

Charlotte  
2009  
Things to know

**Daily Meet Schedule-** To follow under separate cover

**Mecklenburg Aquatic Center**

Parking lot on site is free- also street parking available for overflow (bring your quarters)

Seating is bleacher style and very crowded- reserve seats if possible- generally by the team area (enter pool turn left-team sits in last section on the left)

Food/glass bottles not permitted in pool area

Swim vendor on site for meet

Embroidery service on site for meet-first come first serve (good for names on jackets, towels or buddy gifts)

Photographer on site for meet- sign up to reserve personal photos

**Meet attendance**

Everyone is expected to be in Charlotte for the duration of the meet unless there is special permission from BG.

All swimmers must make sure to check in with coaches upon arrival to aquatic center and warm up daily.

All swimmers will warm up every morning and attend daily sessions even if they are not swimming.

All swimmers are expected to attend finals in the evening and support those swimming finals and consolations.

**Meals**

It is a good idea to make lunch your big meal of the day- it is generally pretty late after finals.

Team meals: Thursday is mandatory for all swimmers- info to follow.

Sunday is optional but lots of fun- info to follow.

**Hotel**

On site parking is available for a daily fee (added to your room bill)

Exercise equipment on site

Laundry on site- bring your quarters

Restaurant is good for dinner but very slow at lunch time- use it if you have a lot of time

Kitchen – some rooms have stove top and oven/ some have only stove top- it's the luck of the draw. All have a full refrigerator, DW, micro, and plenty of room to eat in (you may want extra paper plates)

Shuttle is available through the front desk and will drop off/pick up from meet, downtown restaurants, and near by food store. Tips are not mandatory but are greatly appreciated

Convenience store in lobby

Complimentary breakfast is very extensive

**Downtown**

Plenty of restaurants are walking distance from the pool or the hotel as well as a CVS Drug Store and a Harris Teeter Food Market.

Bring sunblock

Bring your **allergy medicine**- they are several weeks ahead season wise

Bring quarters to park on street if pool lot is full (rarely)

**Drugstores** there is a CVS walking/shuttle distance as well as CVS/ Eckerd on South Blvd. (see hotel front desk for directions)

**Food store** there is a small Harris Teeter walking/shuttle distance and a large Harris Teeter you may drive to (too far for shuttle)- it is in the Dillsworth section- see front desk at hotel for directions

**Other shopping** and upscale stores- Dillsworth section (also see front desk for directions)

**Buddies** everyone will be matched with a buddy for the week of the meet (distributed at last home meeting). Someone who has previously attended will be paired with someone who is new to help them get acclimated. You can cheer for your buddy, offer to lap count for them, answer any questions etc. Buddies usually exchange a gift at the meet (girls make a bigger deal of this than boys and may even exchange gifts daily)

### **Family Activities**

For those bringing younger children who are not participating in the meet there are plenty of things to do while in Charlotte (see front desk at Hotel for info and directions)

Examples:

Discovery Place science center and IMAX

Trolley Ride through Dillsworth section

Mint Museum

Art Museum