



MIDDLE ATLANTIC SWIMMING

HERSHEY AQUATIC CLUB

2014-2015 Meet Schedule

Updated 1-12-15



Meet Entries for USA Swimming Competitions
Entries through teamunify.com/mahac

Date	Meet Name	Location	Information	Entry Deadline
Oct 17-19	UDAC Rocktoberfest	Ft. Washington, PA		RESULTS
Nov 7-9	WSY Thanksgiving Invite	Messiah College / CVHS		RESULTS
Nov 7-9	RMSC National Age Group Challenge	Germantown Indoor Swim Center, Boyds, MD	9-14 yos; 3 entries per event.	RESULTS
Nov 15	CPSA Tri Meet (LAC / CYA / HAC)	Central York HS		RESULTS
Dec 5-7	NLAC Winter Fest + Mini	State College, PA		RESULTS
Dec 11-13	USA Speedo Junior Nationals	Federal Way, WA	Qualifying Times	RESULTS
Dec 12-14	Speedo Classic Holiday Meet (P/F)	Lancaster, PA F&M College	Qualifying Times	RESULTS
Dec 20	CPSA Dual Meet (HAC vs MARA)	Hershey, PA		RESULTS
Jan 4	GAAC 1650 Meet	Fr. Washington, PA	HAC Swimmers must have a 500 Free time under 6:45.	RESULTS
Jan 10	CPSA Dual Met (HAC vs CA)	Hershey, PA		RESULTS
Jan 9&11	WSY Winter Classic (Fri. & Sun. ONLY)	Messiah College / CVHS		RESULTS
Jan 30-Feb 1	IMX Games	University of Maryland	IMX Score Requirement 1800	Jan 12
Feb 1	CPSA Tri Meet (DSC / LAC / HAC)	Lancaster, PA F&M College		Jan 12
Feb 21-22	CPSA Championship (Prelim & Finals)	Central York HS		February 6
Mar 12-15	MA Junior Olympics	Sewell, NJ GCIT	Qualifying Times	TBA
Mar 26-29	MA Senior Champs	York, PA	Qualifying Times	TBA
Mar 26-28	Eastern Zone All Stars	Webster, NY	Top 3 swimmer from MA per event	March 6 to MA
Mar 28-29	MA Silver Champs	University of Delaware	Sub JO Times	TBA

8&Under Meet Schedule

Oct 19	Diplomat Mini + 9-10 Developmental	Lancaster, PA F&M College	9-10 Sub "A" times	RESULTS
Nov 15	CPSA Tri Meet (LAC / CYA / HAC)	Central York HS		RESULTS
Dec 5-7	NLAC Winter Fest + Mini	State College, PA		RESULTS
Dec 20	CPSA Dual Meet (HAC vs MARA)	Hershey, PA		Nov 28
Jan 10	CPSA Dual Met (HAC vs CA)	Hershey, PA		Nov 28
Feb 1	CPSA Tri Meet (DSC / LAC / HAC)	Lancaster, PA F&M College		Jan 12
Feb 8	WSY Valentine Invite (9&Under)	Cumberland Valley HS	NON USA-S Meet; DOB 12/1/14	Jan 16
Feb 21-22	CPSA Championship (Prelim & Finals)	Central York HS		TBA
Mar 15	WSY Mini Champs	Cumberland Valley HS	NON USA-S Meet	Feb 16

Hershey High School Meet Schedule

12/9	Central Dauphin @ Hershey	1/10	Wilson Relays	1/29	Wilson @ Wilson
12/16	Central Dauphin East @ Hershey	1/13	Chambersburg @ Chamb. YMCA	2/3	Cumberland Valley @ CVHS
12/18	Lower Dauphin @ Hershey	1/15	Cedar Crest @ Hershey	2/6-7	Mid Penn Championships
12/20	Upper Dublin Cardinal Invite (Q Times)	1/20	State College @ State College	2/14	Mid Penn Polar Bear Invitational
1/3	Wilson Invite @ Bucknell University	1/23	Palmyra @ Hershey	2/27-28	District 3 AAA Championships
1/6	Carlisle @ Hershey	1/27	Mifflin County @ Hershey	3/13-14	PIAA Swimming & Diving Champs

Middle Atlantic Swimming maswim.org

USA Swimming usaswimming.org



MIDDLE ATLANTIC SWIMMING



Meet Entry Procedure

USA Swimming, Invitational Meets, and Dual meets

All meet entries will be done online through www.teamunify.com/mahac. You will need to read through the meet information that can be found on the new Hershey Aquatic Club web site, or the Middle Atlantic web site (under the “meets” tab, or the information link will be included in the email regarding the competition. Below are the steps needed to successfully enter the swim meet.

What meet does my athlete attend?

