

2008 Speedo Champions Series: Eastern Zone, Region 1

March 6-9, 2008 - Nassau County Aquatic Center, Long Island, NY

Important Deadlines

THURSDAY

2:00 pm Coach's General Meeting
15 min after meeting – Scratches and positive check-in for Thurs distance events
4:30 pm Scratches due for Friday events
4:30 pm Positive check-in required for Friday 800 Free Relay
5:00 pm Thursday Time Trials close

FRIDAY

11:00 am Friday Time Trials close
11:00 am Relay cards due for 800 Free Relay (morning swims)

5:30 pm Scratches due for Saturday events
5:30 pm Positive check-in required for Saturday 200 Med Relay, 400 Free Relay
6:30 pm Relay cards due for 800 Free Relay (evening swims)

SATURDAY

8:15 am Relay cards due for 200 Med Relay (morning swims)
11:00 am Relay cards due for 400 Free Relay (morning swims)
11:30 am Saturday Time Trials close

4:15 pm Relay cards due for 200 Med Relay (evening swims)
5:30 pm Scratches due for Sunday events
5:30 pm Positive check-in for W 800 Free and M 1500 Free events
5:30 pm Positive check-in required for Sunday 200 Free Relay, 400 Med Relay
5:30 pm Sunday Relay Rule – must declare Prelims/Finals preference for Sunday relays
6:30 pm Relay cards due for 400 Free Relay (evening swims)

Note: DST begins tonight; be sure to set you clocks AHEAD one hour !!

SUNDAY

8:15 am Relay cards due for 200 Free Relay (morning swims)
10:00 am Relay cards due for 400 Med Relay (morning swims)

4:15 pm Relay cards due for 200 Free Relay (evening swims)
6:30 pm Relay cards due for 400 Med Relay (evening swims)