



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	CYA	Seahorse	One Way Sprints
Lane 2	CVAC	CYA	Dallastown	One Way Sprints
Lane 3	Mechanicsburg	Big Spring	Dallastown	One Way Sprints
Lane 4	Camp Hill-ACWS	Dover	Spring Grove	One Way Sprints
Lane 5	Ducks	Indian Creek	Trojan	One Way Sprints
Lane 6	Ducks	Carlisle	Lion	One Way Sprints
Lane 7	KA	Gettysburg	Bobcat	One Way Sprints
Lane 8	KA	SMSC	Bobcat-Shippensburg	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	CV	Carlisle	Dallastown	Open Warm Up
Shallow 4	Mechanicsburg	Gettysburg	Trojan	Open Warm Up
Shallow 5	Ducks	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