

Metropolitan Swimming Meet Preparation Packet

Easter Zone Long Course All Star Championship Meet

August 9 – August 12, 2017 – Collegiate School Aquatic Center, Richmond Virginia

Day / Session	Pool	Age Groups	Arrival Time	Meet Start Time	Shirt Color	Cap Color
Wednesday AM Session 1 Prelims	Collegiate School Aquatic Center	13 - 14 15 - 18	7:15 AM	8:15 AM	White	Red
Wednesday Mid Session 2 Prelims	Collegiate School Aquatic Center	10 & Under 11 - 12	12:15 AM	1:30 PM	White	Red
Wednesday PM Session 3 Finals	Collegiate School Aquatic Center	11 - 12 13 - 14 15 - 18	4:00 PM	5:30 PM	White	Black
Thursday AM Session 4 Prelims	Collegiate School Aquatic Center	13 - 14 15 - 18	6:40 AM	8:15 AM	Red	White
Thursday Mid Session 5 Prelims	Collegiate School Aquatic Center	10 & Under 11 - 12	11:30 AM	12:30 PM	Red	White
Thursday PM Session 6 Finals	Collegiate School Aquatic Center	11 - 12 13 - 14 15 - 18	4:00 PM	5:30 PM	Red	Black
Friday AM Session 7 Prelims	Collegiate School Aquatic Center	13 - 14 15 - 18	7:15 AM	8:15 AM	Black	Red
Friday Mid Session 8 Prelims	Collegiate School Aquatic Center	10 & Under 11 - 12	11:30 AM	12:30 PM	Black	Red
Friday PM Session 9 Finals	Collegiate School Aquatic Center	11 - 12 13 - 14 15 - 18	4:00 PM	5:30 PM	Black	Black
Saturday AM Session 10 Prelims	Collegiate School Aquatic Center	13 - 14 15 - 18	6:40 AM	8:15 AM	Grey	White
Saturday AM Session 11 Prelims	Collegiate School Aquatic Center	10 & Under 11 - 12	12:15 AM	1:30 PM	Grey	White
Saturday PM Session 12 Finals	Collegiate School Aquatic Center	11 - 12 13 - 14 15 - 18	4:00 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 your Coach or John Yearwood (914) 494-1743 or Dominic Boccio (516) 286 - 9155

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

Coach Dom

Dom Boccio
Head Coach / Metro Age Group Co-Chair

Coach John

John Yearwood
Head Coach / Metro Age Group Co-Chair

Tuesday 8/8/17

7:15AM: Bus leaves Huntington
 7:15 AM: Buses Meet/Leave Yonkers
 3:00 – 3:30 PM: Buses Arrive at Hotel
 4:00 PM: Team Meeting in hotel
 4:30 PM Leave For Pool
 5:00 – 6:00 PM: Team Picture/Practice @ Pool
 5:30 PM: 10&u Parents Meeting @ Pool
 6:15 PM: Bus Departs For Hotel
 7:00 PM: Dinner/ Age Group Meetings
 9:30 PM: Curfew

Wednesday 8/9/17

6:00 – 6:40 AM Breakfast
 6:45 AM Leave For Pool
 7:15 AM Arrive at Pool
 10:45 AM – 11:15 Lunch for 11-12yr Olds
 11:15 AM 11-12yr olds Leave for pool
 11:30 AM Bus drops off 11-12yr olds
 Departs with 13& Overs
 12:00 – 12:45 PM Lunch for 13& Overs
 4:30 PM Bus Departs from hotel
 4:45 PM Bus arrives at pool
 5:00 PM Warm-up for Finals
 6:00 – 8:00 PM Finals
 8:10 PM Bus departs for hotel
 8:30 PM Dinner
 10:00 PM Curfew

Thursday 8/10/17

5:30 – 6:15 AM Breakfast
 6:15 AM Leave For Pool
 6:40 AM Arrive at Pool
 10:45 AM – 11:15 Lunch for 11-12yr Olds
 11:15 AM 11-12yr olds Leave for pool
 11:30 AM Bus drops off 11-12yr olds
 Departs with 13& Overs
 12:00 – 12:45 PM Lunch for 13& Overs
 4:30 PM Bus Departs from hotel
 4:45 PM Bus arrives at pool
 5:00 PM Warm-up for Finals
 6:00 – 8:00 PM Finals
 8:10 PM Bus departs for hotel
 8:30 PM Dinner
 10:00 PM Curfew

Friday 8/11/17

6:00 – 6:40 AM Breakfast
 6:45 AM Leave For Pool
 7:15 AM Arrive at Pool
 10:45 AM – 11:15 Lunch for 11-12yr Olds
 11:15 AM 11-12yr olds Leave for pool
 11:30 AM Bus drops off 11-12yr olds
 Departs with 13& Overs
 12:00 – 12:45 PM Lunch for 13& Overs
 4:30 PM Bus Departs from hotel
 4:45 PM Bus arrives at pool
 5:00 PM Warm-up for Finals
 6:00 – 8:00 PM Finals
 8:10 PM Bus departs for hotel
 8:30 PM Dinner
 10:00 PM Curfew

Saturday 8/12/17

5:30 – 6:15 AM Breakfast
 6:15 AM Leave For Pool
 6:40 AM Arrive at Pool
 10:45 AM – 11:15 Lunch for 11-12yr Olds
 PACK UP BUSES
 11:15 AM 11-12yr olds Leave for pool
 11:30 AM Bus drops off 11-12yr olds
 Departs with 13& Overs
 12:00 – 12:45 PM Lunch for 13& Overs
 4:00 PM PACK UP BUSES
 4:30 PM Bus departs from hotel
 4:45 PM Bus arrives at pool
 5:00 PM Warm-up for Finals
 6:00 – 8:00 PM Finals
 8:30 PM Bus departs for HOME