

WARM UP SCHEDULE

AM Session Warm up 1 7:45-8:15	<p style="text-align: center;"><u>SPRINTS</u> MORNING & AFTERNOON</p> <p style="text-align: center;">ALL LANES DURING THE LAST 5-10 MINUTES OF EACH WARM UP SESSION</p> <p style="text-align: center;">PLEASE MAKE SURE ALL SWIMMERS HAVE CLEARED THE LANE PRIOR TO DOING SPRINTS.</p>	AM Session Warm Up 2 8:15-8:45
East Pennsboro Aquatic Club Gettysburg Sharks Swim Team Hershey Aquatic Club Lower Paxton Aquatic Club Marauder Aquatic Club Mechanicsburg Swim Club Northern York Aquatic Club Palmyra Aquatic Club Shippensburg Aquatic Club South Middleton Swim Club		Aquatic Club of the West Shore Big Spring Aquatic Club Collegiate Aquatics Cumberland Valley Aquatic Club Elizabethtown Aquatic Club Ephrata Swim Team Falcon Swim Club at Lebanon Y Lebanon Valley Otters Mercersburg Area Swim Club Sea Lions Swim Team
PM Session Warm up 1 11:40-12:05	PM Session Warm up 2 12:05-12:30	PM Session Warm up 3 12:30-12:55
Falcon Swim Club at Lebanon Y Hershey Aquatic Club Marauder Aquatic Club Mechanicsburg Swim Club Mercersburg Area Swim Club Palmyra Aquatic Club Shippensburg Aquatic Club	Aquatic Club of the West Shore Big Springs Aquatic Club Cumberland Valley Aquatic Club Elizabethtown Aquatic Club Lebanon Valley Otters East Pennsboro Aquatic Club	Collegiate Aquatics Ephrata Swim Club Gettysburg Sharks Swim Team Lower Paxton Aquatic Club Northern York Aquatic Club Sea Lions Swim Team South Middleton Swim Club

THERE WILL BE NO ASSIGNED WARM UP LANES
 THE SHORT POOL WILL BE AVAILABLE THROUGHOUT THE MEET FOR
 WARM UP AND WARM DOWN
 PLEASE MONITOR YOUR ATHLETES SO THERE IS NO HORSEPLAY IN
 THE SHORT POOL

