

UPDATED 8/7/18 @ 9:00 PM

Metropolitan Swimming Meet Preparation Packet

Easter Zone Long Course All Star Championship Meet

August 8 – August 11, 2018 – Collegiate School Aquatic Center, Richmond VA

Day / Session	Pool	Age Groups	Arrival Time	Meet Start Time	Shirt Color	Cap Color
Wednesday AM Session 1 Prelims	Collegiate School Aquatics Center	13 - 14 15 - 18	7:15 AM	8:15 AM	White	Red
Wednesday Mid Session 2 Prelims	Collegiate School Aquatics Center	10 & Under 11 - 12	12:30 PM	1:30 PM	White	Red
Wednesday PM Session 3 Finals	Collegiate School Aquatics Center	11 - 12 13 - 14 15 - 18	4:10 PM	5:30 PM	White	Black
Thursday AM Session 4 Prelims	Collegiate School Aquatics Center	13 - 14 15 - 18	6:30 AM	8:15 AM	Red	White
Thursday Mid Session 5 Prelims	Collegiate School Aquatics Center	10 & Under 11 - 12	11:10 AM	12:30 PM	Red	White
Thursday PM Session 6 Finals	Collegiate School Aquatics Center	11 - 12 13 - 14 15 - 18	4:10 PM	5:30 PM	Red	Black
Friday AM Session 7 Prelims	Collegiate School Aquatics Center	13 - 14 15 - 18	7:15 AM	8:15 AM	Black	Red
Friday Mid Session 8 Prelims	Collegiate School Aquatics Center	10 & Under 11 - 12	11:40 AM	12:30 PM	Black	Red
Friday PM Session 9 Finals	Collegiate School Aquatics Center	11 - 12 13 - 14 15 - 18	4:10 PM	5:30 PM	Black	Black
Saturday AM Session 10 Prelims	Collegiate School Aquatics Center	13 - 14 15 - 18	6:30 AM	8:15 AM	Grey	White
Saturday AM Session 11 Prelims	Collegiate School Aquatics Center	10 & Under 11 - 12	11:30 AM	1:00 PM	Grey	White
Saturday PM Session 12 Finals	Collegiate School Aquatics Center	11 - 12 13 - 14 15 - 18	3:45 PM	5:30 PM	Grey	Black

- 10 & Unders please be on Time and Check in with your Coach for each session
- If there are any issues please contact Team Managers
Dom Boccio – dom.boccio@metroswimming.org or John Yearwood – john.yearwood@metroswimming.org

Swimmers and Parents

The Eastern Zone All Star Championships is the highest level of Age Group Competition available in USA Swimming, congratulations for making the team, it is a great accomplishment. All the training and preparation you have put in from September till now will culminate in this meet, we should have some great, fast swims. The Metro All Star Team combines swimmers from all the clubs in Metro for this event, and for this weekend we are all one team. Be on time for meals and team meetings and the bus so we are on time for warm-ups, wear the proper team uniform for the day and your metro competition suit only - If we swim and cheer as a team we will do outstanding things!

Best of luck on a great Meet

John & Dom

Metro Age Group Co-Chairs/ Team Managers

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Huntington Pick Up Location: Depart 7:00 am

Huntington Park & Ride
395 N Service Rd, Melville, NY 11747

Yonkers Pick Up Location: Depart 7:45 am

Yonkers Stew Leonard's
1 Stew Leonard Dr, Yonkers, NY 10710

Tuesday 8/7/18

6:30 am – 7:45 am – Buses Leave Huntington or Yonkers
3:00 pm – 3:30 pm – Buses Arrive at Aquatic Center
3:30 pm – 3:45 pm – Equipment Distribution
3:45 pm – 4:00 pm – Team Picture
4:00 pm – 5:00 pm – Team Warm up
4:30 pm - 10 & Under Parent Meeting
5:15 pm - Depart for Hotel
5:30 pm – 6:30 pm – Team Meeting/Room Assignments
6:30 pm – 7:00 pm – Athletes settle into Room
7:00 pm – 8:00 pm – Dinner for 11 & Over Athletes
9:30 pm - Curfew

Wednesday 8/8/18

6:00 am – 6:45 am – Breakfast
6:45 am - Leave for Pool 13 & Overs
7:15 am - Arrive at Pool 13 & Overs
10:30 am - Buses Drop off 13 & Overs at Hotel
10:45 am – 11:15 am – Lunch for 11 & 12s at Hotel
11:30 am – 12:30 pm – Lunch for 13 & Overs at Hotel
12:15 pm - Buses Head to pool with 11-12
3:50 pm - Buses Head to pool with 13 & Overs
4:00 pm - Late Lunch for 11-12 at Pool
4:20 pm - Buses Arrive at Pool 13 & Overs
4:30 pm - Warm up for Finals
5:30 pm – 8:00 pm – Finals
8:10 pm - Buses Depart for Hotel
8:30 pm – 9:30 pm – Dinner for 11 & Overs
9:30 pm - Curfew

Thursday 8/9/18

5:30 am – 6:10 am – Breakfast
6:10 am - Leave for Pool 13 & Overs
6:30 am - Arrive at Pool 13 & Overs
10:15 am – 10:45 am - Breakfast for 11 & 12s at Hotel
10:45 am - Buses Head to pool with 11-12
11:30 am -Warm up for 11- 12 & 10 & Under
11:30 am - Buses Head to Hotel 13 & Overs
11:45 am – 12:15 pm – Lunch for 13 & Overs
3:15 pm - Late Lunch for 11-12 at Pool
3:50 pm - Buses to pool with 13 & Overs
4:20 pm - Buses Arrive at Pool 13 & Overs
4:30 pm - Warm up for Finals
5:30 pm – 8:45 pm – Finals
9:00 pm - Buses Depart for Hotel

9:15 pm – 10:00 pm – Dinner for 11 & Overs
10:00 pm - Curfew

Friday 8/10/18

6:00 am – 6:45 am – Breakfast
6:45 am - Leave for Pool 13 & Overs
7:15 am - Arrive at Pool 13 & Overs
7:25 am - Warm up for 13 & Overs
10:45 am – 11:15 am – Lunch for 11 & 12s at Hotel
11:00 am - Buses Head to Hotel with 13 & Over
11:20 am - Buses Head to Pool with 11-12
11:45 am – 12:30 pm – Lunch for 13 & Overs at Hotel
3:45 pm - Late Lunch for 11-12 at Pool
3:50 pm - Buses Head to pool with 13 & Overs
4:20 pm - Buses Arrive at Pool 13 & Overs
4:30 pm - Warm up for Finals
5:30 pm – 8:30 pm – Finals
8:45 pm - Buses Depart for Hotel
9:00 pm – 10:00 pm – Dinner for 11 & Overs
10:00 pm - Curfew

Saturday 8/11/18

5:30 am – 6:00 am – Breakfast
6:00 am - Leave for Pool 13 & Overs **PACK BUSES**
6:30 am - Arrive at Pool 13 & Overs
9:30 am - Buses Drop of 13 & Over at Hotel
10:45 am – 11:10 am - Lunch for 11 & 12s at Hotel
11:10 am - Buses Head to pool with 11-12 **PACK BUSES**
12:00 pm -Warm up for 11- 12 & 10 & Under
11:45 am – 12:15 pm – Lunch for 13 & Overs
3:00 pm - Late Lunch for 11-12 at Pool
3:50 pm - Buses to pool with 13 & Overs
4:20 pm - Buses Arrive at Pool 13 & Overs
4:30 pm - Warm up for Finals
5:30 pm – 7:45 pm – Finals
8:00 pm - Buses Head Home