

BLOCK PRACTICE LANE AND TEAM TIME

This is the block practice schedule for 2017 City Meet. It is based on your preferred times you requested and, with the exception of one session, have only two teams in each. In other words, a lot more lanes for everyone thanks to two days of block practice. See the new HAC Deck and Lane Layout attached.

All but three sessions divide the North and South sides of the pool evenly, 4 + 4. The other session lane assignments were adjusted due to size of teams in session.

The **FIRST 30 MINUTES** of your Block Practice will be a walk-thru lead by Scott Thomas for ALL SWIMMERS (and volunteers should they wish) on where you will be going during the meet between tent city all the way to clerk of course, bullpen, deck, and block, and where to exit. Be aware during this 30 minute walk through, unless are in the first session of the day, a team will be on the deck practicing while you are walking through so the water WILL NOT be available until your one hour slot.

You will then have one hour for swimming. I suggest you come prepared to divide your younger and older swimmers and get the older swimmers in your NORTH SIDE lanes as this will be the new “flip turn on the bulkhead” side they will be swimming on. Your younger kids WILL NOT have any events on the NORTH SIDE of the pool.

Prior to block practice, each coach should check-in at the Meet Director’s table. Coaches will receive a packet containing the coaches’ heat sheets and lane warm up assignments and deck passes.

There is a Break between T3&T4 and F3&F4 just in case we have any initial difficulties.

Thursday Block Practice

T1	8-9:30	LILY	NORTH & SOUTH Lanes 1-4
		SHER	NORTH & SOUTH Lanes 5-8
T2	9-10:30	CAML	NORTH & SOUTH Lanes 1-4
		PIED	NORTH & SOUTH Lanes 5-8
T3	10-11:30	GREN	NORTH & SOUTH Lanes 1-4
		WHBG	NORTH & SOUTH Lanes 5-8
T4	12-1:30	SJST	NORTH & SOUTH Lanes 1-5
		BYRD	NORTH & SOUTH Lanes 6-8
T5	1-2:30	MTSP	NORTH & SOUTH Lanes 1-4
		MCST	NORTH & SOUTH Lanes 5-8
F1	8-9:30	BLOS	NORTH & SOUTH Lanes 1-4
		JVRA	NORTH & SOUTH Lanes 5-8
F2	9-10:30	VHCC	NORTH & SOUTH Lanes 1-3
		RSAL	NORTH & SOUTH Lanes 4-6
		CHAP	NORTH & SOUTH Lanes 7-8
F3	10-11:30	HAMC	NORTH & SOUTH Lanes 1-4
		YMCA	NORTH & SOUTH Lanes 5-8
F4	12-1:30	MNSO	NORTH & SOUTH Lanes 1-4