



2025-2026 Team Information

HERSHEY AQUATIC CLUB

2025-2026 Meet Schedule

Updated July 31, 2025

Meet Entries for USA Swimming Competitions are through Team Unify [Teamunify.com/mahac](https://teamunify.com/mahac)
See Page 2 for Training Group Meet Recommendations

Date	Meet Name	Location	Information	Entry Deadline
10/4	Intra Squad Blue Vs Orange	Hershey, PA	All Ages	
10/9-10	PSC Pentathlon	Parkland HS, Allentown	Ages 13&	
10/25	HAC Hollow Swim Develop	Hershey, PA	12&Under	
11/2	LAC Tri Meet	Lancaster, PA	All Ages	
11/21-23	CVAC A/BB/C	Cumberland Valley HS	Ages 9&Older	
12/5-7	HAC Chocolate Splash	Hershey, PA	Ages 9&Older	
12/6	HAC Chocolate Splash Mini	Hershey, PA	8&Under	
12/10-13	Winter Junior Nationals East	Indianapolis, IN	Qualifying Times	
12/12-14	LAC Holiday Cup	Lancaster, PA	Qualifying Times	
1/17	HAC Distance (1500/500 Free)	Hershey, PA	9&Older	
1/17	HAC Mighty Titan 12&Under	Hershey, PA	12&Under	
1/24-25	LAC IMX	Lancaster, PA	9 & Older	
2/13-15	WSY A/BB/C	Mechanicsburg, PA	9&Older	
2/21	HAC Sweetheart Develop.	Hershey, PA	12&Under	
3/7-8	MA 10&Under Champs	TDB (Possibly Hershey)	Ages 10 and younger	
3/12-15	MA Junior Olympics	TBD	Time Standard Requirement Ages 11-14	
3/19-22	MA Senior Champs	TBD	Time Standards	
3/27-29	MA Silver Champs	TBD	Time Standards	

12&Under Developmental Meet Schedule

Age as of 1st day of competition

10/4	Intra Squad Blue Vs Orange	Hershey, PA	All Ages	
10/25	HAC Hollow Swim Develop.	Hershey, PA	12&Under	
11/2	LAC Tri Meet	Lancaster PA	All ages	
12/5-7	HAC Chocolate Splash Mini	Hershey, PA	8&Unders	
1/3	EAC Frosty Frolic	Elizabethtown, PA	10&Under (non USA-S Competition)	
1/17	HAC Titan Develop 12&U	Hershey, P/A	12&Under	
2/21	HAC Sweetheart Develop.	Hershey, PA	12&Under	
3/7-8	MA 10&Under Champs	Hershey, PA	Ages 10 and younger	



2025-2026 Team Information

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-Bronze	AG-Silver	AG Gold	Pre-Senior White	Senior
10/5	HAC Intrasquad (All ages)	X	X	X	X	X
10/9-10	PSC Pentathlon			X	X	X
10/25	HAC Hollowswim (12&Under)	X	X	X	X	
11/2	LAC Tri Meet (All Ages)	X	X	X	X	X
11/21-23	CVAC Aqua Fest			X	X	X
12/6-8	HAC Chocolate Splash		X	X	X	X????
12/8	HAC Chocolate Splash Mini	X	X			
12/10-13	USA Winter Junior Nationals					X
Swimmer must have met the qualifying time standards in order to enter this competition						
12/12-14	LAC Holiday Cup			X	X	X
Swimmer must have met the qualifying time standards in order to enter this competition						
1/3	EAC Frosty Frolic 10&Under	X	X			
1/17	HAC Distance			X	X	X
1/17	HAC Mighty Titan 12&Under	X	X			
1/24-24	LAC IMX			X	X	X
2/13-15	WSY Presidents Day Meet			X	X	X
2/21	HAC Sweetheart Developmental (10&U)	X	X	X		
Middle Atlantic Swimming Championships						
3/7-8	MA 10&Under Champs	X	X	X		
3/12-15	MA Junior Olympics (9-14 yr old)			X	X	
3/20-23	MA Silver Champs (9-18 yrs)		X	X	X	X
3/27-29	MA Senior Champs					X

Meet Entry Procedure

USA Swimming, Invitational Meets, and Dual/Tri meets

All entries will be completed through the TeamUnify website.

www.hersheyh2o.org

- Print out the season competition schedule [HERE](#).
- Competitions with additional information can be found [HERE](#).
- 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.
- 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.**
- MPSL or USA-S Dual/Tri Meet Entries: you will only declare your availability. The Coaches will select the swimmer’s events.
- Championship, A/BB/C, Mini, or Developmental Entries: you will declare your availability and select your swimmer’s events.
- After you have submitted your entries, the Coaches will approve your event selection. **The Coaching staff reserves the right to modify any entries.**



2025-2026 Team Information

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

- **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)

