

# **2007 EZ R1/2 Speedo Champions Series Meet**

*July 19-22, 2007 Somerset Hall, St. Mary's College, St. Mary's, MD*

## **Warm-Up Format (Competition Pool)**

### **Thursday, Friday, Saturday, and Sunday Prelims**

7:00am – 8:20am	Circle Swim: All Lanes
8:20am – 8:50am	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7; Circle Swim: Lanes 3-6
8:50am	Clear Pool

### **Thursday, Friday, Saturday, and Sunday Finals**

4:30pm – 4:50pm	Circle Swim: All Lanes
4:50pm – 5:20pm	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7; Circle Swim: Lanes 3-6
5:20pm	Clear Pool

### **Thursday and Sunday Timed Finals**

Conclusion of TTs – 40 mins Prior to Start	Circle swim all lanes
40 mins prior to Start – 10 Mins Prior to Start	Pace: Lanes 1 & 8; Sprint: Lanes 2 & 7 Circle Swim: Lanes 3-6
10 mins Prior to Start	Clear pool

*The separate 7-Lane, 25Y warm-up pool is always available for continuous circle-swim warmup and cooldown.*