

# 2007 New England Senior Championships

December 6-9, 2007 Blodgett Pool, Harvard University, Boston MA

## Warmup Format: Competition Pool

### Thursday Timed Finals

5:00pm – 5:30pm	Circle Swim: Lanes 1-6		Pace: Lanes 7-8
5:30pm – 5:50pm	Circle Swim: Lanes 1-5	Sprint: Lane 6	Pace: Lanes 7-8
5:50pm	Clear pool		

### Friday, Saturday, Sunday Prelims

7:30am – 8:00am	Circle swim all lanes		
8:00am – 8:30am	Circle swim: Lanes 1-7		Pace: Lane 8
8:30am – 8:50am	Circle swim: Lanes 1-5	Sprint: Lanes 6-7	Pace: Lane 8
8:50am	Clear pool		

### Friday and Saturday Finals

5:00pm – 5:30pm	Circle swim: Lanes 1-7		Pace: Lane 8
5:30pm – 5:50pm	Circle swim: Lanes 1-5	Sprint: Lanes 6-7	Pace: Lane 8
5:50pm	Clear pool		

### Sunday Finals

4:00pm – 4:30pm	Circle swim: Lanes 1-7		Pace: Lane 8
4:30pm – 4:50pm	Circle swim: Lanes 1-5	Sprint: Lanes 6-7	Pace: Lane 8
4:50pm	Clear pool		

*The diving well area and shallow six-lane course are always available for continuous circle-swim warmup and warmdown.*