

2008
YWCA JR/SR CHAMPIONSHIPS
SUN KISSED INVITATIONAL
DAILY SCHEDULE

Thursday, April 3, 2008

Check-in at the Marriott Residence Inn Uptown, 404 South Mint Street (704-340-4000)

CHECK-IN AVAILABLE AT 3:00 P.M.

- 3:00-4:00 General Team Warm-up. **CHECK IN** with coaches upon arrival!
- 4:00-4:30 Event Specific Warm-up (Those swimming Thursday events)
- 4:30 P.M. **MEET STARTS!** All team members must attend!!!!
- 8:30 P.M. Team Meeting/Pizza Dinner at Marriott Residence Inn.
- 10:00P.M. Lights out for all swimmers.

*** Please note: morning time trials are 50-200 Long Course Meter events only for swimmers seeking Olympic Trial cuts.***

Friday, April 4, 2008

- 7:00 A.M. Wake up and have breakfast
- 7:45 A.M. Warm-up for Prelims. (detailed time/lane specifics available upon arrival). Coaches will announce time to be at pool. **CHECH IN** with coaches upon arrival.
- 9:15 A.M. Start of Prelims.
- 1:00 P.M. Lunch after Prelims. It is suggested that this be your main meal of the day (it is also the better choice than dinner for a meal to eat out).
(REST PERIOD FOR ALL SWIMMERS)
- 4:30 P.M. Warm-up for finals (only those swimming) **CHECK IN** with coaches.
- 5:00 P.M. ALL TEAM MEMBERS meet at the Aquatic Center
- 5:30 P.M. **Parade of Teams- (wear your team uniform) - Opening Ceremonies**
- 6:00 P.M. Finals start- All parents and swimmers are expected to attend Finals!
- 9:45 P.M. Lights out for all swimmers

Saturday, April 5, 2008

- 7:00 A.M. Wake-up and have breakfast
- 7:45 A.M. Warm-up for Prelims. **CHECK IN** with coaches.
- 9:15 A.M. Start of Prelims.
- 1:00 P.M. Lunch Break (REST PERIOD FOR ALL SWIMMERS)
- 4:30 P.M. Warm-up for Finals (only those swimming) **CHECK IN** with coaches.
- 5:30 P.M. Senior Recognition

6:00 P.M. Finals Start
9:45 P.M. Lights out for all swimmers

Sunday, April 6, 2008

7:00 A.M. Wake-up and have breakfast
7:45 A.M. Warm-up for Prelims. **CHECK IN** with coaches.
9:15 A.M. Start of Prelims.
12:30 P.M. Lunch Break-light lunch followed by **REST FOR FINALISTS**
3:00 P.M. Earliest possible start for Finals; TBA **CHECK IN** with coaches.
4:00 P.M. Earliest possible start for Finals; TBA
Note: there must be a minimum of two hours between the last heat of Prelims and the start of the First heat of Finals
7:00 P.M. Meet Awards Ceremonies- Immediately after Finals (time is approximate)
TBA **TEAM PARTY!!!**

Then it's time to relax, spend time with your friends, and celebrate lots of Fast swims!!!!

SEE YOU ALL BACK IN NEW JERSEY!!!!!!!!!!

HOPE YOU ALL HAD FUN!!! ENJOY YOUR BREAK!!!