

2026 MID PENN PLUNGE WARM-UP TIMES

SESSION	1	2	3	4	5	6
FRIDAY	3:30 to 3:55	3:55 – 4:20	4:20 – 4:45	4:45 – 5:10	5:10 – 5:35	5:35 to 5:50
SATURDAY	8:30 to 8:55	8:55 to 9:20	9:20 to 9:45	9:45 to 10:10	10:10 to 10:35	10:35 to 10:50
1	Trinity	CV	Bermudian Springs, Bishop McDevitt, Fairfield, & Cedar Cliff	CD East, Harrisburg Academy, & Shippensburg	State College	
2	Big Spring	Boiling Springs & Lower Dauphin	Halifax	Susquehanna Township & Hershey	Central Dauphin	SPRINTS – ALL TEAMS
3	Chambersburg		Red Land			
4	Northern		Delone Catholic & East Penn		Waynesboro	
5	Mechanicsburg		LATE ARRIVALS	LATE ARRIVALS		
6		Carlisle				

Lane 6 in sessions #4 and #5 is available for late arrivals.