



Cumberland Valley High School Natatorium
Warm-Up Schedule
9:00 Meet Start

	7:15-7:35am	7:40-8am	8:05-8:25am	8:25-8:45am
Lane 1	CVAC	SMSC	Spring Grove	One Way Sprints
Lane 2	CVAC	SMSC	Seahorse	One Way Sprints
Lane 3	Mechanicsburg	Big Spring	Dallastown	One Way Sprints
Lane 4	Camp Hill	Dover	Dallastown	One Way Sprints
Lane 5	ACWS-Ducks	Indian Creek	Trojan	One Way Sprints
Lane 6	Ducks	Carlisle	Lion	One Way Sprints
Lane 7	Ducks	Gettysburg	Bobcat	One Way Sprints
Lane 8	KA	CYA	Bobcat	One Way Sprints
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Shallow 1	CVAC	SMSC	Spring Grove	Open Warm Up
Shallow 2	CVAC	Dover	Seahorse	Open Warm Up
Shallow 3	Mechanicsburg	Carlisle	Dallastown	Open Warm Up
Shallow 4	Camp Hill	Gettysburg	Bobcat	Open Warm Up
Shallow 5	KA	CYA	Bobcat	Open Warm Up

Lanes subject to change based on All-Star Qualifiers. Spread based on average of 18 per lane
 Teams are expected to share lane space with each other when necessary
 Shallow end lanes recommended for youngest of swimmers
 Always feet first entry please - except for Sprints