

Competition Schedule updated 1/6/26

| Date | Opponent | Facility | Departure | Start |
|-----------------|--|---|---|-------------------|
| 12-5 | West Shore SD Invite (Diving Only) | Red Land HS | | 6:00pm |
| 12-9 | Central Dauphin HS | Hershey | | 4:15pm |
| 12-16 | State College | State College | 2:00pm | 5:00pm |
| 12-18 | Tri Meet Palmyra & Exeter | Hershey | TBD | 4:15pm |
| 12-19 | Cardinal Invite ~ Diving | Upper Dublin HS | | 4:00pm |
| 12-20 | Cardinal Invite (Split Gender Sessions) | Upper Dublin HS | Boys: 6:30am | 9:30am |
| | | | Girls 11:30pm | 2:30pm |
| 1-3 | Southwestern Diving Invite (Divers only) | Southwestern High School | | |
| 1-3 | New Year Invite | Bucknell University | 7:00am | 10:00am |
| 1-6 | Carlisle ~ Senior Night | Hershey | | 4:15pm |
| 1-8 | Governor Mifflin | Governor Mifflin Intermediate | 2:15pm | 4:30pm |
| 1-10 | Wilson Relays | Wilson | 6:45am | 10:00am |
| 1-13 | Chambersburg & Gettysburg | Gettysburg College (Yeager Athletic Center) | 2:15pm | 5:00pm |
| 1-15 | Lower Dauphin & Bishop McDevitt | Hershey | | 4:15 |
| 1-22 | Cumberland Valley | Cumberland Valley | 2:30pm | 4:30pm |
| 1-27 | Mifflin County | Juniata Valley YMCA | TBD | 6:00pm |
| 1-29 | Wilson | Wilson | TBD | 4:15pm |
| TBD | MPC AAA Diving Boys & Girls | Cumberland Valley HS | TBD | |
| 2/6-7 | Mid Penn Conference Champs | Cumberland Valley HS | Warm Up: 4:10 / 10:10 Start: 6:00 / 12:00 | |
| 2/13-14 | Mid Penn Polar Bear (those no in MPCs) | Northern HS | Warm Up: 3:00 / 8:30 Start: 6:00 / 11:00 | |
| 2/21 | District III Diving AAA | Dover Area HS | 9:00am Women; Men to follow | |
| 2/27-28 | District III Swimming Champ | Cumberland Valley | M 5:00 / W 7:30; W 3:00 M 5:30 | |
| 3/11-12 | 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

- 1 Relay 400+, 2 Relays 200s

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 2025-2026 | | | | | | | | | |
|---|---------|--------------------------|------------------------|--|----------------------|-------------------|-----------------------|------------------------------|--------------------|
| | | | | Times based on previous year & are guidelines only | | | | | |
| | | 2026 | 2026 | 2025 | 2025 | 2025 | 2025 | 2025 | 2025 |
| 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 | 1:44.15 | 1:46.22 | 1:47.16 | 1:49.94 | 1:51.07 | 1:55.36 | | |
| 200 | Free | 1:48.81 | 1:50.65 | 1:52.76 | 1:55.1 | 1:57.92 | 2:03.66 | 2:11.29 | 2:12.00 |
| 200 | IM | 2:01.47 | 2:03.99 | 2:06.67 | 2:09.28 | 2:09.53 | 2:22.21 | 2:33.64 | 2:35.00 |
| 50 | Free | 23.06 | 23.48 | 23.72 | 24.39 | 24.63 | 26.01 | 27.55 | 28.00 |
| 100 | Fly | 54.29 | 55.44 | 57.24 | 57.99 | 58.32 | 1:03.32 | 1:09.59 | 1:14.00 |
| 200 | Fr Rel | 1:35.48 | 1:37.13 | 1:38.61 | 1:40.01 | 1:40.74 | 1:43.17 | | |
| 100 | Free | 50.13 | 50.99 | 51.73 | 52.90 | 53.56 | 56.41 | 1:00.71 | 1:01.00 |
| 500 | Free | 4:53.01 | 4:58.10 | 5:03.35 | 5:07.75 | 5:12.36 | 5:42.88 | 6:01.25 | 6:12.00 |
| 100 | Back | 54.71 | 55.91 | 56.65 | 58.12 | 58.83 | 1:03.32 | 1:09.90 | 1:11.00 |
| 100 | Breast | 1:02.52 | 1:03.75 | 1:04.39 | 1:06.10 | 1:06.77 | 1:12.62 | 1:19.84 | 1:19.00 |
| 400 | Fr Rel | 3:27.78 | 3:31.16 | 3:34.18 | 3:37.88 | 3:39.52 | 3:53.58 | | |
| 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 | 1:32.13 | 1:33.91 | 1:34.61 | 1:35.58 | 1:37.47 | 1:42.77 | | |
| 200 | Free | 1:37.93 | 1:39.57 | 1:40.39 | 1:43.14 | 1:45.01 | 1:52.16 | 2:03.38 | 2:06.00 |
| 200 | IM | 1:48.96 | 1:50.99 | 1:52.23 | 1:53.63 | 1:56.24 | 2:08.96 | 2:20.58 | 2:25.00 |
| 50 | Free | 20.38 | 20.74 | 20.82 | 21.26 | 21.66 | 22.91 | 24.13 | 25.50 |
| 100 | Fly | 48.38 | 49.37 | 50.18 | 51.37 | 51.57 | 55.92 | 1:02.29 | 1:05.05 |
| 200 | Fr Rel | 1:24.02 | 1:25.36 | 1:24.84 | 1:26.50 | 1:27.80 | 1:30.77 | | |
| 100 | Free | 44.69 | 45.41 | 45.66 | 46.52 | 47.20 | 50.45 | 53.86 | 56.00 |
| 500 | Free | 4:27.94 | 4:32.84 | 4:33.77 | 4:39.55 | 4:46.53 | 5:08.69 | 5:37.95 | 5:45.00 |
| 100 | Back | 48.90 | 50.07 | 49.96 | 51.68 | 53.44 | 58.08 | 1:06.53 | 1:07.00 |
| 100 | Breast | 55.04 | 56.27 | 56.05 | 57.15 | 58.67 | 1:04.34 | 1:10.86 | 1:12.44 |
| 400 | Fr Rel | 3:04.70 | 3:07.61 | 3:10.26 | 3:12.05 | 3:14.50 | 3:21.21 | | |

National Interscholastic Swimming Coaches Association

2025-2026 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. **Teams may only enter 1 relay per event.**

www.midpennswimchamp.info www.d3piaa.org