

## Itinerary - FAST & TIDE Montreal Team Trip Nov 30th - Dec 3rd 2024.

***\*\*Itinerary is subject to change based on session lengths. Session reports will be delivered the week of the meet, with final timelines adjusted accordingly. \*\****

<u>Date</u>	<u>Time</u>	<u>Activity / Event</u>
<b><u>Thursday, Nov 30th 2023</u></b>	4:00 AM	<b>*UPDATED*</b> Bus arrives at Circle K (Irving), 2870 NB-1, Rothesay, NB E2E 6H1 check in/loading begins.
Thursday, Nov 30th 2023	4:15 AM	Bus departs Saint John.
Thursday, Nov 30th 2023	5:30 AM	Bus arrives in Fredericton (SMA Pool at UNB), check in/loading begins.
Thursday, Nov 30th 2023	6:00 AM	Bus departs Fredericton.
Thursday, Nov 30th 2023	6:00 AM - 3:00 PM	Travel to Montreal. Bring your own bagged lunch and snacks <b>(NO PEANUTS)</b>
Thursday, Nov 30th 2023	3:30 PM	Hotel check in, athletes assigned to rooms in pairs.
Thursday, Nov 30th 2023	4:30 PM	Shuttle to pool for session #1.
Thursday, Nov 30th 2023	5:00 PM - 8:30 PM	Racing Session #1
Thursday, Nov 30th 2023	8:45 PM	Shuttle from pool to hotel.
Thursday, Nov 30th 2023	9:00 PM	Dinner served by chaperones.
Thursday, Nov 30th 2023	9:45 PM	Lights out / curfew.
<b><u>Friday, Dec 1st 2023</u></b>	6:30 AM	Wake up call.
Friday, Dec 1st 2023	7:00 AM	Breakfast served by

		chaperones.
Friday, Dec 1st 2023	8:00 AM	Shuttle to pool for prelims.
Friday, Dec 1st 2023	8:30 AM - 12:30 PM	Prelims session.
Friday, Dec 1st 2023	12:45 PM	Shuttle from pool to hotel.
Friday, Dec 1st 2023	1:00 PM	Lunch served by chaperones.
Friday, Dec 1st 2023	2:00 PM - 4:15 PM	Down time at the hotel.
Friday, Dec 1st 2023	4:30 PM	Shuttle to pool for finals.
Friday, Dec 1st 2023	5:00 PM - 8:30 PM	Finals session.
Friday, Dec 1st 2023	8:45 PM	Shuttle from pool to hotel.
Friday, Dec 1st 2023	9:00 PM	Dinner served by chaperones.
Friday, Dec 1st 2023	9:45 PM	Lights out / curfew.
<b><u>Saturday, Dec 2nd 2023</u></b>	6:30 AM	Wake up call.
Saturday, Dec 2nd 2023	7:00 AM	Breakfast served by chaperones.
Saturday, Dec 2nd 2023	8:00 AM	Shuttle from hotel to pool.
Saturday, Dec 2nd 2023	8:30 AM - 12:30 PM	Prelims session.
Saturday, Dec 2nd 2023	12:45 PM	Shuttle to hotel.
Saturday, Dec 2nd 2023	1:00 PM	Lunch served by chaperones.
Saturday, Dec 2nd 2023	2:00 PM - 4:15 PM	Downtime at hotel.
Saturday, Dec 2nd 2023	4:30 PM	Shuttle from hotel to pool.
Saturday, Dec 2nd 2023	5:00 PM - 8:30 PM	Finals session.
Saturday, Dec 2nd 2023	8:45 PM	Shuttle to hotel.
Saturday, Dec 2nd 2023	9:00 PM	Dinner served by chaperones.
Saturday, Dec 2nd 2023	9:45 PM	Lights out / curfew.
<b><u>Sunday, Dec 3rd 2023</u></b>	6:30 AM	Wake up call.
Sunday, Dec 3rd 2023	7:00 AM	Breakfast served by chaperones.

Sunday, Dec 3rd 2023	8:00 AM	Hotel check out / shuttle to pool.
Sunday, Dec 3rd 2023	8:30 AM - 12:30 PM	Prelims session.
Sunday, Dec 3rd 2023	1:00 PM	Lunch served at pool (catered)
Sunday, Dec 3rd 2023	1:30 PM - 3:30 PM	Down time at pool.
Sunday, Dec 3rd 2023	4:00 PM - 7:30 PM	Finals session.
<b><u>Sunday, Dec 3rd 2023/Monday Dec 4th, 2023</u></b>	8:00 PM - 5:00 AM	<b>Return travel to SMA Pool. Dinner will be served on the bus ride. Updated arrival time will be provided to families once we are on the road.</b>
Monday, Dec 4th 2023	5:30 to 6:45 AM	<b>Return travel Fredericton to St. John. Updated arrival time will be provided to families once we are on the road.</b>

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