

**2024 Midwest All Star Championship
Team Colorado Itinerary***\*All times and activities are tentative and subject to change\**

**Friday, January 5th – Athletes: Long Sleeve White Shirt for Team Picture
 Coaches: Navy Polo for Team Picture**

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| 8:15 am | 11 & Over athletes check in with Team Colorado staff at Southwest Ticket Counter to get gear and boarding passes. **CARRY ON BAGS, DO NOT CHECK.** |
| 11:00 am | Southwest Flight WN251 departs |
| 1:35 pm | Arrive in Des Moines, check in to hotel (Des Moines Marriott Downtown – 700 Grand Ave, Des Moines, IA) |
| 3:30 pm | All athletes depart for pool from Team meeting room in lobby (10 & Under athletes get gear in team room before walking over) |
| 4:00-7:15 pm | Team Warm-up, Team picture (after warm-up)Mixed 200 Free Relay event |
| 7:15-8:15 pm | Team Meeting and dinner at hotel (all Team Colorado athletes) |
| 9:00 pm | 11 & Over athletes in their rooms |
| 9:30 pm | Lights out |
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**Saturday, January 6th – Athletes: Red Shirt
 Coaches: White Shirts (am), Royal Blue Polo (pm)**

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| 7:15 am | Breakfast at hotel |
| 7:45 am | Walk over to pool |
| 8:05 am | Team Warm-up |
| 9:00 am | Meet Session start |
| 12:30 pm | Meet Session end / walk back to hotel for downtime & lunch |
| 3:30 pm | All athletes walk over to pool (from team meeting room) |
| 3:50 pm | Team Warm-up |
| 5:30 pm | Meet Session start |
| 8:30 pm | Meet Session end / walk back to hotel for Team meeting and dinner (all Team Colorado athletes) |
| 9:00 pm | 11 & Over athletes in their rooms – **PACK EVERYTHING AND LEAVE IN ROOMS (EXCEPT FOR SUNDAY MORNING SWIM BAG)** |
| 9:30 pm | Lights out |

**Sunday, January 7th – Athletes: Long Sleeve White Shirt
 Coaches: Red Shirts**

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| 7:15 am | Breakfast at hotel |
| 7:45 am | Walk over to pool |
| 8:05 am | Team Warm-up |
| 9:00 am | Meet Session start |
| 12:45 pm | Meet Session end / walk back to hotel and bring bags to team room / pizza in team room before heading to airport (all Team Colorado athletes) |
| 2:00 pm | 11 & Over athletes leave for airport / 10 & Under athletes with parents |
| 5:02 pm | United Airlines Flight UA2644 departs |
| 6:10 pm | Arrive in Denver – 11 & Over parents pick up athletes at baggage claim |