

MID PENN CONFERENCE SWIMMING/DIVING CHAMPIONSHIPS

February 9 and 10, 2024

AAA and AA at Cumberland Valley High School

I. ENTRY DEADLINE:

All entries must be received by noon on Friday, February 2, 2024. It is important that you email your entry file to the Meet Director, Jim Buck at jamesbuck@verizon.net by the deadline. The Meet Manager entry file and other championship information can be found on the Mid Penn Swimming Championships website (www.midpennswimchamp.info).

Upon receipt of the entry file, an entry report will be sent back for your review and confirmation. Updates or changes can be resubmitted throughout the weekend. Changes can be made up to 9:00 PM on Monday, February 5. When meets need to be rescheduled throughout the season, make every attempt to hold the meet by Monday, February 5, so that those times can be used for the Mid Penn Championships.

For relays, all swimmers including alternates must be listed. Only individuals that can swim in the relays are the swimmers and alternates listing with your entries. No swimmer is permitted to be added during the championships that were not listed as an alternate. Please make sure that each relay has sufficient alternates, so that you are not forced to scratch the relay the day of the meet. Do not assume that the B relay is automatically alternates for your A relay or vice versa. If that is what is desired, then enter your B relay names as alternates to your A relay or A relay names as alternates for your B relay.

There will be a mandatory coaches scratch meeting on Tuesday, February 6, 2024 at 7:00 PM via Zoom (meeting link will be sent closer to the date). Each team must have a representative (coach, assistant coach, athletic director, etc.) participation in this Zoom coaches meeting. This meeting will be used to finalize all entries and review the timeline for the championships. **No changes are permitted after this meeting - only scratches on the day of the meet.**

If you have any questions, please contact Jim Buck, Mid Penn Swimming Championships Meet Director at jamesbuck@verizon.net.

II. DIVING COMPETITION

Wednesday, February 7, 2024 at Cumberland Valley HS

3:30 PM - Warm up

5:00 PM - Start

III. SWIMMING COMPETITION

Friday, February 9 and Saturday, February 10, 2024 at Cumberland Valley High School

IV. MEET DIRECTOR

Darnell Stanford
MPC Swimming Chairman
Cumberland Valley High School
Work: 717-506-3689
Cell: 717-443-2740

V. OFFICIALS

Officials from Central Penn, South Central and Cumberland Valley will be officiating the Championships.

VI. ENTRIES

All participating schools will be entitled to enter two relay teams for each relay event and 4 swimmers for each individual event. The top 32 times will be entered.

Qualifying Guidelines set for the 2022-2023 season (see sheet included).

All entries must be submitted by Friday, February 2, 2024, by 12:00 PM. All National Federation Rules apply.

We will have a mandatory scratch meeting on Tuesday, February 6, 2024 beginning at 7:00 PM. This meeting will be used to finalize all entries for the meet on Saturday.

**No corrections after the meeting material is emailed to all coaches
Tuesday afternoon - only scratches are permitted.**

NOTE: A swimmer may be listed on both the A and B relay at the time of seeding. Prior to the relay event, the coach must designate the swimmer's placement on either the A relay, the B relay, or neither. A scratched relay on the day of the event will count as an official entry for each of the 4 swimmers toward their maximum entry count.

VII. ADMISSION FEE

\$8.00 for Adults

\$6.00 for Students (K-12)

All money will be deposited with league treasurer to help defray expenses.

VIII. ADDITIONAL PROGRAMS

Copies of programs (heat sheets) will be provided for each competing team

IX. REFRESHMENTS

Cumberland Valley will provide a concession stand for both days.

Schools are asked to not bring coolers into the natatorium or the gym.

X. Awards

Medals for individual events and relays will be awarded for the first through eighth place.