



MIDDLE
ATLANTIC
SWIMMING

HERSHEY AQUATIC CLUB

2019-2020 Meet Schedule

Updated 9-23-19 (subject to Change)



Meet Entries for USA Swimming Competitions are through Team Unify Teamunify.com/mahac
See Page 2 for Training Group Meet Recommendations

Date	Meet Name	Location	Information	Entry Deadline
Oct 20	CPSA LAC	Lancaster, PA		Oct 1
Oct 25-27	UDAC Roctoberfest	Ft. Washington, PA		Sept 13
Oct 26-27	KA Spooky Mini Meet	Carlisle, PA		Sept 13
Nov 1-3	CYA A/BB/C	Central York HS		Sept 13
Nov 8-10	Marlin Invitational	College Park, MD	"BB" Times or faster	Sept 13
Dec 6-8	NLAC Winter Fest	State College, PA		Sept 13
Dec 7-8	NLAC Mini Meet	State College, PA		Sept 13
Dec 11-14	Speedo Winter Jr Nat.	Atlanta, GA		
Dec 13-15	LAC Holiday Meet Prel/Finals	Lancaster, PA	A+ Time Standards	Sept 13
Dec 21	CPSA Dual Meet Vs MARA	Hershey, PA		Dec 2
Jan 5	UDAC Winter Wonderland	Ft. Washington, PA	10&Under	Oct 1
Jan 17-19	MA Mid Winter Classic	Cumberland Valley	Prelims/Finals	Dec 2
Feb 1	CYA Mini	Central York HS	10&Under????	Dec 2
Feb 1	SSC Distance	Newtown Square, PA		Dec 2
Feb 9	WSY Alyson Chick 10&U	Cumberland Valley HS	NON USA-S Competition	Jan 2
Feb 14-16	WSY A/BB/C	Cumberland Valley HS		Dec 2
Feb 27-Mar 1	MA Junior Olympics	Central York / York Y	Qualifying Times Prelims/Finals 11-14	
Mar 14-15	MA Mini Champs	TBD		
Mar 20-22	MA Silver Champs	Central York HS	Qualifying Times	
Mar 24-28	TYR Junior National Cup	St. Petersburg, FL	Qualifying Times	
Mar 26-29	MA Senior Champs	F&M College	Qualifying Times	
Apr 1-4	Eastern Zone Age Group Cham	Webster, NY	Qualifying Times	
Jun 11-14	WSY/HAC LC Classic	Lewisburg, PA		
	MA Senior Champs	Lewisburg, PA	Qualifying Times	

8&Under Meet Schedule

Oct 20	CPSA Meet LAC	Lancaster, PA	All Ages	Oct 1
Oct 26-27	KA Spooky Splash Mini Meet	Carlisle, PA	10&Under	Sept 13
Dec 7-8	NLAC Mini Meet	State College, PA	8&Under	Sept 13
Dec 22	CPSA Dual Meet Vs MARA	Millersville University	All Ages	Dec 2
Jan 5	UDAC Winter Wonderland	Ft. Washington, PA	10&Under	Oct 1
Feb 1	CYA Mini	Central York HS	10&Under	Dec 2
Feb 9	WSY Alyson Chick 10&under	Cumberland Valley HS	NON USA-S Competition	Jan 2
	CPSA Championship	Central York HS		
Mar 14-15	MA Mini Champs	TBD		

Hershey High School 2019-2020 Meet Schedule (updated 1-6-20)

12-10	@ Palmyra	1-6	@ Cedar Crest	1/30	@ State College
12-17	@ Carlisle	1-7	@ Lower Dauphin	1/31	@ North Penn (CV&Wil)
12-19	@ Mifflin County	1-11	@ Wilson Relays		
12-21	Upper Dublin Inv.	1-14	@ Chambersburg	2/14-15	Mid Penn Plunge
1-3	CD & CDE @ MHS	1-21	@ Governor Mifflin	2/28-29	District Champs
1-4	NY Challenge @ Buck.	1-23	@ Cumberland Valley	3/11-12	PIAA

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.
- All meet information is located on the HAC website meet page found on the home page.
- **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.

Date	Meet Name	AG Bronze	AG Silver	AG Gold	Pre Senior	Senior
Oct 20	CPSA Dual Meet	Yes	Yes	Yes	Yes	Yes
Oct 25-27	UDAC Rocktoberfest	NO	11&Over	Yes	Yes	Yes
Oct 26-27	KA Spooky Splash Mini (10&under)	YES	YES	Optional	NO	NO
Nov 8-10	Marlin Invite	No	No	Yes	Yes	Yes
Dec 6-8	NLAC Winter Splash	NO	Yes	Yes	Yes	Yes
Dec 7-8	NLAC Winter Splash Mini (8&under)	Yes	Yes	NO	NO	NO
● Swimmers qualified for the Speedo Classic in 6 events or more shall not attend the NLAC meet						
Dec11-14	USA Speedo Junior Nationals	NO	NO	NO	Qualifiers	Qualifiers
Dec 13-15	Speedo Classic Holiday Meet (P/F)	NO	NO	Yes	Yes	Yes
Dec 21	CPSA Dual Meet (HAC vs MARA)	Yes	Yes	Yes	Yes	Optional
● HHS Swimmers Qualified for Upper Dublin Cardinal Invite will not attend this competition						
Jan 5	UDAC Winter Wonderland Developmental	Yes	Yes	Optional	NO	NO
Jan 17-29	MA Mid-Winter Classic Pre/Finals (14&U)	NO	NO	Yes	Yes	NO
● By entering this competition, you are committing to swimming all swims in which you advance to finals.						
Feb 1	CYA Mini (10 & Under)	Yes	Yes	Optional	NO	NO
Feb 1	SSC Distance	NO	NO	Optional	Yes	Yes
Feb 9	WSY Alyson Chick 10 & Under	Yes	Yes	Optional	NO	NO
Feb 14-16	WSY A/BB/C	NO	Yes	Yes	Yes	Optional
	CPSA Championship (Prelim & Finals)	Yes	Yes	Yes	Yes	Optional
Feb 27-Mar 1	MA Junior Olympics	NO	NO	Yes	Yes	NO
Mar 20-22	MA Silver Champs	NO	Yes	Yes	Yes	Yes
Mar 26-30	ISCA Junior National Cup	No	No	No	Qualifiers	Qualifiers
● 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 80% practice attendance starting September 11, 2019						
Mar 26-29	MA Senior Champs	NO	NO	No	Optional	Qualifiers

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.**

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.
 - **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)

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