

AAA Girls Warm up Timeline

	Session #1 9:00 – 9:20 PM	Session #2 9:20 – 9:40 PM	Session #3 9:40 – 10:00 PM
Lane 1	Palmyra 1 Reading 2	Gov. Mifflin 5	Hempfield 4
Lane 2	Shippensburg 1 Waynesboro 1	Man.Twp. 4	Man.Twp 4
Lane 3	Solanco 1	Wilson 6	Wilson 6
Lane 4	Dallastown 2 Red Lion 1	Hershey 5	Hershey 6
Lane 5	Daniel Boone 1	Cumb.Val 4	Cumb.Val 5
Lane 6	Ephrata 2	Muhlenberg 3	Muhlenberg 4
Lane 7	Garden Spot 2	York Suburban 1 South Western 4	Exeter Twp. 5
Lane 8	Elizabethtown 2	Warwick 6	Central York 5

Last 5 minutes of each session will be for one way sprints in each lane

AAA Boys Warm up Timeline

	Session #1 2:30 – 2:50 PM	Session #2 2:50 – 3:10 PM	Session #3 3:10 – 3:30 PM
Lane 1	Carlisle 1 Chambersburg 1 Mechanicsburg 1	South Western 1 Spring Grove 2	Palmyra 4
Lane 2	Cedar Crest 1 Conestoga Val. 1	Gov. Mifflin 6	Cen. Dauphin 5
Lane 3	Dover 2 Red Lion 2	Daniel Boone 5	Cumb.Val. 5
Lane 4	Penn Manor 3	Wilson 5	Wilson 6
Lane 5	Warwick 3	Man. Twp. 4	Man. Twp. 5
Lane 6	Exeter Twp. 2 Elizabethtown 1	Hershey 3	Hershey 4
Lane 7	Lebanon 1 Lower Dauphin 2	Ephrata 5	Dallastown 6
Lane 8	Reading 1 Red Land 2	Gettysburg 4	Muhlenberg 5

Last 5 minutes of each session will be for one way sprints in each lane.

