

2019 Mid Penn *Plunge*

@ Northern High School



TWO-DAY INVITATIONAL SWIMMING MEET

~ Friday & Saturday, February 15th & 16th 2019 ~

We are pleased to invite you to the *NEW 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 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 15th (5:30 PM) and Saturday, February 16th (10:00 AM)

(PLEASE NOTE: ALL vehicles must arrive at Northern High School after 3:15 PM on Friday)

FRIDAY - 4:00-5:15 PM – Three 25-minute warm-up periods (time/lane assignments will be established after entries are submitted, based on entry count.)

➔ ***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 4:30 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 on Meet Mobile.*

5:15-5:25 PM – Time for additional sprints from the blocks.

5:30 PM – Meet begins (200 Medley Relay, 200 Free, 200 IM, 50 Free, Awards and Cooldown)

SATURDAY - 8:00-9:40 AM – Four 25-minute warm-up periods (time/lane assignments will be established after entries are submitted, based on entry count.) There will also be additional 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 9:00 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 on Meet Mobile.*

9:40-9:55 AM – Time for additional sprints from the blocks.

10:00 AM – Meet begins (100 Fly, 200 Free Relay, 100 Free, Awards & Warmup/Cooldown, 500 Free, 100 Back, Awards & Warmup/Cooldown, 100 Breast, 400 Free Relay, Final Awards & Cooldown)

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

FACILITY: Northern High School Swimming Pool, 653 South Baltimore Street, Dillsburg, PA, 6 Lanes, *NEW Swim Innovations Wedge Block Tops*, CTS 6 Automatic Timing System, Meet Manager 5.0 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 an audio message into the Main Gym

throughout the meet with event status. There will be limited lockers available, so swimmers should plan accordingly.

FOOD & DRINK: We will have a concession stand available throughout the meet and tables in the lobby. Each team will receive a voucher for a meal for each coach. Please do NOT bring any food or drink (other than water or Gatorade) into the pool area.

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

- **PLEASE NOTE – the event order has changed from previous years to match 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 3rd** – Non-Team Manager (MS Word form) entries are due.
- **By 9:00 PM, Thursday, February 7th** – Team Manager Export Entry File attachments are due.
- **By 12:00 noon, Monday, February 11th** – 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 \$350.00.
- **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 22nd. Checks should be made payable to “NHS Swimming Boosters” and mailed to: Bob Secord, 321 West Siddonsburg Road, Dillsburg, PA 17019.**

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.
- Counters for the 500 Free may be required to wear towels, shorts or pants over their suit when counting.

MID PENN PLUNGE PRE-ORDER T-SHIRTS – This year your swimmers, coaches and fans are able to pre-order Plunge T-Shirts by going to http://artisticimprints.3dcartstores.com/Mid-Penn-Plunge_c_626.html. The site is now live and will close on Saturday, February 2nd so there is enough time to print the shirts and have them for you at the Plunge. **These are available via pre-order only.** We do NOT plan to sell any shirts at the meet. **Please forward the link to your Plunge swimmers and parents asap.**

ORDER OF EVENTS (NOTE: Changed from 2018 to match Districts and States Event Order)

⇒ FRIDAY EVENING (5:30 PM)

- 200 Yard Medley Relay (Girls #1, Boys #2)
- 200 Yard Freestyle (Girls #3, Boys #4)
- 200 Yard Individual Medley (Girls #5, Boys #6)
- 50 Yard Freestyle (Girls #7, Boys #8)
- *Awards and Cooldown*

⇒ SATURDAY (10:00 AM) - Revised

- 100 Yard Butterfly (Girls #9, Boys #10)
- 200 Yard Freestyle Relay (Girls #11, Boys #12)
- 100 Yard Freestyle (Girls #13, Boys #14)
- =>*Awards and Warmup/Cooldown Break*
- 500 Yard Freestyle (Girls #15, Boys #16)
- 100 Yard Backstroke (Girls #17, Boys #18)
- =>*Awards and Warmup/Cooldown Break*
- 100 Yard Breaststroke (Girls #19, Boys #20)
- 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, auxiliary gym or cafeteria, 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).

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.

ADDITIONAL INFORMATION

- Plunge information and files for downloading will be available at midpennswimchamp.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, just 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 an even more inspiring and memorable Mid Penn Plunge!

Sincerely,

Bill Resser
Meet Director, Head Coach, Northern High School