

MID PENN CONFERENCE SWIMMING CHAMPIONSHIPS

~ 2022-23 QUALIFYING Guidelines ~

Updated 09/21/22

EVENT (Yards)	<i>GIRLS</i> QUALIFYING GUIDELINES	<i>BOYS</i> QUALIFYING GUIDELINES
200 Medley Relay	2 Relays per School-2:28	2 Relays per School- 2:21
200 Freestyle	2:18	2:08
200 Individual Medley	2:36	2:27
50 Free	0:28	0:25
100 Butterfly	1:09	1:01
100 Freestyle	1:02	0:55
500 Freestyle	6:00	5:55
200 Freestyle Relay	2 Relays per School-2:15	2 Relays per School-2:08
100 Backstroke	1:11	1:04
100 Breaststroke	1:19	1:13
400 Freestyle Relay	2 Relays per School-5:08	2 Relays per School-4:14

- To qualify for the Mid Penn Conference Championships, swimmers must have swam the entered event during the current high school season in an official PIAA meet and can produce documentation to support that race, if requested. The time above does not guarantee entry into the meet, they are for guidelines only. The number of participants will be based on the **Top 32 times** for relay events and the **Top 32 times** for individual events. Each team shall be permitted to enter a maximum of 2 relays in the relay events and 4 individuals in the individual events.
- In order to provide sufficient recovery time between Championship races, medals will be given and swimmers recognized after the Boys race for each swimming event. *The coach of the each medal-winning swimmer will present the medal to their athlete.*
- **The order of swimming events will be as follows for the Mid Penn Championships (starting Friday)**
 1. 200 Medley Relay, 2. 200 Freestyle, 3. 200 Individual Medley, 4. 50 Free, 5. 100 Butterfly, 6. 200 Freestyle Relay, (**starting Saturday**) 7. 100 Freestyle, 8. 500 Freestyle, 9. 100 Backstroke, 10. Breaststroke, 11. 400 Freestyle Relay (32). (See the projected Timeline)
- Mid Penn Plunge at Northern High School
 - The Mid Penn Plunge is an alternative end-of-the-season meet held the Friday and Saturday after the Mid Penn Championships at Northern High School.
 - The two-day Mid Penn Plunge provides a competition opportunity for swimmers from all Mid Penn Conference high schools who have swimming and diving teams (swim schools) and do not participate in the Mid Penn Championship Swimming Meet (athletes may dive at Mid Penns and swim at the Plunge) and from area non-swim schools.
 - Each school may have an unlimited number of entries in relay and individual events. Entry limitations for each individual swimmer are in accordance with NFHS Rules, as modified by the PIAA. A Mid Penn swimmer may swim in either the Mid Penn Swimming Championships or the Mid Penn Plunge, but not both. An athlete may dive at the Mid Penn Diving Championships and swim at the Mid Penn Plunge, as long as they abide by the event limitation across both meets.