

TEAM GULF DUEL IN THE POOL			
INDIANAPOLIS, IN			
<i>MAY 30-June 2, 2024</i>			
TIME	ACTIVITY	APPAREL/LOCATION	
Thursday, May 30, 2024			
6:00 AM	Arrive at Airport	WEAR NAVY BLUE GULF SHIRT	
8:55 AM	Flight Departs for Indy	Hobby Airport	
12:20 PM	Flight arrives in Indianapolis	Indy Airport	
1:30 PM	Pickup at the Airport & lunch on bus	Indy Airport	
2:00 PM	possible check in at hotel?	Hilton	
3:00 PM	Tour of LUCAS Oil Stadium (LOS)	LOS	
4:00 PM	Transport to NAT	NAT	
5-6:00pm	Team Warm-up	NAT	
6:30 PM	Team Dinner with Indiana & Illinois (Pasta dinner)	IU Student Campus	
7:30 PM	Transport to Hotel	Hilton	
7:45 PM	Check into rooms	Hilton	
9:15-10:00pm	Team Meeting	Hotel Meeting Room	
10:15 PM	Lights out & Room Check		
Friday, May 31, 2024			
6:00 AM	Rise & Shine	WEAR WHITE GULF SHIRT	
6:15 AM	Breakfast- we will announce breakfast arrival times based on age group in Indy	Hotel Meeting Room	
6:45 AM	Gulf Transport Group (1) to Pool- 15-16 girls/boys, 13-14 Boys	NAT	Group 1: 15-16 girls/boys, 13-14 Boys
7:15 AM	Gulf Transport Group (2) to Pool- 11-12 girls girls/boys, 13-14 girls	NAT	Group 2: 11-12 girls girls/boys, 13-14 girls
7-8:15am	Meet Warm-up- 3 lanes- divide age groups up	NAT	

8:15 am-8:25 am	Team cheer and meeting		
8:30-11:30am	Prelims	NAT	
11:45 PM	Transport Group (1) to Hotel	Hilton	Group 1: 15-16 girls/boys, 13-14 Boys
12:00 PM	Transport Group (2) to Hotel	Hilton	Group 2: 11-12 girls girls/boys, 13-14 girls
12:00 PM	Lunch (Pasta Buffet)	Hotel Meeting Room	
12:30-2:00pm	Down Time: Short nap, phone call w/parents	Hotel Meeting Room	
2:00-2:45pm	Team Activity- TBD	Hotel Meeting Room	
2:45 PM	Gulf Transport Group (1) to Pool	NAT	Group 1: 15-16 girls/boys, 13-14 Boys
3:00 PM	Gulf Transport Group (2) to Pool	NAT	Group 2: 11-12 girls girls/boys, 13-14 girls
3:30- 4:45 PM	Team Warm-Up	NAT	
5:00 PM	Finals	NAT	
7:30 PM	Team Dinner with Indiana & Illinois (Taco bar)	IU Student Campus	
8:45 PM	Transport Group (1) to Hotel	Hilton	Group 1: 15-16 girls/boys, 13-14 Boys
9:00 PM	Transport Group (2) to Hotel	Hilton	Group 2: 11-12 girls girls/boys, 13-14 girls
9:15 PM	Team Meeting -Team Building Activvity	Hotel Meeting Room	
9:45 PM	Return to Rooms	Rooms	
10:15 PM	Lights Out & Room Check	Rooms	
Saturday Jun 1, 2024			
6:00 AM	Rise & Shine	WEAR RED GULF SWIM SHIRT	
6:15 AM	Breakfast	Hotel Meeting Room	
6:45 AM	Transport Group (1) to Pool	NAT	Group 1: 15-16 girls/boys, 13-14 Boys
7:15 AM	Transport Group (2) to Pool	NAT	Group 2: 11-12 girls girls/boys, 13-14 girls
7-8:15am	Meet Warm-up	NAT	
8:30-11:30am	Prelims	NAT	
11:45 PM	Transport Group (1) to Hotel	Hilton	Group 1: 15-16 girls/boys, 13-14 Boys

12:00 PM	Transport Group (2) to Hotel	Hilton	Group 2: 11-12 girls girls/boys, 13-14 girls
12:00 PM	Lunch (Pasta Buffet)	Hotel Meeting Room	
12:30-2:00pm	Down Time: Short nap, phone call w/parents	Hotel Meeting Room	
2:00-2:45pm	Team Activity- TBD	Hotel Meeting Room	
2:45 PM	Transport Group (1) to Pool	NAT	Group 1: 15-16 girls/boys, 13-14 Boys
3:00 PM	Transport Group (2) to Pool	NAT	Group 2: 11-12 girls girls/boys, 13-14 girls
3:30 PM	Team Gulf Warm-Up	NAT	
5:00 PM	Finals	NAT	
7:30 PM	Team Dinner with Indiana & Illinois (Pizza dinner)	TBD	
8:45 PM	Transport Group (1) to Hotel	Hilton	Group 1: 15-16 girls/boys, 13-14 Boys
9:00 PM	Transport Group (2) to Hotel	Hilton	Group 2: 11-12 girls girls/boys, 13-14 girls
9:15 PM	Team Meeting -Team Building	Hotel Meeting Room	
9:45 PM	Return to Rooms & Pack	Rooms	
10:15 PM	Lights Out & Room Check	Rooms	
Sunday Jun 2, 2024			
6:15 AM	Rise & Shine & finish packing	WEAR BLUE DUEL IN POOL SHIRT	
6:45 AM	Breakfast, luggage is brought downstairs with you	Hotel Meeting Room	
7:15 AM	Transport Group (1) to Pool	NAT	Group 1: 15-16 girls/boys, 13-14 Boys
7:45 AM	Transport Group (2) to Pool	NAT	Group 2: 11-12 girls girls/boys, 13-14 girls
8:30-9:45 am	Meet Warm-up	NAT	now 8:30 am - 9:45 am
10 am- 1:00 pm	Timed Final session & Duel in the Pool picture	NAT	Meet starts at 10 am
1:00 PM	Lunch at the NAT or BUS- TBD	WEAR HEATHER GRAY GULF SHIRT TO AIRPORT	
2:00 PM	Transport to Airport	NAT	
3:00 PM	Arrive Indy Airport	Airport	

5:15 PM	Flight departs	connect through Dallas	
9:50 PM	Arrive Houston	Hobby Airport	