

Time Schedule for Coaches and Swimmers

Friday, February 10, 2023

Swimmers and Coaches arrive – 3:30 PM
(Entrance around side of building)

Coaches Enter the Pool Area – 3:40 PM

Swimmers Enter the Pool Area – 3:45 PM

Warm ups – Starting at 4:10 PM (See
schedule on the next page)

Coaches Scratch Meeting – 5:30 PM

First event will start – 6:00 PM

Projected finish – 8:41 PM

Saturday, February 11, 2023

Swimmers and Coaches arrive – 9:30 AM
(Entrance around side of building)

Coaches Enter the Pool Area – 9:40 AM

Swimmers Enter the Pool Area – 9:45 AM

Warm ups – Starting at 10:10 AM (See
schedule on the next page)

Coaches Scratch Meeting – 11:30 AM

First event will start – 12:00 Noon

Projected finish – 2:49 PM

Please adhere to these time lines above. Cumberland Valley HS is in session on Friday, so please don't arrive earlier than 3:30 PM on Friday.

Pool Deck Team Seating

The seating for both the Friday and Saturday sessions are as follows:

Red Land	CD			Guard	Announcer
Carlisle	POOL				
Sus Township					
Milt Hershey					
MASH					
Cedar Cliff	Gettysburg	Hershey	CV / Middletown	Chambersburg	AWARDS
Palmyra	J Buchanan			BoilingSprings	
Big Spring	Northern	Lower Dauphin	Trinity	McDevitt	
	State College	Shippensburg	Waynesboro / Greencastle	East Penn	

Warm-Up Schedule

Warm-Ups

On Friday, warm-up laps are from 4:10 PM to 5:30 PM followed by Sprints from 5:30 PM to 5:45 PM. Clear the pool by 5:50 PM.

On Saturday, warm-up laps are from 10:10 AM to 11:30 AM followed by Sprints from 11:30 AM to 11:45 AM. Clear the pool by 11:50 AM.

Friday	4:10 – 4:30	4:30 – 4:50	4:50 – 5:10	5:10 – 5:30	5:30 – 5:45
Saturday	10:10 – 10:30	10:30 – 10:50	10:50 – 11:10	11:10 – 11:30	11:30 – 11:45
1	Cumberland Valley & Middletown	Mechanicsburg	Boiling Spring	East Penn & Northern	SPRINTS ALL TEAMS ALL LANES
2			State College	Waynesboro & Greencastle	
3		Palmyra			
4	Big Spring	Central Dauphin	Chambersburg	Milton Hershey	
5	Red Land				
6	Carlisle	Lower Dauphin & James Buchanan	Hershey	Shippensburg	
7	Cedar Cliff & Susquehanna Twp			Gettysburg	
8		Bishop McDevitt	Trinity		

Awards Process

The awards will be presented on deck after each boys event. The schedule is as follows:

Friday, February 10

- Girls and Boys 200 Medley Relay
 - AA Diving Results Announced
- Girls and Boys 200 Free
 - 200 Medley Relay Awards
- Girls and Boys 200 IM
 - 200 Free Awards
- Girls and Boys 50 Free
 - 200 IM Awards
- Girls and Boys 100 Fly
 - 50 Free Awards
- Girls and Boys 200 Free Relay
 - 100 Fly Awards
 - 200 Free Relay Awards

Saturday, February 11

- Girls and Boys 100 Free
 - AAA Diving Results Announced
- Girls and Boys 500 Free
 - 100 Free Awards
- Girls and Boys 100 Backstroke
 - 500 Free Awards
- Girls and Boys 100 Breaststroke
 - 100 Backstroke Awards
- Girls and Boys 400 Free Relay
 - 100 Breaststroke Awards
 - 400 Free Relay Awards