

Crawfish Aquatics Long Course Invitational

Friday:

Warm Ups: 4:00-4:30 and 4:30-5:00pm

Start: 5:15pm

1st warm up, 4:00-4:30pm

Indoor Pool

1-3 Crawl

4-8 TAQ

Outdoor Pool

1-8 Crawl

2nd warm up, 4:30-5:00pm

Indoor Pool

1-2 RAC

3 FINS

4 CLA

5 SPAR

6 PAC

7 SLST

8 Open

Outdoor Pool

Open

Saturday

Session 2

Warm ups: 7:00-7:30am & 7:30-8:00am

Meet start 8:10am

1st Warm Up, 7:00-7:30am

Outdoor Pool

1-6 CRAW

7-8 CLA

Indoor Pool

1-6 CRAW

7-8RRAC

2nd warm up, 7:30-8:00am

Outdoor Pool

HSC 1-4

PAC 5-6

SPAR 7-8

Indoor Pool

1-5 TAQ

6-7 FINS

8 SLST

Session 3

Warm up: 1:15-1:45 and 1:45-2:15pm

Meet starts: 2:30pm

1st Warm Up, 1:15-1:45pm

Outdoor Pool

1-8 CRAW

Indoor Pool

1-8 TAQ

2nd Warm Ups, 1:45-2:15pm

Outdoor Pool

1-5 HSC

6-8 FINS

Indoor Pool

1-2 PAC

3-4 RRAC

5-6 SLST

7-8 CLA and SPAR

Sunday

Session 4

Warm up: 7:00-7:30am & 7:30-8:00am
Meet start 8:10am

1st Warm Up, 7:00-7:30am

Outdoor Pool

1-6 CRAW
7-8 CLA

Indoor Pool

1-6 CRAW
7-8RRAC

2nd Warm Up, 7:30-8:00am

Outdoor Pool

TAQ 1-6
FINS 7-8

Indoor Pool

1-3 HSC
4 PAC
5 SPAR
6 SLST
7-8 OPEN

Session 5

Warm up: 12:30-1:00pm and 1:00-1:30
Meet start: 1:45pm

1st Warm Up, 12:30-1:00pm

Outdoor Pool

1-8 TAQ

Indoor Pool

1-8 CRAW

2nd Warm Up, 1:00-1:30pm

Outdoor Pool

1-2 PAC
3-4 RRAC
5-6 SLST
7-8 CLA and SPAR

Indoor Pool

1-5 HSC
6-8 FINS