

**GOOD MORNING!
WELCOME TO THE
2025 MPSL ALL-STAR MEET
AT THE ANNVILLE-CLEONA COMMUNITY POOL**

Warmup times are assigned as follows:

Session 1: 7:00 - 7:25 (ACL 1-5 MTV 6-7 LEBY 8)

Session 2: 7:25 - 7:50 (DCST 1-6 MDT 7 PIR 8)

Session 3: 7:50 - 8:15 (HAC 1-5 DAU 6-8)

Session 4: 8:15 - 8:40 (HEA 1-3 HST 4-6 WWD 6-8)

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, 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 -- SEEDING 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.

10 MINUTE BREAK - POOL IS OPEN FOR ONE WAY SWIMMING ONLY

STARTS ALLOWED IN ALL LANES

ENTER AT START END - CLIMB OUT AT BULKHEAD

Event 39 SECOND SESSION - VOLUNTEERS SHOULD BE IN ASSIGNED LOCATIONS