



EFSL INDIVIDUAL CHAMPIONSHIPS 2007

MUNICH, Germany
17-18 FEBRUARY 2007

INFORMATION

Pool Location: Munich Olympic Pool
Spiridon Louis Ring, 21
80809, Munich (Munchen)

Hostel Location: Haus International Hostel
Elisabeth Strasse, 87
80797, Munich (Munchen)
Tel: 00.49 (0) 89.12.00.60
Internet:

www.haus/international.de

Contacts: Michelle Guillou, NMS Head Coach: 00.32.475.34.94.35
Lori MacRae, NMS Head Coach: 00.32.475.20.64.37
Mark Lotze, NMS Vice-President: 00.32.477.17.50.45
Kelly Lotze, NMS 00.32.477.17.50.30

FRIDAY, 16 FEBRUARY 2007

0530 AM Bus Departure

- bus will be located in front of the NATO Main Entrance parking lot
- **not the NATO Staff Centre parking lot**
- arrival in Munich approximately 18:00

1300 PM Lunch at Vogelweh (US Base near Ramstein, Kaiserslautern area)

- Bring US dollars. Note: Euros are accepted – change is USD.

1900 PM Supper (Haus International Hotel, Munich) (cost included in room price)

2000-2030 PM ALL Coaches, Parents & Swimmers meeting (Haus International Hostel lobby)

2100 PM Bedtime for ALL swimmers

SATURDAY, 17 FEBRUARY 2007

- 50 meters pool/5 Lanes pool (under the tribune)
- Lockers assigned to NMS swimmers (check for sign)
- Tribune section assigned to teams
- Snack bar all day at the pool
- No cool-down in the baby pool
- Pre marshalling announced before official marshalling step in
- The **3 Minutes rule** on official marshalling procedures applies (explanation - Friday Meeting)
- Diving pool accessible for cool down session

0730-0830 AM Breakfast for all

0800 AM NSM Set up crew at the pool (Michelle & ?)

0930 AM Pool open for swimmers and supporters

0930-1100 AM Pick-up apparels ordered at pool deck

1015 AM Bus departure to pool

1030 AM Collection and Distribution of apparels ordered (Lori)

1040 AM **Coaches meeting - Award area**

1040 AM Marshallers, clerks of course & runners meeting – Marshalling area

1100 AM **Statisticians, Officials & Timers meeting – Award area**

1100-1115 AM Warm-up NMS group 1 in **LANE 5** (Michelle's & Ole's swimmers)

1115-1139 AM Warm-up NMS group 2 in **LANE 5** (Ole's & Irina's swimmers + Fairclough)

1140 AM **Marshalling event 1**

1200 AM Meet starts (Events 1 to 48)
 1815 PM Meet ends
 1815 PM NMS Tear down crew for 50 meters/5 lanes pool (Michelle & ?)
 1820 PM **Award presentation for Saturday**
 1900 PM NMS Set up crew for 50 meters/8 lanes pool (Michelle & ?)
 1900 PM Bus departure from Munich pool to Haus International Hostel (supper included)
 2100 PM Bedtime for all (teenagers can stay up **in their room** until 2200)

SUNDAY, 18 FEBRUARY 2007

- 50 meters pool/8 Lanes pool (main pool) – **except 100 IM in 50 meters/5 Lanes pool**
- Lockers assigned to NMS swimmers (check for sign)
- Tribune section assigned to teams
- Snack bar all day at the pool
- No cool-down in the baby pool
- Pre marshalling announced before official marshalling step in
- The **3 Minutes rule** on official marshalling procedures applies
- Award ceremony throughout the day by the Diving pool right after each event
- Swimmer proceedings:
 - 1) Pre-marshalling of the swimmer
 - 2) Marshalling of the swimmer
 - 3) Swimming the event
 - 4) Swimmer proceeding to the cool down pool if medal recipients (diving pool) – otherwise swimmer returns to tribune
 - 5) Swimmer released from award presentation

0615 AM Wake-up call for everyone
 0630 AM NMS Set up crew at the pool (Michelle & ?)
 0630-0700 AM Breakfast for all
 0700 AM Bus departure to pool / pool opened for all
 0730-0745 AM Warm-up NMS group 1 in **LANE 6** (Michelle's & Ole's swimmers)
 0745 AM **Coaches meeting – Baby pool area**
 0745-0800 AM Warm-up NMS group 2 in **LANE 6** (Ole's & Irina's swimmers + Fairclough)
 (continuous warm-up available in the 25 meters pool – coach supervision mandatory)
 0815 AM **Officials meeting – Baby pool area**
 0815 AM **Timers meeting – Award area**
 0815 AM **Marshallers, clerks of course, runners meeting – Marshalling area**
 0830 AM Scratches to be announced
 0855 AM Line-up for Parade (rotation clockwise) + 3 National Anthems (divisional winners + alphabetical order of teams)
 0925 AM Parade starts
 0925 AM Screening out of pentathlon certificate recipients at **Starter Corner**
 0940 AM Parade finishes / Pentathlon trophies presentation
 1010 AM **Marshalling event 49**
 1015 AM Meet starts (Event 49)
 1130 AM **Marshalling 100 IM (events 69-78) in 50 meters/5 lanes pool**
 1600 PM Meet ends
 1615 PM **Finalizing awards presentation**
 1640 PM NMS Tear down crew for 50 meters/8 lanes pool (Michelle & ?)
 1800 PM Bus departure from Munich pool to restaurant (supper)
 1830-2030 PM Supper - **Augustiner Keller Restaurant**, Arnulf Strasse, 52, Munich, +49 (0) 89.594.393
 2100-2200 PM Bus departure from Restaurant to Brussels (arrival by 0730 on 19 Feb 07)