

## Fernie SAMPLE Itinerary

**An estimated schedule for the weekend. Meal times as well as room check/lights out times are subject to daily changes based on meet session timelines. Chaperones and coaches will work together to clearly communicate schedules and changes to athletes each day.**

### Friday

9:00 Arrival at Red Paperclips

9:30-Bus leaves from U of C

\*Please bring Swimmer Code of Conduct to give to chaperones

\*Swimmers bring lunch on the bus – NO NUTS/PEANUTS OR NUT PRODUCTS

2:00 Check in at Lizard Creek Lodge

2:30 Both buses depart for the pool

3:00 Meet warm-up

4:00 Meet start

6:45 10&Unders bus depart pool, straight to dinner at Lizard Creek Lodge

8:15 11&Overs bus depart pool, straight to dinner at Lizard Creek Lodge

### Saturday

6:15 Breakfast for 10&Unders

6:50 Bus departs to pool

7:15 Breakfast for 11&Overs (free time until lunch)

7:30 Meet warm-up for 10 and unders

8:30 Meet start for 10 and unders

10:00 AM chaperones pick up any additional snacks needed for pool

12:30 Projected end to Session – all swimmers to eat lunch at hotel between 12:30 and 1:30

\*\*10&Unders group activities supervised by chaperones until ~ 5:30pm

1:20 PM chaperones and 11 and under swimmers depart for pool

2:00 Meet warm up for 11 and over

3:00 Meet start for 11 and over

5:30 10&Unders head back to pool to compete/cheer for the SKINS race

7:30 Bus heads back to hotel

7:15 Dinner catered at Lizard Creek Lodge

### Sunday

6:15 Breakfast for 10&Unders

6:50 Bus departs to pool

7:15 Breakfast for 11&Overs (free time until lunch)

7:30 Meet warm-up for 10 and unders

8:30 Meet start for 10 and unders

10:00 AM chaperones pick up any additional snacks needed for pool and lunches

12:00 Projected end to Session – lunches will be eaten at the pool

1:00 Meet warm up for 11 and over

2:00 Meet start for 11 and over

4:30 Dinner pick up for "late" crew

6:00 Bus heads back to Calgary

9:00 Estimated arrival back in Calgary

\*Parents: an email will be sent out when the buses arrive in Fernie to let you know about the safe arrival. Coach Amy will also send an email out when each bus departs from Fernie. An approximate arrival time will be emailed out to the families when they are about an hour from Calgary. A cell phone number that can be texted in emergencies will be sent out closer to departure.