

## BLOCK PRACTICE LANE AND TEAM TIME

This is the block practice schedule for 2023 City Meet. It is based on your preferred times you requested and most sessions will have only two teams in each. See the HAC Deck and Lane Layout attached. North Pool has 8 lanes, South Pool has 10 lanes (labeled 0,1,2,3,4,5,6,7,8,9)

All sessions divide the North (non-flag) and South (flag) sides of the pool evenly, 4 + 5.

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.

T1	9-9:55	JVRA PIED	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T2	10-10:55	GREN SHER	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T3	11-11:55	BLOS LILY	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T4	12-12:55	SJST WHBG	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T5	1-1:55	MNSO CHAP	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F1	9-9:55	CAML HAMC	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F2	10-10:55	MTSP RSAL VHCC	NORTH Lanes 1-4 & SOUTH Lanes 0-3 NORTH Lanes 5-6 & SOUTH Lanes 4-6 NORTH Lanes 7-8 & SOUTH Lanes 7-9
F3	11-11:55	BYRD MCST	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9