

MID PENN CONFERENCE SWIMMING/DIVING CHAMPIONSHIPS

AAA and AA at Cumberland Valley High School

I. SWIMMING ENTRY DEADLINE

All swim entries must be received by noon on Friday, January 30, 2026 on SwimCloud. It is important that you submit your entry file on SwimCloud by the deadline. The SwimCloud entry procedures 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 2. When meets need to be rescheduled throughout the season, make every attempt to hold the meet by Monday, February 2, 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 listed 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 (4), so that you are not forced to scratch the relay the day of the meet. **Each team may have 1 relay per event and 4 alternates per relay.** This reduction from previous years is due to an overcrowding on the pool deck and because we do not have sufficient space for everyone to sit. **COACHES:** It is your responsibility to make sure your athletes take up as little space on the pool deck as possible to maximize swimmer seating on deck.

There will be a mandatory coaches scratch meeting on Tuesday, February 3, 2026 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 midpennswim@gmail.com

****PLEASE NOTE A CHANGE IN JIM'S EMAIL ADDRESS****

II. DIVING COMPETITION

BOYS Wednesday, February 4, 2026 at Cumberland Valley HS

GIRLS Thursday, February 5, 2026 at Cumberland Valley HS

Warm Ups 3pm, Meet begins 4:30pm

Entries will be due 2/1/26 on Divemeets.com.

****Once registration opens, please enter your divers AS SOON AS YOU KNOW THEY ARE QUALIFIED FOR THE MEET**

ENTRY REQUIREMENTS: Schools will have the opportunity to enter up to four boys and four girl divers into this Championship meet (2025-26 NFHS Swimming and Diving Rules, page 19, Rule 3, Sect 1, Art 1.) Each optional dive proof must show a "Judge's Total Score" of **12.0** or higher to be accepted. Dives with a "Judge's Total Score" of less than **12.0** will not be accepted as proof of ability to perform the six (6) optional dives. There is **NO DD** requirement for MP Diving.

Diving proofs need to be sent for each diver to
midpenndivingproofs@gmail.com

Any diver who has not submitted proofs will not be entered into the MPC Dive Championships

III. SWIMMING COMPETITION

Friday, February 6 and Saturday, February 7, 2026 at Cumberland Valley High School

Visit [Mid Penn Swim Dive Championships](http://midpennswimchamp.info) midpennswimchamp.info for schedule

IV. MEET DIRECTOR

Darnell Stanford
MPC Swimming Chairman
Cumberland Valley High School

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 one relay team (with 4 alternates) for each relay event and 4 swimmers for each individual event. The top 32 times will be entered.
All National Federation Rules apply.

We will have a mandatory scratch meeting on Tuesday, February 3, 2026 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.

VII. ADMISSION FEE

\$8.00 for Adults

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.