

**2008 Speedo Champions Series - Region 1**  
**East Meadow, Long Island, NY**  
**Sunday, March 9, 2008**  
**Prelims Time Line**

	<b>No. of Heats</b>	
Event # 27 - Women's 200 Meter Freestyle Relay	4	9:00 AM
Event # 28 - Men's 200 Meter Freestyle Relay	2	9:10 AM
Event # 31 - Women's 200 Meter Backstroke	8	9:15 AM
Event # 32 - Men's 200 Meter Backstroke	7	9:39 AM
Event # 33 - Women's 100 Meter Freestyle	12	9:58 AM
Event # 34 - Men's 100 Meter Freestyle	9	10:14 AM
Event # 35 - Women's 200 Meter Ind Medley	10	10:17 AM
Event # 36 - Men's 200 Meter Ind Medley	8	10:46 AM
Event # 37 - Women's 400 Meter Medley Relay	4	11:07 AM
Event # 38 - Men's 400 Meter Medley Relay	2	11:29 AM
<b>End of Session</b>		11:39 AM

**\*\* Relay cards are due by 8:15 am (200 FR) and 10:00 am (400 MR) \*\***

**\* \* Fastest two heat of each relay swims at Finals \* \***

**NO TIME TRIALS TODAY**

***Warm-up for W 800 and M 1500 Freestyle begins at 12:40 pm.***

**Heats for Women's 800 and Men's 1500 Freestyles will be swum in the afternoon session, with the fastest heat of each at Finals.**