

## 2023 MID PENN PLUNGE WARM-UP TIMES

FRIDAY	3:30 to 3:55	3:55 – 4:20	4:20 – 4:45	4:45 – 5:10	5:10 – 5:35	5:35 to 5:50
SATURDAY	8:30 to 8:55	8:55 to 9:20	9:20 to 9:45	9:45 to 10:10	10:10 to 10:35	10:35 to 10:50
<b>1</b>	Boiling Springs	Big Spring	CD East	Shippensburg	Bishop McDevitt	<b>SPRINTS – ALL TEAMS</b>
<b>2</b>				Chambersburg		
<b>3</b>	Northern	CV	Central Dauphin	Susquehanna Township, Covenant Christian, & Susquenita	State College	
<b>4</b>					Halifax & East Penn	
<b>5</b>	Carlisle & Northern	Mechanicsburg	Trinity	Susquehanna Township, Covenant Christian, & Susquenita	Halifax & East Penn	
<b>6</b>	Carlisle		Bermudian Sprgs, Hbg Academy, Littlestown, & Lower Dauphin			