

**SCIENCE HILL HIGH SCHOOL SWIMMING & DIVING
2020 TENNESSEE STATE CHAMPIONSHIP MEET ITINERARY
February 6-9, 2020**

THIS IS THE SECOND VERSION – CORRECTED FOR DIVING (Boys on Friday, Girls on Saturday)

Thursday, February 6

11:00 AM Dismissed from school
11:30 AM Meet at Freedom Hall for Lunch
Leave from Freedom Hall Pool for Knoxville
~2:30 PM Arrive and check into hotel
4:30 PM Leave for Pool
5:30 PM Check in / Diving warm-ups begin
5:30 PM Swimming warm-ups begin
6:00 PM Warm-ups over - Change for dinner. We will not be going back to the hotel.
7:00 PM Dinner at Olive Garden - Alcoa
After dinner Shave down and relax
~9:15 PM Team meeting in coach's room
TBA Lights out and get some sleep – great performances tomorrow!

Coach Chris' Cell Phone:
423-833-5595

Friday, February 7

See schedule depending on swimming warm-up assignment
Breakfast is to be eaten at the hotel
9:15 AM Swimming coaches meeting
9:30 AM Swimming Prelims begin
After prelims Swimmers go to lunch then back to hotel
Coach Chris to TISCA Meeting
11:15 AM Divers leave for pool
1:00 PM Dive changes deadline in Dive meets and Referee
~12 N -1:45 PM Boys diving warm-ups
2:00 PM Boys diving prelims and semi-finals (rounds 1-8)
4:00 PM Swimmers team meeting in coach's room
4:15 PM Swimmers in finals leave for the pool
5:00-5:45 PM Swimming warm-ups
5:15 PM Swimmers not in finals leave for the pool
6:00 PM Finals begin
TBA Divers return to pool for diving finals
After Finals Return to hotel for team dinner
TBA Lights out and prepare to excel on Day 2

Saturday, February 8

See schedule depending on swimming warm-up assignment
Breakfast is to be eaten at the hotel
9:30 AM Swimming Prelims begin
After prelims Swimmers go to lunch then back to hotel
Those not swimming in finals return to pool to cheer on divers
11:15 AM Divers leave for pool
1:00 PM Dive changes deadline in Dive meets and Referee
~12 N -1:45 PM Girls diving warm-ups
2:00 PM Girls diving prelims and semi-finals (rounds 1-8)
3:30 PM Swimmers at diving return to hotel
4:00 PM Swimmers team meeting in coach's room
4:15 PM Swimmers in finals leave for the pool
5:00-5:45 PM Swimming warm-ups
5:15 PM Swimmers not in finals leave for the pool
6:00 PM Finals begin
TBA Divers return to pool for diving finals
After Finals Awards presentations
Pizza in Hotel
TBA Curfews

Sunday, February 9

Prior to 8:30 AM Have breakfast eaten
8:30 AM Room inspections & bus loading may start
9:01 AM Leave for Johnson City
~11:30 AM Arrive at Freedom Hall Pool

Early Warm-up

6:00 AM Up and eat breakfast
6:20 AM Leave for pool
7:00-7:45 AM Warm-ups
9:15-9:25 AM Open warm-ups
9:30 AM Meet begins

Middle Warm-up

6:35 AM Up and eat breakfast
7:00 AM Leave for pool
7:45-8:30 AM Warm-ups
9:15-9:25 AM Open warm-ups
9:30 AM Meet begins

Late Warm-up

7:20 AM Up and eat breakfast
7:45 AM Leave for pool
8:30-9:15 AM Warm-ups
9:15-9:25 AM Open warm-ups
9:30 AM Meet begins

If we are assigned the Middle warm-up we will have it both days. If we have the Early warm-up one day, we will have the Late warm-up the other day.