

# **Capital City Middle School Swim League    SEPTEMBER 23, 2011**

WE WILL HAVE ONE 35 MINUTE WARM UP SESSION: 3:45 – 4:25PM.  
MEET BEGINS AT 4:35PM. *TIMERS PLEASE REPORT FOLLOWING WARM UP.*

## **WARM UP SESSION ASSIGNMENTS- 3:45-4:25PM**

<b>OUTDOOR POOL</b>	<b>GYM POOL</b>	<b>COMPETITION POOL</b>
Lane 1    HS practices	Lane 1    AOL	Lane 1    St.George
Lane 2    HS practices	Lane 2    University	Lane 2    St.George
Lane 3    HS practices	Lane 3    University	Lane 3    St.George
Lane 4    HS practices	Lane 4    University	Lane 4    Lions
Lane 5    CLA	Lane 5    Northwestern	Lane 5    Lions
Lane 6    CLA	Lane 6    Northwestern	Lane 6    Lions
Lane 7    OLOL/Sacred Heart	Lane 7    Northwestern	Lane 7    Lions
Lane 8    Holy Family School	Lane 8    Northwestern	Lane 8    Runnels

## **TIMING ASSIGNMENTS- 2 timers per lane; report by 4:05PM**

Lane 1    University  
Lane 2    CLA / St.George  
Lane 3    St.George  
Lane 4    Lions  
Lane 5    Lions  
Lane 6    Runnels / AOL  
Lane 7    Northwestern  
Lane 8    Northwestern

Results posted at [crawfishaquatics.com](http://crawfishaquatics.com) under School Leagues