

# 2017 Mid Penn *Plunge*

@ Northern High School

## INVITATIONAL SWIMMING MEET

~ Saturday, February 18<sup>th</sup>, 2017 ~

We are pleased to invite you to the Mid Penn Plunge. The Plunge provides a competition opportunity for swimmers from all Mid Penn Conference high schools who have swimming and diving teams (swim schools) and do not participate in the Mid Penn Championship Swimming Meet (athletes may dive at Mid Penns and swim at the Plunge) and from area non-swim schools. Again this year AAA, AA, swim school and non-swim school swimmers will be combined and will compete together at The Plunge.

**DATE:** Saturday, February 18, 2017

**TIMES:** **7:30-9:30 AM** – Warm-ups, including sprints (time/lane assignments will be established after entries are submitted, based on entry count.) There will also be additional warmup/cooldown periods during the meet.  
**9:15 AM** – Mandatory final scratches-only meeting for coaches and officials in the Cafeteria.  
*(Note: in order to avoid confusion and having to print new Meet Programs, we do not plan to re-seed any events except, possibly, the 500 Free.)*  
**9:30-9:50 AM** – Time for additional sprints from the blocks.  
**10:00 AM** – Meet begins.

**MEET DIRECTOR** – Bill Resser, Head Swimming Coach, Northern High School.

**FACILITY:** Northern High School Swimming Pool, 653 South Baltimore Street, Dillsburg, PA, 6 Lanes, CTS 6 Automatic Timing System, Meet Manager 5.0 Software. Please plan to use the Gym/Auditorium entrance on the right side of the High School complex.

**TEAM AREAS:** The Main Gym will be used as the team area for all swimmers during the meet. It will be the responsibility of each swimmer to insure they are behind the blocks for the start of their heat. There will not be a seeding process/area; however we plan to broadcast an audio message into the Main Gym throughout the meet with event status. There will be limited lockers available, so swimmers should plan accordingly.

**FOOD & DRINK:** We will have a concession stand available throughout the meet and tables in the lobby. Each team will receive a voucher for a meal for each coach. Please do NOT bring any food or drink (other than water or Gatorade) into the pool area.

**ENTRIES (Entry Supervisor is Jim Buck, [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net) or 717-215-8512):**

- Each school may have an unlimited number of 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 swimmer may swim 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, as long as they abide by the event limitation across both meets.
- The Meet Manager Event File for the Plunge will be available for download at [midpennswimchamp.info](http://midpennswimchamp.info). You can import this file into Hy-Tek Team Manager to use for your entries. The preferred format for entries is a Team Manager Meet Entries Export file email

attachment (File-Export-Meet Entries). If you do not have Team Manager or are not able to use this format, please submit, via email, the completed MS Word *Plunge 2017 Entry Form* (see separate file.) Send your entry file to Jim Buck at [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net). **Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Big Spring”).**

- **By 9:00 PM, Sunday, February 5<sup>th</sup>** – Non-Team Manager (MS Word form) entries are due.
- **By 9:00 PM, Thursday, February 9<sup>th</sup>** – Team Manager Export Entry File attachments are due.
- **By 12:00 noon, Monday, February 13<sup>th</sup>** – scratches only of swimmers who swam at the Mid Penn Championships are due. Please send an email to Jim at [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net) stating which swimmer needs to be scratched from which Plunge events. **Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Hershey”).**
- **Please direct any entry questions to Jim Buck at [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net) or 717-215-8512.**
- There is an entry fee of \$6 per swimmer per individual event and \$12 per relay team, with a maximum entry fee per high school of \$350.00.
- **Entry fee checks for 2017 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 24<sup>th</sup>. Checks should be made payable to “NHS Swimming Boosters” and mailed to: Lisa MacDougall, 61 Clemens Drive, Dillsburg, PA 17019.**

#### **RULES:**

- National Federation Rules (NFHS) will be followed, as modified by the PIAA and below.
- Times achieved in the Plunge meet will be official PIAA times for District entry purposes.
- Counters for the 500 Free may be required to wear towels, shorts or pants over their suit when counting.

#### **ORDER OF EVENTS**

- 200 Medley Relay (Girls #1, Boys #2)
- 200 Yard Freestyle (Girls #3, Boys #4)
- 200 Yard Individual Medley (Girls #5, Boys #6)
- => ***Award and Warmup/Cooldown Break***
- 50 Yard Freestyle (Girls #7, Boys #8)
- 100 Yard Butterfly (Girls #9, Boys #10)
- => ***Award and Warmup/Cooldown Break***
- 100 Yard Freestyle (Girls #11, Boys #12)
- 500 Yard Freestyle (Girls #13, Boys #14)
- => ***Award and Warmup/Cooldown Break***
- 200 Freestyle Relay (Girls #15, Boys #16)
- 100 Yard Backstroke (Girls #17, Boys #18)
- 100 Yard Breaststroke (Girls #19, Boys #20)
- 400 Freestyle Relay (Girls #21, Boys #22)

#### **ATHLETE ATTIRE**

- When a swimmer is outside the pool area in the hallways, lobby, auxiliary gym or cafeteria, they **must** wear something on the top of their body and on their feet.

#### **AWARDS**

- Medals will be awarded to the top *six* finishers in each event (individual and relay).

## ADMISSIONS & PROGRAMS

- Spectator admission to the meet is \$5 for adults and \$3 for students. This admission price includes a Meet Program. All coaches and swimmers are admitted for free and each team will receive a free Meet Program for each coach and some for swimmers.

## ADDITIONAL INFORMATION

- Plunge information and files for downloading will be available at [midpennswimchamp.info](http://midpennswimchamp.info)

## ACTIONS

1. ASAP, please send your Roster to Jim Buck at [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net)
2. **BEFORE SUNDAY, FEBRUARY 5<sup>th</sup> @ 9:00 PM =>** email *non-Team Manager* Plunge entries to [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net). Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Northern”).
3. **BEFORE THURSDAY, FEBRUARY 9<sup>TH</sup> @ 9:00 PM =>** email your *Team Manager* Export Entry File attachment to [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net). Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Northern”).
4. **BEFORE MONDAY, FEBRUARY 13<sup>TH</sup> @ 12:00 Noon =>** send email *scratches* of Plunge entries/swimmers that swam at the Mid Penn Championships to [jamesbuck@verizon.net](mailto:jamesbuck@verizon.net). Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Northern”).
5. **By FRIDAY, FEBURARY 24<sup>th</sup> =>** If not delivered at the meet, your Meet Entry Fee check, payable to NHS Swimming Boosters, should be received by...  
=> Lisa MacDougall, 61 Clemens Drive, Dillsburg, PA 17019

With your help, we expect to have another inspiring and memorable Plunge!

Sincerely,

Bill Resser  
Head Coach  
Northern High School