



Hershey Aquatic Club

2024 Spring-Summer Team Information

Updated April 23, 2024



Competition Schedule

MPSL Dual Meet Age as of June 1



Meet Entries for USA Swimming Competitions are through Team Unify Teamunify.com/mahac
See Next Page for Training Group Meet Recommendations

Date	Meet Name	Location	Information	Entry Deadline
May 2-5	USA 18&U Spring Champs	Ft. Lauderdale, FL	Qualifying Times	
May 3-5	KA May Melee	Carlisle, PA		
May 18	May Flower Developmental	Hershey, PA		
May 18	May Flower Mayhem Relays	Hershey, PA		
May 19	Montclair Swim Festival Open Water	Montclair, VA		
June 6-9	HAC/WSY LC Classic	Lewisburg, PA		
June 15	MPSL Dual Vs Devon Crest	Hershey, PA		
June 27	MPSL Dauphin Pentathlon	Dauphin, PA		
June 22-23	Eastern Zone Open Water Champ	Mamora, NJ	Qualifying Times	
June 28-30	KA Firecracker Meet	Carlisle, PA		
June 29	MPSL Dual Vs Heatherfield	Hershey, PA		
July 11-14	MA Senior Champs	Carlisle, PA	Qualifying Times	
July 13	MPSL Dual Vs Annville Cleona	Annville Cleona, PA		
July 19-21	MA Age Group Champs	Lancaster, PA	Qualifying Times	
July 20	MPSL Division Champs	Hershey, PA		
July 21	MPSL All Star Champs	Annville Cleona		
July 24-28	NCSA Junior Nationals	Indianapolis, IN	Qualifying Times	
July 26-28	MA Silver Champs	Sewell, NJ (GCIT)	Qualifying Times	
July 27	MID CAP	Palmyra, PA		

8&Under Meet Schedule

MPSL Dual Meet Age as of June 1

Date	Meet	Location	Warm Up / Start Time	
May 18	May Flower Developmental	Hershey, PA		
June 15	MPSL Devon Crest	Hershey, PA	8:15 am	
June 27	Dauphin Pentathlon	Dauphin, PA		
June 29	MPSL Heatherfield	Penn Colonial Pool	8:00 am	
July 13	MPSL Annville Cleona	Annville, PA	8:20 am	
July 20	MPSL Division Champs	Hershey, PA	AM	
July 21	MPSL All Star Champs	Annville, Cleona	AM	
July 27	MID-CAP Champs	Palmyra, PA	AM	





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Which competitions are best suited for my child?

- Swimmers are encouraged to compete in at least one of the meets offered to the training group each month. **Please do not sign up for back to back weekends of competitions.**
- Swimmers may sign up for only one day of a 2-3 day competition. Meaning you are not required to attend all days of a co competition.
- All meet information is located on the HAC website meet page found on the home page.

Date	Meet Name	AG-Mini	AG-Bronze	AG-Silver	AG Gold	Pre-Senior	Senior
May 2-5	USA 18&U Sprint Cup (LCM)						X
May 3-5	KA May Melee (LCM)			X	X	X	X
May 18	HAC May Flower Developmental (SCY)		X	X	X		
May 18	HAC Flower Mayhem Relay Meet (SCY)		X	X	X	X	X
May 19	Montclair Swim Festival Open Water				X	X	X
June 6-9	HAC/WSY Long Course Classic (LCM)				X	X	X
June 15	MPSL Dual Vs Devon Crest	X	X	X	X	X	X
June 27	MPSL Dauphin Pentathlon	X	X	X	X	X	X
June 22-23	Eastern Zone Open Water Champs					X	X
June 29	MPSL Dual Vs Heatherfield	X	X	X	X	X	X
June 28-30	KA Firecracker Meet			X	X	X	X
July 11-14	MA Senior Champs						X
	Unless Competing at MA Senior Champs						
July 13	MPSL Dual Vs Annville Cleona	X	X	X	X	X	X
July 19-21	MA Age Group Champs				X	X	
July 20	MPSL Division Champs	X	X	X	X	X	X
	Unless Competing at MA Silver Champs						
July 21	MPSL All Star Champs						
	Must Qualify from Division Champs						
July 23-28	NCSA Junior Champs						X
July 26-28	MA Silver Champs			X	X	X	X
	Must Qualify from All Star Champs						
July 27	MID CAP						
	Must Qualify from All Star Champs						

Meet Entry Procedure

USA Swimming, Invitational Meets, and Dual/Tri meets

All entries will be completed through the TeamUnify website.

www.hersheyh2o.org

1. Print out the season competition schedule [HERE](#).
2. Competitions with additional information can be found [HERE](#).
3. Entry Invitation email will be sent once the meet information becomes available. On this page you will be able to print out the **MEET INFORMATION**. Please read.
4. Upon receiving the meet invitation, you will be asked to declare that you “will be able to attend” or “will NOT be able to attend.” **Please select one or the other in the drop down box.**
5. MPSL or USA-S Dual/Tri Meet Entries: you will only declare your availability. The Coaches will select the swimmer’s events.
6. Championship, A/BB/C, Mini, or Developmental Entries: you will declare your availability and select your swimmer’s events.





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7. After you have submitted your entries, the Coaches will approve your event selection. ***The Coaching staff reserves the right to modify any entries.***

Types of Competitions:

- **Dual/Tri Meets:**

- Competition swimming against one or two other teams
- Athletes compete in a maximum of 3 individual events
- Competition runs for a maximum of 4 hours.
- Summer League Comp ~ Mid Penn Swim League (swimmpsl.org)

- **Mini + Developmental**

- Mini refers to swimmers ages 8 years and younger
- Developmental refers to swimmers 12 years and younger that do not have “A+” times.
- Single day competition not lasting longer than 4 hours.

- **A/BB/C Meets**

- Competition is open to swimmers ages 9 and older of all abilities.
- Competition is usually Friday evening (distance), Saturday, and Sunday.
- Each session lasts a maximum of 4 hours. The session usually consists of two age groups (9-10 & 11-12; 13-14, 15 & Over). This may vary based on the meet host.

- **IMX Competition**

- **Swimmers must have swum the required events and meet the composite score required for entry.**
- **Events:**
 - 10&Under: 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM
 - 11-12: 500 Free, 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM.
 - 13-14: 500 Free, 200 Free, 200 Fly, 200 Back, 200 Breast, 400 IM.

- **Qualifying Meets**

- Competition requires swimmers to meet specific time standards. These are formulated by the meet host.
- Competitions take place locally, regionally, and nationally.
- **Middle Atlantic Championship Time Standards [HERE](#).**
- **2021-2024 National Meet Time Standards [HERE](#).**
- **2021-2024 National Age Group Motivational Times [HERE](#).**
 - Long Course Meters (50 meters per length; Olympic Distance)
 - Short Course Meters (25 meters per length)
 - Short Course Yards (25 yard per length)

