

## 2020 MID PENN PLUNGE FRIDAY WARM-UP TIMES

LANE	3:30 – 3:55	3:55 – 4:20	4:20 – 4:45	4:45 – 4:55
<b>1</b>	Boiling Springs & Carlisle	Chambersburg & Shippensburg	Lower Dauphin & Trinity	<b><i>SPRINTS – ALL TEAMS</i></b>
<b>2</b>	Boiling Springs	Bishop McDevitt	Hershey, Middletown, Mifflin County & Harrisburg Christian	
<b>3</b>	Northern	Big Spring	Central Dauphin	
<b>4</b>			CD East	
<b>5</b>	Mechanicsburg	East Penn & Biglerville	Harrisburg Academy, & State College	
<b>6</b>	CV & Mechanicsburg	James Buchanan, Halifax, & Delone Catholic	Susquehanna Township, & Susquenita	

## 2020 MID PENN PLUNGE SATURDAY WARM-UP TIMES

LANE	9:00 – 9:25	9:25 – 9:50	9:50 – 10:15	10:15 – 10:40	10:40 – 10:55
<b>1</b>	CV	Chambersburg, Biglerville, & Delone Catholic	CD East & Trinity	Hershey Mifflin County, & Millersburg	<b><i>SPRINTS – ALL TEAMS</i></b>
<b>2</b>	Boiling Springs	Carlisle	James Buchanan	Lower Dauphin	
<b>3</b>		Northern	Mechanicsburg	Big Spring	
<b>4</b>	Susquehanna Township		East Penn	Middletown & State College	
<b>5</b>	Shippensburg		Central Dauphin & Susquenita	Halifax, Harrisburg Acad., & Harrisburg Christian	
<b>6</b>					