

24th ANNUAL

FROSTY
FROLIC



JANUARY 5, 2014

Warm-Up Times

Session 1 11:00 - 11:20

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 SOUTH MIDDLETON SWIM CLUB

Session 2 11:20 - 11:40

LANE 1 MARAUDER AQUATIC CLUB
 LANE 2 MARAUDER AQUATIC CLUB
 LANE 3 MARAUDER AQUATIC CLUB
 LANE 4 MARAUDER AQUATIC CLUB
 LANE 5 SEA LIONS SWIM TEAM
 LANE 6 PALMYRA AQUATIC CLUB

* Unattached swimmer swims in EAC Warm Up Lane

Session 3 11:40 – 12:00

LANE 1 EPHRATA REC CENTER TIDAL WAVES
 LANE 2 EPHRATA REC CENTER TIDAL WAVES
 LANE 3 EPHRATA REC CENTER TIDAL WAVES
 LANE 4 EPHRATA REC CENTER TIDAL WAVES
 LANE 5 FALCON SWIM CLUB
 LANE 6 FALCON SWIM CLUB

Session 4 12:00 – 12:20

LANE 1 LEBANON VALLEY OTTERS
 LANE 2 LEBANON VALLEY OTTERS
 LANE 3 LEBANON VALLEY OTTERS
 LANE 4 COLLEGIATE AQUATICS
 LANE 5 COLLEGIATE AQUATICS
 LANE 6 MECHANICSBURG SWIM CLUB

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.

		Team List					
	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	1	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 shoes and shirts on when entering the Jay's Nest and remind them that no wet suits are permitted on the fabric seating 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!