

## BLOCK PRACTICE LANE AND TEAM TIME

This is the block practice schedule for 2024 City Meet. It is based on your preferred times you requested and size of teams. Each session will have either two or three 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)

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

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	BLOS LILY	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T3	11-11:55	GREN WHBG	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T4	12-12:55	CAML CHAP RSAL	NORTH Lanes 1-3 & SOUTH Lanes 0-3 NORTH Lanes 4-6 & SOUTH Lanes 4-6 NORTH Lanes 7-8 & SOUTH Lanes 7-9

### Friday Block Practice

F1	9-9:55	SHER BYRD VHCC	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-6 & SOUTH Lanes 5-6 NORTH Lanes 7-8 & SOUTH Lanes 7-9
F2	10-10:55	MTSP SJST	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F3	11-11:55	HAMC MCST	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F4	12-12:55	MNSO MNSO	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9