

2023 Mid Penn *Plunge*

@ Northern High School



TWO-DAY INVITATIONAL SWIMMING MEET

~ Friday & Saturday, February 17th & 18th 2023 ~

We are pleased to invite you to the **TWO-DAY** Mid Penn Plunge. The Plunge provides a competition opportunity for swimmers from all Mid Penn Conference high schools who have swimming and diving teams (swim schools) and who 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.

DATES: Friday, February 17th (6:00 PM) and Saturday, February 18th (11:00 AM)

(PLEASE NOTE: ALL vehicles must arrive at Northern High School after 3:00 PM on Friday)

FRIDAY

3:30-5:35 PM – Five 25-minute warm-up periods (time/lane assignments will be established after entries are submitted.) You may conduct coach-supervised sprints from the blocks in your lane(s) during your warmup period. There will also be warmup/cooldown periods during the meet.

➔ **Final Friday Scratches and Meet Program** – in lieu of a “Scratch Meeting”, we will be conducting final “on deck scratching” during the warmup period. Upon arrival, coaches will be provided a report showing their entries, per Jim Buck. You’ll need to mark any final **scratches** on the report and present it to the Officials’ Table **by no later than 5:00 PM**. Once we have all final scratches for Friday, we will complete the seeding, print the final Friday Meet Program and post the final Friday entries to Meet Mobile.

5:35-5:50 – Sprints from the blocks

6:00 PM – Meet begins (200 Medley Relay, 200 Free, 200 IM, 50 Free, 100 Fly)

SATURDAY

8:30-10:35 AM – Five 25-minute warm-up periods (time/lane assignments will be established after entries are submitted.) You may conduct coach-supervised sprints from the blocks in your lane(s) during your warmup period. There will also be warmup/cooldown periods during the meet.

➔ **Final Saturday Scratches and Meet Program** – in lieu of a “Scratch Meeting”, we will be conducting final “on deck scratching” during the warmup period. Upon arrival, coaches will be provided a report showing their entries, per Jim Buck. You’ll need to mark any final **scratches** on the report and present it to the Officials’ Table **by no later than 10:00 AM**. Once we have all final Saturday scratches, we will complete the seeding, print the final Saturday Meet Program and post the final Saturday entries to Meet Mobile.

10:35-10:50 AM – Sprints from the blocks

11:00 AM – Meet begins (200 Free Relay, 100 Free, 500 Free, 100 Back, 100 Breast, 400 Free Relay)

MEET DIRECTOR – Bill Resser, Assistant Swimming Coach, Northern High School.

FACILITY: Northern High School Natatorium, 653 South Baltimore Street, Dillsburg, PA, 6 Lanes, NEW Paragon Wedge Blocks, CTS Gen7 Automatic Timing System with Full Color Digital Display, Meet Manager 8.0 Software. Please plan to use the Gym/Auditorium entrance on the right side of the High School complex.

TEAM AREAS: The Main Gym will be used as the team area for all swimmers during the meet. It will be the responsibility of each swimmer to insure they are behind the blocks for the start of their heat. There will not be a separate seeding process/area; however we plan to broadcast the meet via our YouTube livestream in the Main Gym throughout the meet. Please note there will be very limited lockers available.

FOOD & DRINK: We will have food available for purchase in our concession stand (cash only). Please do NOT bring any food or drink (other than water or Gatorade) into the pool area. Our Booster Club plans to provide food for coaches during both sessions.

