

Warm-Up Schedule and timeline for the 2019 CASL Gary Shank All-Star Championships

	7:15-7:35am	7:40-8am	8:05-8:25am	8:25-8:45am
Lane 1	CHAC	Dallastown	Big Spring EPAC	
Lane 2	Keystone	Trojan Dallastown	Lion	
Lane 3	MSC	Trojan	MASC Ship	
Lane 4	Ducks	Hanover Y	Bobcat	
Lane 5	Ducks NYAC	CYA	Bobcat	
Lane 6	CVAC ICAC	CYA ACWS	Gettysburg	
Lane 7	CVAC	Dover	Spring Grove	
Lane 8	South Middleton	Carlisle	Seahorse	

Sprints all 8 lanes