

THURSDAY'S BLOCK PRACTICE

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 (for outside the Natatorium) in the lobby. There will be deck monitors watching as the signs are being hung to make sure rules are being followed. **Only team banners are allowed to be hung *inside* the Natatorium. Per the request from the Natatorium staff:**

"Banners should be 6 feet wide by 3 feet high so that they can be matched up when they are hung 2 high. They will need 6 grommets including all four corners and the centers of top and bottom. They will also need to be delivered to us no later than Tuesday morning prior to City Meet (7/5/11) so that we will have time to hang them".

All hand made signs can be hung on the outside of the building, along the fence, under team tents, etc...

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.

8 – 9	JVRA	YMCA	PIED
9 – 10	RSAL	CAML	GREN
10 – 11	MTSP	LILY	MCST
11 – 12	MNSO		BLOS
12 – 1	BYRD	HAMC	VHCC
1 – 2	SHER	WHBG	SJST