

Tidewater Regional Championship
Friday 27 February 2009

TEAM	Morning		Afternoon	
	TIME	LANE	TIME	LANE
CGBD	7:15 - 7:45	5,6,7	12:30 - 1:00	1 - 5
ODAC	7:15 - 7:45	1 - 4	1:00 - 1:30	9 - 10
TIDE	6:45 - 7:15	9,10,11	1:00 - 1:30	1 - 5
WAC	6:45 - 7:15	5 - 8	1:00 - 1:30	6 - 8
TAC	7:15 - 7:45	11 - 12	12:30 - 1:00	13 - 14
SEVA	6:45 - 7:15	12,13,14	12:30 - 1:00	6 - 8
TCAC	7:15 - 7:45	9 - 10	1:00 - 1:30	12
SQST	6:45 - 7:15	1 - 4	12:30 - 1:00	9 - 12
OBX	7:15 - 7:45	14	1:00 - 1:30	14
US	7:15 - 7:45	8	1:00 - 1:30	11
SSC	7:15 - 7:45	14		
VYAC	7:15 - 7:45	13	1:00 - 1:30	13

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 28 February 2009

TEAM	Morning		Afternoon	
	TIME	LANE	TIME	LANE
CGBD	6:45 - 7:15	1 - 4	1:00 - 1:30	9 - 13
ODAC	7:15 - 7:45	9,10,11	12:30 - 1:00	9,10,11
TIDE	7:15 - 7:45	12,13,14	12:30 - 1:00	1 - 4
WAC	7:15 - 7:45	5 - 8	12:30 - 1:00	5 - 8
TAC	6:45 - 7:15	9,10	12:30 - 1:00	12,13
SEVA	6:45 - 7:15	5,6,7	1:00 - 1:30	5,6,7
TCAC	6:45 - 7:15	11,12	12:30 - 1:00	14
SQST	7:15 - 7:45	1 - 4	1:00 - 1:30	1 - 4
OBX	6:45 - 7:15	11	12:30 - 1:00	14
US	6:45 - 7:15	8	1:00 - 1:30	14
SSC	6:45 - 7:15	4		
VYAC	6:45 - 7:15	13,14	1:00 - 1:30	8

Finals

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All Lanes 1-14
5:00 to 5:35

5:35 to 5:45
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There are two 30 minute WU periods.
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The last 10 minutes are for racing starts with 25Y sprints in assigned lanes (Lanes 1-8).

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
Sunday 1 March 2009

TEAM	Morning		Afternoon	
	TIME	LANE	TIME	LANE
CGBD	6:45 - 7:15	1 - 4	12:30 - 1:00	1 - 5
ODAC	6:45 - 7:15	5,6,7	1:00 - 1:30	10 - 12
TIDE	7:15 - 7:45	9 - 11	1:00 - 1:30	1 - 4
WAC	6:45 - 7:15	9 - 12	1:00 - 1:30	5 - 7
TAC	6:45 - 7:15	13,14	1:00 - 1:30	8
SEVA	7:15 - 7:45	5 - 7	12:30 - 1:00	6 - 8
TCAC	7:15 - 7:45	12,13	1:00 - 1:30	9
SQST	7:15 - 7:45	1 - 4	12:30 - 1:00	9 - 12
OBX	7:15 - 7:45	14	1:00 - 1:30	13
US	6:45 - 7:15	8	12:30 - 1:00	13
SSC	7:15 - 7:45	14		
VYAC	7:15 - 7:45	8	12:30 - 1:00	14

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 assigned lanes (Lanes 1-8).

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.)