- **All swimmers** have the opportunity to compete in the CPSA dual meet competitions.
 - Competitions will be one session on a Saturday toward the end of each month.
- **All swimmers** need to attend at least one meet per month either CPSA dual meet and/or A/BB/C Meet.
- **We encourage** athletes to enter the maximum number events allowed per session.
- **We encourage** athletes to achieve the IMX Challenge (events listed under IMX Games)

• Diamond 2

- **October 19** **Diplomat Swim Club Mini Meet (10&Under only)**
- **November 15** **CPSA Tri Meet vs LAC and CYA**
- **December 5-7** **NLAC Winter Fest + 8&Unders**
- **December 20** **CPSA Dual Meet Vs Marauders**
- **January 10** **CPSA Dual Meet Vs Collegiate Aquatics**
- **February 1** **CPSA Tri Meet Vs LAC and DSC**
- **February 8** **WSY Valentine Invitational (9&Under) – NON USA-S Competition**
- **February 21-22** **CPSA Championships**
- **March 15** **WSY Mini Championships (9&Under) – NON USA-S Competition**

• Diamond 1

- **October 19** **Diplomat Swim Club Mini Meet (10&Under only)**
- **November 15** **CPSA Tri Meet vs LAC and CYA**
- **December 5-7** **NLAC Winter Fest + 8&Unders**
- **December 20** **CPSA Dual Meet Vs Marauders**
- **January 10** **CPSA Dual Meet Vs Collegiate Aquatics**
- **February 1** **CPSA Tri Meet Vs LAC and DSC**
- **February 8** **WSY Valentine Invitational (9&Under)**
- **February 21-22** **CPSA Championships**
- **March 15** **WSY Mini Championships (9&Under)**

• Silver 1, Silver 2, Bronze

- **October 17-19** **Upper Dublin Rockoberfest A/BB/C**
- **November 7-9** **RMSC National Age group Challenge**
 - 10 USA Swimming clubs are invited.
 - Swimmers will be invited to this competition based on IMX Ready Score
 - 9&10: 100 Free & IM; 50 Fly, Back, & Breast
 - 11&12: 200 Free, 100 IM, 50 Fly, 50 Back, 50 Breast
 - 13&14: 200 Free & IM; 100 Fly, 100 Back, 100 Breast
 - All events are single age; 3 entry per event; 4 entries total per swimmer.
 - Swimmers per age & gender invited: 9yo & 10yo 5; 11yo & 12yo 6; 13yo & 14yo 9.
 - **Attendees must compete on both days.**
- **November 7-9** **WSY A/BB/C**
 - Those not attending the RMSC NAG Challenge
- **November 15** **CPSA Tri Meet Vs Lancaster Aquatic Club and Central York**
- **December 5-7** **NLAC A/BB/C**
 - Swimmers not qualified or attending the DSC Holiday Meet
- **December 13-15** **DSC Holiday Meet (Prelims & Finals 11 and over: timed finals 10&U)**
 - Swimmers must meet the qualifying times to enter

- **December 20** **CPSA Dual Meet Vs Marauder Aquatic Club**
- **January 4** **GAAC 1650 Free**
 - **Those swimmers able to swim a 500 Free under 6:30.**
- **January 10** **CPSA Dual Meet Vs Collegiate Aquatics**
- **January 9&11** **WSY A/BB/C**
 - **We will only be entering swimmers for Friday and Sunday only.**
- **January 30-Feb 1** **IMX Games (9-14yos)**
 - Swimmers must have achieved **1800 total points** in the IMX Challenge events
 - 9 & 10: 200 Free & IM, 100 Fly, 100 Back, 100 Breast
 - 11-12: 500 Free, 200 IM, 100 Fly, 100 Back, 100 Breast
 - 13-14: 500 Free, 200 & 400 IM, 200 Fly, 200 Back, 200 Breast
- **February 21-22** **CPSA Championships**
 - Last chance to qualify for JOs or Senior Champs.
- **March 12-15** **Middle Atlantic Junior Olympics (Prelims/Finals)**
 - All qualified swimmers should attend
- **March 28-29** **Middle Atlantic Silver Championships (Prelims/Finals)**
 - Swimmers not competing at Junior Olympics should attend but is **optional**.
- **March 26-28** **Eastern Zone Age Group Championships**
 - Swimmers must apply; Top 3 in each event/age group in MA qualify

