



2025-2026 MEET SCHEDULE

								Entry	Intended Group			
Day (s)	Dates	Meet	Affiliation		Facility	Location	Ages	Deadline	E	W	R	M
Sat-Sun	Sep 27-28	Mako Fall Invite		USA	George Mason University	Fairfax, VA	13 & Older	Closed	✓			
Fri-Sat-Sun	Oct 17-19	PSC Spooktacular Meet		USA	Parkland HS	Allentown, PA	9 & Older	9/30	✓	✓	✓	
Saturday	Oct 25	HAC Hallowswim Developmental Meet		USA	Derry Twp Rec Center	Hershey, PA	8 & Under	10/4			✓	✓
Fri-Sat-Sun	Nov 21-23	CVAC AquaFest Invite		USA	Cumberland Valley HS	Mechanicsburg, PA	9 & Older	10/26	✓	✓	✓	
Saturday	Dec 6	Dual Meet vs Lebanon Valley Otters	CPAL		Cumberland Valley HS	Mechanicsburg, PA	18 & Younger	11/29	✓	✓	✓	✓
Wed-Thu-Fri-Sat	Dec 10-13	Speedo Winter Junior Championships		USA	Indiana University	Indianapolis, IN	18 & Younger*	12/2	✓			
Fri-Sat-Sun	Dec 12-14	Club Mountaineer Speedo Classic		USA	West Virginia University	Morgantown, WV	Any	TBA	✓	✓	✓	✓
Saturday	Dec 20	Dual Meet vs Palmrya Aquatic Club	CPAL		Cumberland Valley HS	Mechanicsburg, PA	18 & Younger	12/13	✓	✓	✓	✓
Fri-Sat-Sun	Jan 9-11	WSY Mid Winter Classic		USA	Cumberland Valley HS	Mechanicsburg, PA	9 & Older	12/20	✓	✓	✓	
Saturday	Jan 17	Dual Meet vs Central Aquatics of PA	CPAL		East Pennsboro School	Enola, PA	18 & Younger	12/10	✓	✓	✓	✓
Saturday	Jan 17	HAC Mighty Titans Invite		USA	Derry Twp Rec Center	Hershey, PA	8 & Under	12/28			✓	✓
Saturday	Jan 24	Tri Meet vs Ephrata and Elizabethtown	CPAL		Cumberland Valley HS	Mechanicsburg, PA	18 & Younger	12/17	✓	✓	✓	✓
Sunday	Jan 25	LAC IM Mini		USA	Franklin & Marshall	Lancaster, PA	8 & Under	1/4			✓	✓
Fri-Sat-Sun	Feb 13-15	WSY Presidents Day Invite		USA	Cumberland Valley HS	Mechanicsburg, PA	9 & Older	1/25	✓	✓	✓	
Championship Season												
2025 USA Swimming Qualifying Standards												
Saturday	Feb 21	CPAL Divisionals Championship	CPAL		Cumberland Valley HS	Mechanicsburg, PA	18 & Younger	2/14	✓	✓	✓	✓
Sunday	Feb 22	CPAL All Star Championship	CPAL		Big Spring HS	Newville, PA	18 & Younger	NA	✓	✓	✓	✓
Sat-Sun	Mar 7-8	Middle Atlantic 10&Under Championships*		USA	TBA	TBA	10 & Younger*	2/16			✓	✓
Thu-Fri-Sat-Sun	Mar 12-15	Middle Atlantic Junior Championships*		USA	TBA	TBA	11-14*	2/16	✓	✓		
Thu-Fri-Sat-Sun	Mar 19-22	Middle Atlantic Senior Championships*		USA	TBA	TBA	Any/Open*	3/1	✓			
Thu-Fri-Sat-Sun	Mar 26-28	Speedo Sectionals*		USA	Christiansburg Aquatic Center	Chrisitansburg, VA	Any/Open*	3/1	✓			
Fri-Sat-Sun	Mar 27-29	Middle Atlantic Silver Champs*		USA	TBA	TBA	11-18*	2/16		✓	✓	
Wed-Thu-Fri-Sat	Apr 1-4	Eastern Zone Age Group Championships*		USA	Flickinger Aquatic Center	Buffalo, NY	9-14*	3/16	✓	✓		

*with Qualifying Times



Swimmers are required to compete in a MINIMUM of 3 Meets before Championship Season

It's our objective to see each swimmer have times in as many events as possible by the end of the Season. To that end, they may not be swimming the same events at every meet

CPAL (Central PA Aquatic League) Meets

Swimmers compete based on their Age as of 12/1/2025

Dual and Tri Meets are held on Saturday mornings and typically last 4 hours

In order to enter the CPAL Championships, swimmers must have participated in AT LEAST 3 Dual Meets (or AT LEAST 2 Dual Meets and the Tri Meet)

Coaches will select each swimmer's events for the Dual/Tri Meets

Swimmers may be in up to 4 events in Dual/Tri Meets. (2 Individual and 2 Relay or 3 Individual and 1 Relay)

Swimmers may select their own events for the League Championship

There are no entry fees for any of the CPAL Meets

USA Swimming Sanctioned Meets

Swimmers compete based on their Age as of the first day of the Meet

USA Meet hosts charge entry fees per event. Typically \$10-15.

Swimmers may sign up for only one day of a 2-3 day Meet. They are not required to attend every day of a Competition

USA Swimming Championships have Qualifying Time Standards determined by Middle Atlantic Swimming, the Eastern Zone and USA Swimming. When the standards are published the Meet will be updated on our Website

The HAC Hallowswim, HAC Mighty Titan and LAC IM Mini Meets are intended to provide 8&Under Swimmers opportunity to achieve USA Sanctioned Times needed to qualify for the 10&Under Championships in March. Unfortunately CPAL Meets are not USA Swimming sanctioned and therefore times done in those meets will not qualify for USA Champ Meets

We would hope that every swimmer attempts to record an IMR Score. This stands for IM Ready.

A swimmer achieves an IMR score when they swim all of the following events within the Season: 200 Free, 200 IM, 100 Fly, 100 Back, 100 Breast

Swimmer can also attempt to record an IMX Score. This stands for IM Extreme.

A swimmer achieves an IMX score when they swim all of the following events within the Season: 500 Free, 400 IM, 200 Fly, 200 Back, 200 Breast

Entry Procedure

All meets are on the Team Website and available to enter (except for Club Mountaineer and all Championships)

For Dual/Tri Meets: you will only declare your availability. Simply select "will be able to attend" or "will NOT be able to attend". Please select one or the other. Don't leave your swimmer undeclared.

For Invitationals: you will declare your availability AND select your swimmer's events.