

**2008 Speedo Champions Series - Region 1**  
**East Meadow, Long Island, NY**  
**Saturday, March 8, 2008**  
**Prelims Time Line**

	<b>No. of Heats</b>	
Event # 13 - Women's 200 Meter Medley Relay	4	9:00 AM
Event # 14 - Men's 200 Meter Medley Relay	2	9:12 AM
Event # 15 - Women's 200 Meter Butterfly	9	9:18 AM
Event # 16 - Men's 200 Meter Butterfly	6	9:44 AM
Event # 17 - Women's 50 Meter Freestyle	11	9:59 AM
Event # 18 - Men's 50 Meter Freestyle	9	10:03 AM
Event # 19 - Women's 200 Meter Breaststroke	7	10:06 AM
Event # 20 - Men's 200 Meter Breaststroke	6	10:28 AM
Event # 21 - Women's 100 Meter Backstroke	9	10:45 AM
Event # 22 - Men's 100 Meter Backstroke	7	11:00 AM
Event # 23 - Women's 400 Meter Freestyle	10	11:11 AM
Event # 24 - Men's 400 Meter Freestyle	7	12:01 PM
Event # 25 - Women's 400 Meter Freestyle Relay	4	12:33 PM
Event # 26 - Men's 400 Meter Freestyle Relay	2	12:53 PM
<b>End of Session</b>		1:02 PM

**\*\* Relay cards are due to Admin Ref by 8:15 am (200 MR) and 11:00 am (400 FR) \*\***  
**\* Fastest two heat of each relay swims at Finals \***

**TIME TRIAL ENTRIES WILL CLOSE AT 11:30 AM !!!**  
**Time Trials will start 30 minutes after the Prelims session ends.**

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

**\* DST begins tomorrow at 2:00 am; Set your clocks AHEAD one hour \***