

2025 MID PENN PLUNGE WARM-UP TIMES

SESSION	1	2	3	4	5	6
FRIDAY	3:30 to 3:55	3:55 – 4:20	4:20 – 4:45	4:45 – 5:10	5:10 – 5:35	5:35 to 5:50
SATURDAY	8:30 to 8:55	8:55 to 9:20	9:20 to 9:45	9:45 to 10:10	10:10 to 10:35	10:35 to 10:50
1	Boiling Springs	CV	Chambersburg, Greencastle Antrim, & Carlisle	Shippensburg	Bishop McDevitt & Lower Dauphin	SPRINTS – ALL TEAMS
2		Big Spring		Susquehanna Township		
3	Northern				State College	
4		Central Dauphin	Trinity	Hershey	Waynesboro	
5	Mechanicsburg		Halifax & CD East			
6	Cedar Cliff	East Penn	Red Land, Covenant Christian, & Delone Cath.	Bermudian Springs, Harrisburg Academy, & Fairfield	LATE ARRIVALS	

Highlighted teams have swimmers *only* on Saturday. Lane 6 in sessions #4 and #5 are available for late arrivals.