

Capital City Swim League October 29, 2011 MEET #1

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 Catholic
Lane 2 Catholic
Lane 3 Catholic
Lane 4 Crawfish
Lane 5 Crawfish
Lane 6 Crawfish
Lane 7 Brusly
Lane 8 Redemptorist

GYM END POOL

Lane 1 West Fel
Lane 2 Runnels
Lane 3 Runnels
Lane 4 BRHS
Lane 5 BRHS
Lane 6 Episcopal
Lane 7 Episcopal
Lane 8 Episcopal

DURING THE MEET, 8:30-10:15

Lane 1-5 Crawfish Practice
Lanes 6-8 Open for warm up/down

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

COMPETITION POOL

Lane 1 Dutchtown
Lane 2 Dutchtown
Lane 3 Dutchtown
Lane 4 Crawfish
Lane 5 Crawfish
Lane 6 Crawfish
Lane 7 Walker
Lane 8 Walker

GYM END POOL

Lane 1 Parkview
Lane 2 Parkview
Lane 3 University
Lane 4 University
Lane 5 University
Lane 6 Plaquemine
Lane 7 Dunham
Lane 8 Dunham/CLA

COMPETITION POOL

Lanes 1-4 Crawfish Practices
Lanes 5-8 BRHS

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

Lane 1 Catholic
Lane 2 Episcopal
Lane 3 BRHS
Lane 4 University
Lane 5 Dutchtown
Lane 6 Parkview
Lane 7 Walker
Lane 8 Runnels

Results posted at crawfishaquatics.com under School Leagues