

# Block Practice Lane and Team Assignments

*Modified: 7/7/2025*

This is the block practice schedule for 2025 City Meet. It is based on the preferred times you requested and size of teams. Each session will have two teams practicing 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 have 55 minutes for swimming. We 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 CHAP	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T2	10-10:55	BLOS MCST	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T3	11-11:55	GREH HAMC	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
T4	12-12:55	RSAL PIED	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9

## Friday Block Practice

F1	9-9:55	WHBG SJST	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F2	10-10:55	MTSP LILY	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F3	11-11:55	SHER VHCC	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F4	12-12:55	BYRD CAML	NORTH Lanes 1-4 & SOUTH Lanes 0-4 NORTH Lanes 5-8 & SOUTH Lanes 5-9
F5	1-1:55	MNSO	ALL LANES