

Time Schedule for Coaches and Swimmers

Friday Session

Swimmers and Coaches arrive – 3:30 PM
(Entrance around side of building)

Coaches Enter the Pool Area – 3:40 PM

Swimmers Enter the Pool Area – 3:45 PM

Warm ups – Starting at 4:10 PM (See
schedule on the next page)

Coaches Scratch Meeting – 5:30 PM

First event will start – 6:00 PM

Projected finish – 8:30 PM

Saturday Session

Swimmers and Coaches arrive – 9:30 AM
(Entrance around side of building)

Coaches Enter the Pool Area – 9:40 AM

Swimmers Enter the Pool Area – 9:45 AM

Warm ups – Starting at 10:10 AM (See
schedule on the next page)

Coaches Scratch Meeting – 11:30 AM

First event will start – 12:00 Noon

Projected finish – 2:40 PM

**Please adhere to these time lines above. Cumberland Valley HS is in session on Friday, so
please don't arrive earlier than 3:30 PM on Friday.**

Pool Deck Team Seating

The seating for both the Friday and Saturday sessions are as follows:

Chambersburg					Guard	Announcer
Shippensburg	<h1>POOL</h1>					
J Buchanan						
State College						
Gettysburg						
Milt Hershey	CD	McDevitt	Big Spring	CV	AWARDS	
	Susquehanna	Cedar Cliff	Boiling Sprgs	Middletown		
	MASH	Trinity	Lower Dauphin	Carlisle		
	Waynesboro	Palmyra	Hershey	Red Land		
	East Penn		Northern			