

Tidewater Regional Championship

Friday 22 February 2008

TEAM	Morning		Afternoon	
	TIME	LANE	TIME	LANE
CGBD	6:45 - 7:15	1 - 5	1:00 - 1:30	11 - 14
ODAC	7:15 - 7:45	9 - 11	1:00 - 1:30	5 - 8
TIDE	7:15 - 7:45	6 - 8	1:00 - 1:30	1 - 4
WAC	7:15 - 7:45	1 - 5	12:30 - 1:00	1 - 4
TAC	6:45 - 7:15	9 - 10	12:30 - 1:00	5
SEVA	6:45 - 7:15	7 - 8	1:00 - 1:30	9 - 10
TCAC	7:15 - 7:45	12 - 13	12:30 - 1:00	11
RACE	6:45 - 7:15	14	12:30 - 1:00	10
OBX	6:45 - 7:15	6	12:30 - 1:00	8
PYAC	6:45 - 7:15	6	12:30 - 1:00	9
CYAT	7:15 - 7:45	14	12:30 - 1:00	7
NSD	7:15 - 7:45	14	12:30 - 1:00	7
US	6:45 - 7:15	13	12:30 - 1:00	6
VACS	6:45 - 7:15	11 - 12	12:30 - 1:00	6
DC	6:45 - 7:15	14	12:30 - 1:00	8

Finals

| **General Warm Up**
All Lanes 1-14
5:00 to 5:35

5:35 to 5:45
Racing Starts
with 25Y sprints
in shared
lanes 1-8

There are two 30 minute WU periods.

The first 20 minutes are for general workout in assigned lanes (Lanes 1-14).

The last 10 minutes are for racing starts with 25Y sprints in shared lanes (Lanes 1-8 only).

Lanes 1-8 are the Competition Course; Lanes 9-14 are the WU/CD Lanes on the other side of the bulkhead.
(Lane 9 is next to the bulkhead.)

Tidewater Regional Championship
Saturday 23 February 2008

TEAM	Morning		Afternoon	
	TIME	LANE	TIME	LANE
CGBD	7:15 - 7:45	4 - 8	12:30 - 1:00	5 - 8
ODAC	6:45 - 7:15	12 - 14	12:30 - 1:00	9 - 12
TIDE	6:45 - 7:15	9 - 11	12:30 - 1:00	1 - 4
WAC	6:45 - 7:15	1 - 5	1:00 - 1:30	5 - 8
TAC	7:15 - 7:45	11	1:00 - 1:30	1
SEVA	7:15 - 7:45	9 - 10	12:30 - 1:00	13 - 14
TCAC	6:45 - 7:15	6 - 8	1:00 - 1:30	10
RACE	7:15 - 7:45	14	1:00 - 1:30	3
OBX	7:15 - 7:45	1	1:00 - 1:30	11
PYAC	7:15 - 7:45	13	1:00 - 1:30	2
CYAT	6:45 - 7:15	8	1:00 - 1:30	3
NSD	6:45 - 7:15	5	1:00 - 1:30	9
VACS	7:15 - 7:45	2 - 3	1:00 - 1:30	4
US	7:15 - 7:45	12	1:00 - 1:30	12
DC	7:15 - 7:45	1	1:00 - 1:30	13

Finals

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(Lane 9 is next to the bulkhead.)

Tidewater Regional Championship
Sunday 24 February 2008

TEAM	Morning		Afternoon	
	TIME	LANE	TIME	LANE
CGBD	6:45 - 7:15	5 - 9	1:00 - 1:30	6 - 8
ODAC	7:15 - 7:45	1 - 3	1:00 - 1:30	9 - 11
TIDE	7:15 - 7:45	5 - 8	1:00 - 1:30	1 - 5
WAC	7:15 - 7:45	9 - 12	12:30 - 1:00	1 - 4
TAC	6:45 - 7:15	10	1:00 - 1:30	14
SEVA	6:45 - 7:15	1 - 2	1:00 - 1:30	12 - 13
TCAC	6:45 - 7:15	3 - 4	12:30 - 1:00	6
RACE	6:45 - 7:15	13	12:30 - 1:00	5
OBX	7:15 - 7:45	4	12:30 - 1:00	10
PYAC	6:45 - 7:15	11	12:30 - 1:00	8
CYAT	7:15 - 7:45	4	12:30 - 1:00	9
NSD	7:15 - 7:45	4	12:30 - 1:00	9
VACS	7:15 - 7:45	13 - 14	12:30 - 1:00	7
US	6:45 - 7:15	12	12:30 - 1:00	10
DC	6:45 - 7:15	11		

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