

# Mid Penn Plunge – 2026

**@ Northern High School**



## **INVITATIONAL SWIMMING & DIVING MEET**

**~ DIVING: Tuesday, February 10<sup>th</sup> 2026 ~**

**~ SWIMMING: Friday & Saturday, February 13<sup>th</sup> & 14<sup>th</sup> 2026 ~**

We are pleased to invite you to the Mid Penn Plunge Swimming and Diving Meet! The Plunge provides a competition opportunity for swimmers and divers from all Mid Penn Conference high schools who have swimming and diving teams (swim schools) and who do not participate in the Mid Penn Conference Championship Swimming and Diving Meet (note: athletes can dive at Mid Penns and swim at the Plunge or swim at Mid Penns and dive at the Plunge, but they can not swim at both or dive at both). We also invite athletes from area independent (non-swim) schools.

**DATES:** Diving is Tuesday, February, 10<sup>th</sup> (4:30 PM Start);

Swimming is Friday, February 13<sup>th</sup> (6:00 PM start) and Saturday, February 14<sup>th</sup> (11:00 AM start)

**(PLEASE NOTE: On Tuesday and Friday, ALL vehicles must arrive at Northern High School after 3:00 PM)**

### **TUESDAY (SESSION 1 – DIVING)**

**3:15-4:15 PM** – Diving warmups for all divers. Any changes to a diver's dive list must be completed and communicated to the Scorer's Table by no later than 4:15 PM.

**4:30 PM** – Diving competition (six dives) begins with five judges, throwing out the high and low scores.

### **FRIDAY (SESSION 2 – SWIMMING, DAY 1)**

**3:30-5:35 PM** – Five 25-minute warm-up periods (time/lane assignments will be established after entries are submitted.) You may conduct coach-supervised sprints from the blocks in your lane(s) during your warmup period. There will also be warmup/cooldown periods during the meet.

**→ Final Friday Scratches and Meet Program** – *in lieu of a “Scratch Meeting”, we will be conducting final “on deck scratching” during the warmup period. Coaches will be sent a report showing their entries.*

*You'll need to mark any final scratches on the report you receive and present it to the Officials' Table by no later than 5:00 PM. Once we have all final scratches for Friday, we will complete the seeding, print the final Friday Meet Program and post the final Friday entries to Meet Mobile.*

**5:35-5:50** – Sprints only from the blocks

**6:00 PM** – Meet begins (200 Medley Relay, 200 Free, 200 IM, 50 Free, 100 Fly)

### **SATURDAY (SESSION 3 – SWIMMING, DAY 2)**

**8:30-10:35 AM** – Five 25-minute warm-up periods (time/lane assignments will be established after entries are submitted.) You may conduct coach-supervised sprints from the blocks in your lane(s) during your warmup period. There will also be warmup/cooldown periods during the meet.

**→ Final Saturday Scratches and Meet Program** – *in lieu of a “Scratch Meeting”, we will be conducting final “on deck scratching” during the warmup period. Coaches will be provided a report showing their entries. You'll need to mark any final scratches on the report you receive and present it to the Officials' Table by no later than 10:00 AM. Once we have all final Saturday scratches, we will complete the seeding, print the final Saturday Meet Program and post the final Saturday entries to Meet Mobile.*

**10:35-10:50 AM** – Sprints only from the blocks

**11:00 AM** – Meet begins (200 Free Relay, 100 Free, 500 Free, 100 Back, 100 Breast, 400 Free Relay)

**MEET DIRECTOR** – Bill Resser, Assistant Swimming Coach, Northern High School (billresser@gmail.com).

**FACILITY:** Northern High School Natatorium, 653 South Baltimore Street, Dillsburg, PA, 6 Lanes, Paragon Wedge Blocks, Colorado GEN7 Automatic Timing and Diving Scoring Systems with Full Color Digital Scoreboard, Meet Manager 8.0 Software. Please plan to use the **Gym/Auditorium entrance** on the right side of the High School complex.

**TEAM AREAS:**

**DIVERS** and Diving Coaches will use pool deck space along the Pool Office wall. No athletes or coaches will be allowed on deck in the shallow end during the diving competition. During the diving competition, any swimmers attending are asked to pay the student admission fee and sit in the bleachers.

