

THURSDAY'S BLOCK PRACTICE

(Draft 6/13/2010)

Prior to block practice, each coach should check-in at the Meet Director's table. Any equipment RCSL has agreed to borrow should be properly labeled and turned in to the Meet Director. A receipt will then be issued. Coaches will receive a packet containing the coaches' heat sheets and lane warm up assignments and deck passes.

Teams must check in for their allotted sign hanging time in the lobby. There will be deck monitors watching as the signs are being hung to make sure rules are being followed. Signs may not be hung above or on the conduit or between the diving boards. No signs may be hung over speakers, the HSA or 1st Place Athletics signs. Please bring your own ladders.

Any signs that contain questionable content will be removed by the Natatorium staff or Meet Director.

NOTE: Friday has been reserved for the City Dive Meet. We encourage your attendance to cheer for the dive teams but you are not allowed to distract the competition in any way. That means no practice on Friday, no hanging of signs, etc. We appreciate your cooperation.

*****Teams are assigned times based on number of swimmers entered in City Meet. The schedule will be assigned once entries are turned in. Thanks!*****

8 – 9

9 – 10

10 – 11

11 – 12

12 – 1

1 – 2