

# Capital City Middle School Swim League KICK OFF MEET!

**WE WILL HAVE TWO (2) 25 MINUTE WARM UP SESSIONS.**

**3:30 - 3:55PM & 3:55 - 4:20PM. WE WILL START THE MEET AT 4:30PM**

## **FIRST WARM UP SESSION ASSIGNMENTS- 3:30-3:55PM**

### **OUTDOOR POOL**

Lane 1 Runnels  
Lane 2 WF  
Lane 3 WF  
Lane 4 WF  
Lane 5 SJA practice  
Lane 6 SJA practice  
Lane 7 SJA practice  
Lane 8 SJA practice

### **COMPETITION POOL**

Lane 1 St. George  
Lane 2 St. George  
Lane 3 St. George  
Lane 4 St. Jude  
Lane 5 St. Jude  
Lane 6 St. Jude  
Lane 7 Parkview  
Lane 8 Parkview

### **GYM END POOL**

Lane 1 FST  
Lane 2 FST  
Lane 3 FST  
Lane 4 UHS  
Lane 5 UHS  
Lane 6 UHS  
Lane 7 Brusly  
Lane 8 Brusly

## **SECOND WARM UP SESSION ASSIGNMENTS- 3:55-4:20PM**

### **OUTDOOR POOL**

Lane 1 AOL  
Lane 2 Episcopal/Homeschool  
Lane 3 Episcopal  
Lane 4 Episcopal  
Lane 5 SJA Practice  
Lane 6 SJA Practice  
Lane 7 SJA Practice  
Lane 8 SJA Practice

### **COMPETITION POOL**

Lane 1 Lions  
Lane 2 Lions  
Lane 3 Lions  
Lane 4 Lions  
Lane 5 STM  
Lane 6 STM  
Lane 7 Sacred Heart  
Lane 8 Holy Family School

### **GYM END POOL**

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

## **TIMING ASSIGNMENTS- 2 timers per lane; report by 4:20PM**

Lane 1 University  
Lane 2 WF  
Lane 3 FST  
Lane 4 Episcopal  
Lane 5 St. Jude  
Lane 6 St. George  
Lane 7 Lutcher  
Lane 8 Lions

Results posted at [crawfishaquatics.com](http://crawfishaquatics.com)