



MIDDLE
ATLANTIC
SWIMMING

HERSHEY AQUATIC CLUB

2015-2016 Meet Schedule

Updated 10-12-15



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

Date	Meet Name	Location	Information	Entry Deadline
Oct 4	Diplomat Mini + 9-10 Developmental	Lancaster, PA F&M College	9-10 Sub "A" times	Closed
Oct 16-18	UDAC Rocktoberfest	Ft. Washington, PA		Closed
Oct 25	CPSA Tri Meet w/ LAC & DSC	Lancaster, PA F&M College		Closed
Nov 13 & 15	WSY Thanksgiving Invite (Date Change)	Messiah College / CVHS	Date Changed from Nov 6-8	September 29
Nov 14	CPSA Tri Meet (LAC / CYA / HAC)	Central York HS		October 23
Dec 4-6	NLAC Winter Splash	State College, PA		October 23
Dec 5-6	NLAC Winter Splash Mini			
Dec 4-6	Speedo Classic Holiday Meet (P/F)	Lancaster, PA F&M College	Qualifying Times	October 23
Dec 9-12	USA Speedo Junior Nationals	Federal Way, WA	Qualifying Times	October 23
Dec 19	CPSA Dual Meet (HAC vs MARA)	Hershey, PA		November 20
Jan 9	CPSA Dual Met (HAC vs CA)	Hershey, PA		November 20
Jan 8&10	WSY Winter Classic (Fri. & Sun. ONLY)	Messiah College / CVHS		November 20
Jan 29-31	CYA A/BB/C Meet	Central York High School		November 20
Jan 29-31	IMX Games	University of Maryland	IMX Score Requirement 1800	January 10
Feb 14	HAC 1650 Meet	Hershey, PA	Sub 6:00 500 Free	January 10
Feb 26-28	CPSA Championship (Prelim & Finals)	Central York HS		February 5
Mar 3-6	MA Junior Olympics (DATE CHANGE)	York YMCA & Cent. York HS	Qualifying Times	February 28
Mar 23-26	MA Senior Champs	York, PA	Qualifying Times	February 28
Mar 23-26	Eastern Zone All Stars	Webster, NY	Top 3 swimmer from MA per event	
Mar 24-26	MA Silver Champs	University of Delaware	Sub JO Times	February 28
Mar 30-Apr 3	EZ Southern Section LCM	Richmond, VA	2015 Qualifying Times	
June 9-12	HAC/WSY Long Course Classic P/F	Bucknell University	Some Qualifying Times	
Jun 26-Jul 3	2016 US Olympic Team Trials	Omaha, NE	Qualifying Times	

8&Under Meet Schedule

Oct 4	Diplomat Mini + 9-10 Developmental	Lancaster, PA F&M College	9-10yo Sub "A" times	September 18
Oct 25	CPSA Tri Meet (LAC / DSC / HAC)	Lancaster, PA F&M College		September 4
Nov 14	CPSA Tri Meet (LAC / CYA / HAC)	Central York HS		
Dec 5-6	NLAC Winter Splash + Mini	State College, PA		
Dec 19	CPSA Dual Meet (HAC vs MARA)	Hershey, PA		
Jan 9	CPSA Dual Met (HAC vs CA)	Hershey, PA		
Feb 14	WSY Valentine Invite (10 & Under)	Cumberland Valley HS	NON USA-S Meet; DOB 12/1/15	
Feb 26-28	CPSA Championship (Prelim & Finals)	Central York HS		TBA

Hershey High School Meet Schedule

12/15	Central Dauphin @ Hershey	1/12	Chambersburg	2/2	Cumberland Valley
12/19	Upper Dublin Cardinal Invite	1/16	Wilson Relays	2/4	@ Cedar Crest
12/22	Central Dauphin East	1/19	State College	2/12-13	Mid Penn Championships
1/2	Wilson Invite @ Bucknell University	1/26	@Mifflin County	2/20	Mid Penn Polar Bear Invitational
1/5	Carlisle @ Dickinson College	1/28	Wilson	3/4-5	District 3 AAA Championships
1/7	Lower Dauphin @ Catherine Hall	1/29	Palmyra	3/16-17	PIAA Swimming & Diving Champs

Middle Atlantic Swimming maswim.org

USA Swimming usaswimming.org



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Types of Competitions:

- **CPSA Dual/Tri Meets:**
 - Competition swimming against one or two other teams
 - Athletes compete in a maximum of 3 individual events
 - Competition runs for a maximum of 4 hours.
- **Mini + Developmental**
 - Mini refers to swimmers ages 8 years and younger
 - Developmental refers to swimmers 12 years and younger that do not have “A+” times.
 - One day competition not lasting longer than 4 hours.
- **A/BB/C Meets**
 - Competition is open to swimmers ages 9 and older of all abilities.
 - Competition is usually Friday evening (distance), Saturday, and Sunday.
 - Each session last a maximum of 4 hours. The session usually consist of two age groups (9-10 & 11-12; 13-14, 15 & Over). This may very based on the meet host.
- **IMX Competition**
 - **Swimmers must have swum the required events and meet the composite score required for entry.**
 - **Events:**
 - 10&Under: 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM
 - 11-12: 500 Free, 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM.
 - 13-14: 500 Free, 200 Free, 200 Fly, 200 Back, 200 Breast, 400 IM.
- **Qualifying Meets**
 - Competition requires swimmers to meet specific time standards. These are formulated by the meet host.
 - Competitions take place locally, regionally, and nationally.
 - **2015-2016 National Meet Time Standards [HERE](#).**
 - **2013-2016 National Age Group Motivational Times [HERE](#).**
 - Long Course Meters (50 meters per length; Olympic Distance)
 - Short Course Meters (25 meters per length)
 - Short Course Yards (25 yard per length)

