

## 2024 MID PENN PLUNGE WARM-UP TIMES

SESSION	1	2	3	4	5	6
<b>FRIDAY</b>	<b>3:30 to 3:55</b>	<b>3:55 – 4:20</b>	<b>4:20 – 4:45</b>	<b>4:45 – 5:10</b>	<b>5:10 – 5:35</b>	<b>5:35 to 5:50</b>
<b>SATURDAY</b>	<b>8:30 to 8:55</b>	<b>8:55 to 9:20</b>	<b>9:20 to 9:45</b>	<b>9:45 to 10:10</b>	<b>10:10 to 10:35</b>	<b>10:35 to 10:50</b>
<b>1</b>	Boiling Springs	Big Spring	Cedar Cliff	Shippensburg	Waynesboro	<b>SPRINTS – ALL TEAMS</b>
<b>2</b>			CD East	Chambersburg	Bishop McDevitt	
<b>3</b>		CV	Central Dauphin			
<b>4</b>	Carlisle & Northern			East Penn	Halifax, Greencastle Antrim & Bermudian Springs	
<b>5</b>		Trinity	State College Harrisburg Academy, & Delone Catholic			
<b>6</b>						

Highlighted teams have swimmers on only Friday. Lane 1 in session #5 is available for late arrivals on Saturday. State College may have room in lanes 5 – 6 in session #5 on Saturday as well.