• **Senior A and Senior B**

- **October 17-19** **Upper Dublin Rockoberfest A/BB/C**
- **November 7-9** **RMSC National Age group Challenge**
 - Senior swimmers that are still 14 yos and are invited should attend. See information under the Silver 1, 2, and Bronze Schedule.
- **November 7-9** **WSY A/BB/C**
 - Those not attending the RMSC NAG Challenge
- **November 15** **CPSA Tri Meet Vs Lancaster Aquatic Club and Central York**
- **December 5-7** **NLAC A/BB/C**
 - Swimmers not qualified or attending the DSC Holiday Meet or Junior Nationals
- **December 11-13** **USA Winter Junior Nationals**
 - Those qualified are recommended to attend but now required.
 - Departure will be December 10 and return December 14.
- **December 13-15** **DSC Holiday Meet (Prelims & Finals 11 and over: timed finals 10&U)**
 - Swimmers must meet the qualifying times to enter
- **January 9&11** **WSY A/BB/C**
 - **We will only be entering swimmers for Friday and Sunday only.**
- **January 30-Feb 1** **IMX Games (9-14yos)**
 - Senior swimmers that are still 14 yos and are invited should attend. See information under the Silver 1, 2, and Bronze Schedule.
- **February 21-22** **CPSA Championships**
 - Swimmers qualified for Districts should not attend this competition
 - Last chance to qualify for JOs or Senior Champs.
- **March 12-15** **Middle Atlantic Junior Olympics (Prelims/Finals)**
 - All qualified swimmers should attend unless swimming at PIAA Championships
- **March 28-29** **Middle Atlantic Silver Championships (Prelims/Finals)**
 - Swimmers not competing at Junior Olympics should attend but is **optional**.
- **March 26-28** **Eastern Zone Age Group Championships**
 - Swimmers must apply; Top 3 in each event/age group in MA qualify

Central Pennsylvania Swim Association

The Central Pennsylvania Swim Association (CPSA) is composed of member swim teams from the central Pennsylvania region. The rules, standards and publications of United States Swimming and the Middle Atlantic LSC will serve as a basis for competitions within the CPSA.

The Vision and Objectives (as outlined by *USA Swimming* and adopted by the CPSA)

Vision Statement

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Core Objectives

USA Swimming has adopted three core objectives. These core objectives establish the foundation of the strategic business plan for our sport. USA Swimming encourages all members to participate in the local, regional and national efforts to ensure that these objectives are accomplished.

Build the Base

We seek to expand our membership in order to share our sport with as many other people as possible. We are especially committed to sharing the values of our sport with young people who may discover that swimming is an activity they can enjoy for their entire life.

Promote the Sport

We want swimming to receive as much publicity as possible because we believe that the more people learn about our sport the more inclined they will be to join the ranks of our membership. We are proud of our sport and we seek to celebrate it whenever possible.

Achieve Competitive Success

USA Swimming has been ranked as the number one swimming nation in the world for more than 40 years. We seek to continue this tradition of competitive excellence. When our elite athletes are successful in fulfilling their Olympic dreams our society benefits from the inspiration these athletes give us.

Purpose

- A. To create an organized group of swim teams, lead by USA-S certified swim coaches, that share the vision and core objectives established by USA Swimming and adopted by the CPSA
- B. To provide organized conference style competition for the member teams. The conference style format would include sanctioned or unsanctioned dual meets, approved invitational or multi-team style meets that promote a variety of events (distance events, IM Ready and IM Xtreme events), and a championship meet.
- C. To provide an incentive program for member teams to expand their USA membership and participate in a greater number and variety of approved and sanctioned USA swimming competitions.
- D. To promote sanctioned dual meet competition that follows the rules and standards of United States Swimming

Association Membership Requirements

- A. A member team must have at least one registered USA Swimming coach in good standing with Middle Atlantic and USA Swimming.
- B. Member teams in the CPSA are not required to have their athletes join USA Swimming, nor be member teams of USA Swimming.
- C. If a member team is a USA Swimming registered team, the team's coaches shall be registered under the same team name
- D. Potential new teams must submit written notification of their intent to join the league to the league president and vice-president via e-mail or written letter. There is no application fee.
- E. Each member team must agree to abide by the CPSA Constitution before being accepted as a member.

