

# 2008 Speedo Champions Series: Eastern Zone Northern Sectional

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

## Warmup Format: Competition Pool

### Thursday Timed Finals

9:00am – 3:00pm	Circle swim all lanes		
3:00pm – 3:30pm	Pace: Lanes 1 & 10		Circle Swim: Lanes 2-9
3:30pm – 3:50pm	Pace: Lanes 1 & 10	Sprint: Lane 9	Circle Swim: Lanes 2-8
3:50pm	Clear pool		

### Friday, Saturday, Sunday Prelims

6:00am – 8:00am	Circle swim all lanes		
8:00am – 8:30am	Pace: Lanes 1 & 10		Circle Swim: Lanes 2-9
8:30am – 8:50am	Pace: Lanes 1 & 10	Sprint: Lanes 2 & 9	Circle Swim: Lanes 3-8
8:50am	Clear pool		

### Sunday Afternoon Timed Finals

*(based on assumed 1:40 pm start – will be adjusted once actual start time is determined.)*

12:40pm – 1:10pm	Pace: Lanes 1 & 10		Circle Swim: Lanes 2-9
1:10pm – 1:30pm	Pace: Lanes 1 & 10	Sprint: Lane 9	Circle Swim: Lanes 2-8
1:30pm	Clear pool		

### Friday, Saturday, Sunday Finals

4:00pm – 4:30pm	Pace: Lanes 1 & 10		Circle Swim: Lanes 2-9
4:30pm – 4:50pm	Pace: Lanes 1 & 10	Sprint: Lanes 2 & 9	Circle Swim: Lanes 3-8
4:50pm	Clear pool		

*The six-lane 25-yard course is always available for continuous circle-swim warmup and warmdown.*