

# 2007 Speedo Champions Series: Eastern Zone Northern Sectional

March 8-11, 2007 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 | Pace: Lanes 1 & 8 |                     | Circle Swim: Lanes 2-7 |
| 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 warmup and warmdown.*