**SWIMMERS:** The Main Gym will be used as the team area for all swimmers during the swimming portion of the meet. It will be the responsibility of each swimmer to ensure they are behind the blocks for the start of their heat. There will **not** be a separate seeding process/area; however we plan to broadcast the meet via our YouTube livestream in the Main Gym throughout the meet -

<https://www.youtube.com/@northernswimmingdiving>

If you bring a chair, please plan to put down a towel under your chair to protect the floor. Please note there will be very limited lockers available.

**FOOD & DRINK:** **(NEW)** *Please note that any type of tailgating or grilling on Northern School District property is prohibited.* The Northern Swimming & Diving Boosters do **not** plan to have any food or drink concessions during the Tuesday diving session (please plan accordingly), however for Friday's and Saturday's swimming sessions, we **will** have food available for purchase in our concession stand. Our Boosters plan to provide preselected free meal options for swimming coaches and officials during the swimming sessions. **We will be accepting credit cards for concession purchases of \$5 or more.** If you bring any food or drink into the pool area, we ask you to **please** clean up after yourself and leave no food or bottles/wrappers behind. There are waste receptacles on the pool deck near the entrance/exit and in the pool lobby area.

**DIVING ENTRIES** (Diving Entry Supervisor is Bill Resser, [billresser@gmail.com](mailto:billresser@gmail.com) or 717-580-7667):

- Each school may have an unlimited number of diver entries. **(NEW v2) In their six dives, each diver must include at least one dive from **FOUR OF THE FIVE** dive groups – forward, back, reverse, inward and twist.**
- **NOTE: For each diver, a coach must send an email to Bill Resser containing either:**
  - The diver's name, school name, Boy or Girl, six dive list of NFHS dive numbers in order
  - **OR...** a pdf or html version of a diving scoresheet containing the above information as an email attachment.
- Your Mid Penn Plunge **diver entries** must be sent to [billresser@gmail.com](mailto:billresser@gmail.com) **by 9:00 PM, Thursday, February 5<sup>th</sup>, 2026.** If you have any questions, please contact Bill via email or at 717-580-7667.
- Diving Entry Fee: An entry fee of \$20 per diver is due (see below for payment details.)

**SWIMMING ENTRIES** (Swimming Entry Supervisor is Jim Buck, [midpennswim@gmail.com](mailto:midpennswim@gmail.com) or 717-215-8512):

- Each school may have an unlimited number of swimming entries in relay and individual events. Entry limitations for each *individual* swimmer are in accordance with NFHS Rules, as modified by the PIAA. A Mid Penn athlete may swim or dive in **either** the Mid Penn Swimming Championships or the Mid Penn Plunge, but **not both**. An athlete may dive at the Mid Penn Diving Championships

and swim at the Mid Penn Plunge, or swim at the Mid Penn Championships and dive at the Mid Penn Plunge, as long as they abide by the event limitations across both meets.

- **IMPORTANT NOTE: Swimming entries for Mid Penn Conference “swim” schools will be submitted and updated via [www.swimcloud.com/](http://www.swimcloud.com/)**  
(the meet name is “Mid Penn Plunge”), consistent with the process used for the 2026 Mid Penn Conference Swimming Championships and the 2026 PIAA District III Swimming Championships.
- **If you are an independent (Non-Swim) school, you may submit your swimming entries via Swimcloud or via the MS Word Entry Form sent separately that you will email to [midpennswim@gmail.com](mailto:midpennswim@gmail.com).**
- **Detailed instructions for submitting swimming entries via Swimcloud have been posted at [www.swimcloud.com](http://www.swimcloud.com) and [www.midpennswimchamp.info](http://www.midpennswimchamp.info)**
- **Initial swimming entries for the Mid Penn Plunge are due by 9:00 PM on Thursday, February 5, 2026.**
- **By 6:00 PM, Monday, February 9<sup>th</sup> – scratches only of swimmers who swam at the Mid Penn Conference Swimming Championships (and were entered to swim at the Plunge) or divers who dove at the Mid Penn Conference Diving Championships (and were entered to dive at the Plunge) are due to be made in Swimcloud for swimmers and via email to Bill Resser, for divers.**
- **Please direct any swimming entry questions to Jim Buck at [midpennswim@gmail.com](mailto:midpennswim@gmail.com) 717-215-8512.**
- **Entry Fees:** There is an entry fee of \$20 per diver, \$6 per swimmer per individual swimming event and \$12 per swimming relay team, with a maximum entry fee per high school of \$500.00.
- ***Entry fee checks would be appreciated at the meet, however if your entries change at the last minute, please try to have your entry fee check arrive by FRIDAY, FEBRUARY 20<sup>th</sup>. Checks should be made payable to “NHS Swimming Boosters” and mailed to our Booster Club Treasurer: Kim Keefer, 35 Alpine Road, Lewisberry, PA 17339.***

## RULES:

- National Federation Rules (NFHS) will be followed, as modified by the PIAA and below.
- Times achieved at the Plunge will be official PIAA times for District entry purposes.

