

MID PENN CONFERENCE SWIMMING CHAMPIONSHIPS

~ 2019-2020 QUALIFYING Guidelines ~

EVENT (Yards)	<i>GIRLS</i> QUALIFYING TIME (AA Meet & AAA Meet)	<i>BOYS</i> QUALIFYING TIME (AA Meet & AAA Meet)
200 Medley Relay	2 Relays per School-2:20	2 Relays per School- 1:54
200 Freestyle	2:15.00	2:02.00
200 Individual Medley	2:30.00	2:19.00
50 Free	28.00	26.00
100 Butterfly	1:09.00	1:04.00
100 Freestyle	1:02.00	:55
500 Freestyle	6:00.00	5:45.00
200 Freestyle Relay	2 Relays per School-1:55	2 Relays per School-1:45
100 Backstroke	1:11.00	1:07.00
100 Breaststroke	1:19.00	1:13.00
400 Freestyle Relay	2 Relays per School-4:15	2 Relays per School-3:51

- Mid Penn Conference Swimmers must qualify to swim in the Mid Penn Conference Swimming Championships provided they can produce documentation to support a qualifying time during the current high school season they swam an official PIAA race in, or faster than, the guideline listed above. The time above does not guarantee entry into the meet. 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. This year's meet will be Friday and Saturday February 7 & 8 at Cumberland Valley High School.
- 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 events and # of entrants will be as follows for the Mid Penn Championships (starting Friday) 1. 200 medley relay(32) 2. 200 freestyle(32) 3. 200 individual medley (32) 4. 50 Free (32)(starting Saturday) 5. 100 butterfly (32) 6. 200 freestyle relay (32) 7. 100 freestyle (32) 8. 500 freestyle (32) 9. 100 backstroke (32) 10. Breaststroke (32) 11. 400 freestyle relay (32). (See projected Timeline)***
- Mid Penn PLUNGE at Northern HS
 - An alternative end-of-the-season meet will be held the Saturday after the Mid Penn Championships at Northern High School. **(Feb. 14 & 15, 2020)**
 - Mid Penn Conference Swim School swimmers that did not qualify for the Mid Penn Championships may swim at the Polar Bear Plunge. (You cannot swim at both meets)
 - There will essentially be two competitions within the meet – (1) The Mid Penn Plunge for those swimmers from Mid Penn high schools having a swimming and diving team and who do not make the Mid Penn Qualifying Time and (2) a Non-Swim School Meet for those swimmers from District III schools without swimming teams that may have posted times faster than the Qualifying Times for the Mid Penn Championships... with Boys and Girls mixed in each event.
 - Each Swim School will be allowed a maximum of two entries in each relay (200 Medley Relay and 200 Free Relay). In order to qualify for an individual event, swimmers must either (a) have a current season-best time that is SLOWER THAN the Mid Penn Qualifying Time for that event or (b) be from a Non-Swim school.