



MIDDLE
ATLANTIC
SWIMMING

HERSHEY AQUATIC CLUB

2016 Summer Meet Schedule

Updated June 1, 2016



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

Date	Meet Name	Location	Information	Entry Deadline
Apr 29-May 1	DSC May Maelstrom	Franklin & Marshall College	9&Over only	Feb. 26, 2016
May 14-15	GTAC 8&U Aquatic Festival	McDaniel College, MD	8&Under only	April 15, 2016
May 21-22	NLAC Spring Kick Off	State College, PA	Outdoor heated pool	March 25, 2016
June 9-12	HAC/WSY Long Course Classic	Lewisburg, PA	Prelims/Finals 13&Over Some Qualifying Times Timed Finals 9-10, 11-12	May 2, 2016
June 25	Bridge to Bridge Open Water	Atlantic City, NJH	Senior and Silver Groups	June 15, 2016
Jun 26-Jul 3	2016 US Olympic Team Trials	Omaha, NE		
July 7-10	LAC Speedo Classic	Franklin & Marshall College		May 2, 2016
July 13-16	MA Senior Champs	Lewisburg, PA	Qualifying Times	June 20, 2016
July 15-17	MA Silver Champs	GCIT Sewell, NJ	?	
July 20-23	MA Junior Olympics	Franklin & Marshall Collge	Qualifying Times	July 11, 2016
Aug 3-6	Eastern Age Group Zones	East Meadow, NY	Qualifying Times (LCM Only)	
Aug 9-13	NCSA Junior Nationals	Indianapolis, IN	Qualifying Times	

Mid Penn Swim League (swimmpsl.org)

	Directions to Pools			Entry Deadline
June 18	Heatherfield @ Hershey 6-1-16	Warm Up: Senior & Silver 6:30 Warm Up: Bronze & Diamond 7:00	Meet Start: 8:15 AM	June 15
June 25	Hershey @ Willowood	Warm Up 8:00 AM	Meet Start: 8:30 AM	June 22
July 2	Devon Crest @ Hershey	Warm Up: Senior & Silver 6:30 Warm Up: Bronze & Diamond 7:00	Meet Start: 8:15 AM	June 29
July 9	Latshmere @ Hershey	Warm Up: Senior & Silver 6:30 Warm Up: Bronze & Diamond 7:00	Meet Start: 8:15 AM	July 6
July 16	Off			
July 23	MPSL Division A Championship	Hershey, PA	Must attend a minimum of 2 MPSL Dual Meets in order to participate.	July 13
July 24	MPSL All Star Championship	Annville, PA		
July 30	MID-CAP Championship	Spring Grove Area HS (5-31-16)		

MPSL Dual Meet Guideline

- Swimmers may miss one practice the week of a dual meet.
- Swimmers will be given 2 excused absences to be used the week of a dual meets.
- Swim Camps count as swim practice so long as the coaches are notified.
- Swimmers must declare their meet attendance by the Wednesday prior to the meet.
- Coaches will place all swimmers in 3 individual events. We try to swim them in each event atleast once.

MPSL Division Champs, MPSL All Star Champs, MID-CAPs

- **MPSL Divisonal:** Must attend in a minimum of 2 MPSL Dual meets in order to enter.
- **MPSL All Stars:** Of the three Division meets, the top 16 individuals and top 8 relays qualify.
- **MID-CAPs:** The top 8 individuals and top 4 relays from the MPSL All Star and CASL All Star meets advance to this competition.

Middle Atlantic Swimming maswim.org

USA Swimming usaswimming.org



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Recommended meets for each training group

- **Diamond 2**
- **Compete at a minimum of 3 MPSL Dual meets**
- **Must compete in a minimum of two MPSL Dual meets to compete in championships.**
 - May 14-15 GTAC 8&Under Aquatic Festival
 - MPSL Dual Meets (4 total dual meets available)
 - MPSL Division A Championship
 - MPSL All Star Championship (if qualified)
 - MID-CAP Champs (if qualified)
- **Diamond 1**
- **Compete at a minimum of 1 USA Swimming meet a month.**
- **Must compete in a minimum of two MPSL Dual meets to compete in championships.**
 - April 30-May1 DSC May Maelstrom (9 and Over only)
 - May 14-15 GTAC 8&Under Aquatic Festival
 - June 9-12 HAC/WSY Long Course Classic (9&Over only)
 - July 7-10 LAC Speedo Classic (9&Over only)
 - MPSL Dual Meets (4 total dual meets available)
 - MPSL Division A Championship
 - MPSL All Star Championship (if qualified)
 - MID-CAP Champs (if qualified)
- **Bronze, Silver 2, Silver 1**
- **Compete at a minimum of 1 USA Swimming meet a month.**
- **Must compete in a minimum of two MPSL Dual meets to compete in championships.**
 - April 30-May1 DSC May Maelstrom (9 and Over only)
 - **OR**
 - May 21-22 NLAC Spring Kick Off
 - June 9-12 HAC/WSY Long Course Classic (9&Over only)
 - July 7-10 LAC Speedo Classic (9&Over only)
 - July 21-24 MA Junior Olympics (if qualified)
 - August 3-6 Eastern Zone Age Group Champs (if qualified)
 - MPSL Dual Meets (4 total dual meets available)
 - MPSL Division A Championship
 - MPSL All Star Championship (if qualified)
 - MID-CAP Champs (if qualified)
- **Senior A and Senior B**
- **Compete at a minimum of 1 USA Swimming meet a month.**
- **Must compete in a minimum of two MPSL Dual meets to compete in championships.**
 - April 30-May1 DSC May Maelstrom (9 and Over only)
 - **OR**
 - May 21-22 NLAC Spring Kick Off
 - June 9-12 HAC/WSY Long Course Classic Prelims/Finals
 - July 7-10 LAC Speedo Classic (**Only you if you do not qualify for Senior Champs**)
 - July 13-16 MA Senior Champs (if qualified)
 - MPSL Dual Meets (4 total dual meets available)
 - MPSL Division A Championship
 - MPSL All Star Championship (if qualified)
 - MID-CAP Champs (if qualified)
 - August 9-13 NCSA Junior Nationals (if qualified)

Types of Competitions:

- **CPSA or MPSL 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 vary 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.**

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.

Mid Penn Swim League

Order of Events

Age as of June 1

Male Event #	Event	Female Event #
1	8&Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13-14 Medley Relay	8
9	15-18 Medley Relay	10
11	9-10 100 IM	12
13	11-12 100 IM	14
15	13-14 100 IM	16
17	15-18 100 IM	18
19	8&Under 25 Free	20
21	9-10 50 Free	22
23	11-12 50 Free	24
25	13-14 50 Free	26
27	15-18 50 Free	28
29	8&Under 25 Back	30
31	9-10 50 Back	32
33	11-12 50 Back	34
35	13-14 50 Back	36
37	15-18 50 Back	38
39	9-10 100 Free	40
41	11-12 100 Free	42
43	13-14 100 Free	44
45	15-18 100 Free	46
47	8&Under 25 Breast	48
49	9-10 50 Breast	50
51	11-12 50 Breast	52
53	13-14 50 Breast	54
55	15-18 50 Breast	56
57	8&Under 25 Fly	58
59	9-10 50 Fly	60
61	11-12 50 Fly	62
63	13-14 50 Fly	64
65	15-18 50 Fly	66
67	8&Under 100 Free Relay	68
69	9-10 200 Free Relay	70
71	11-12 200 Free Relay	72
73	13-14 Free Relay	74
75	15-18 Free Relay	76