

### Competition Schedule updated 11/25/25

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	4:00pm	6:00pm
1-15	Lower Dauphin & Bishop McDevitt	Hershey		4:15
1-22	Cumberland Valley	Cumberland Valley	2:30pm	4:30pm
<del>1-27</del>	<del>Mifflin County</del>	<del>Juniata Valley YMCA</del>	<del>TBD</del>	<del>6:00pm</del>
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				
<b>Cardinal Swimming and Diving Invitational</b> <ul style="list-style-type: none"><li>Qualifying Times</li></ul> <b>Annual New Year's Invite</b> <ul style="list-style-type: none"><li>4 entries per event; 3 for 500 Free; 2 Relays</li></ul> <b>Wilson Relays</b> <ul style="list-style-type: none"><li>1 Relay 400+, 2 Relays 200s</li></ul> <b>Mid Penn Championship Meet:</b> <ul style="list-style-type: none"><li>4 entries per event: Top 32 Entries Qualify</li></ul>		<b>Mid Penn Plunge Invitational</b> <ul style="list-style-type: none"><li>Those not swimming in Mid Penn Championship</li></ul> <b>District III Championships</b> <ul style="list-style-type: none"><li>4 entries per event; Top 32 Entries Qualify; Top 16 Relays</li></ul> <b>PIAA State Championships</b> <ul style="list-style-type: none"><li>District Champ advances; Next fastest 16 times in the State fill the field to 32.</li></ul>		

High School Qualifying Times-- <b>UPDATED for 2025-2026</b>									
				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 <sup>th</sup> 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 <sup>th</sup> 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](http://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](http://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](http://www.midpennswimchamp.info) [www.d3piaa.org](http://www.d3piaa.org)