

**Wednesday MARCH 30**

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

<b>FRIDAY April 1</b>	
<b>6:10AM</b>	Wake up 11& overs
<b>6:25 - 6:45AM</b>	Breakfast for 11 & overs
<b>6:50AM</b>	Buses depart hotel for pool. 10 & unders remain at hotel
<b>7:30- 8:10AM</b>	Warm - ups
<b>9:00AM</b>	Preliminary events for 11& overs
<b>9:00AM</b>	Wake up 10 & unders
<b>9:15- 9:45AM</b>	10 & unders breakfast
<b>11:30AM</b>	11& overs depart pool for hotel
<b>12:00- 1:00PM</b>	11& overs Lunch
<b>12:00PM</b>	10 & unders depart hotel for pool
<b>1:00- 4:30PM</b>	11 & overs Rest
<b>1:30PM</b>	10 & unders Timed Finals
<b>3:30PM</b>	10 & unders depart pool for hotel
<b>4:00PM</b>	10 & unders lunch
<b>4:50PM</b>	11& overs depart hotel for finals
<b>5:30PM</b>	Warm - ups
<b>6:00PM</b>	Finals
<b>8:30PM</b>	Buses depart pool for hotel
<b>9:00PM</b>	Dinner
<b>9:30PM</b>	Team Meeting
<b>10:00</b>	Lights OUT
<b>SATURDAY April 2</b>	
<b>6:30AM</b>	Wake up (11& Over ONLY)
<b>6:45- 7:15AM</b>	Breakfast (11 & Over ONLY )
<b>7:25AM</b>	Buses depart hotel for pool. 10 & unders remain at hotel.
<b>8:10- 8:50AM</b>	Warm up
<b>9:00AM</b>	Preliminary events for 11 & over
<b>9:00AM</b>	Wake up 10 & unders
<b>9:15- 9:45AM</b>	Breakfast for 10 & unders
<b>11:30AM</b>	11 & overs depart pool for hotel
<b>12:00- 1:00PM</b>	Lunch for 11 & overs
<b>12:30PM</b>	10 & unders depart hotel for pool
<b>1:00- 4:00PM</b>	11& finals swimmers rest others pack and check rooms
<b>2:00PM</b>	10 & unders Timed Finals
<b>3:30PM</b>	10 & unders depart pool for hotel
<b>4:00PM</b>	10 & unders Lunch
<b>4:20PM</b>	11 & overs depart hotel for finals
<b>5:00PM</b>	Warm -ups
<b>6:00PM</b>	Finals After finals, Pizza for everyone
<b>9:30PM</b>	Buses depart for Montgomery Aquatic Center
<b>11:30PM</b>	Buses arrive Montgomery Aquatic Center