

Warm-Up Times

Session 1 11:00 - 11:20

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| LANE 1 | Elizabethtown Aquatic Club |
| LANE 2 | Elizabethtown Aquatic Club |
| LANE 3 | Elizabethtown Aquatic Club |
| LANE 4 | Elizabethtown Aquatic Club |
| LANE 5 | Elizabethtown Aquatic Club |
| LANE 6 | Palmyra Aquatic Club |

Session 2 11:20 - 11:40

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| LANE 1 | Collegiate Aquatics |
| LANE 2 | Lower Paxton Aquatic Club |
| LANE 3 | Lower Paxton Aquatic Club |
| LANE 4 | Sea Lions Swim Team |
| LANE 5 | Sea Lions Swim Team |
| LANE 6 | Sea Lions Swim Team |

Session 3 11:40 – 12:00

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| LANE 1 | Lebanon Valley Otters |
| LANE 2 | Lebanon Valley Otters |
| LANE 3 | Ephrata Swim Club |
| LANE 4 | Ephrata Swim Club |
| LANE 5 | Ephrata Swim Club |
| LANE 6 | Ephrata Swim Club |

Session 4 12:00 – 12:20

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| LANE 1 | Marauder Aquatic Club |
| LANE 2 | Marauder Aquatic Club |
| LANE 3 | Lion Aquatic Club |
| LANE 4 | Falcon Swim Club at Lebanon Y |
| LANE 5 | Big Spring Aquatic Club |
| LANE 6 | Athletic Club of York/ YMCA of N. York |

Coaches:

If you are in the 12:00 – 12:20 warm-up sessions be sure to have someone available to attend the scratch meeting scheduled for 12:00 to be located in the hallway outside the pool deck where kids will pre-stage.