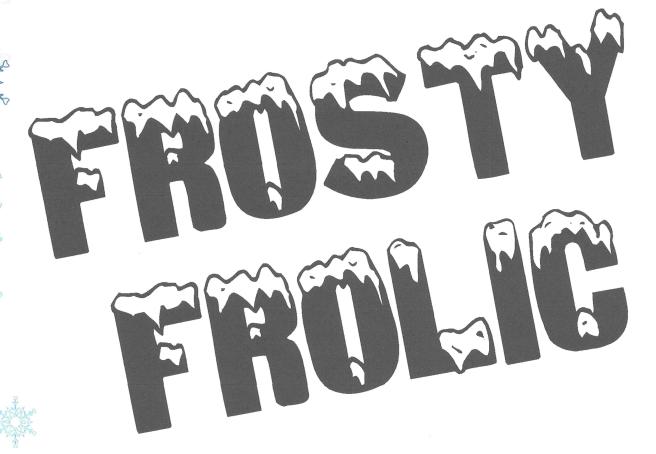
Eth Allina





JANUARY 5, 2014



Warm-Up Times

Session 1 11:00 - 11:20			Session 2 11:20 - 11:40				
LANE 1	ELIZABETHTOWN AQUATIC CLUB	LANE 1	MARAUDER AQUATIC CLUB				
LANE 2	ELIZABETHTOWN AQUATIC CLUB	LANE 2	MARAUDER AQUATIC CLUB				
LANE 3	ELIZABETHTOWN AQUATIC CLUB	LANE 3	MARAUDER AQUATIC CLUB				
LANE 4	ELIZABETHTOWN AQUATIC CLUB	LANE 4	MARAUDER AQUATIC CLUB				
LANE 5	ELIZABETHTOWN AQUATIC CLUB	LANE 5	SEA LIONS SWIM TEAM				
LANE 6	SOUTH MIDDLETON SWIM CLUB	LANE 6	PALMYRA AQUATIC CLUB				

^{*} Unattached swimmer swims in EAC Warm Up Lane

Session 3 11:40 – 12:00		Session 4 12:00 – 12:20			
LANE 1	EPHRATA REC CENTER TIDAL WAVES	LANE 1 LEBANON VALLEY OTTERS			
LANE 2	EPHRATA REC CENTER TIDAL WAVES	LANE 2 LEBANON VALLEY OTTERS			
LANE 3	EPHRATA REC CENTER TIDAL WAVES	LANE 3 LEBANON VALLEY OTTERS			
LANE 4	EPHRATA REC CENTER TIDAL WAVES	LANE 4 COLLEGIATE AQUATICS			
LANE 5	FALCON SWIM CLUB	LANE 5 COLLEGIATE AQUATICS			
LANE 6	FALCON SWIM CLUB	LANE 6 MECHANICSBURG SWIM CLUB			

<u>Coaches</u>: 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.

		Team	Female	Male	Total Athletes	Entries	Relay	Total
1	CA-MA	COLLEGIATE AQUATICS	11	5	16	56	0	56
2	EAC-MA	ELIZABETHTOWN AQUATIC CLUB	27	33	60	166	12	178
3	EPH-MA	EPHRATA REC CENTER TIDAL WAV	20	18	38	134	0	134
4	FSC-MA	FALCON SWIM CLUB/LEBANON YI	10	7	17	74	4	78
5	LVO	LEBANON VALLEY OTTERS	18	13	31	101	5	106
6	MARA-MA	MARAUDER AQUATIC CLUB	27	18	45	159	10	169
7	MSC	MECHANICSBURG SWIM CLUB	7	6	13	42	1	43
8	PACS-MA	PALMYRA AQUATIC CLUB	7	5	12	42	1	43
9	SLST	SEA LIONS SWIM TEAM	5	7	12	41	0	41
10	SMSC-MA	SOUTH MIDDLETON SWIM CLUB	5	3	8	22	0	22
11	UA	UNATTACHED	1	0	1	To the state of th	0	1
			138	115	253	838	33	871

FROSTY FROLIC FOOD STAND

The Jays' Nest is the Elizabethtown College student cafe. They have a large selection of snacks, drinks, coffee etc.

Please ask your swimmers to have <u>shoes</u> and <u>shirts</u> on when entering the Jay's Nest and remind them that <u>no wet suits are permitted on the fabric seating</u> in the Café area or in the student lounge.

BREAKFAST SPECIALS

Egg Jay
French Toast Sticks
Hash Browns

WHEN YOU LEAVE ...

Please remember to throw any trash away in the provided trash cans provided in the Swimmer Area! Please recycle!

We'll see you in 2015!