

September 20, 2025: Clusters 1,4,5

Warm Up Assignments

Session 1: 7:00-7:25AM

Scoreboard End

- 1- Plaquemine/Walker
- 2- Walker
- 3- BRMH
- 4- BRMH
- 5- BRMH
- 6- BRMH
- 7- BRMH
- 8- BRMH

Record Board End

- 1- ZHS
- 2- ZHS
- 3- ZHS
- 4- University
- 5- University
- 6- Episcopal
- 7- Episcopal
- 8- Episcopal

Session 1.5

7:25-7:30 AM One Way Dive Sprints on Scoreboard end for all Teams in Session 1

Session 2: 7:30-7:55AM

Scoreboard End

- 1- SJA
- 2- SJA
- 3- SJA
- 4- SJA
- 5- SJA
- 6- SMHS
- 7- SMHS
- 8- SMHS

Record Board End

- 1- Dunham
- 2- Parkview
- 3- Parkview
- 4- Catholic
- 5- Catholic
- 6- Catholic
- 7- Catholic
- 8-Catholic

Session 2.5

7:55-8:00AM One Way Dive Sprints on Scoreboard end for all Teams in Session 2

Timing Assignments (Lane / Team – 1 Per Lane)

Head Timer- University

- 1- PBS
- 2- Episcopal
- 3- SJA
- 4- SJA
- 5- Catholic
- 6- Catholic
- 7- Baton Rouge High
- 8- Zachary