

Capital City Swim League October 8, 2011

WARM-UP ASSIGNMENTS

Warm up: 7:30-8:00AM

GYM END POOL

Lane 1 Catholic
Lane 2 Catholic
Lane 3 Catholic
Lane 4 Walker
Lane 5 Walker
Lane 6 Parkview
Lane 7 Parkview
Lane 8 CLA/Tara/Red

OUTDOOR POOL

Lane 1 Craw
Lane 2 Craw
Lane 3 Craw
Lane 4 SJA
Lane 5 SJA
Lane 6 SJA
Lane 7 SJA
Lane 8 Brusly

Warm up: 8:00-8:30AM

GYM END POOL

Lane 1 University
Lane 2 University
Lane 3 University
Lane 4 Central
Lane 5 Central
Lane 6 Dutchtown
Lane 7 Dutchtown
Lane 8 Dutchtown

OUTDOOR POOL

Lane 1 Craw
Lane 2 Craw
Lane 3 Craw
Lane 4 Craw
Lane 5 BRHS
Lane 6 BRHS
Lane 7 BRHS
Lane 8 WF

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

Lane 1 Catholic
Lane 2 SJA
Lane 3 Dutchtown
Lane 4 Walker
Lane 5 BRHS
Lane 6 Central
Lane 7 University
Lane 8 Parkview

Results posted at crawfishaquatics.com under School Leagues