

COAST GUARD BLUE DOLPHINS

Greensboro Spooktacular Team Travel Itinerary

October 22-25, 2026

UPDATED SCHEDULE: Travel, hotel, meals, Topgolf, team meetings, and transportation plans are set. Meet warm-up and session times may still change based on final meet size. We expect the final meet schedule by Wednesday, October 21 and will communicate any adjustments after that.

TRIP AT A GLANCE

Travel dates	October 23-25, 2026
Travel group	68 swimmers, coaches & chaperones
Hotel rooms	25 rooms
Friday arrival at BMAC	9:30 AM
Friday departure	10:00 AM
Expected Sunday return	Approximately 9:15 PM
Friday attire	CGBD warm-up suit
Luggage limit	1 small suitcase + 1 swim bag
Friday lunch	Parent-provided packed lunch & drink

Room assignments and van assignments will be given upon arrival at BMAC Friday morning at 9:30 AM.

IMPORTANT LOCATIONS

BMAC - Departure & Return

Brittingham-Midtown Aquatic Center
570 McLawhorne Drive
Newport News, VA

Team Hotel

Sheraton Greensboro at Four Seasons
3121 W Gate City Blvd.
Greensboro, NC 27407

Meet

Greensboro Aquatic Center
1921 W Gate City Blvd.
Greensboro, NC 27403

Saturday Evening

Topgolf Greensboro
609 Guilford College Road
Greensboro, NC 27409

TRAVEL DISTANCES

Route	Approx. distance	Approx. drive
BMAC -> Sheraton Greensboro	235-240 miles	About 4 hours
Sheraton -> Greensboro Aquatic Center	About 1.5 miles	3-5 minutes
Pool -> Sheraton	About 1.5 miles	3-5 minutes
Sheraton -> Topgolf	About 8-9 miles	12-15 minutes
Pool -> Topgolf	About 9-10 miles	About 15 minutes
Greensboro -> BMAC	235-240 miles	About 4 hours

Drive times are estimates and may vary with traffic.

WHAT TO PACK

With 68 people traveling together, van space will be limited. Each swimmer may bring only **one small suitcase, one swim bag, and one packed lunch/drink for Friday**. Please do not bring oversized luggage or additional bags unless arrangements have already been made with a coach.

Small Suitcase	Swim Bag
Weekend clothing Pajamas Underwear and socks Sweatshirt/jacket Comfortable shoes Clothes for Topgolf Toiletries Toothbrush/toothpaste Hair supplies Deodorant/personal hygiene items Phone charger, if bringing a phone Required medications	Competition suit(s) CGBD cap + extra cap Goggles + backup goggles Towels Refillable water bottle Deck shoes Warm clothes for between races CGBD team apparel Personal meet snacks, if desired Required medical/allergy supplies

Friday travel attire: All swimmers must arrive wearing their CGBD warm-up suit.

SWIMMER EXPECTATIONS

Be a Great Teammate

- Cheer for all CGBD swimmers competing in your session, not only your closest friends.
- Pay attention when teammates are racing and help create a positive team atmosphere.
- Celebrate great swims and encourage teammates when a race does not go the way they hoped.
- Keep comments about teammates and performances positive and respectful.
- Include swimmers outside your normal practice group.

Be Ready & Responsible

- Be on time for van departures, meals, warm-ups, meetings, and activities.
- Stay with your assigned group, room, and transportation unless given permission to leave.
- Keep track of your suit, cap, goggles, water bottle, room key, clothing, and personal items.
- Stay hydrated and eat enough to support your racing.
- Tell a coach or chaperone if you are hurt, not feeling well, need help, or have a concern.

Respect Others

- Follow directions from coaches and chaperones.
- Treat teammates, coaches, chaperones, officials, hotel staff, restaurant staff, Topgolf staff, and other teams respectfully.
- Keep hotel rooms, vans, and shared spaces clean.
- Respect roommates and their belongings.
- Follow lights-out expectations so everyone can rest.

Safe Sport

- All USA Swimming Safe Sport and MAAPP expectations apply throughout the trip.
- Respect everyone's privacy and personal space.
- Follow room, supervision, transportation, and team rules.
- If something makes you uncomfortable or you need help, talk with a coach or chaperone immediately.
- Use phones and cameras appropriately and respectfully.