Sample Dual Meet Formats

Women Events	Event Order	Men Events	Women Events	Event Order	Men Events	Women Events	Event Order	Men Events
1	8&U 100 Med Rel.	2	1	8&U 100 Free Rel.	2	1	8&U 100 Med. Rel.	2
3	9-10 200 Med Rel.	4	3	9-10 200 Free Rel.	4	3	9-10 200 Med. Rel.	4
5	11-12 200 Med Rel.	6	5	11-12 200 Free Rel.	6	5	11-12 200 Med. Rel.	6
7	13&O 200 Med Rel.	8	7	13&O 200 Free Rel.	8	7	13&O 200 Med. Rel.	8
9	8&U 25 Free	10	9	8&U 25 Free	10	9	8&U 100 IM	10
11	9-10 50 Free	12	11	9-10 200 Free	12	11	9-10 100 IM	12
13	11-12 200 Free	14	13	11-12 50 Free	14	13	11-12 100 IM	14
15	13&O 50 Free	16	15	13&O 200 Free	16	15	13&O 400 IM	16
17	8&U 25 Breast	18	17	8&U 25 Breast	18	17	8&U 25 Free	18
19	9-10 100 Breast	20	19	9-10 50 Breast	20	19	9-10 50 50 Free	20
21	11-12 50 Breast	22	21	11-12 100 Breast	22	21	11-12 50 Free	22
23	13&O 200 Breast	24	23	13&O 100 Breast	24	23	13&O 50 Free	24
25	8&U 25 Back	26	25	8&U 25 Back	26	25	8&U 25 Fly	26
27	9-10 50 Back	28	27	9-10 100 Back	28	27	9-10 50 Fly	28
29	11-12 100 Back	30	29	11-12 50 Back	30	29	11-12 100 Fly	30
31	13&O 100 Back	32	31	13&O 200 Back	32	31	13&O 200 Fly	32
33	8&U 25 Fly	34	33	8&U 25 Fly	34	33	8&U 50 Free	34
35	9-10 100 Fly	36	35	9-10 50 Fly	36	35	9-10 100 Free	36
37	11-12 100 Fly	38	37	11-12 50 Fly	38	37	11-12 100 Free	38
39	13&O 100 Fly	40	39	13&O 200 Fly	40	39	13&O 100 Free	40
41	8&U 50 Free	42	41	8&U 50 Free	42	41	8&U 25 Breast	42
43	9-10 100 Free	44	43	9-10 50 Free	44	43	9-10 50 Breast	44
45	11-12 50 Free	46	45	11-12 100 Free	46	45	11-12 100 Breast	46
47	13&O 100 Free	48	47	13&O 50 Free	48	47	13&O 200 Breast	48
49	8&U 100 IM	50	49	8&U 100 IM	50	49	8&U 25 Back	50
51	9-10 200 IM	52	51	9-10 100 IM	52	51	9-10 50 Back	52
53	11-12 100 IM	54	53	11-12 200 IM	54	53	11-12 100 Back	54
55	13&O 400 IM	56	55	13&O 200 IM	56	55	13&O 200 Back	56

Championship meet format

Session 1&3 Saturday AM & Finals			
1		11-12 50 Free	2
3		13-14 50 Free	4
5		15&Over 50 Free	6
7		11-12 100 Breast	8
9		13-14 100 Breast	10
11		15&Over 100 Breast	12
13		11-12 50 Back	14
15		13-14 200 Back	16
17		15&Over 200 Back	18
19		11-12 50 Fly	20
21		13-14 200 Fly	22
23		15&Over 200 Fly	24
25		11-12 200 Free	26
27		13-14 100 Free	28
29		15&Over 100 Free	30
31		11-12 200 IM	32
33		13-14 200 IM	34
35		15&Over 200 IM	36
37		11-12 200 Medley Relay TF	38
39		13-14 200 Medley Relay TF	40
41		15&O 200 Medley Relay TF	42

Session 4&6 Sunday AM & Finals			
71		11-12 100 IM	72
73		13&Over 400 IM	74
75		11-12 100 Free	76
77		13-14 200 Free	78
79		15&Over 200 Free	80
81		11-12 50 Breast	82
83		13-14 200 Breast	84
85		15&Over 200 Breast	86
87		11-12 100 Back	88
89		13-14 100 Back	90
91		15 & Over 100 Back	92
93		11-12 100 Fly	94
95		13-14 100 Fly	96
97		15&Over 100 Fly	98
99		11-12 200 Free Relay TF	100
101		13-14 200 Free Relay TF	102
103		15&Over 200 Free Relay TF	104

All Relays will be Timed Final and swum in the preliminary sessions.

Session 2 Saturday PM Timed Finals			
43		8&Under 100 Free	44
45		9-10 200 IM	46
47		6&Under 25 Free	47
49		7-8 25 Free	50
51		9-10 50 Free	52
53		8&Under 50 Fly	54

Session 5 Sunday PM Timed Finals			
105		9-10 200 Free	106
107		8&Under 100 IM	108
109		9-10 100 IM	110
111		8&Under 50 Free	112
113		9-10 100 Fee	114
115		6&Under 25 Back	116

55		9-10 50 Fly		56
57		6&Under 25 Breast		58
59		7-8 25 Breast		60
61		9-10 100 Breast		62
63		8&Under 50 Back		64
65		9-10 50 Back		66
67		8&Under 200 Medley Relay		68
69		9-10 200 Medley Relay		70

117		7-8 25 Back		118
119		9-10 100 Back		120
121		8&Under 50 Breast		122
123		9-10 50 Breast		124
125		6&Under 25 Fly		126
127		7-8 25 Fly		128
129		9-10 100 Fly		130
131		8 & Under 200 Free Relay		132
133		9-10 200 Free Relay		134