

Shawmut Aquatic Club
Regionals
February 6-8, 2009
Keefe Tech High School
Framingham, MA

Friday Evening - Start at 5:00 PM						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3:30-3:55	SAC	SAC	SAC	SAC	AAC	AAC
3:55-4:20	EST	EST	EST/PSC	PSC/KASC	MWYS/HRY	MWYS
4:20-4:45	CRA	CRA	CRA/MTSC	BAT	CUDA/DART	GCST/UN

Saturday Morning- Start at 8:30 AM						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7-7:20	SAC	SAC	SAC	SAC	MTSC/KASC	KASC
7:20-7:40	EST	EST	EST	EST	WTSC	PSC
7:40-8:00	AAC	AAC	AAC	CRA	CRA	CRA
8:00-8:20	MWYS	MWYS/DART	CUDA/BAT	BAT	HRY/UN	GCST/UN

Saturday Afternoon- Start at 3:00 PM						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:30-1:55	SAC	SAC	SAC	SAC/MTSC	AAC	AAC
1:55-2:20	EST	EST	EST	CRA	CRA/BAT	BAT
2:20-2:45	WTSC	CUDA/MWYS/KASC	CUDA/MWYS/KASC	PSC/HRY	UN	GCST/UN

Saturday Evening						
General Warm- Up						
Warm-ups will not start earlier than 7 PM						
Events may be combined at the time of the meet.						

Sunday Morning- Start at 8:30 AM						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7-7:20	SAC	SAC	SAC	SAC/KASC	KASC	WTSC
7:20-7:40	EST	EST	EST	EST	BAT	BAT/HRY
7:40-8:00	AAC	AAC	AAC	CRA	CRA	CRA
8:00-8:20	MWYS	MWYS/MTSC	PSC	PSC/DART	CUDA/UN	GCST/UN

Sunday Afternoon- Start at 4:00 PM						
Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
2:30-2:55	SAC	SAC	SAC	SAC/BAT	BAT	MWYS
2:55-3:20	EST	EST	EST	CRA	CRA/HRY	WTSC
3:20-3:45	AAC	AAC/MTSC	CUDA/PSC	PSC/KASC	UN	GCST/UN

