

Capital City Swim League October 1, 2011

Warm up: (1st) 7:30-8:00AM and (2nd) 8:00-8:30AM; **Meet Begins:** 8:40AM

WARM-UP ASSIGNMENTS

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

COMPETITION POOL

Lane 1 Episcopal
Lane 2 Episcopal
Lane 3 Episcopal
Lane 4 Episcopal
Lane 5 PBS
Lane 6 PBS
Lane 7 St.Amant
Lane 8 St.Amant

GYM END POOL

Lane 1 Runnels
Lane 2 Runnels
Lane 3 BRHS
Lane 4 BRHS
Lane 5 BRHS
Lane 6 CHS
Lane 7 CHS
Lane 8 CHS

OUTDOOR POOL

Crawfish practices

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

COMPETITION POOL

Lane 1 Lutcher
Lane 2 Lutcher
Lane 3 Lutcher
Lane 4 Lutcher
Lane 5 Lutcher
Lane 6 Dunham
Lane 7 Dunham/CLA
Lane 8 Brusly

GYM END POOL

Lane 1 EA
Lane 2 EA
Lane 3 EA
Lane 4 Plaquemine
Lane 5 Plaquemine
Lane 6 Dutchtown
Lane 7 Dutchtown
Lane 8 Dutchtown / Redempt

COMPETITION POOL

Crawfish Practices

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

Lane 1 CHS
Lane 2 Episcopal
Lane 3 BRHS
Lane 4 Episcopal
Lane 5 Dutchtown
Lane 6 EA
Lane 7 Lutcher
Lane 8 Runnels / St.Amant

Results posted at crawfishaquatics.com under School Leagues