

Capital City Swim League October 29, 2011 MEET #2

Warm up: 12:00-12:30PM **Meet Begins:** 1:05PM

WARM-UP ASSIGNMENTS

First Warm up- 12:00-12:30

COMPETITION POOL

Lane 1 St.Michael
Lane 2 St.Michael
Lane 3 St.Amant
Lane 4 St.Amant
Lane 5 SJA
Lane 6 SJA
Lane 7 SJA
Lane 8 SJA

GYM END POOL

Lane 1 Crawfish Practices
Lane 2 Crawfish Practices
Lane 3 Central
Lane 4 Central
Lane 5 DSHS
Lane 6 DSHS
Lane 7 DSHS
Lane 8 DSHS

First Warm up- 12:30-1:00

COMPETITION POOL

Lane 1 Woodlawn
Lane 2 EA
Lane 3 EA
Lane 4 EA
Lane 5 Zachary
Lane 6 Zachary
Lane 7 Zachary
Lane 8 Zachary

GYM END POOL

Lane 1 Crawfish Practice
Lane 2 Crawfish Practice
Lane 3 St.James
Lane 4 Lutcher
Lane 5 Lutcher
Lane 6 Lutcher
Lane 7 Lutcher
Lane 8 Lutcher

TIMING ASSIGNMENTS- 2 timers per lane; report by 1:00PM

Lane 1 DSHS
Lane 2 St.James / Lutcher
Lane 3 Lutcher
Lane 4 Zachary
Lane 5 SJA
Lane 6 EA
Lane 7 St.Amant / St.Michael
Lane 8 Central

Results posted at crawfishaquatics.com under School Leagues