

2019 CROSS COUNTRY GROUND ITINERARY* - 22ND ANNUAL GOLD COAST CLASSIC

DAY 1 & 2		Saturday, June 29, 2019 & Sunday, June 30, 2019	USA DEPARTURE
		wear travel t-shirt and lanyard; meet up with team and depart for australia	cross international date line, arrive in australia two calendar days later
		dinner served on board flight shortly after take-off	
DAY 3		Monday, July 1, 2019	AUS ARRIVAL (wear wristband - look for DUS group sign in arrivals area)
		breakfast, arrive in brisbane, meet tour guides, group photo, board bus	carry-on bags underneath bus; checked luggage on truck (stored @ hotel until check-in)
morning		transfer to mt coot-tha lookout - brisbane city sights	
		transfer to mantra on view for orientation meeting and brunch	
		roommate assignments	tour desk and money exchange available (\$20 and \$50 increments)
		team practice for athletes and coaches	pack your practice clothes and shoes in your carry-on bag
afternoon		transfer to hotel and check-in	novotel
		collect room key and meal vouchers from DUS desk	
		meal voucher for dinner	
evening		meeting for coaches and security	level 1
		free evening until curfew @ 9:00 PM	coaches/security do room checks
DAY 4		Tuesday, July 2, 2019	KANGAROO FIELDS
early morning		breakfast @ hotel	level 1 - hanlan's restaurant
		free morning	tour desk available on level 1
		suggested optional activity: kayaking and snorkelling half day tour	
afternoon		meet in lobby and transfer to practice	pizzey park; 5K all-american race course; bring water bottle
		transfer to kangaroo fields	stay on the path; DO NOT TOUCH KANGAROOS
		transfer to hotel	
evening		dinner @ hotel	
		free evening until curfew @ 10:00 PM	coaches/security do room checks
DAY 5		Wednesday, July 3, 2019	5K ALL-AMERICAN RACE
early morning		breakfast @ hotel	level 1 - hanlan's restaurant
morning		meet in lobby and transfer to 5K all-american meet	pizzey park; race starts @ 11:45 AM; bring water bottle
afternoon		transfer to hotel	
		free afternoon	tour desk available on level 1
		suggested optional activity: glow worm evening tour	
evening		meal voucher for dinner	
		free evening until curfew @ 10:00 PM	coaches/security do room checks
DAY 6		Thursday, July 4, 2019	THEME PARK
early morning		breakfast @ hotel	level 1 - hanlan's restaurant
		free morning	tour desk available on level 1
		suggested optional activity: rain forest 4WD half day tour	
afternoon		meet in lobby and transfer to dreamworld/whitewater world (water park)	entrance to both parks is included; bring towel and swimsuit
evening		transfer to dinner @ ashmore restaurant	
		transfer to hotel	
		free evening until curfew @ 10:00 PM	coaches/security do room checks
DAY 7		Friday, July 5, 2019	KOALA PHOTO & TEAM PHOTO
early morning		breakfast @ hotel	level 1 - hanlan's restaurant
		practice	surfers paradise area; check with coach for time
		free morning	tour desk available on level 1
afternoon		meet in lobby and transfer to currumbin sanctuary	bring travel t-shirt for team photo and a warm jacket for the evening
		team photo (athletes and coaches only)	athletes wear travel t-shirt for team photo; coaches wear polos for team photo
		koala photo (everyone)	
		kangaroo feeding and free time to explore sanctuary	
		lorikeet feeding	
evening		dinner @ currumbin	
		aboriginal experience and photo opportunity	collect photos before leaving currumbin sanctuary
		transfer to hotel	
		meeting for coaches to prepare for 5.7K challenge	level 1
		athletes pick up 5.7K challenge bags from coaches	level 1; challenge bags contain fruit and bib for each runner
		free evening until curfew @ 10:00 PM	coaches/security do room checks
DAY 8		Saturday, July 6, 2019	5.7K GOLD COAST RUN & BEACH VOLLEYBALL
early morning		meet in lobby and transfer to 5.7K gold coast run	race starts @ 8:00 AM; wear DUS uniform and 5.7K bib w/ timing chip
morning		transfer to breakfast @ hotel	level 1 - hanlan's restaurant
		go straight to level 1 for breakfast	tour desk available on level 1
afternoon		meet in lobby and transfer to beach volleyball	kurrawa surf club; bring towel and swimsuit
		transfer to hotel	
evening		meal voucher for dinner	
		free evening until curfew @ 10:00 PM	coaches/security do room checks
DAY 9		Sunday, July 7, 2019	FREE DAY & FAREWELL CEREMONY; GREAT BARRIER REEF (optional)
early morning		breakfast @ hotel	level 1 - hanlan's restaurant
		great barrier reef tour group meets in lobby (optional activity)	
		FREE DAY	
evening		dinner and farewell ceremony @ hotel	departure information announced after farewell ceremony
		free evening, prepare for early morning departure; curfew @ 11:00 PM	coaches/security do room checks
DAY 10		Monday, July 8, 2019	AUS DEPARTURE/USA ARRIVAL
early morning		bring luggage to lobby, check in with DUS staff, collect group luggage tag	luggage stored underneath bus and/or on truck
		breakfast @ hotel	level 1 - hanlan's restaurant
		meet in lobby, transfer to brisbane airport, depart for USA	wear travel t-shirt and lanyard

LORIKEETS

COACHES: Orlandus Thomas & Geoff Olson

*SUBJECT TO CHANGE; check whiteboard regularly for updates