



Cumberland Valley High School Natatorium
Warm-Up Schedule
9:00 Meet Start

	7:15-7:40am	7:40-8:05am	8:05-8:30am	8:30-8:45am
Lane 1	CVAC	ELIZABETHTOWN	EPHRATA	One Way Sprints
Lane 2	CVAC	ELIZABETHTOWN	EPHRATA	One Way Sprints
Lane 3	CVAC	ELIZABETHTOWN	EPHRATA	One Way Sprints
Lane 4	CVAC	ELIZABETHTOWN	EPHRATA	One Way Sprints
Lane 5	CVAC	PALMYRA	LEBANON VALLEY	One Way Sprints
Lane 6	CVAC	PALMYRA	LEBANON VALLEY	One Way Sprints
Lane 7	CVAC	PALMYRA	LEBANON VALLEY	One Way Sprints
Lane 8	CVAC	CENTRAL YORK	LEBANON VALLEY	One Way Sprints
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Shallow 1	CVAC	ELIZABETHTOWN	EPHRATA	Open Warm Up
Shallow 2	CVAC	ELIZABETHTOWN	EPHRATA	Open Warm Up
Shallow 3	CVAC	ELIZABETHTOWN	EPHRATA	Open Warm Up
Shallow 4	CVAC	PALMYRA	LEBANON VALLEY	Open Warm Up
Shallow 5	CVAC	CENTRAL YORK	LEBANON VALLEY	Open Warm Up

Spread based on average of 11 Swimmers per lane
 Head Counts: CVAC 138, EAC 78, CYA 24, LVO 61, EPH 69, PAC 46
 Teams are expected to share lane space with each other when necessary
 Shallow end lanes recommended for youngest of swimmers
 Always feet first entry please - except for Sprints