**TUESDAY, AUGUST 6TH:**

5:00 AM – Buffalo Bus Pick Up @ Exit 49

* Depew Park & Ride – 6650 Transit Road Buffalo, NY 14221
* Arrive 5am / Bus leaves 5:15am

6:30 AM – Rochester Bus Pick Up @ Eastview Mall

* In front of Champs, Biaggis, PF Changs
* Arrive 6:30am / bus leaves 6:45am

8:15 AM – Syracuse Bus Pick up @ Destiny USA

* In front of MACY’S
* Arrive 8:15am / bus leaves 8:30am

11:30am – 12:30 am – Approximate time to stop for lunch

* Will stop along route for 25-45min for lunch
* Athletes responsible to purchase their own lunch!

5:15-5:45pm – Arrive at Pool (5050 Ridgedale Parkway)

6:00 pm – Team Practice / Warm Up and Team Picture

7:00 pm – Return to hotel / Team dinner in hotel

8:30 pm – Team meeting

9:30pm – LIGHTS OUT

**WEDNESDAY, AUGUST 7TH:**

5:00 AM – Breakfast begins

* Athletes should be down to eat no later than 20 minutes before bus leaves!

6:15 AM – 7:00 AM – 13&O’s Leave for Pool

* Bus leaves PROMPTLY at 6:15 am on early days / 7:00 am on late days

8:15 AM – 13&O Meet Begins

8:15 AM – 12&U’s wake up and head down for breakfast

10:45 AM – 11:15 AM – 12&U’s Leave for Pool

* Bus leaves PROMPTLY at 10:45 am on early days / 11:15pm on late days

11:30 - 12:00 PM – Lunch delivered to pool for all

11:30am – 12:30 pm – 13&O’s return to hotel after 12&U’s are dropped off

* During this time athletes should relax, rest and recover

12:30pm – 12&U Meet Begins

* At the conclusion of this session, 10&U’s will be released to family and must return to hotel no later than 8:30pm

4:00 PM – All athletes head to pool for Finals

5:30 PM – Finals session begins

8:00 – 9:00 pm – Return to hotel / Team dinner in hotel

9:00 pm – Team meeting

10:00pm – LIGHTS OUT

**THURSDAY, AUGUST 8TH:**

5:00 AM – Breakfast begins

* Athletes should be down to eat no later than 20 minutes before bus leaves!

6:15 AM – 7:00 AM – 13&O’s Leave for Pool

* Bus leaves PROMPTLY at 6:15 am on early days / 7:00 am on late days

8:15 AM – 13&O Meet Begins

8:15 AM – 12&U’s wake up and head down for breakfast

10:45 AM – 11:15 AM – 12&U’s Leave for Pool

* Bus leaves PROMPTLY at 10:45 am on early days / 11:15pm on late days

11:30 - 12:00 PM – Lunch delivered to pool for all

11:30am – 12:30 pm – 13&O’s return to hotel after 12&U’s are dropped off

* During this time athletes should relax, rest and recover

12:30pm – 12&U Meet Begins

* At the conclusion of this session, 10&U’s will be released to family and must return to hotel no later than 8:30pm

4:00 PM – All athletes head to pool for Finals

5:30 PM – Finals session begins

8:00 – 9:00 pm – Return to hotel / Team dinner in hotel

9:00 pm – Team meeting

10:00pm – LIGHTS OUT

**FRIDAY, AUGUST 9TH:**

5:00 AM – Breakfast begins

* Athletes should be down to eat no later than 20 minutes before bus leaves!

6:15 AM – 7:00 AM – 13&O’s Leave for Pool

* Bus leaves PROMPTLY at 6:15 am on early days / 7:00 am on late days

8:15 AM – 13&O Meet Begins

8:15 AM – 12&U’s wake up and head down for breakfast

10:45 AM – 11:15 AM – 12&U’s Leave for Pool

* Bus leaves PROMPTLY at 10:45 am on early days / 11:15pm on late days

11:30 - 12:00 PM – Lunch delivered to pool for all

11:30am – 12:30 pm – 13&O’s return to hotel after 12&U’s are dropped off

* During this time athletes should relax, rest and recover

12:30pm – 12&U Meet Begins

* At the conclusion of this session, 10&U’s will be released to family and must return to hotel no later than 8:30pm

4:00 PM – All athletes head to pool for Finals

5:30 PM – Finals session begins

8:00 – 9:00 pm – Return to hotel / Team dinner in hotel

9:00 pm – Team meeting

10:00pm – LIGHTS OUT

**SATURDAY, AUGUST 10TH:**

5:00 AM – Breakfast begins

* Athletes should be down to eat no later than 20 minutes before bus leaves!
* Athletes must move belongings out of rooms

6:15 AM – 7:00 AM – 13&O’s Leave for Pool

* Bus leaves PROMPTLY at 6:15 am on early days / 7:00 am on late days

8:15 AM – 13&O Meet Begins

8:15 AM – 12&U’s wake up and head down for breakfast

10:45 AM – 11:15 AM – 12&U’s Leave for Pool

* Bus leaves PROMPTLY at 10:45 am on early days / 11:15pm on late days

11:30 - 12:00 PM – Lunch delivered to pool for all

11:30am – 12:30 pm – 13&O’s return to hotel after 12&U’s are dropped off

* Non-competing athletes should stay at pool, all others return to hotel

12:30pm – 12&U Meet Begins

* At the conclusion of this session, 10&U’s will be released to family and must return to hotel no later than 8:30pm

4:00 PM – All athletes head to pool for Finals

5:30 PM – Finals session begins

* We will have dinner at the pool at the conclusion of the meet!

8:30 PM – Bus leaves for NY

3:30 AM – Tentative Arrival @ Destiny USA

5:00 AM – Tentative Arrival @ Eastview Mall

7:15 AM – Tentative Arrival @ Depew