ENTRIES (Entry Supervisor is Jim Buck, jamesbuck@verizon.net or 717-215-8512):

- **PLEASE NOTE – the event order matches that of Mid Penns, Districts and States.**
- 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.
- The Meet Manager Event File for the Plunge will be available for download at midpennswimchamp.info. You can import this file into Hy-Tek Team Manager to use for your entries. The preferred format for entries is a Team Manager Meet Entries Export file email attachment (File-Export-Meet Entries). If you do not have Team Manager or are not able to use this format, please submit, via email, the completed MS Word *Plunge Entry Form* (see separate file.) Send your entry file to Jim Buck at jamesbuck@verizon.net. **Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Big Spring”).**
- **By 9:00 PM, Sunday, February 5th** – Non-Team Manager (MS Word form) entries are due.
- **By 9:00 PM, Thursday, February 9th** – Team Manager Export Entry File attachments are due.
- **By 12:00 noon, Monday, February 13th** – scratches only of swimmers who swam at the Mid Penn Swimming Championships are due. Please send an email to Jim at jamesbuck@verizon.net stating which swimmers need to be scratched from which Plunge events. **Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Hershey”).**
- **Please direct any entry questions to Jim Buck at jamesbuck@verizon.net or 717-215-8512.**
- **Entry Fees:** There is an entry fee of \$6 per swimmer per individual event and \$12 per relay team, with a maximum entry fee per high school of \$400.00.
- ***Entry fee checks would be appreciated at the meet, however if your entries change at the last minute, please try to have your entry fee check arrive by FRIDAY, FEBRUARY 24th. Checks should be made payable to “NHS Swimming Boosters” and mailed to: Paul Mansell, 1615 County Line Road, York Springs, PA 17372-9005.***

RULES:

- National Federation Rules (NFHS) will be followed, as modified by the PIAA and below.
- Times achieved at the Plunge will be official PIAA times for District entry purposes.

ORDER OF EVENTS

- ⇒ **FRIDAY EVENING (Starting at 6:00 PM)**
- 200 Yard Medley Relay (Girls #1, Boys #2)
- 200 Yard Freestyle (Girls #3, Boys #4)
- =>**Awards and 20 Minute Warmup/Cooldown Break**
- 200 Yard Individual Medley (Girls #5, Boys #6)
- 50 Yard Freestyle (Girls #7, Boys #8)
- 100 Yard Butterfly (Girls #9, Boys #10)
- =>**Final Awards and Cooldown**

⇒ **SATURDAY (Starting at 11:00 AM)**

- 200 Yard Freestyle Relay (Girls #11, Boys #12)
- 100 Yard Freestyle (Girls #13, Boys #14)
- 500 Yard Freestyle (Girls #15, Boys #16)
- =>**Awards and 20 Minute Warmup/Cooldown Break**
- 100 Yard Backstroke (Girls #17, Boys #18)
- 100 Yard Breaststroke (Girls #19, Boys #20)
- =>**Awards and 20 Minute Warmup/Cooldown Break**
- 400 Yard Freestyle Relay (Girls #21, Boys #22)
- =>**Final Awards and Cooldown**

ROSTER – please send your current Team Manager Roster (File=>Export=>Athletes/Teams) to Jim Buck at jamesbuck@verizon.net.

ATHLETE ATTIRE – When a swimmer is outside the pool area in the hallways, lobby or gym, they **must** wear something on the top of their body and on their feet.

AWARDS – medals will be awarded to the top *six* finishers in each event (individual and relay). A coach from each medal-winning team will be asked to present the medals to their swimmers.

ADMISSIONS, PROGRAMS AND MEET MOBILE – Spectator admission to the meet is \$5 for adults and \$3 for students, which includes a printed Meet Program. Coaches and swimmers are admitted for free and will receive a free Meet Program for each coach and some for swimmers. Final meet entries and results will be posted to Meet Mobile.

LIVE STREAMING – The Mid Penn Plunge will be livestreamed on the Northern Swimming and Diving YouTube channel - <https://www.youtube.com/@northernswimmingdiving>.

ADDITIONAL INFORMATION – Information for downloading will be at midpensswimchamp.info

WINTER WEATHER PLAN – If, due to winter weather, we have to cancel just the Friday portion of the Plunge, we plan to conduct all of the events on Saturday, as we have in the past. If we must cancel both Friday and Saturday, there is no snow make-up plan.

With your help, we hope to have another exciting and memorable Mid Penn Plunge!

Sincerely,



Bill Resser

Meet Director

Volunteer Assistant Coach, Northern High School