

Competition Schedule updated 12/14/24

Date	Opponent	Facility	Departure	Start
12-6	West Shore SD Invite (Diving Only)	Red Land HS		6:00pm
12-10	Central Dauphin HS	Hershey		4:15pm
12-17	State College	Hershey		4:15pm
12-19	Governor Mifflin	Hershey		
12-20	Cardinal Invite ~ Diving	Upper Dublin HS		4:00pm
12-21	Cardinal Invite (Split Gender Sessions)	Upper Dublin HS	Girls 6:30am	9:30am
			Boys 11:30pm	2:30pm
1-2	Palmyra HS	Palmyra HS	2:45 pm	4:00pm
1-4	Southwestern Diving Invite (Divers only)	Southwestern High School		
1-4	New Year Invite	Bucknell University	7:00am	10:00am
1-7	Carlisle	Hershey		4:15pm
1-9	Open			
1-11	Wilson Relays	Wilson	6:45am	10:00am
1-14	Open			4:00pm
1-16	Lower Dauphin & Bishop McDevitt	Hershey		4:15
1-21	Open			
1-23	Cumberland Valley	Hershey		4:15pm
1-28	Chambersburg ~ Sr Night	Hershey		4:15pm
1-30	Wilson	Hershey		4:15pm
2-1	MPC AAA Diving Boys & Girls	Cumberland Valley HS	TBD	
2/7-8	Mid Penn Conference Champs	Cumberland Valley HS	Warm Up: 4:10 / 10:10 Start: 6:00 / 12:00	
2/14-15	Mid Penn Polar Bear (those not in MPCs)	Northern HS	Warm Up: 3:00 / 8:30 Start: 6:00 / 11:00	
2/22	District III Diving AAA	Dover Area HS	9:00am Women; Men to follow	
2/28-3/1	District III Swimming Champ	Cumberland Valley	M 5:00 / W 7:30; W 3:00 M 5:30	
3/14-15	PIAA Championship AAA	Bucknell University	TBD	

Meet Notes

Cardinal Swimming and Diving Invitational

- Qualifying Times

Annual New Year's Invite

- 4 entries per event; 3 for 500 Free; 2 Relays

Wilson Relays

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Mid Penn Championship Meet:

- 4 entries per event; Top 32 Entries Qualify

Mid Penn Plunge Invitational

- Those not swimming in Mid Penn Championship

District III Championships

- 4 entries per event; Top 32 Entries Qualify; Top 16 Relays

PIAA State Championships

- District Champ advances; Next fastest 16 times in the State fill the field to 32.

High School Qualifying Times-- UPDATED for 2024-2025									
				Times based on previous year & are guidelines only					
		2025	2025	2024	2024	2024	2024	2024	2024
Female		Automatic All America	Consid. All America	State Prel Top 8	State Prel Top 16	State at large	District 26th Seed	MPC 26 th Seed	Cardinal Invite
200	MedRel	1:44.31	1:46.22	1:48.10	1:49.56	1:50.94	1:56.15		
200	Free	1:48.79	1:50.65	1:52.42	1:55.75	1:57.92	2:05.65	2:14.45	2:12.00
200	IM	2:01.38	2:04.11	2:07.08	2:09.34	2:09.53	2:20.90	2:29.83	2:35.00
50	Free	23.08	23.54	23.84	24.38	24.69	25.75	27.01	28.00
100	Fly	54.32	55.58	56.64	58.04	58.39	1:05.02	1:08.00	1:14.00
200	Fr Rel	1:35.48	1:37.15	1:38.29	1:39.48	1:40.75	1:44.75		
100	Free	50.16	50.99	51.58	52.85	53.23	56.31	1:00.30	1:01.00
500	Free	4:53.16	4:58.34	5:00.30	5:09.75	5:14.24	5:40.42	6:06.45	6:12.00
100	Back	54.69	55.91	57.58	58.58	59.19	1:04.71	1:08.47	1:11.00
100	Breast	1:02.53	1:03.85	1:04.22	1:05.70	1:06.51	1:11.87	1:18.75	1:19.00
400	Fr Rel	3:27.68	3:31.16	3:34.45	3:38.83	3:40.06	3:55.48		
Male		Automatic All America	Consid. All America	State Prel Top 8	State Prel Top 16	State at large	District 26th Seed	MPC 26 th Seed	Cardinal Invite
200	Med Rel	1:32.38	1:34.11	1:34.81	1:37.00	1:37.66	1:44.65		
200	Free	1:38.21	1:39.81	1:40.77	1:44.01	1:45.32	1:51.77	2:06.00	2:06.00
200	IM	1:49.14	1:51.34	1:54.08	1:55.92	1:57.43	2:07.42	2:21.63	2:25.00
50	Free	20.41	20.80	20.98	21.41	21.82	22.98	24.63	25.50
100	Fly	48.38	49.53	50.18	51.21	51.90	56.31	1:02.28	1:05.05
200	Fr Rel	1:24.15	1:27.57	1:25.73	1:27.59	1:28.08	1:32.71		
100	Free	44.72	45.56	46.17	47.01	47.83	50.24	53.55	56.00
500	Free	4:28.60	4:32.95	4:36.13	4:40.91	4:47.23	5:07.85	5:37.84	5:45.00
100	Back	48.94	50.13	50.32	51.91	52.80	58.22	1:03.11	1:07.00
100	Breast	55.22	56.46	57.01	57.71	58.84	1:05.19	1:11.14	1:12.44
400	Fr Rel	3:05.17	3:08.08	3:10.09	3:13.15	3:14.98	3:21.95		

National Interscholastic Swimming Coaches Association

2024-2025 NISCA Swimming All-America Yard Time Standards

Top 100 Athletes as determined by submitted and accepted times will be recognized as All-America in individual and relay events.

www.niscaonline.org

PIAA Championship Qualifying Times

The times listed above are approximate qualifying times based on the previous years. Though there are qualifying times listed in meet announcements for both District Championship and Mid Penn Championship, the top 32 entries qualify for the meet. If more than 32 swimmers meet the qualifying time standard, all will compete at that specific competition. PIAA State At-Large times ~ The individual/relay champion of each district meet (8 districts) automatically qualify for the PIAA Championship. The next 24 fastest times swum at districts fill the remaining spots to 32.

www.piaa.org

Mid Penn Championship and District Championship

The times listed are from the previous year's psych sheets showing what it took to be in the top 32 individually. Only the top 32 entries swim in the competition.

www.midpennswimchamp.info www.d3piaa.org