

MID PENN CONFERENCE SWIMMING CHAMPIONSHIPS

~ 2009-2010 QUALIFYING TIMES ~

Updated 10/27/09

EVENT (Yards)	<i>GIRLS</i> QUALIFYING TIME (AA Meet & AAA Meet)	<i>BOYS</i> QUALIFYING TIME (AA Meet & AAA Meet)
200 Medley Relay	2 Relays per School	2 Relays per School
200 Freestyle	2:20.00	2:24.50
200 Individual Medley	2:38.00	2:32.00
50 Free	29.00	26.00
100 Butterfly	1:16.00	1:20.00
100 Freestyle	1:04.00	1:00.50
500 Freestyle	6:30.00	6:20.00
200 Freestyle Relay	2 Relays per School	2 Relays per School
100 Backstroke	1:15.00	1:18.00
100 Breaststroke	1:24.00	1:20.50
400 Freestyle Relay	2 Relays per School	2 Relays per School

- Any swimmer from a Mid Penn Conference High School may participate in the Mid Penn Conference Swimming Championships provided they can produce documentation to support the fact that during the current High School season they swam an official PIAA race in, or faster than, the Qualifying Time.
- The above Qualifying Times are for the 2010 Mid Penn Championships and will be re-evaluated at least annually by a Committee selected and led by the Mid Penn Swimming and Diving Chairperson.
- In order to provide sufficient recovery time between Championship races, medals will be given and swimmers recognized after the Boys race for each swimming event. *The coach of the each medal-winning swimmer will present the medal to their athlete.*
- **POLAR BEAR PLUNGE**
 - An alternative end-of-the-season meet will be held the Saturday before the Mid Penn Championships at Northern High School.
 - Mid Penn Conference Swim School swimmers may swim at either the Polar Bear Plunge or the Mid Penn Conference Championship Meet, but not both.
 - Times performed at the Polar Bear Plunge will not be considered for qualification for the following weekend's Mid Penn Championships.
 - There will essentially be two competitions within the meet – (1) The Polar Bear Plunge for those swimmers from Mid Penn high schools having a swimming and diving team and who do not make the Mid Penn Qualifying Time and (2) a Non-Swim School Meet for those swimmers from District III schools without swimming teams that may have posted times faster than the Qualifying Times for the Mid Penn Championships... with Boys and Girls mixed in each event.
 - Each Swim School will be allowed a maximum of two entries in each relay (200 Medley Relay and 200 Free Relay). In order to qualify for an individual event, swimmers must either (a) have a current season-best time that is **SLOWER THAN** the Mid Penn Qualifying Time for that event or (b) be from a Non-Swim school.