

## 2019 MID PENN PLUNGE FRIDAY WARM-UP TIMES

LANE	4:00 – 4:25	4:25 – 4:50	4:50 – 5:15	5:15 – 5:25
<b>1</b>	Chambersburg & Northern	Big Spring & Trinity	Lower Dauphin & Middletown	<b><i>SPRINTS – ALL TEAMS</i></b>
<b>2</b>			Mifflin County & Shippensburg	
<b>3</b>	Boiling Springs	Harrisburg Academy, Biglerville, & Delone Catholic,	Central Dauphin	
<b>4</b>	Carlisle	James Buchanan, Halifax, & Millersburg	Hershey	
<b>5</b>	CV & Mechanicsburg	Bishop McDevitt & East Penn	Palmyra & State College	
<b>6</b>			Susquehanna Township, Susquenita, & Milton Hershey	

## 2019 MID PENN PLUNGE SATURDAY WARM-UP TIMES

LANE	7:30 – 8:00	8:00 – 8:30	8:30 – 9:00	9:00 – 9:30	9:30 – 9:45
1	Boiling Springs & Chambersburg	Mechanicsburg, Biglerville, & Delone Catholic	James Buchanan & Greencastle Antrim	Bishop McDevitt, Lower Dauphin, & Middletown	<b>SPRINTS – ALL TEAMS</b>
2			Mifflin County		
3	Northern	Central Dauphin	Big Spring		
4		Susquehanna Township & Susquenita			
5	CV & Shippensburg	Carlisle & Harrisburg Academy	East Penn, Halifax, & Millersburg	State College	
6				Milton Hershey & Trinity	