



CA Senior Race Day

Crawfish Aquatics Pool, Baton Rouge, LA

December 14, 2019

Each year we partner with a local group to meet immediate needs. Families are asked to bring food donations for the BR Food Bank.

Meet Schedule

December 14, 2019

Warm up- 1:30-1:55pm 2:05pm Start

******Time will be confirmed the week of the meet***

Facilities

-Crawfish Aquatics, located inside Ketcham Health & Fitness Bldg., campus of Jimmy Swaggart Ministries,
7150 Bluebonnet Boulevard, Baton Rouge, La. 70810

-Indoor, heated, eight-lane 25 yard pool. Non- turbulent lane ropes, lane width seven feet

-Separate warm-up/warm-down area available.

Eligibility

-13 & Older Crawfish Aquatics swimmers in the Senior Division/Senior Prep

Entries- Each swimmer may enter a maximum of 3 events. This is a non-sanctioned meet.

Entry Fees

-\$10 athlete surcharge (no individual event fee)

**Bring donations for BR Food Bank*

Meet Program

The meet program ("heat sheet") will be posted online (www.crawfishaquatics.com)

EVENT SCHEDULE

Senior Black/White/Red groups

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|---|------------|
| 1 | 100 IM |
| 2 | 150 Free |
| 3 | 150 Breast |
| 4 | 50 Free |
| 5 | 150 Back |
| 6 | 150 Fly |
| 7 | 300 Free |