



Sponsored by:	Aviano Sea Dragons Swim Team
Participants:	All EFSL swim teams
Dates & Times:	<p>Friday, Saturday and Sunday, November 27th, 28th, and 29th, 2009</p> <p>Friday - 1400-2000 w/ warm-ups first – shortened meet in the 50m pool (just 50m and 100m events + IMs – no relays) Events 5-36</p> <p>-----</p> <p>Saturday – Long Distance FINALS– 50m pool (session 1)– 800m Free/ events 3-6 – 0930 – approx. 1330 Warm-ups: 0800–0820 – 8 lanes in 50m pool 0820-0840 – 8 lanes in 50m pool 0840-0900 – 8 lanes in 50m pool (all warm-up lanes to be determined once qualifiers entered)</p> <p>Official’s meeting – 0815 Coaches meeting – 0730</p> <p>Aviano Air Base Honor Guard - 0910 – Opening comments and team cheers 0930 - Session 1 - 800m (girls and boys) (10under, 11, 12, 13/14, 15/16, 17/19)</p> <p>Recovery Break/Lunch – 1330 until 1630</p> <p>(session 2) – 400m IM/ events 7-8 – 1730 – approx. 2030 Warm-ups: 1630 until 1730 1730 – Session 2 – 400m IM (girls and boys) (11-19)</p> <p>-----</p> <p>Sunday – Long Distance FINALS – 50m pool (session 3) – 1500m Free/ events 1-2 - 0930 – approx 1430 Warm-ups: 0800–0820 – 8 lanes in 50m pool 0820-0840 – 8 lanes in 50m pool 0840-0900 – 8 lanes in 50m pool 0915 – Session 3 – 1500m Free (girls and boys) (11-19)</p> <p>Swimmers must have a qualifying time to swim in these finals.</p>
Location/Address:	Villaggio GE.TUR Via Centrale n. 29 LIGNANO, Italy See the attached directions to the village

Directions/
Village Map:



http://www.getur.com/Upload/GeTur_PlanimetriaVillaggio_LS.pdf

Our lodging will be in #s 3-8/restarant is ristoget/25m pool is P4 and 50m pool is P3

Pool Course:

Both pools indoor, heated / 50m, 8 lanes, for swim and 25m, 6 lanes, for warm-up/cool-down,

Lodging:

Participants will stay in the sports village for 29 euro per person per night. The fee includes room and 3 meals a day. Rooms: 2,3,4,5 or 6 twin beds per room with in room bathroom/showers. Very clean and modern rooms.
Breakfast - pastries and beverages
- Lunch & Dinner - choose from:
-- 3 different pastas-- 2 different types of meats-- vegetables

The rates include:

- Accommodation in room from 2 to 6 beds
- Full board with BUFFET service

The rates don't include:

- Single rooms (Euro 15 per night per room)
- Parking inside the village without stay (Euro 3 per day)
- Extra meals: Euro 9 per person
- Transfer and excursion (price on request)

EXCURSIONS:

- VENICE (private bus - private motorboat and packet lunch)
FROM Euro 22,00 per person
- VENICE (private motorboat and packet lunch)
Euro 13,00 per person

REDUCTION:

Children

00-03 Years Old: free
03-05 Years Old: -40%

	<i>Please return TEAM lodging requests to Laura Corder on the attached form by no later than 31 October 2009 (will be sent electronically by October 1)</i>
Eligibility:	Open to all registered members of the southern EFSL
Apparel:	A long distance champs t-shirt, long and short sleeve, and hoodie will be offered. More info to follow
Refreshments:	Snack bar and refreshments are available @ the pool. Water for officials is free.
Parking:	Parking area available next to pool and lodging.