

2009 Speedo Champions Series: Eastern Zone Northern Sectional

March 12-15, 2009 Blodgett Pool, Harvard University, Boston MA

Warmup Format: Competition Pool

Thursday Timed Finals

9:00am – 3:00pm	Circle swim all lanes		
3:00pm – 3:30pm	Pace: Lanes 1 & 8		Circle Swim: Lanes 2-7
3:30pm – 3:50pm	Pace: Lanes 1 & 8	Sprint: Lane 7	Circle Swim: Lanes 2-6
3:50pm	Clear pool		

Friday, Saturday, Sunday Prelims

6:00am – 8:00am	Circle swim all lanes		
8:00am – 8:30am	Pace: Lanes 1 & 8		Circle Swim: Lanes 2-7
8:30am – 8:50am	Pace: Lanes 1 & 8	Sprint: Lanes 2 & 7	Circle Swim: Lanes 3-6
8:50am	Clear pool		

Friday, Saturday, Sunday Finals

4:30pm – 5:00pm	Circle swim all lanes		
5:00pm – 5:20pm	Pace: Lanes 1 & 8	Sprint: Lanes 2 & 7	Circle Swim: Lanes 3-6
5:20pm	Clear pool		

The diving well area and shallow six-lane course are always available for continuous circle-swim warm-up and warm-down.