



Regional Itinerary

Team will wear 2018 uniform (Women- black shirts, Men-polos) for travel

Tech suits are permitted and encouraged for the meet.

8:00: Divers warm up

9:00: Diving competition starts

10:00: Swimmers dismissed from school

10:15- 10:30: Bus departure for Cecil Field Aquatic Complex

11:15: Arrival at Cecil Field Aquatic Complex- walk behind building to team tent area

11:30: Lunch (Publix sub ring, Metro chicken fingers & pasta salad)

12:00: Doors open for meet entry for athletes

12:15: Coaches and captains meeting

12:30-1:30: Exact lane and time (TBA)

- Full Warm up Medley relay, 200 free, 200 IM, and 50 freestylers
- Starts and open lane warm up: all other events

2:00 pm: Meet starts

5:00 pm: estimated competition

“To be a great team doesn’t mean we have to have the fastest swimmers. What we need is to be prepared to perform our best when it matters most and that will happen if everyone on the team is building toward a common goal-

It will happen every practice when we say “ I get to practice today” not “I have to practice today”

It will happen because we bring energy, passion, and effort to everything we do.

It will happen because we will all work to make everyone around us better.

It will happen when we travel to meets all wearing the exact same team uniform so we win the meet when we get off the bus.

It will happen because we will focus on being great students and great people as well as great swimmers.

It will happen because everyone will do his or her part.

Team beats talent when talent isn’t a team”

- Abbey Ellis ‘18