Phones

- Phones should be put away during team meetings, when coaches or chaperones are giving instructions, during team meals when the group is together, when swimmers should be cheering for teammates, and at lights out.

At the Meet

- Warm up with the team and stay in the team area unless given permission to leave.
- Know when you are swimming and talk with your coach before and after races.
- Cheer for teammates and help younger or newer teammates when appropriate.
- Show good sportsmanship regardless of race results.

Race hard. Be a great teammate. Make good choices. Have fun. Represent CGBD with pride.

DAILY ALL-TEAM MEETINGS

We will have a brief all-team meeting every day with all swimmers, coaches, and chaperones. We will intentionally avoid very early morning meetings so all swimmers are awake and able to participate.

Day	Time	Location
Friday	8:30 PM	Hotel
Saturday	8:15 PM	Hotel
Sunday	Approx. 5:00 PM	Pool before departure

THURSDAY, OCTOBER 22

2:00 PM - Chaperone/Driver Vehicle Pickup

Designated drivers pick up team vehicles. Vehicles remain with assigned drivers overnight. On Sunday evening, swimmers are dropped off at BMAC first; drivers then return team vehicles immediately after swimmer drop-off.

FRIDAY, OCTOBER 23

9:30 AM - Everyone Arrives at BMAC

Swimmers arrive wearing the CGBD warm-up suit with one small suitcase, one swim bag, packed lunch and drink, refillable water bottle, and required medications/allergy supplies. Van and hotel room assignments will be distributed at check-in.

10:00 AM - Depart BMAC for Greensboro

Approximately 235-240 miles / about 4 hours. Swimmers eat their packed lunches during the trip. Restroom stops as needed.

Approx. 2:30 PM - Arrive at Sheraton Greensboro

Unload luggage, organize rooms, and get settled.

3:30 PM - Friday Swimmers Prepare for Meet

4:00 PM - Depart Hotel for Pool

Approximately 1.5 miles / 3-5 minutes.

4:30 PM - Current Friday Warm-Up

5:45 PM - Current Friday Session Start

Friday Open/Distance Events

Event
Women's 400 IM - Event 101
Men's 400 IM - Event 102
Women's 1650 Freestyle - Event 103
Men's 1650 Freestyle - Event 104

Approx. 7:45 PM - Return to Hotel

Actual time will depend on the final meet timeline.

8:00 PM - Team Dinner - Chipotle Fajita/Burrito Bowl Bar

8:30 PM - ALL-TEAM MEETING

All swimmers, coaches, and chaperones attend.

9:30 PM - Lights Out - 12 & Under

10:00 PM - Lights Out - 13 & Over

SATURDAY, OCTOBER 24

13 & OVER / OPEN SESSION

6:00 AM - Wake-Up

6:20 AM - Breakfast

6:45 AM - Depart for Pool

Approximately 1.5 miles / 3-5 minutes.

7:00 AM - Current Warm-Up

8:15 AM - Current Session Start

Saturday Open Events

Event
200 Medley Relay
100 Breaststroke
200 Butterfly
100 Backstroke
50 Freestyle
200 Breaststroke
200 Freestyle

12 & UNDER

7:00 AM - Wake-Up

7:15 AM - Breakfast

Morning - Rest & Prepare for Meet

Hydrate, prepare meet bags, and rest with assigned groups/chaperones.

11:20 AM - 12 & Under Lunch - Pizza at Hotel

11:45 AM - Transition

12 & Under depart for pool. 13 & Over return to hotel after morning session.

12:15 PM - Current 12 & Under Warm-Up

12:15 PM - 13 & Over Lunch

1:30 PM - Current 12 & Under Session Start

Saturday 12 & Under Events

Event
200 Medley Relay
10 & Under 50 Butterfly
11-12 50 Butterfly
10 & Under 100 Backstroke
11-12 100 Backstroke
10 & Under 50 Breaststroke
11-12 50 Breaststroke
10 & Under 50 Freestyle
11-12 50 Freestyle
10 & Under 100 IM
11-12 100 IM
10 & Under 200 Freestyle
11-12 200 Freestyle

SATURDAY EVENING - TOPGOLF

4:45 PM - Everyone Ready in Hotel Lobby

5:00 PM - Depart for Topgolf

Approximately 8-9 miles / 12-15 minutes.