Meet Entry Procedure

USA Swimming, Invitational Meets, and Dual/Tri meets

All entries will be completed through the Team Unify web site.

www.hersheyh2o.org

1. Print out the season competition schedule [HERE](#).
2. Competitions with additional information can be found [HERE](#).
3. Entry Invitation email will be sent once the meet information becomes available. On this page you will be able to print out the **MEET INFORMATION**. Please read.
4. Upon receiving the meet invitation, you will be asked to declare that you “will be able to attend” or “will NOT be able to attend.” **Please select one or the other in the drop down box.**
5. CPSA Dual/Tri Meet Entries: you will only declare your availability. The Coaches will select the swimmer’s events.
6. Championship, A/BB/C, Mini, or Developmental Entries: you will declare your availability and select your swimmer’s events.
7. After you have submitted your entries, the Coaches will approve your event selection. **The Coaching staff reserves the right to modify any entries.**

- **Diamond 1 and Diamond 2**

- **Compete at a minimum of 1 meet a month.**

- **October 4** **Diplomat Swim Club Mini Meet (10&Under only)**
- **October 25** **CPSA Tri Meet vs DSC and LAC**
- **November 14** **CPSA Tri Meet Vs CYA and LAC**
- **December 5-6** **NLAC Winter Fest + 8&Unders**
- **December 19** **CPSA Dual Meet Vs Marauders**
- **January 9** **CPSA Dual Meet Vs Collegiate Aquatics**
- **February 14** **WSY Valentine Invitational (9&Under) – NON USA-S Competition**
- **February 26-28** **CPSA Championships**

- **Bronze, Silver 2, Silver 1**

- **Compete at a minimum of 1 meet a month.**

- **October 16-18** **Upper Dublin Rockoberfest A/BB/C**
- **October 25** **CPSA Tri Meet vs DSC and LAC**
- **November 6-8** **WSY A/BB/C**
- **November 14** **CPSA Tri Meet Vs CYA and LAC**
- **December 4-6** **NLAC A/BB/C**
 - Swimmers not qualified or attending the DSC Holiday Meet
- **December 4-6** **DSC Holiday Meet** (Prelims & Finals 11 and over: timed finals 10&U)
 - Swimmers must meet the qualifying times to enter
- **December 19** **CPSA Dual Meet Vs Marauder Aquatic Club**
- **January 9** **CPSA Dual Meet Vs Collegiate Aquatics**
- **January 8&10** **WSY A/BB/C**
 - **We will only be entering swimmers for Friday and Sunday only.**
- **January 29-31** **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 26-28** **CPSA Championships**
 - Last chance to qualify for JOs or Senior Champs.
- **March 10-13** **Middle Atlantic Junior Olympics (Prelims/Finals)**
 - All qualified swimmers should attend
- **March 23-26** **Middle Atlantic Silver Championships (Prelims/Finals)**
 - Swimmers not competing at Junior Olympics should attend but is **optional**.
- **March 23-26** **Eastern Zone Age Group Championships**
 - Swimmers must apply; Top 3 in each event/age group in MA qualify

- **Senior A and Senior B**

- **Compete at a minimum of 1 meet a month.**

- **October 16-18** **Upper Dublin Rockoberfest A/BB/C**
- **October 25** **CPSA Tri Meet vs DSC and LAC**
- **November 6-8** **WSY A/BB/C**
- **November 14** **CPSA Tri Meet Vs CYA and LAC**
- **December 4-6** **NLAC A/BB/C**
 - Swimmers not qualified or attending the DSC Holiday Meet
- **December 4-6** **DSC Holiday Meet** (Prelims & Finals 11 and over: timed finals 10&U)
 - Swimmers must meet the qualifying times to enter
- **December 19** **CPSA Dual Meet Vs Marauder Aquatic Club**
- **January 9** **CPSA Dual Meet Vs Collegiate Aquatics**
- **January 8&10** **WSY A/BB/C**
 - **We will only be entering swimmers for Friday and Sunday only.**
- **February 26-28** **CPSA Championships**
 - Last chance to qualify for JOs or Senior Champs.
 - HS District Qualifiers should not attend.
- **March 23-16** **Middle Atlantic Senior Champs**
 - Swimmers not qualified for EZ Sectionals must attend if qualified.
- **March 23-26** **Middle Atlantic Silver Championships (Prelims/Finals)**
 - Swimmers not competing at Senior Champs should attend.
- **March 30-April 3** **Eastern Zone Sectional (Southern Region)**
 - Competition will be held Long Course Meters
 - Swimmers must meet the qualifying time standard

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