



Fourth Annual Penguin Plunge

**Upper Perkiomen Valley YMCA
January 30-31, 2026**

Warm Up Schedule

Session 1: Friday (Mile) 6:00 pm						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:00 – 5:50	Sprint	Open	Open	Open	Open	Open

Session 2: Saturday 9:00 am						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 – 8:25	UPY	UPY	UPY	UPY	UPY	UPY
8:25 – 8:50	BYST	BYST	BYST	YY	GPY	GPY

Session 3: Saturday 1:00 pm						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
11:30 – 11:55	UPY	UPY	UPY	UPY	UPY	UPY
11:55 – 12:20	GPY	GPY	GPY	GPY	GPY	GPY
12:20 – 12:50	BYST	BYST	BYST	YY	YY	YY