



2026 Tri-State Cup

The **Tri-State Cup** is a 13 & Under All Star meet between Allegheny Mountain and Middle Atlantic Swimming with single age events for 13s, 12s, 11s, and 10 & Under. The meet can be rivaled by no other with its fun approach to fast swimming!

When?

Saturday, January 17 & Sunday, January 18, 2026

Where?

Graham Aquatic Center
543 N Newberry St
York, PA 17404

Who?

10 & Under, 11 year olds, 12 year olds, and 13 year olds who meet the **posted qualifying criteria may apply for selection**. Please note, this meet is **athlete age as of January 17, 2026**.

Our Middle Atlantic team will be comprised of 10 females and 10 males in each age group. Athletes must apply by the deadline to potentially be chosen by our coaching staff.

Applications are due by 12/15/25. If selected, your athlete must commit to participating in both days and all 3 meet sessions.

- Automatic qualifiers: have achieved the Middle Atlantic Automatic Time Standard in three events.
- Consideration qualifiers: have achieved the Middle Atlantic Consideration Time Standard in at least three events to be eligible for selection.

Our coaching staff will create a fair and balanced team chosen from the eligible applicants. The staff will accept the 10 applicants we feel will give Middle Atlantic Swimming the strongest lineup in each age group.

Swimmers' meet events will be picked by the coaching staff so that Middle Atlantic Swimming will have the most competitive lineup in this dual meet.

10&U Tri State Time Standards

*age as of 1/17/26

| Girls Automatic | Girls Consideration | Event | Boys Consideration | Boys Automatic |
|-----------------|---------------------|------------------|--------------------|----------------|
| 28.79 | 30.99 | 50 Free | 30.59 | 28.79 |
| 1:04.19 | 1:09.49 | 100 Free | 1:09.69 | 1:03.69 |
| 2:20.89 | 2:35.49 | 200 Free | 2:29.39 | 2:16.89 |
| 6:10.59 | 6:44.79 | 500 Free | 6:37.39 | 6:04.19 |
| 33.29 | 36.99 | 50 Backstroke | 36.99 | 33.49 |
| 1:11.89 | 1:19.29 | 100 Backstroke | 1:18.79 | 1:11.89 |
| 37.89 | 41.29 | 50 Breaststroke | 40.99 | 37.29 |
| 1:23.09 | 1:31.89 | 100 Breaststroke | 1:30.19 | 1:22.19 |
| 31.49 | 35.19 | 50 Butterfly | 34.99 | 31.49 |
| 1:14.19 | 1:24.09 | 100 Butterfly | 1:22.79 | 1:11.19 |
| 1:13.49 | 1:20.19 | 100 IM | 1:18.99 | 1:12.39 |
| 2:37.39 | 2:52.69 | 200 IM | 2:50.99 | 2:36.19 |

MIDDLE ATLANTIC SWIMMING



Consideration qualifiers are those individuals who meet the Middle Atlantic Consideration time standard in at least three events and **are chosen by the coaching staff.**

11 yo Tri State Time Standards

*age as of 1/17/26

| Girls Automatic | Girls Consideration | Event | Boys Consideration | Boys Automatic |
|-----------------|---------------------|------------------|--------------------|----------------|
| 27.09 | 28.99 | 50 Free | 28.99 | 27.09 |
| 59.09 | 1:03.99 | 100 Free | 1:03.59 | 58.79 |
| 2:09.89 | 2:20.99 | 200 Free | 2:20.79 | 2:08.89 |
| 5:43.59 | 6:12.89 | 500 Free | 5:59.99 | 5:29.99 |
| 31.89 | 33.59 | 50 Backstroke | 33.89 | 31.59 |
| 1:08.59 | 1:13.39 | 100 Backstroke | 1:13.59 | 1:08.59 |
| 35.79 | 38.99 | 50 Breaststroke | 39.39 | 35.69 |
| 1:18.09 | 1:25.49 | 100 Breaststroke | 1:24.99 | 1:17.29 |
| 29.99 | 32.49 | 50 Butterfly | 32.99 | 29.79 |
| 1:07.99 | 1:15.29 | 100 Butterfly | 1:14.99 | 1:08.19 |
| 1:07.69 | 1:13.69 | 100 IM | 1:14.29 | 1:08.89 |
| 2:30.49 | 2:42.99 | 200 IM | 2:43.69 | 2:29.29 |
| 5:10.29 | 5:36.29 | 400 IM | 5:23.49 | 4:59.49 |

MIDDLE ATLANTIC SWIMMING



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12 yo Tri State Time Standards

*age as of 1/17/26

| Girls Automatic | Girls Consideration | Event | Boys Consideration | Boys Automatic |
|-----------------|---------------------|------------------|--------------------|----------------|
| 26.29 | 27.59 | 50 Free | 26.59 | 25.59 |
| 56.99 | 59.99 | 100 Free | 58.59 | 56.09 |
| 2:05.39 | 2:12.19 | 200 Free | 2:08.19 | 2:00.59 |
| 5:33.59 | 5:49.99 | 500 Free | 5:44.99 | 5:29.99 |
| 1:05.99 | 1:08.99 | 100 Backstroke | 1:06.99 | 1:02.79 |
| 2:20.49 | 2:27.89 | 200 Backstroke | 2:22.99 | 2:15.89 |
| 1:14.99 | 1:17.69 | 100 Breaststroke | 1:14.89 | 1:11.19 |
| 2:41.79 | 2:49.09 | 200 Breaststroke | 2:41.39 | 2:34.39 |
| 1:04.49 | 1:08.39 | 100 Butterfly | 1:05.89 | 1:00.49 |
| 2:24.09 | 2:40.59 | 200 Butterfly | 2:29.19 | 2:18.89 |
| 1:05.99 | 1:09.09 | 100 IM | 1:06.99 | 1:01.99 |
| 2:22.59 | 2:28.99 | 200 IM | 2:24.59 | 2:14.79 |
| 5:00.29 | 5:19.29 | 400 IM | 5:09.99 | 4:50.49 |

MIDDLE ATLANTIC SWIMMING



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13 yo Tri State Time Standards

*age as of 1/17/26

| Girls Automatic | Girls Consideration | Event | Boys Consideration | Boys Automatic |
|-----------------|---------------------|------------------|--------------------|----------------|
| 25.59 | 26.49 | 50 Free | 25.29 | 24.09 |
| 54.79 | 57.29 | 100 Free | 54.49 | 52.49 |
| 2:01.89 | 2:05.99 | 200 Free | 1:59.99 | 1:55.09 |
| 5:25.49 | 5:35.49 | 500 Free | 5:23.49 | 5:10.29 |
| 1:02.29 | 1:04.59 | 100 Backstroke | 1:01.09 | 58.49 |
| 2:14.29 | 2:20.19 | 200 Backstroke | 2:13.19 | 2:07.39 |
| 1:11.09 | 1:13.99 | 100 Breaststroke | 1:09.29 | 1:06.29 |
| 2:33.99 | 2:39.59 | 200 Breaststroke | 2:30.29 | 2:23.79 |
| 1:01.99 | 1:04.49 | 100 Butterfly | 1:00.59 | 57.99 |
| 2:18.49 | 2:22.69 | 200 Butterfly | 2:15.79 | 2:09.89 |
| 2:16.79 | 2:20.89 | 200 IM | 2:15.29 | 2:09.39 |
| 4:53.99 | 5:03.29 | 400 IM | 4:49.79 | 4:37.19 |

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