

2016 Mid Penn *Plunge*

@ Northern High School

INVITATIONAL SWIMMING MEET

~ Saturday, February 20th, 2016 ~

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 20, 2016

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 complex.

TEAM AREAS: The Natatorium pool deck (limited space) and Auxiliary Gym adjacent to the pool area will be used as team areas for 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 Auxiliary 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 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 midpenswimchamp.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 2016 Entry Form* (see separate file.) Send your entry file to Jim Buck at 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 7th** – Non-Team Manager (MS Word form) entries are due.
- **By 9:00 PM, Thursday, February 11th** – Team Manager Export Entry File attachments are due.
- **By 12:00 noon, Monday, February 15th** – scratches only of swimmers who swam at the Mid Penn Championships are due. Please send an email to Jim at 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 or 717-215-8512.**
- There is an entry fee of \$6 per swimmer per individual event and \$12 per relay team.
- **Entry fee checks for 2016 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 26th. Checks should be made payable to “NHS Swim 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.

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 \$4 for adults and \$2 for students. Meet Programs will be sold separately for \$1. 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

ACTIONS

1. ASAP, please send your Roster to Jim Buck at jamesbuck@verizon.net
2. **BEFORE SUNDAY, FEBRUARY 7th @ 9:00 PM =>** email *non-Team Manager* Plunge entries to jamesbuck@verizon.net. Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Northern”).
3. **BEFORE THURSDAY, FEBRUARY 11TH @ 9:00 PM =>** email your *Team Manager* Export Entry File attachment to jamesbuck@verizon.net. Please include MP Plunge and your school name in the subject line (example: “MP Plunge – Northern”).
4. **BEFORE MONDAY, FEBRUARY 15TH @ 12:00 Noon =>** send email *scratches* of Plunge entries/swimmers that swam at the Mid Penn Championships to jamesbuck@verizon.net. Please include “MP Plunge” and your school name in the subject line (example: “MP Plunge – Northern”).
5. **By FRIDAY, FEBURARY 26th =>** If not delivered at the meet, your Meet Entry Fee check should be received by...
=> Lisa MacDougall, 61 Clemens Drive, Dillsburg, PA 17019 (payable to “NHS Swim Boosters”)

With your help, we expect to have another great Plunge!

Sincerely,

Bill Resser
Head Coach
Northern High School