

Tidewater Region Championships

Friday 23 February 2007

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

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 Region Championships
Saturday 24 February 2007

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

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.)

Tidewater Region Championships
Sunday 25 February 2007

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