

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 JCC OF HARRISBURG
 LANE 6 JCC OF HARRISBURG

Session 2 11:20 - 11:40

LANE 1 MARAUDER AQUATIC CLUB
 LANE 2 MARAUDER AQUATIC CLUB
 LANE 3 MARAUDER AQUATIC CLUB
 LANE 4 PALMYRA
 LANE 5 PALMYRA
 LANE 6 PALMYRA

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 LOWER PAXTON
 LANE 6 LOWER PAXTON

Session 4 12:00 – 12:20

LANE 1 LEBANON VALLEY OTTERS
 LANE 2 LEBANON VALLEY OTTERS
 LANE 3 LEBANON VALLEY OTTERS
 LANE 4 LEBANON VALLEY OTTERS
 LANE 5 WILDCATS/SOUTH MIDDLETON
 LANE 6 COLLEGIATE AQUATICS

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.

* Unattached swimmers may swim in EAC Warm Up Lanes

		Team List					
	Team	Female	Male	Total Athletes	Entries	Relay	Total
1	CA-MA COLLEGIATE AQUATICS	8	4	12	44	2	46
2	EAC-MA ELIZABETHTOWN AQUATIC CL	31	19	50	160	11	171
3	EPH-LL EPHRATA REC CENTER TIDAL V	28	12	40	125	0	125
4	JCC-MA JCC OF HARRISBURG	4	6	10	29	0	29
5	LVC-AD LEBANON VALLEY COLLEGE	0	0	0	0	7	7
6	LVO LEBANON VALLEY OTTERS	16	21	37	113	0	113
7	LPAC-MA LOWER PAXTON AQUATIC CLU	10	6	16	58	0	58
8	MARA-MA MARAUDER AQUATIC CLUB	22	7	29	119	5	124
9	PACS-MA PALMYRA AQUATIC CLUB	15	8	23	65	5	70
10	SMSC-MA SOUTH MIDDLETON SWIM CLU	2	0	2	8	0	8
11	UAT UNATTACHED	1	0	1	3	0	3
12	WSC WILDCAT SWIM CLUB	2	0	2	9	0	9
		139	83	222	733	30	763