

2013 MID PENN PLUNGE

WARM-UP SCHEDULE

LANE	7:30 – 8:00	8:00 – 8:30	8:30 – 9:00	9:00 – 9:30
1	Carlisle	Hershey & Harrisburg Academy	Central Dauphin & CD East	Mifflin County & State College
2				
3	Northern	Big Spring	Lower Dauphin	James Buchanan
4	Bishop McDevitt			Milton Hershey
5	Trinity & CV	Shippensburg & East Penn & Susquenita	Halifax & Millersburg & Tri-Valley & Delone Catholic	Susquehanna Township & Harrisburg Christian & Littlestown
6				

There will be sprints in all lanes for the last 5 minutes of each warm-up session.