

MEGA LSC FESTIVAL

SCS ITINERARY - Draft

Wednesday, August 12

- 5:00pm Team Assembly at Marguerite Aquatic Complex in Mission Viejo
- 5:30pm Light Swim Workout with other LSCs
- 6:30pm Welcome Dinner at Marguarite w/ Olympian Speaker
- 7:30pm Bus Transportation to Team Hotel – Voco Laguana Hills
- 8:30pm Team Meeting at Voco
- 9:30pm Lights Out

Thursday, August 13

- 7:00 – 9:00 Breakfast at Voco Hotel
- 9:30am Team bus departs hotel for Marguerite Aquatic Complex (MAC)
- 10:00am Team Briefing for All Four LSC Teams followed by workout by groups
- 12:00noon Presentation by Olympians and Olympic Coaches during lunch poolside
- 2:00pm Team bus departs MAC to Voco Hotel
- 5:00pm Team bus departs Voco Hotel to William Woollett Jr. Aquatics Complex
- 5:30pm Dinner on the pool deck (near teaching pool) at Woollett w/ Speakers
- 7:00pm Pan Pacific Swimming Championships Finals
- 9:00pm Team bus departs Woollett for Voco Hotel
- 10:00pm Lights Out

Friday, August 14

7:00 – 9:00 Breakfast at Voco Hotel

9:30am Team bus departs hotel for Marguerite Aquatic Complex (MAC)

10:00am Team Briefing for All Four LSC Teams followed by workout by groups

12:00noon Presentation by Olympians and Olympic Coaches during lunch poolside

1:00pm Competition Warm Up

1:30pm Competition

3:00pm Team bus departs MAC to Voco Hotel

5:00pm Team bus departs Voco Hotel to William Woollett Jr. Aquatics Complex

5:30pm Dinner on the pool deck (near teaching pool) at Woollett w/ Speakers

7:00pm Pan Pacific Swimming Championships Finals

9:00pm Team bus departs Woollett for Voco Hotel

10:00pm Lights Out

Saturday, August 15

7:00 – 9:00 Breakfast at Voco Hotel

9:30am Team bus departs hotel for Marguerite Aquatic Complex (MAC)

10:00am Team Briefing for All Four LSC Teams followed by workout by groups

12:00noon Presentation by Olympians and Olympic Coaches during lunch poolside

1:00pm Competition Warm Up

1:30pm Competition

3:00pm Team bus departs MAC to Voco Hotel

5:00pm Team bus departs Voco Hotel to William Woollett Jr. Aquatics Complex

5:30pm Dinner on the pool deck (near teaching pool) at Woollett w/ Speakers

7:00pm Pan Pacific Swimming Championships Finals

9:00pm Team bus departs Woollett for Voco Hotel

9:30pm Athlete Pick Up @ Voco Hotel