

**MID CAP  
Warm Up Schedule**

<b>Session 1 6:30-6:45</b>								
<b>Upper Pool</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
	Willowood - 24 Middletown - 14	Annville-34 Mt.Veiv - 8	Palmyra -33 Dauphin - 6	Heatherfield -49	Heatherfield -49	Hershey -62	X	X
<b>Lower Pool</b>	Willowood - 24 Middletown - 14	Annville-34 Mt.Veiv - 8	Palmyra -33 Dauphin - 6	Heatherfield -49	Heatherfield -49	Hershey -62	Hershey -62	Hershey -62
<b>Session 2 6:47-7:03</b>								
<b>Upper Pool</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
	Falcon - 37 Piranha - 2	Hummels-20 Twin Vall - 11	Lastshmere-47	Lastshmere-47	Devon Crest-54	Devon Crest-54	X	X
<b>Lower Pool</b>	<b>OPEN</b>	Falcon - 37 Piranha - 2	Hummels-20 Twin Vall - 11	Lastshmere-47	Lastshmere-47	Devon Crest-54	Devon Cr-54	Devon Cr-54
<b>Session 3 7:05-7:13</b>								
<b>Upper Pool</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
	MPSL Dives	MPSL Dives	MPSL Dives	MPSL Dives	MPSL Dives	MPSL Dives	X	X
<b>Session 4 7:15-7:30</b>								
<b>Upper Pool</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
	York Y - 21 ACWS - 9 Mechanic - 5	CVAC - 13 Gettysburg - 6 SMSC - 5	Camp Hill - 16 Indian Creek - 9 Ship - 22	East Penn - 30 Hampden - 9	Wildcat - 42	Wildcat - 42	X	X
<b>Lower Pool</b>	<b>OPEN</b>	York Y - 21 ACWS - 9 Mechanic - 5	CVAC - 13 Gettysburg - 6 SMSC - 5	Camp Hill - 11 Indian Creek - 9 Ship - 8	East Penn - 30 Hampden - 9	East Penn - 30 Hampden - 9	Wildcat - 42	Wildcat - 42
<b>Session 5 7:32-7:47</b>								
<b>Upper Pool</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
	Dover - 23 Lion - 18	Spr Grove - 18 Bobcat - 15	Carlisle - 28 Big Spring - 7	Cent. York - 26 Hanover - 8	Trojan - 30	NYAC - 37	X	X
<b>Lower Pool</b>	Dover - 23 Lion - 18	Spr Grove - 18 Bobcat - 15	Carlisle - 28 Big Spring - 7	Cent. York - 26 Hanover - 8	Trojan - 30	Trojan - 30	NYAC - 37	NYAC - 37
<b>Session 6 7:50-8:00</b>								
<b>Upper Pool</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>	<b>Lane 7</b>	<b>Lane 8</b>
	CASL Dives	CASL Dives	CASL Dives	CASL Dives	CASL Dives	CASL Dives	X	X

**TEAMS SHARING LANES WILL NEED TO WORK TOGETHER**

**REMINDE SWIMMERS TO NOT HANG ON THE LANE ROPES**

**CLEAR LANES PROMPTLY WHEN WARM UP TIME IS OVER.**

**HAVE SWIMMERS EXIT AT THE FAR ENDS.**

**WARM UP/DOWN POOL: 8:15 - 12:30 10 LANES; 12:30-2:30 1ST 5 LANES**

**11:30ish Warm up: Lane 6 reserved for one way dives only**