

# CENTRAL ATLANTIC REGION

Let's **OCTOBER 2 DAY**  
**GO!**

*October 18-19, 2025*

**SAT 18**  
**11AM**

**Hampton Inn Hampton-Newport News**  
**3101 Coliseum Drive**  
**Hampton VA 23666**

**11:00-12:30 What is the CAR? What is the CAT?**  
**What is the USCoZ?**

**12:30-1:00 BREAK**

**1:00-2:30 GSR/RCM roles Responsibility**

**2:30-2:45 BREAK**

**2:45-4:00 Why Plan?**

**4:05-4:30 CARNA website/NEZF resources and  
accountability**

**4:30-4:45 Wrap up and Input**

**SUN 19**  
**11AM**

**Wesley United Methodist Church**  
**2510 North Armistead Ave**  
**Hampton VA 23666**

