



MIDDLE
ATLANTIC
SWIMMING

HERSHEY AQUATIC CLUB

2016-2017 Meet Schedule

Updated 1-24-17



Meet Entries for USA Swimming Competitions

Entries through teamunify.com/mahac

SEE PAGE 3 FOR TRAINING GROUP MEET OPPURTUNITIES

Date	Meet Name	Location	Information	Entry Deadline
Oct 2	Diplomat 8&U + 9-10 Developmental	Lancaster, PA F&M College	9-10 Sub "A" times	September 14
Oct 14-16	UDAC Rocktoberfest	Ft. Washington, PA		September 4
Oct 23	CPSA Tri Meet w/ LAC & DSC	Lancaster, PA F&M College		October 7
Nov 18-20	WSY Thanksgiving Invite	Cumberland Valley HS	Only Friday and Sunday	September 25
Nov 19	CPSA Tri Meet (LAC / CYA / HAC)	Central York HS		November 2
Dec 2-4	NLAC Winter Splash	State College, PA		October 17
Dec 3-4	NLAC Winter Splash Mini	State College, PA	8&Under Session	October 17
Dec 9-11	Speedo Classic Holiday Meet (P/F)	Lancaster, PA F&M College	Qualifying Times	October 17
Dec 7-10	USA Speedo Junior Nationals	Columbus, OH	Qualifying Times	October 23
Dec 17	CPSA Dual Meet (HAC vs MARA)	Hershey, PA		November 30
Jan 7	CPSA Dual Meet (HAC vs CA)	Hershey, PA		December 19
Jan 13-15	MA Mid-Winter Classic (P/F)	Cumberland Valley HS	Qualifying Times	December 12
Jan 27-29	CYA A/BB/C Meet	Central York High School		November 20
?	IMX Games	University of Maryland	IMX Score Requirement 1800	January 10
Feb 12	HAC 1650 Meet	Hershey, PA	Sub 6:00 500 Free	January 16
Feb 24-26	CPSA Championship (Prelim & Finals)	Central York HS		February 6
Mar 2-5	MA Junior Olympics (P/F)	York YMCA & Cent. York HS	Qualifying Times	February 17
Mar 24-26	MA Silver Champs (P/F)	Lancaster, PA F&M College	Sub JO Times	February 27
Mar 21-25	ISCA Junior National Cup (P/F)	Clearwater, FL	Qualifying Times	January 31
Mar 30-Apr 2	MA Senior Champs (P/F)	York, PA	Qualifying Times	March 6
Mar 30-Apr 2	Eastern Zone All Stars	Webster, NY	Top 3 swimmer from MA per event	
June 8-11	HAC/WSY Long Course Classic P/F	Bucknell University	Some Qualifying Times	

8&Under Meet Schedule

Oct 2	Diplomat Mini + 9-10 Developmental	Lancaster, PA F&M College	9-10yo Sub "A" times	September 18
Oct 23	CPSA Tri Meet (LAC / DSC / HAC)	Lancaster, PA F&M College		September 4
Nov 19	CPSA Tri Meet (LAC / CYA / HAC)	Central York HS		November 2
Dec 3-4	NLAC Winter Splash Mini	State College, Pa	8&Under only	October 17
Dec 17	CPSA Dual Meet (HAC vs MARA)	Hershey, PA		November 30
Jan 7	CPSA Dual Met (HAC vs CA)	Hershey, PA		December 23
Feb 12	WSY Valentine Invite (10 & Under)	Cumberland Valley HS	NON USA-S Meet; DOB 12/1/15	January 16
Feb 24-26	CPSA Championship (Prelim & Finals)	Central York HS		February 6

Hershey High School 2016-2017 Meet Schedule

12/13	Cumberland Valley	1/10	Carlisle @ Dickenson College	1/31	@Chambersburg (YMCA)
12/17	Upper Dublin Cardinal Invite	1/12	Palmyra	2/7	@ Wilson
12/22	Mifflin County	1/14	Wilson Relays	2/10-11	Mid Penn Championships
1/3	Central Dauphin	1/17	@ State College	2/18	Mid Penn Polar Bear Invitational
1/5	Lower Dauphin	1/24	Central Dauphin East	3/3-4	District 3 AAA Championships
1/7	Wilson Invite @ Bucknell	1/26	Cedar Crest	3/17-18	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 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.
 - **2016-2017 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.**

Which meets are my available for my child?

- Swimmers are encouraged to compete in at least one of the meets offered to the training group each month.
- Swimmers may sign up for only one day of a 2-3 day competition.
- **ISCA Junior National Cup** (same as NSCA Junior Nationals)
 - **Prerequisite:** Must compete in at least one meet in October, November, and December to attend this competition.

<u>Date</u>	<u>Meet Name</u>	<u>Diamond 2</u>	<u>Diamond 1</u>	<u>Bronze</u>	<u>456 Novice</u>	<u>Silver 1&2</u>	<u>Senior A&B</u>
Oct 2	Diplomat 8&U + 9-10 Developmental		Yes	Yes			
Oct 14-16	UDAC Rocktoberfest		Yes	Yes		Yes	Yes
Oct 23	CPSA Tri Meet w/ LAC & DSC	Yes	Yes	Yes	Yes	Yes	Yes
Nov 18 & 20	WSY Thanksgiving Invite		Yes	Yes		Yes	Yes
Nov 19	CPSA Tri Meet (LAC / CYA / HAC)	Yes	Yes	Yes	Yes	Yes	Yes
Dec 2-4	NLAC Winter Splash		Yes	Yes		Yes	Yes
Dec 3-4	NLAC Winter Splash Mini	Yes	Yes				
• Swimmers qualified for the Speedo Classic in 4 events or more shall not attend the NLAC meet							
Dec 9-11	Speedo Classic Holiday Meet (P/F)			Yes	Yes	Yes	Yes
Dec 7-10	USA Speedo Junior Nationals						
Dec 17	CPSA Dual Meet (HAC vs MARA)	Yes	Yes	Yes	Yes	Yes	Non HHS
• Hershey High School swimmers qualified for the Upper Dublin Cardinal Invite shall not attend this meet							
Jan 7	CPSA Dual Meet (HAC vs CA)	Yes	Yes	Yes	Yes	Yes	Non HHS
• Hershey High School swimmers qualified for the Bucknell Invite shall not attend this meet							
Jan 13-15	MA Mid-Winter Classic Time Standard			Yes		Yes	
Jan 27-29	CYA A/BB/C Meet		Yes	Yes		Yes	
• Swimmers qualified for the MA Mid-Winter Classic in 4 events or more shall not attend the CYA /A/BB/C meet							
?	IMX Games						
Feb 12	WSY Valentine Meet 10&Under	Yes	Yes	Yes			
Feb 12	HAC 1650 Meet					Yes	Yes
Feb 24-26	CPSA Championship (Prelim & Finals)	Yes			Yes		
Mar 2-5	MA Junior Olympics			Yes		Yes	
Mar 24-26	MA Silver Champs		Yes	Yes		Yes	Yes
Mar 21-25	ISCA Junior National Cup					Yes	Yes
• In order to attend the ISCA Junior National Cup, swimmer must attend one competition in each of the following months October, November, and December. • Swimmer must have 90% practice attendance starting September 12, 2016							
Mar 30-Apr 2	MA Senior Champs						Yes
Mar 30-Apr 2	Eastern Zone All Stars			Yes		Yes	

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