

2008 Speedo Champions Series - Region 1
East Meadow, Long Island, NY
Friday, March 7, 2008
Prelims Time Line

	No. of Heats	
Event # 3 - Women's 200 Meter Freestyle	12	9:00 AM
Event # 4 - Men's 200 Meter Freestyle	9	9:30 AM
Event # 5 - Women's 100 Meter Breaststroke	6	9:51 AM
Event # 6 - Men's 100 Meter Breaststroke	7	10:01 AM
Event # 7 - Women's 100 Meter Butterfly	9	10:11 AM
Event # 8 - Men's 100 Meter Butterfly	7	10:24 AM
Event # 9 - Women's 400 Meter Ind Medley	9	10:34 AM
Event #10 - Men's 400 Meter Ind Medley	5	11:25 AM
Event #11 - Women's 800 Meter Freestyle Relay	2	11:51 AM
Event #12 - Men's 800 Meter Freestyle Relay	1	12:10 PM
End of Session		12:16 PM

* Relay cards (morning) are due at 11:00 am (800 FR) *

* Fastest two heats of 800 Free Relay will swim at Finals *

TIME TRIAL ENTRIES WILL CLOSE AT 11:00 AM !!!

Time Trials will start 30 minutes after the Prelims session ends.

Scratch box for tomorrow's events closes at 5:30 PM today.