

**Lane Timing:** provided by Crawfish Aquatics senior swimmers

## **Warm up**

### **Girls Session**

#### **Record Board**

1- Crew  
2- Fins  
3-8 Craw and Un

#### **Score Board**

1-4 TAQ  
5-6 PAC  
7-8 Gulf

### **Boys Sessions**

#### **Record Board**

1- SLST  
2- Fins  
3-8 Craw and Un

#### **Score Board**

1-4 TAQ  
5-6 PAC  
7- Gulf  
8- Open

## **Seating**

[Pool Map / Bleacher Zones](#)

### **Girls and Boys sessions**

Back Hall - Crawfish

Zone 2- PAC, Crew

Zone 3- Fins, Gulf

Zone 4 & 5- TAQ

Zones 6- 7 + along the garage door side- Spectators

Area along the competition pool in front of women's locker room is for coaches, meet staff and athlete check in with coaches. This area must remain open and flowing.