET UP OUTSIDE OF AARDVARK SWIM AND SPORT AT THE CHANTILLY STORE. AARDVARK WILL OFFER A 20% DISCOUNT OFF RETAIL PRICE TO ALL ZONE TEAM MEMBERS OF ANYTHING IN THE STORE. PLEASE PICK UP YOUR 20% COUPON AT THE ZONE TEAM TENT.

OUTFITTING WILL NOT BE AVAILABLE IN BUFFALO OR AT MEET DIRECTOR'S HOME. PLEASE MAKE ARRANGEMENTS TO PICK UP OUTFITTING BEFORE YOU LEAVE FOR BUFFALO

AARDVARK SWIM AND SPORT
4212-F TECHNOLOGY COURT
CHANTILLY, VA 20151

[Link to Map](#)

Driving Instructions (NEW)

From the Beltway
I- 66 West
Exit at Route 50 West
Go Approximately 5 miles - pass under Route 28 overpass
Continue on Route 50 approx 2 more miles
Turn Left on Pleasant Valley Rd
Take 1st left on Lafayette Center Dr
Take 2nd left on Technology Court
4212-F Technology Court

LINDA CRUDUP
ZONE TEAM COORDINATOR

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