**\*Please do not pack snacks or drinks. We will get them when we get to town**

**\*LAC will buy dinner Saturday and Sunday night and you will get billed your child’s portion after the meet**

**Thursday 5/17:**

7-8am: Practice at F&M

No later than 8:30: Leave from the F&M parking lot (please do not leave cars there)

Stop at Grand Central for Breakfast on the way out of town

Approx Noon - 12:30 – Stop for lunch after getting through Washington D.C.

4:00-4:30pm – Arrive in Chapel Hill and check into the Hampton Inn Farrington Road [Hotel Website](http://hamptoninn3.hilton.com/en/hotels/north-carolina/hampton-inn-and-suites-chapel-hill-durham-area-RDUCHHX/index.html)

5pm-8:00pm – Park at the pool, tour campus, shop at bookstore, and shop and get dinner on Franklin St. in Chapel Hill

**Friday-Saturday (5/18-19):**

6:15am Friday/5:50am Saturday – Leave the hotel for prelims

8:00am – Prelims begin (Stop for lunch immediately after prelims)

4:00pm – Leave hotel for Finals

After Finals we will have dinner at the hotel for the swimmers

**Sunday (5/20):**

6:15am – Leave for Prelims

Spend time in Chapel Hill until the 12&under session is done

Arrive home sometime around midnight

**Rooming List:**

**Room 1: Kyle, Jake, Lucas, Xander**

**Room 2: Tyler, James, Connor, Chad**

**Room 3: Grant, Ethan, Drew, Will**

**Room 4: Savanah, Ashley, Elizabeth, Sophia**

**Room 5: Kendall, Lydia, Kara, Sarah M**

**Room 6: Kayla, Ellie F, Emily**