



MIDDLE ATLANTIC SWIMMING

HERSHEY AQUATIC CLUB

2019 Summer Meet Schedule

Updated May 29, 2019



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

Date	Meet Name	Location	Information	Entry Deadline
May 10-13	Keystone Aquatics A/BB/C	Carlisle, PA	9 & Over only	March 1
May 31-June 2	LANY LC A/BB/C	Franklin & Marshall College	9 & Over Only	March 1
June 13-16	HAC/WSY Long Course Classic	Lewisburg, PA	Prelims/Finals 13 & Over Some Qualifying Times Timed Finals 9-10, 11-12	April 12
June 23	WSY Summer "One Day Meet"	Hampden Twp Park & Pool	9 & Over Only	April 29
July 5-7	LAC Arena Classic A/BB/C	Franklin & Marshall College	9 & Over Only	March 1
July 10-13	MA Senior Champs	Lewisburg, PA	Qualifying Times	June 28
July 18-21	MA Junior Olympics	Lancaster, PA	Qualifying Times	July 8
July 26-28	MA Silver Champs	Carlisle, PA (Keystone Aquat)	Qualifying Times	July 8
Aug 1-4	Senior Zones Championship	Buffalo, NY	Qualifying Times	
Aug 6-10	USA LC Junior Nationals	Palo Alto, Ca	Qualifying Times	
Aug 7-10	Eastern Age Group Zones	Richmond, VA	Qualifying Times (LCM Only)	

Mid Penn Swim League (swimmps.org)

Directions to Pools				Entry Deadline
June 8	Heatherfield	@ Palmyra, PA	Warm Up 7:00 Start 8:15	June 5
June 22	@Willowood	Elizabethtown, PA	Warm Up 8:00 Start 8:30 AM	June 19
June 29	@Annville	Annville, PA	Warm Up 8:00 Start 8:30 AM	June 26
July 6				
July 13	@Devon Crest	Harrisburg, PA	Warm Up 7:45 Start 8:15 AM	July 10
July 20	MPSL Division A Championship	Elizabethtown, PA	Must attend a minimum of 2 MPSL Dual Meets in order to participate.	July 7
July 21	MPSL All Star Championship	Annville, PA	9:15 AM Start (1 Session Meet)	
July 27	MID-CAP Championship	Palmyra, PA	8:00 AM Start (1 Session Meet)	

MPSL Dual Meet Guideline

- Swimmers may miss one practice the week of a dual meet. There are no requirements the week of Divisional Champs/All Stars or Mid Caps.
- 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 at least once.

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

- **MPSL Divisional:** 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 gd



MIDDLE ATLANTIC SWIMMING



Recommended meets for each training group

- **Diamond (8&Unders -- Age as of June 1, 2019)**
- Compete at a minimum of 3 MPSL Dual meets
- Must compete in a minimum of two MPSL Dual meets to compete in championships.
 - MPSL Dual Meets (4 total dual meets available)
 - MPSL Division A Championship
 - MPSL All Star Championship (if qualified)
 - MID-CAP Champs (if qualified)
- **Diamond (ages 9 or older)**
- 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.
 - May 10-13 Keystone Aquatics A/BB/C
 - May 31-June 2 LANY May Maelstrom (9 and Over only)
 - June 13-16 HAC/WSY Long Course Classic (9 & Over only)
 - June 23 WSY Summer "One Day Meet"
 - July 5-7 LAC Speedo Classic (9 & Over only)
 - MPSL Dual Meets (4 total dual meets available)
 - July 20 MPSL Division A Championship
 - July 21 MPSL All Star Championship (if qualified)
 - July 27 MID-CAP Champs (if qualified)
 - July 26-28 MA Silver Champs
- **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.
 - May 10-13 Keystone Aquatics A/BB/C
 - May 31-June 2 LANY May Maelstrom (9 and Over only)
 - June 13-16 HAC/WSY Long Course Classic (9 & Over only)
 - June 23 WSY Summer "One Day Meet"
 - July 5-7 LAC Speedo Classic (9 & Over only)
 - July 18-20 MA Junior Olympics
 - MPSL Dual Meets (4 total dual meets available)
 - July 20 MPSL Division A Championship
 - July 21 MPSL All Star Championship (if qualified)
 - July 27 MID-CAP Champs (if qualified)
 - July 26-28 MA Silver Champs
 - August 7-10 Eastern Age Group Zones
- **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.
 - May 10-13 Keystone Aquatics A/BB/C
 - May 31-June 2 LANY May Maelstrom (9 and Over only)
 - June 13-16 HAC/WSY Long Course Classic
 - June 23 WSY Summer "One Day Meet"
 - July 5-7 LAC Speedo Classic
 - July 10-13 MA Senior Champs
 - MPSL Dual Meets (4 total dual meets available)
 - July 20 MPSL Division A Championship
 - July 21 MPSL All Star Championship (if qualified)
 - July 27 MID-CAP Champs (if qualified)
 - July 26-28 MA Silver Champs
 - August 1-4 Senior Zones
 - August 7-10 USA LC 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.
- **2017-2020 National Meet Time Standards [HERE](#).**
- **2017-2020 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 website.

www.hersheyh2o.org

1. Print out the season competition schedule [Here](#)
2. 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.
3. 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.**
4. CPSA Dual/Tri Meet Entries: you will only declare your availability. The Coaches will select the swimmer’s events.
5. Championship, A/BB/C, Mini, or Developmental Entries: you will declare your availability and select your swimmer’s events.
6. After you have submitted your entries, the Coaches will approve your event selection. **The Coaching staff reserves the right to modify any entries.**

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