

# **New England Zone All-Star Team Long Course 2006**

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

**Tuesday, August 8th, 2006**

- 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-Downtown (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 9<sup>th</sup>-11<sup>th</sup>, 2006**

- 6:30 a.m. Wake-up and breakfast at hotel
- 7:15 a.m. Depart for pool
- 8:00-9:30 a.m. Warm-up
- 9:30-1:00 p.m. Prelims for 11-12
- 1:30 p.m. Arrive at hotel for lunch and REST TIME!
- 3:30 p.m. Team meeting at hotel
- 3:45 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

4:00-5:30 p.m. Finals Warm-up  
5:30 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 9<sup>th</sup>-11<sup>th</sup>, 2006**

6:00 a.m. Wake-up and breakfast at hotel  
6:30 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!  
3:30 p.m. Team meeting at hotel  
3:45 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  
4:00-5:30 p.m. Finals Warm-up  
5:30 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 12<sup>th</sup>, 2006**

**Same schedule as previous days**

- 2:00 p.m.                   FOR ALL SWIMMERS NOT RACING IN SATURDAY FINALS: Bus departs Holiday Inn in Buffalo, NY for the Auburn Mall in Auburn, MA. We will make one dinner stop (each participant is responsible for his or her own meal costs.)
- 9:00 p.m.                   Approximate arrive time at Auburn Mall in Auburn, MA for BUS #1.
- 8:00 p.m.                   FOR ALL SWIMMERS RACING IN SATURDAY FINALS: 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.)
- 2:00 a.m.                   Approximate arrival time at Auburn Mall in Auburn, MA for BUS #2.

**Team Timing Assignments: TBD**

**Hotel Information**

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

Holiday Inn Buffalo-Downtown  
620 Delaware Avenue, Buffalo, NY 14202  
(716) 886-2121

**Coach Laura's Cell Phone**

(802) 238-9168

**Swim Meet Website**

[www.starswimming.org](http://www.starswimming.org)

**Basic Meal Plans**

Breakfast

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

Lunches

Salad, cold cuts, cheeses, rolls, juice OR

Pasta meal

Pre-Finals Snack

Peanut-butter and jelly sandwiches, cheese and crackers, bananas

Dinners

Salad, rolls, pasta, vegetables, meat, dessert