Wednesday MARCH 30

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11:00AM	Arrive at Montgomery Aquatic Center
	5900 Executive Blvd. Bethesda, MD.
	Check in with zone team manager Breanne
	Smith.
	Arrival time is not flexible!
	If you are late, you risk buses departing without
	you. Bring bag lunch for bus ride.
11:30AM	Buses depart for Cherry Hill, New Jersey.
2:00PM	Arrive Holiday Inn, Cherry Hill.
2:00-	, and the state of
4:00PM	Unpack, rest, get acquainted
4:00PM	Snack
4:20PM 5:00-	Buses depart hotel for team practice at
	Gloucester County Institute of Technology
	Cloudester County Institute of Teermology
6:00PM	Team Practice
8:30PM	Dinner
9:15PM	
	Team meeting Lights OUT
9:30PM	Thursday March 31
C-20 A M	Wake up (11& Over ONLY)
6:30AM 6:45-	Wake up (11& Over ONL1)
	Drackfoot (11 8 Over ONI V)
7:15AM	Breakfast (11 & Over ONLY) Buses depart hotel for pool. 10 & unders remain
7:20AM	at hotel
8:10-	at note:
	Warmun
8:50AM 9:00AM	Warm up Preliminary events for 11 & overs
9:00AM	Wake up 10 & unders
9:00AW	Wake up 10 & unders
	Drackfoot for 10 8 unders
9:45AM 11:30AM	Breakfast for 10 & unders 11& overs depart pool for hotel
12:00-	11& overs depart poor for noter
	11 9 overe lunch
1:00PM	11 & overs lunch
12:00PM 1:00-	10 & unders depart hotel for pool
	11& overs rest
4:00PM 1:30PM	10 & unders timed finals
3:30PM	10& unders depart pool for hotel
4:00PM	10 & unders lunch
4:15PM	Buses depart hotel for finals
5:00PM	Warm ups
6:00PM	Finals
8:30PM	Buses depart pool for hotel
9:00PM	Dinner
9:30PM	Team Meeting
10:00PM	Lights Out

FRIDAY April 1	
6:10AM	Wake up 11& overs
6:25 -	'
6:45AM	Breakfast for 11 & overs
6:50AM	Buses depart hotel for pool. 10 & unders remain
0.SUAIVI	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 12:00-	11& overs depart pool for hotel
1:00PM	11& overs Lunch
12:00PM	10 & unders depart hotel for pool
1:00-	To a unació acpair noterior poor
4:30PM	11 & overs Rest
1:30PM	10 & unders Timed Finals
3:30PM	10 & unders depart pool for hotel
4:00PM	10 & unders lunch
4:50PM	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
SATURDAY April 2	
6:30AM	Wake up (11& Over ONLY)
6:45-	
7:15AM	Breakfast (11 & Over ONLY)
7:25AM	Buses depart hotel for pool.
0.40	10 & unders remain at hotel.
8:10-	Morm up
8:50AM 9:00AM	Warm up Preliminary events for 11 & over
9:00AM	Wake up 10 & unders
9:15-	Trans up to a dilucio
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-	11& finals swimmers rest
4:00PM	others pack and check rooms
2:00PM	10 & unders Timed Finals
3:30PM	10 & unders depart pool for hotel 10 & unders Lunch
4:00PM 4:20PM	11 & overs depart hotel for finals
5:00PM	Warm -ups
3.331 H	Finals
6:00PM	
	After finals, Pizza for everyone
0.20014	·
9:30PM	Buses depart for Mongtomery Aquatic Center
11:30PM	Buses arrive Montgomery Aquatic Center