

**GOOD MORNING!  
WELCOME TO THE  
2023 MPSL ALL-STAR MEET  
AT THE ANNVILLE-CLEONA COMMUNITY POOL**

**Warmup times are assigned as follows:**

**Session 1:** 7:00 - 7:25 (ACL 1-3 HAC 4-8)

**Session 2:** 7:25 - 7:50 (HST 1-3 HEA 3-8)

**Session 3:** 7:50 - 8:15 (DCST 1-5, WWD 6-8)

**Session 4:** 8:15 - 8:40 (MTV 1-2, LEBY/MDT 3-4, DAU 5-6, PSC 7-8,)

please share overlapping lanes to maximize swimmer space, thanks.

**CIRCLE SWIMMING ONLY for first 20 minutes! NO DIVING! FEET FIRST ENTRY!  
Last 5 minutes ONE WAY SPRINTS WITH STARTS, ALL LANES.**

**8:40 - 8:55 STARTS AND TURNS 10 and under only**

**LANES 1 - 6 STARTS AND ONE WAY SPRINTS**

**LANES 7 - 8 TURNS**

**8:55 - 9:15 STARTS AND TURNS 11 and over only**

**LANES 1 - 6 STARTS AND ONE WAY SPRINTS**

**LANES 7 - 8 TURNS**

**ADDITIONAL MEET INFORMATION:**

**8:15** -- SCRATCH MEETING -- Please have at least one coach from each team meet in the seeding area.

**8:30** -- OFFICIALS' MEETING -- All officials for both sessions of the meet, please meet in the seeding area.

**8:45** -- TIMERS' MEETING -- All timers for both sessions of the meet, please meet in the seeding area.

**8:55** -- EVENTS 1 - 4 Please report to the seeding area

**9:20** -- All FIRST SESSION Timers and Officials should be in assigned locations

**9:23** -- National Anthem

**9:25** -- Meet Begins

**Event 38** FIRST SESSION ENDS. DIVISION WINNERS' BANNER PRESENTATION.

10 MINUTE BREAK - POOL IS OPEN FOR ONE WAY SWIMMING ONLY - FEET FIRST ENTRY  
ENTER AT START END - CLIMB OUT AT BULK HEAD

**Event 39** SECOND SESSION VOLUNTEERS SHOULD BE IN ASSIGNED LOCATIONS