

Science Hill High School Swimming & Diving 2019 State Championship Itinerary

Thursday, February 7

9:00 AM EST Dismissal time from school
 9:30 AM EST Leave from the Pool parking lot
 ~12:00 N EST Lunch en route
 3:00 PM CST Check in to Hotel
 4:00 PM CST Swimmers leave hotel for loosen up swim
 4:30 – 5:00 PM Loosen up swim ... bags on bleachers/in and out promptly
 6:15 PM Dinner (We will leave directly from the pool)
 Return to hotel. Shave down :-)
 9:00 PM Team meeting in Coaches' room
 TBA In room curfew
 TBA Lights out. Dream of great performances!

NOTE: There is a time change. Nashville is on Central Standard Time (CST).

Friday, February 8

6:00 AM Hotel breakfast open
 Swimmers - See Morning Warm-up Schedule
 9:15 AM Swim coaches meeting
 9:30 AM Girls' Diving sheets due at Clerk of Course
9:30 AM Swimming prelims begin
 after Prelims Lunch and back to hotel to relax
 Coaches meeting
 TBA Divers leave for pool
 12:00 PM Girls' Diving Warm-ups
2:00 PM Girls' Diving prelims & semi-finals (Dives 1-8)
 4:15 PM Team meeting in coaches' room, then leave for pool
 5:00 - 5:45 PM Warm-ups for Finals
 5:30 PM Those not swimming in finals return to pool
6:00 PM Finals begin
 TBA Divers return to pool
 after Finals Return to hotel for dinner
 TBA In room curfew
 TBA Lights out!

Early Warm-up Morning Schedule:

6:30 AM	Swimmers leave for pool (Have breakfast eaten!)
7:00 - 7:45 AM	Warm-up
9:15 – 9:25 AM	Open Warm-up
9:30 AM	Prelims begin

Middle Warm-up Morning Schedule:

7:15 AM	Swimmers leave for pool (Have breakfast eaten!)
7:45 – 8:30 AM	Warm-up
9:15 – 9:25 AM	Open Warm-up
9:30 AM	Prelims begin

Late Warm-up Morning Schedule:

8:00 AM	Swimmers leave for pool (Have breakfast eaten!)
8:30 - 9:15 AM	Warm-up
9:15 – 9:25 AM	Open Warm-up
9:30 AM	Prelims begin

Saturday, February 9

6:00 AM Hotel breakfast opens
 Swimmers - See Morning Warm-up Schedule
 9:30 AM Boys' Diving sheets due at Clerk of Course
9:30 AM Swimming prelims begin
 after Prelims Lunch and back to hotel to relax
 TBA Divers leave for pool
 12:00 PM Boys' diving warm-ups begin
2:00 PM Boys' diving prelims & semi-finals (Dives 1 - 8)
 Those swimmers not in finals go to cheer for divers
 4:15 PM Team meeting in coaches' room, then leave for pool
 5:00 - 5:45 PM Warm-ups for Finals
 5:30 PM Those not swimming in finals return to pool
6:00 PM Finals begin
 TBA Divers return to pool
 After finals Dinner @ TBA (Leave directly from pool)
 TBA In room curfew
 TBA Lights out!

Coach Chris' Cell

Phone: 423-833-5595

Hotel:

Hampton Inn Vanderbilt
 1919 West End Avenue
 Nashville, TN
 615-329-1144

Sunday, February 10

7:00 AM CST Hotel breakfast opens
 8:30 AM CST Check out and hit the road for Johnson City
 Lunch en route
 ~3:00 PM EST Arrive back in Johnson City