5:30-7:30 PM - CGBD Topgolf Event

50 guests, 9 bays, 2 hours of gameplay, Topgolf instruction, and live leaderboards.

6:00 PM - Dinner at Topgolf

Menu: beef tenderloin with peppercorn sauce, chicken Marsala, charred broccoli and cauliflower, Caesar salad, roasted rosemary potatoes, buns with whipped butter, dessert trio, fountain soda, iced tea, coffee, and water.

7:30 PM - Topgolf Ends

Approx. 7:45 PM - Return to Hotel

8:15 PM - ALL-TEAM MEETING

9:30 PM - Lights Out - All Swimmers

SUNDAY, OCTOBER 25

13 & OVER / OPEN SESSION

6:00 AM - Wake-Up

Have most belongings packed before leaving.

6:20 AM - Breakfast

6:45 AM - Depart for Pool

Approximately 1.5 miles / 3-5 minutes.

7:00 AM - Current Warm-Up

8:15 AM - Current Session Start

Sunday Open Events

Event
200 Freestyle Relay
200 Individual Medley
100 Freestyle
200 Backstroke
100 Butterfly
500 Freestyle

12 & UNDER

7:00 AM - Wake-Up

7:15 AM - Breakfast

Morning - Finish Packing

11:00 AM - 12 & Under Checkout Complete

Luggage loaded into designated team vehicles.

11:20 AM - 12 & Under Lunch

11:45 AM - Depart for Pool

12:00 PM - 13 & Over Lunch

12:15 PM - Current 12 & Under Warm-Up

1:00 PM - 13 & Over Checkout Complete

All remaining luggage loaded.

1:30 PM - Current 12 & Under Session Start

Sunday 12 & Under Events

Event
200 Freestyle Relay
10 & Under 100 Butterfly
11-12 100 Butterfly
10 & Under 50 Backstroke
11-12 50 Backstroke

Event
10 & Under 100 Breaststroke
11-12 100 Breaststroke
10 & Under 100 Freestyle
11-12 100 Freestyle
10 & Under 200 IM
11-12 200 IM
12 & Under 500 Freestyle

1:45 PM - 13 & Over Depart Hotel for Pool

Older swimmers join the team and support the younger swimmers through the end of the meet.

SUNDAY EVENING - HOME

Approx. 5:00 PM - ALL-TEAM MEETING AT THE POOL

Final head count, return van assignments, luggage check, restroom-stop plan, expected BMAC arrival, parent pickup, and driver vehicle-return plan.

Approx. 5:00 PM - Dinner Distributed - Jersey Mike's

Swimmers can eat during the ride home.

Approx. 5:15 PM - Depart Greensboro

Approximately 235-240 miles / about 4 hours.

Approx. 9:15 PM - Arrive at BMAC

Parents should be ready for pickup. Significant travel delays will be communicated.

After Swimmer Pickup - Team Vehicle Return

Designated drivers return vehicles immediately after swimmer drop-off.

MEALS AT A GLANCE

Day	Meal	Plan
Friday	Breakfast	Eat before BMAC
Friday	Lunch	Parent-provided packed lunch
Friday	Dinner	Chipotle fajita/burrito bowl bar
Saturday	Breakfast	Team breakfast
Saturday	Lunch	Pizza
Saturday	Dinner	Topgolf
Sunday	Breakfast	Team breakfast
Sunday	Lunch	Team lunch at hotel
Sunday	Dinner	Jersey Mike's for drive home
Weekend	Snacks/Drinks	Team-provided snacks, water & Gatorade

CURRENT MEET SCHEDULE

Session	Current Warm-Up	Current Start
Friday Open/Distance	4:30 PM	5:45 PM
Saturday Open	7:00 AM	8:15 AM
Saturday 12 & Under	12:15 PM	1:30 PM
Sunday Open	7:00 AM	8:15 AM
Sunday 12 & Under	12:15 PM	1:30 PM

These are the current meet times and may change based on final meet size. We expect the final schedule by Wednesday, October 21.

FRIDAY REMINDER

Arrive at BMAC at 9:30 AM Friday:

- Wearing your CGBD warm-up suit
- One small suitcase
- One swim bag
- Packed lunch and drink
- Breakfast already eaten
- Ready for a great weekend

We are looking forward to a fun weekend of racing, team bonding, and making great CGBD memories together.