

TENTATIVE ITINERARY- subject to change!!!
Rhode Island Tour Team- January 31st- February 4th, 2008

Transport Via: Ambassatours- 1 X 56 passenger Setra Motor Coach complete with washroom and DVD

Thursday, January 31st, 2008	
8:00 a.m.	Bus departs Sackville Sports Stadium
	<i>All Metro, Yarmouth area & Valley swimmers</i>
9:00 a.m.	Bus departs Truro Bus Depot
	<i>All Pictou, Antigonish & Truro swimmers</i>
10:00 a.m.	Bus departs Amherst Irving Station
	<i>All Amherst swimmers</i>
12:30 a.m.	Arrive at U.S.A. Border
1:00p.m.	Depart Border (time depending on amount of time through customs)
4:30p.m.	Arrive in Bangor, Maine
Check –in hotel: Hampton Inn, 10 Bangor Mall Blvd (1-207-990-4400)	
5:30p.m.	Dinner
9:00p.m.	Athletes in rooms
9:30p.m.	Lights out
Friday, February 1st, 2008	
7:30 a.m.	Wake up & Breakfast
9:00 a.m.	Depart Bangor, Maine
12:00p.m.	Lunch break
2:30 p.m.	Arrive in Pawtucket, Rhode Island
Check –in hotel: Comfort Inn, 2 George St, Pawtucket, RI (1- 401- 723-6700)	
3:45 p.m.	Depart for Lincoln, Rhode Island
4:30 p.m.	Warm Ups, Session I
8:00p.m.	Return to hotel (dinner on way back)
9:30p.m.	Athletes in rooms & lights out
Saturday, February 2nd, 2008	
6:00 a.m.	Wake-up & breakfast, depart for pool
7:00 a.m.	Warm Ups, Session II
1:00 p.m.	Shopping & lunch
5:00 p.m.	Return to hotel
5:30 p.m.	Dinner
9:00 p.m.	Athletes in rooms & lights out
Sunday, February 3rd, 2008	
6:00 a.m.	Wake-up & breakfast, depart for pool
7:00 a.m.	Warm Ups, Session III
1:00 p.m.	Lunch & departure for Bangor
6:00 p.m.	Arrive Bangor- check in & dinner
Check –in hotel: Hampton Inn, 10 Bangor Mall Blvd (1-207-990-4400)	
9:00 p.m.	Athletes in rooms & lights out
Monday, February 4th, 2008	
6:00 a.m.	Wake-up & breakfast
7:00 a.m.	Depart Bangor
12:00 p.m.	Lunch- on the road
3:00p.m	Arrive Amherst
4:00 p.m.	Arrive Truro Bus Depot
5:00 p.m.	Arrive Sackville Sports Stadium