

**POTOMAC VALLY SWIMMING
ZONE TRIP ITINERARY**

13 & Over Swimmers

<p>Tuesday, August 8th</p> <p>5:00am- Depart MAC Center 8:20am- Stop for Breakfast 9:00am- Back on Road 1:00pm- Stop for Lunch 1:45pm- Back on Road 3:30pm- Arrive at Hotel Check-In 4:20pm- Whole Team Departs For Warm-ups 5:00pm- PVS Warmup at Flickinger Aquatic Center 6:15pm- Depart Flickinger Center 7:00pm- Dinner at Hotel 8:00-9:00pm- Free time at Hotel 9:30pm- LIGHTS OUT</p>	<p>Wednesday, August 9th</p> <p>5:50am- WAKE UP 6:20am- Breakfast 7:00am- Depart Hotel for Pool 7:44am- Warm up 12:30pm- Depart Pool 12:45pm- Lunch at Hotel 1:00-3:30pm- Resting in Rooms 4:30pm- Depart for FINALS 6:00pm- FINALS 8:15pm- Depart Finals 8:30pm- DINNER 9:00pm-10:00 Free Time 10:00pm- LIGHT OUT</p>	<p>Thursday, August 10th</p> <p>5:15am- WAKE UP 5:45am- Breakfast 6:20am- Depart Hotel for Pool 7:00am- Warmup 12:30pm- Depart Pool 1:00pm- Lunch at Hotel 1:30-4:00pm- Resting in Rooms 4:30pm- Depart for FINALS 6:00pm- FINALS 8:00pm- Depart Finals 8:30pm- DINNER 9:00pm-10:00 Free Time 10:00pm- LIGHT OUT</p>	<p>Address of Locations</p> <p>Montgomery Aquatic Ctr 5900 Executive Boulevard Rockville, MD 20852</p> <p>Hotel Holiday Inn Airport- Buffalo 4600 Genesee Street Buffalo, NY 14225 716-634-6969</p> <p>Pools Univerisity of Buffalo Alumni Arena Pool North Campus Amherst, NY 14226</p> <p>Erie Community College 21 Oak Street Buffalo, NY 14203</p>
<p>Friday, August 11th</p> <p>5:40am- WAKE UP 6:10am- Breakfast 6:45am- Depart Hotel for Pool 7:22am- Warmup 12:30pm- Depart Pool 12:45pm- Lunch at Hotel 1:15-3:30pm- Resting in Rooms 4:30pm- Depart for FINALS 6:00pm- FINALS 8:00pm- Depart Finals 8:15pm- DINNER 9:00pm-10:00 Free Time 10:00pm- LIGHT OUT</p>	<p>Saturday, August 12th</p> <p>5:50am- WAKE UP 6:20am- Breakfast 7:00am- Depart Hotel for Pool 7:44am- Warm up 1:00pm- Depart Pool 1:00pm-LUNCH- location TBA 2:00- 3:30pm- Resting in Room/Pack</p> <p>4:30pm- Leave for Pool for Finals 6:00pm- FINALS at Pool 9:00pm- Team Awards/ Dinner</p> <p>11:00pm- LIGHTS OUT</p>	<p>Sunday, August 13th</p> <p>4:30am- Wake up 5:00am- Depart Hotel 8:00am- Stop for Breakfast 8:45am- Back on Road 1:00pm- Stop For Lunch 1:45pm- Back on Road 3:00pm- Arrive at MAC Center</p>	

**Wake up time subject to change with assigned warmup time

** Arrival Time at MAC Center subject to change

** We will try to plan for a Senior Team Outting if time permitts

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12 & Under Swimmers

<p>Tuesday, August 8th</p> <p>5:00am- Depart MAC Center 8:20am- Stop for Breakfast 9:00am- Back on Road 1:00pm- Stop for Lunch 1:45pm- Back on Road 3:30pm- Arrive at Hotel Check-In 4:20pm- Whole Team Departs For Warm-ups 5:00pm- PVS Warmup at Flickinger Aquatic Center 6:15pm- Depart Flickinger Center 7:00pm- Dinner at Hotel 8:00-9:00pm- Free time at Hotel 9:30pm- LIGHTS OUT</p>	<p>Wednesday, August 9th</p> <p>7:00am- WAKE UP 7:30am- Breakfast 8:10am- Depart Hotel for Pool 8:44am- Warm up 1:00pm- Depart Pool 1:30pm- Lunch at Hotel 2:30pm- 4:30pm- Resting in Rooms 4:45pm- Depart for FINALS 8:00pm- Depart FINALS 8:15pm- DINNER 8:45pm- 9:15pm- Free Time 9:30pm- LIGHTS OUT</p>	<p>Thursday, August 10th</p> <p>6:00am- WAKE UP 6:30am- Breakfast 7:20am- Depart Hotel for Pool 8:00am- Warm up 2:00pm- Depart Pool for Hotel 2:30pm- LUNCH 3:00pm-4:30pm- Rest 4:45pm- DEPART FOR FINALS 5:00- 7:30pm- 10 & under team activity - TBA 8:00pm- Depart Finals 8:15pm- DINNER 9:30pm- LIGHTS OUT</p>	<p>Address of Locations</p> <p>Montgomery Aquatic Ctr 5900 Executive Boulevard Rockville, MD 20852</p> <p>Hotel Holiday Inn Airport- Buffalo 4600 Genesee Street Buffalo, NY 14225 716-634-6969</p> <p>Pools Univerisity of Buffalo Alumni Arena Pool North Campus Amherst, NY 14226</p> <p>Erie Community College 21 Oak Street Buffalo, NY 14203</p>
<p>Friday, August 11th</p> <p>6:30am- WAKE UP 6:45am- Breakfast 7:45am- Depart Hotel for Pool 8:15am- Warm up 1:30pm- Depart Pool for Hotel 1:45pm- LUNCH 2:00pm- 4:30pm- Resting in Rooms/Activity 4:45pm- Depart for FINALS 8:00pm- Depart FINALS 8:15pm- DINNER 8:45pm- 9:15pm- Free Time 9:30pm- LIGHTS OUT</p>	<p>Saturday, August 12th</p> <p>6:50am- WAKE UP 7:15am- Breakfast 8:00am- Depart Hotel for Pool 8:30am- Warm up 12:30pm- Depart Pool 12:45pm-LUNCH- location TBA 2:00pm- Resting in Room 2:15- 4:30pm- Pack/Team Activity/ Dinner 4:45pm- Leave for Finals 6:00pm- FINALS at Pool 9:00pm- Team Awards/ Dinner 11:00pm- LIGHTS OUT</p>	<p>Sunday, August 13th</p> <p>4:30am- Wake up 5:00am- Depart Hotel 8:00am- Stop for Breakfast 8:45am- Back on Road 1:00pm- Stop For Lunch 1:45pm- Back on Road 3:00pm- Arrive at MAC Center</p>	

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