

ADIRONDACK ZONE TEAM SCHEDULE 2024 LC

Please Note: This Schedule May Change depending on any Unforeseen Situations

Day / Date	Time	Schedule
		ALL 11&Overs are Required to Attend Finals (10&Unders, Optional)
TUESDAY	6:00AM	Depart Albany (Crossgates Common)
8/6		Stop for Lunch Between 11:00am-12:00pm
	3:00PM	Arrive at Hotel ... Check-in
	5:30PM	Walk to Pool ... Coaches and Swimmers ONLY, 6:00 team picture warm-ups 6:00 to 7:00
	7:15PM	Back to Hotel
WEDNESDAY		Breakfast on your own
8/7	7:30AM	Walk to Pool... 11&O, Coaches & Swimmers warm-ups 7:50, In 8 Meet 8:25AM
		Parents walk over before meet – Timers Meeting 8:00AM Sharp!
		11&Over prelims done at 12:00pm
	12:15PM	Walk to Pool... 10&U, Coaches & Swimmers warm-ups 12:55, In 2 Meet 1:30PM
	3:45PM	Walk to Pool ... Everyone for Finals warm-ups 4:00 Meet 5:00PM
		Finals done at 8:00pm
THURSDAY		Breakfast on your own
8/8	7:00AM	Walk to Pool ... 11&O, Coaches & Swimmers warm-ups 7:25, In 8 Meet 8:25AM
		Parents walk over before meet – Timers Meeting 8:00AM Sharp!
		11&Over prelims done at 11:15pm
	11:30AM	Walk to Pool... 10&U, Coaches & Swimmers warm-ups 12:00, In 2 Meet 1:00PM
	3:45PM	Walk to Pool ... Everyone for Finals warm-ups 4:00 Meet 5:00PM
		Finals done at 8:00PM
FRIDAY		Breakfast on your own
8/9	6:30AM	Walk to Pool ... 11&O, Coaches & Swimmers warm-ups 7:00, In 8 Meet 8:25AM
		Parents walk over before meet – Timers Meeting 8:00AM Sharp!
		11&Over prelims done at 11:20pm
	11:45PM	Walk to Pool... 10&U, Coaches & Swimmers warm-ups 12:10, In 2 Meet 12:45PM
	3:45PM	Walk to Pool ... Everyone for Finals warm-ups 4:00 Meet 5:00PM
		Finals done at 8:00PM
SATURDAY		Breakfast on your own
8/10	7:15AM	Walk to Pool ... 11&O, Coaches & Swimmers warm-ups 7:50 In 8 Meet 8:25AM
		Parents walk over before meet – Timers Meeting 8:00AM Sharp!
		11&Over prelims done at 11:30pm
	11:15AM	Walk to Pool... 10&U, Coaches & Swimmers warm-ups 11:45, In 2 Meet 12:45PM
	2:30PM	Walk to Pool ... Everyone for Finals warm-ups 3:00 Meet 4:00PM
		Finals done at 7:00PM
SUNDAY	7:00AM	Bus Home
8/11		
	3:00PM	Arrive at Albany ... Crossgates Commons between 3:00-4:00PM