

Crawfish Classic Warm Up and Timing

Friday, Session 1. Warm up, 4:45-5:20. Meet Begins, 5:30pm

***Positive Check in for 400IM/500Free/1000/1650 by 5:15pm*

Scoreboard Pool

Lanes 1-2: HSC

Lane 3: Fins

Lane 4: SLST

Lanes 5-8: Crawfish

Record Board Pool

Lanes 1-8: Crawfish

Timing - Provide your own timer for 400yd+ events

**lane timing for the 200 IM will be provided by CA Senior swimmers*

Saturday, Session 2. Warm up, 7:30-8:30am in 2 shifts. Meet Begins 8:40am.

Crawfish Aquatics: 2 warm up sessions

7:30-8:00am warmup: all groups not assigned to 8:00am warm up in scoreboard & record board pool

8:00-8:30am warm up: 8 & Under, Age Group and J Red from BR location (J Red from Nicholls, Lafayette warm up at 7:30am).

Scoreboard Pool: 8:00-8:30am warm up

Lanes 1-4: CRAW (groups assigned to 8:00; all other CA warm up at 7:30am)

Lanes 5-7: SLST

Lane 8: NOA

Record Board Pool: 8:00-8:30am

Lanes 1-3: FINS

Lanes 5-8: HSC

Timing (report at 8:30am, 2 per lane)

Lane 1-4: Crawfish Aquatics

Lanes 5-6: HSC

Lane 7: FINS

Lane 8: SLST

Saturday, Session 3. Warm up, 2:15-3:05pm in 2 shifts. Meet Begins 3:15pm

Crawfish Aquatics: 2 warm up sessions

2:15-2:40pm warmup: all groups not assigned to 2:40pm warm up in scoreboard & record board pool

2:40-3:05pm warm up: 8 & Under, Age Group and J Red from BR location (J Red from Nicholls, Lafayette warm up at 2:15pm).

Scoreboard Pool: 2:15-2:40pm warm up

Lanes 1-4: Craw (groups assigned to 8:00; all other CA warm up at 2:15pm)

Lanes 5-7: SLST

Lane 8: NOA

Record Board Pool: 2:40-3:05pm warm up

Lanes 1-3: FINS

Lanes 5-8: HSC

Timing (report at 3:05pm, 2 per lane)

Lane 1-4: Crawfish Aquatics

Lanes 5-6: HSC

Lane 7: FINS

Lane 8: SLST