## ORDER OF EVENTS

- ⇒ **TUESDAY (Starting at 4:30 PM) – SESSION 1**
  - 1 Meter Springboard (six dives) (Girls Event #23, Boys Event #24)
  - Awards – medals to Top 6 finishers in each event
- ⇒ **FRIDAY EVENING (Starting at 6:00 PM) – SESSION 2**
  - 200 Yard Medley Relay (Girls #1, Boys #2)
  - 200 Yard Freestyle (Girls #3, Boys #4)
  - **=>Awards and 20 Minute Warmup/Cooldown Break**
  - 200 Yard Individual Medley (Girls #5, Boys #6)
  - 50 Yard Freestyle (Girls #7, Boys #8)
  - 100 Yard Butterfly (Girls #9, Boys #10)
  - **=>Awards and Cooldown**
- ⇒ **SATURDAY (Starting at 11:00 AM) – SESSION 3**
  - 200 Yard Freestyle Relay (Girls #11, Boys #12)
  - 100 Yard Freestyle (Girls #13, Boys #14)
  - 500 Yard Freestyle (Girls #15, Boys #16)
  - **=>Awards and 20 Minute Warmup/Cooldown Break**

- 100 Yard Backstroke (Girls #17, Boys #18)
- 100 Yard Breaststroke (Girls #19, Boys #20)
- =>***Awards and 20 Minute Warmup/Cooldown Break***
- 400 Yard Freestyle Relay (Girls #21, Boys #22)
- =>***Final Awards (Including Girls and Boys Team Champions) and Cooldown***

**ATHLETE ATTIRE** – When a diver or swimmer is outside the pool area in the hallways, lobby or gym, they must wear something on the top of their body (other than their swimming suit) and on their feet.

**AWARDS** – medals will be awarded to the top **six** finishers in each event (individual and relay). A coach from the medal-winners' team will be asked to present the medals to their athletes.

→ ***Each swimming “Heat Winner” will receive a special award to commemorate their achievement!***  
 → ***The Girls Team and the Boys Team scoring the most points over the three sessions will receive a MID PENN PLUNGE TEAM CHAMPION (SWIMMING AND DIVING) AWARD!***



**ADMISSIONS, PROGRAMS AND MEET MOBILE** – Spectator admission to the meet is \$5 for adults and \$3 for all non-competing students, which includes a printed Meet Program, if you would like one.

→ ***We will accept credit cards for admission fees and for the purchase of 50/50 tickets!***

Coaches and competing athletes are admitted to the natatorium for free, including meet programs. If your swimmers want to attend the diving session, we ask that they pay the student admission fee and sit in the bleachers, so we can keep the deck space available for divers and coaches.

**MEET MOBILE AND LIVE STREAMING** – Final meet entries and results will be posted to Meet Mobile. The Mid Penn Plunge will be livestreamed on the Northern Swimming and Diving YouTube channel - [www.youtube.com/@northernswimmingdiving](https://www.youtube.com/@northernswimmingdiving)

QR codes for streaming the **Swimming – Day 1** and **Swimming – Day 2** will be posted around the lobby and gym areas.

**ADDITIONAL INFORMATION** – Can be found at [www.midpennswimchamp.info](http://www.midpennswimchamp.info)

**WINTER WEATHER PLAN** – If, due to winter weather, we have to cancel the Tuesday diving events, they will be moved to Wednesday. If, due to winter weather, we have to cancel just the Friday portion of the swimming, we plan to conduct all of the swimming events on Saturday. If we must cancel both Friday and Saturday swimming due to weather, there is no make-up plan.

With your help, we hope to have another exciting and memorable Mid Penn Plunge!

Sincerely,

*Coach Resser*

Bill Resser  
 Meet Director  
 Volunteer Assistant Coach, Northern High School