2018 Central Zones Championship Meet Itinerary

July 31st – August 5th

Minneapolis, MN

(Subject to Change)

Tuesday, July 31st

1 pm – Bus leaves from Bismarck Aquatics Center Parking Lot (1601 Raven Dr.)

4-5 pm – Bus arrives at Hulbert Aquatic Center for team practice.

5:30 pm – Bus Arrives at Expressway Suites (4303 17th Ave S, Fargo ND)

6 pm – Complimentary dinner will be served at Express Way Suites \*pick up gear bag from Anne McDonagh

7 pm – Team activity – bowling at West Acres Bowl, Fargo ND

Wednesday, August 1st

6:00 am – Complimentary breakfast served at Express Way Suites

7:00 am – Bus departs from Expressway Suites (4303 17th Ave S, Fargo ND) \*pick up gear bag from Anne McDonagh

11:30 am – Bus arrives in MSP. Lunch provided by NDLSC

1 pm – Team Registration at Jean K. Freeman Aquatic Center, University of Minnesota

1:40 – 1:55 pm – Team Picture

2:45 – 3:45 pm – Team Practice

5:00 pm – Check in at Homes 2 Suites Roseville, MN (2020 Iona Lane West, Roseville MN 55113) (651-925-8600)

6:30 pm – Team dinner provided by NDLSC and meeting at Hotel

10 pm – Lights out

Thursday, Friday and Saturday, August 2nd -5th

14 & U 5:30 am – Wake up and eat breakfast – complimentary breakfast

 6:30 am – Leave for Jean K. Freeman Aquatic Center

 7:00 am – Warm ups for preliminary session begin

 8:40 am – Morning preliminary sessions begin

 1:00 pm – Go out to lunch and go back to the hotel to rest

 3:30 pm – Leave for Jean K. Freeman Aquatic Center

 4:00 pm – Warm ups for Finals begin

 5:00 pm – Finals Begin

 8:00 pm – Eat after conclusion of finals

 10:00 pm – Lights out

10 &U 8:30 am – Wake up and eat breakfast – complimentary breakfast

 12:00 pm – Go out to lunch and then leave for Aquatic Center

 1:30 pm – Warm ups for timed finals

 2:30 pm – Timed finals session begins

 5:00 pm – Go out to eat and back to hotel

 7:00 pm – Team bonding activity

 10:00 pm – Lights out

Sunday, August 5th

 Same schedule as Thursday through Saturday

\*\*In the morning, the athletes will load all of their belongings onto the bus. We will depart for Fargo/Bismarck following the conclusion of the meet.

Monday, August 6th

\*\*Please have your athlete contact you with our estimated arrival time. We will be dropping the swimmers off at our departure locations. (Expressway Suites in Fargo and Aquatics Center in Bismarck)