

New England Zone All-Star Team Long Course 2005

Team Itinerary (ALL items subject to change based on hotel, meet and bus planning)

Tuesday, August 9th, 2005

- 8:00 a.m. Depart from the Auburn Mall in Auburn, MA
- approx. 12:30 p.m. Stop for lunch en route to Buffalo, NY (each participant is responsible for his or her own meal costs.)
- approx. 1:00 p.m. Depart lunch and continue trip to Buffalo, NY
- approx. 4:00 p.m. Arrive at the Holiday Inn Buffalo-Amherst in Amherst, NY (please be prepared to be patient with the group check-in process)
- 5:00 p.m. Dinner, team meeting and equipment hand-out at the hotel
- approx. 7:00 p.m. Tentative team warm-up at Erie Community College Pool
- approx. 9:00 p.m. Team meeting at hotel
- 9:30 p.m. QUIET TIME
- 10:00 p.m. LIGHTS OUT

Wednesday, Thursday, and Friday (11-12) August 10th-12th, 2005

- 7:00 a.m. Wake-up and breakfast at hotel
- 8:00 a.m. Depart for pool
- 8:30-9:30 a.m. Warm-up
- 9:30-12:30 p.m. Prelims for 11-12
- 1:00 p.m. Arrive at hotel for lunch and REST TIME!
- 4:00 p.m. Team meeting at hotel
- 4:15 p.m. ALL 11-12, 13-14, and 15-18 swimmers return to the pool for finals (even if you are not swimming in finals). All relays for these age groups will be swum in finals

4:30-6:00 p.m. Finals Warm-up
6:00 p.m. Finals Start
8:00 p.m. Dinner at hotel as a whole team
9:00 p.m. Team meeting at hotel
9:30 p.m. QUIET TIME
10:00 p.m. LIGHTS OUT

**Wednesday, Thursday, and Friday (13-14 and 15-18)
August 10th-12th, 2005**

6:10 a.m. Wake-up and breakfast at hotel
6:40 a.m. Depart for pool
7:00-8:30 a.m. Warm-up
8:30-12:30 p.m. Prelims for 13-14 and 15-18
1:00 p.m. Arrive at hotel for lunch and REST TIME!
4:00 p.m. Team meeting at hotel
4:15 p.m. ALL 11-12, 13-14, and 15-18 swimmers return to the pool for finals (even if you are not swimming in finals). All relays for these age groups will be swum in finals
4:30-6:00 p.m. Finals Warm-up
6:00 p.m. Finals Start
8:00 p.m. Dinner at hotel as a whole team
9:00 p.m. Team meeting at hotel
9:30 p.m. QUIET TIME
10:00 p.m. LIGHTS OUT

Saturday, August 13th, 2005

Same schedule as previous days

8:00 p.m. Depart ECC Pool for Auburn Mall in Auburn, MA. We will make one dinner stop (each participant is responsible for his or her own meal costs.)

3:00 a.m. Approximate arrival time at Auburn Mall in Auburn, MA

Team Timing Assignments: TBD

Hotel Information

NO CALLS AFTER 9:30 p.m.!! LIGHTS OUT TIME!

Holiday Inn Buffalo-Amherst

1881 Niagara Falls Blvd., Amherst, NY 14228-3599

(716) 691-8181

Coach Laura's Cell Phone

(802) 238-9168

Swim Meet Website

www.starswimming.org

Basic Meal Plans

Breakfast

Fruit, juices, muffins, bagels, scrambled eggs, pancakes, potatoes.

Lunches

Soup or salad, cold cuts, cheeses, bread and rolls, juice OR

Taco bar OR

Pasta meal

Dinners

Pasta buffet with salad OR

Chicken pasta and broccoli with salad OR

Pizza buffet