



## INFORMATION FOR VISITING TEAMS ATAC LONG COURSE INVITATIONAL IN JUNE

### HOTELS

1. **Capital Circle SE** - There is a TownePlace Suites by Marriott at 1876 Capital Circle NE that is next door to a Ruby Tuesdays. There are lots of other restaurant options on Cap Circle as well. You will want to reach out to Jackie Byrdsong to see if your team can get a special rate if you mention ATAC by calling 850-219-0122. That hotel is 15 minutes from pool and not a direct route so will need to get specific directions to and from the pool.
2. **North Monroe** - There is several hotels such as a Holiday Inn up the road from the pool off I-10 on North Monroe Street. Nearby restaurant options are Sony's, Cracker Barrel and a Wahoo Grill. This option is the closest to the pool as you will head south on North Monroe and turn onto John Knox.
3. **FSU Campus & Downtown** - Another option, may be a bit pricey, is near the FSU campus and downtown area off Gaines Street which has a bunch of shops and restaurants and is designed for walking (read: the most fun option). There are two hotels here - Hampton Inn on Railroad Ave and a Residence Inn Tallahassee Universities. These are about 15 - 20 minutes to the pool, depending on traffic, but a straight shot east on Gaines and left up North Monroe to John Knox.
4. **Apalachee Parkway** – The Parkway is known for having many restaurants and a mall as well as several hotels. Whether or not there is a place to eat within walking distance depends on which hotel but it should be noted that the Parkway is not designed for walking. It is about 15 minutes from the pool by heading west on the Parkway until it ends at the capitol building, right onto North Monroe and going north until John Knox.

### Tallahassee Traffic

Be aware that 5 pm traffic on Thursday may cause some delays, so plan time wisely for getting to the meet for Thursday afternoon's warm-up. Heading north on Monroe Street on Friday morning, if staying near campus or off the Parkway, isn't bad as most traffic is going into town (heading south). Traffic to and from the pool on the weekend isn't bad.

### PARKING

**Do not park across the street from the pool at those office complexes on Thursday or Friday.** There is overflow parking next door at the Tallahassee Mall/Centre. It is recommended to park there and avoid the traffic in and around the pool and gymnasium. *Team buses my drop off at the pool and then go next door to the Tallahassee Centre to park.*

### LUNCH OPTIONS NEAR POOL

There is a nice food court and restaurants with some healthy eating options as well as pizza and BBQ next door to the pool at the Tallahassee Centre.

**There will also be concessions with light snacks and pre-packaged foods at the pool and most likely Lucky Goat will be out front with coffee.**

### POOL DECK – CANOPIES (AKA TENTS) & THUNDERSTORMS

**NO CANOPIES SET UP ON DECK THURSDAY NIGHT.** Canopies can be set up by 6:30 am on Friday morning and can be left if secured safely overnight. All canopies must be **anchored down with weights** or by water-filled buckets during the meet in case of sudden inclement weather (it happens in Florida). Speaking of inclement weather, if we must clear the deck for lightening warning, that means every part of the deck – not just under cover! Best thing to do is go to your car. We will try to have the gymnasium open for the swimmers to hang out until further notice. Follow **@swim\_ATAC** on Twitter to get updates on the meet.

### MEET SHIRTS

There will be some Long Course Invitational T-Shirts for sale at the meet but can't promise we'll have enough of all sizes. The best thing to do is preorder shirts from our ATAC Shack Spirit Store online at [squareup.com/store/ATACSpiritShack](http://squareup.com/store/ATACSpiritShack). Order deadline will be around mid-June. Just remember to **add team name and swimmer in the notes section before checking out** so we know for whom to hold the shirts.