

Capital City Swim League September 24, 2011

Warm up: (1st) 7:30-8:00AM and (2nd) 8:00-8:30AM; **Meet Begins:** 8:45AM

WARM-UP ASSIGNMENTS

First Warm up- 7:30-8:00AM

OUTDOOR POOL

Lane 1 Crawfish practice
Lane 2 Crawfish practice
Lane 3 Crawfish practice
Lane 4 Crawfish practice
Lane 5 SJA
Lane 6 SJA
Lane 7 SJA
Lane 8 SJA

GYM END POOL

Lane 1 ZHS / WF
Lane 2 ZHS
Lane 3 ZHS
Lane 4 ZHS
Lane 5 DSHS
Lane 6 DSHS
Lane 7 DSHS
Lane 8 DSHS

COMPETITION POOL

Lane 1 Walker
Lane 2 Walker

Second Warm up- 8:00-8:30AM

OUTDOOR POOL

Lane 1 Crawfish practice
Lane 2 Crawfish practice
Lane 3 Crawfish practice
Lane 4 Crawfish practice
Lane 5 Dunham
Lane 6 Dunham
Lane 7 PBS
Lane 8 PBS

GYM END POOL

Lane 1 St.James
Lane 2 Central
Lane 3 Central
Lane 4 EA
Lane 5 EA
Lane 6 UHS
Lane 7 UHS
Lane 8 UHS

COMPETITION POOL

Lane 1 St.Michael
Lane 2 St.Michael

TIMING ASSIGNMENTS- 2 timers per lane; report by 8:35AM

Lane 1 Denham Springs
Lane 2 SJA
Lane 3 SJA / ZHS
Lane 4 ZHS
Lane 5 University
Lane 6 Central / EA
Lane 7 Walker
Lane 8 PBS / St.Michael

Results posted at crawfishaquatics.com under School Leagues