

BLOCK PRACTICE LANE AND TEAM TIME

This is the block practice schedule for 2019 City Meet. It is based on your preferred times you requested and, with the exception of two session, have only two teams in each. See the new HAC Deck and Lane Layout attached. North Pool has 8 lanes, South Pool has 10 lanes (labeled 10,1,2,3,4,5,6,7,8,9)

All but two sessions divide the North (non-flag) and South (flag) sides of the pool evenly, 4 + 5. The other session lane assignments were adjusted due to size of teams in session.

You will then have 55 minutes for swimming. I suggest you come prepared to divide your younger and older swimmers and get the older swimmers in your NORTH (non-flag) SIDE lanes as this will be the “flip turn on the bulkhead” side they will be swimming on. Your younger kids 8&U will have all events on the SOUTH (flag) 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.

Thursday Block Practice		(Lane “0” will be marked “10” on block)	
T1	9-9:55	LILY SHER VHCC	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-6) & SOUTH Lanes 5-6 NORTH (7-8) & SOUTH Lanes 7-9
T2	10-10:55	PIED CHAP CAML	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-6) & SOUTH Lanes 5-6 NORTH (7-8) & SOUTH Lanes 7-9
T3	11-11:55	WHBG GREN	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-8) & SOUTH Lanes 5-9
T4	12-12:55	BYRD YMCA	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-8) & SOUTH Lanes 5-9
F1	9-9:55	JVRA MCST	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-8) & SOUTH Lanes 5-9
F2	10-10:55	MTSP BLOS	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-8) & SOUTH Lanes 5-9
F3	11-11:55	SJST RSAL	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-8) & SOUTH Lanes 5-9
F4	12-12:55	MNSO HAMC	NORTH (1-4) & SOUTH Lanes 0-4 NORTH (5-8) & SOUTH Lanes 5-9