

We are excited about the Pancake Social and Kick Off Meet on Saturday!

Here is all that you need to know for a great first swim meet day!

**the full schedule is summarized at the end of this email and on the meet info page on the website here: <http://www.crawfishaquatics.com/calendar/crawfish-kick-off-meet-baton-rouge>*

Heat Sheet: Be sure to print the heat sheet or have it handy on your phone. This lists your swimmer's heat and lane that they will race in. If you have questions about this, see the volunteer parents at the Info Booth between 8:00-9:15am. They will also be selling shirts and swim caps!

Black Swim Caps: For swim meets, we wear black CA logo caps! These are available at the Info Booth.

Need a suit?

We have 2 families that have brand new, in the box, team suits that they are not able to use. Please contact if you would like to purchase from them:

- Youth Size 24, Male Brief (likely ages 9 & U): email honamartin5@gmail.com
- Size 34, Female: email sandra@whlcarchitecture.com

Pancake Breakfast: We will have pancakes ready as of 8:00am for our Novice, 8 & U, AG, Senior Prep and Junior Division swimmers! Come when works for you. We will begin grouping swimmers into their warm up groups at 8:45am

Warm up:

-Senior Division has practice 7:00-8:30/8:45am (pancake breakfast to follow)

-All other groups: warm up at 8:50-9:10am, followed by team cheer at 9:15am in the big outdoor bleachers.

Warm up lanes for Novice, 8 & U, AG, S Prep, Junior:

Outdoor pool

- Novice- Lanes 7-8 (steps lanes). Look for your Coaches!
- 8 & U 3- Lane 5-6 (Coach James will be warming up another group inside; Coach Erin will warm up this group)
- 8 & U 2- Lanes 3-4. Look for Coach Sydney.
- 8 & U 1- Lanes 1-2. Look for Coach Krystal.

Record Board Pool

- AG1- Lanes 1-3 (Look for Coach Austin!)
- AG2- Lanes 4-6 (Look for Coach Cameron!)
- AG3/S Prep- Lanes 7-8 (Look for Coach James!).

Scoreboard Pool

- Junior Division- Look for Coach Helen!

When to line up for your races / What to do:

- 50/100 yard races start from the diving blocks and 25 yard races start from the bulkhead (divider between the pools).
- Swimmers in the 25 yard races will be lined up by the coaches along the glass wall of the Record Board pool and walked out on to the bulkhead (divider between the pools) for their races (they will race from the bulkhead toward the scoreboard).
- Swimmers in the 50 & 100 yard races will line up behind the blocks under the scoreboard. Coaches will be behind the blocks to help! A good rule of thumb is to be behind the blocks 8 heats/races before your heat/race.
- Coaches will begin lining up athletes in events #5-10 (25 Back) at 9:25am (along the glass wall by the bulkhead). Be sure that they are in this area once the meet begins!
- Coaches will start lining up for events #19-24 (25 Free) following 25 back or have swimmers report to the line up area by Event 15.

What to do after you finish swimming?

Swimmers can stay and watch/cheer for the rest of the swimmers in the meet or leave following their events- we know Saturdays are busy days!

USA Swimming Coaches Clinic in New Orleans:

Coach Claudia, Coach Daniel and Coach Elias will not be that meet on Saturday. See the warm up lane assignments to see who your swimmer will report to!

Our age group coaches and senior assistant coach will be taking part in a coaches conference Friday-Sunday in New Orleans; with most here at the meet on Saturday morning and leaving from the meet for New Orleans to return to the conference after.

Full Event Schedule

- 7:00-8:45am: Practice /Meet Warm up for Senior Division (Black, White, Red)
- 8:00-8:45am: Pancake breakfast for Novice, 8 & U, Age Group, Junior, Senior Prep swimmers & families....come when works for you!
- 8:45am: organize into warm up groups
- 8:50-9:15am warm up for Novice, 8 & U, Age Group, Junior, Senior Prep
- 8:45-9:30am: breakfast for Senior group swimmers
- 9:15am: Gather for Team Cheer! Led by Seniors!
- 9:30am: Meet begins!