

Warm-Ups Schedule

Warm-Ups

On Friday, warm-up laps are from 4:10 PM to 5:30 PM followed by Sprints from 5:30 PM to 5:45 PM. Clear the pool by 5:50 PM.

On Saturday, warm-up laps are from 10:10 AM to 11:30 AM followed by Sprints from 11:30 AM to 11:45 AM. Clear the pool by 11:50 AM.

Friday	4:10 – 4:30	4:30 – 4:50	4:50 – 5:10	5:10 – 5:30	5:30 – 5:45
Saturday	10:10 – 10:30	10:30 – 10:50	10:50 – 11:10	11:10 – 11:30	11:30 – 11:45
1	Cumberland Valley & Middletown	Palmyra	Boiling Spring	East Penn & James Buchanan	SPRINTS ALL TEAMS ALL LANES
2			State College	Milton Hershey	
3		Chambersburg			
4	Big Spring		Bishop McDevitt	Central Dauphin	
5	Red Land & Cedar Cliff	Hershey		Shippensburg	
6					
7	Carlisle & Susquehanna Twp	Lower Dauphin & Trinity	Mechanicsburg	Gettysburg & Northern	
8					