

## 2025 Texas Summer Sectionals Itinerary

### *Wednesday July 9*

Travel to Austin, TX- Check into Hotel/AirBNB/Etc.

5:00pm Coaches Meeting- Coach Jayme will be at pool and collect credentials and have one parent there with him early to distribute as athletes show up.

5:30-6:30pm- Loosen up Swim at competition pool.

**Wear Warmups and Black CA Shirt. Team Photo will be taken at pool.**

7:00pm- Team Dinner. Jason's Deli.

1000 E 41<sup>st</sup> St

Austin, TX 78751

Walk Around, Stretch Loosen Up upon arrival and then at night Eat, Shave, Rest (Or shave next morning)

### *Thursday July 10*

Shirt: **2025 Team One Crawfish T-Shirt**

6:00am-6:30am Wake Up Breakfast

7:30am-8am Arrive at Pool for Warm Ups.

9am Meet Starts- 100 Free, 200 Breast, 200 Fly, 800 Free

~12pm Lunch on own

~1pm Nap

2:45pm Make sure you are awake

4:15 Warm Ups

5:15pm Arrive to Cheer if not in Finals and not loosening during Warm Ups

5:30pm Finals

8:00pm Dinner- pick up and eat at hotel 10pm Lights Out

### *Friday July 11*

Shirt: **2025 Swim-A-Thon Pink Shirt**

6:00am-6:30am Wake Up

Breakfast

7:30am-8am Arrive at Pool for Warm Ups

9am Meet Starts- 100 Back, 200 Free, 400 IM, 400 Free Relay (Prelims Swim Possibly)

**TIME TRIAL DAY- TIME TRIAL OPPORTUNITY FOR ALL THOSE NOT RACING TODAY OR WANT EXTRA RACE IF NOT IN FINALS THIS DAY**

~12pm Lunch on own

~1pm Nap

2:45pm Make sure you are awake

4:15 Warm Ups

5:15pm Arrive to Cheer if not in Finals and not loosening during Warm Ups

5:30pm Finals

8:00pm Dinner- pick up and eat at hotel 10pm Lights Out

*Saturday July 12*

Shirt: **Red Crawfish T-Shirt**

6:00am-6:30am Wake Up Breakfast

7:30am-8am Arrive at Pool for Warm Ups

9am Meet Starts- 200 Back, 400 Free, 100 Breast, 100 Fly, 800 Free Relay (Prelims Swim Possibly)

~12pm Lunch on own

~1pm Nap

2:45pm Make sure you are awake

4:15 Warm Ups

5:15pm Arrive to Cheer if not in Finals and not loosening during Warm Ups

5:30pm Finals

8:00pm TEAM Dinner/Team Social - SEPARATE PDF WILL HAVE INFORMATION

*Sunday July 13-*

**UPDATED- TRAVEL DAY HOME FOR ALL**

*\*\*\* Prelims warm up times might be altered and wake up swims will be available. Athletes should talk with their coaches about their specific plans. \*\*\**

*Monday July 14*

Baton Rouge Swimmers will practice 1:30-3:30pm