

Mid Caps 2026

Saturday, July 25, 2026 8:30 AM



LOCATION:	Palmyra Community Swimming Pool, 1122 Park Drive, Palmyra, PA 17078
MEET DIRECTOR:	Kim Grissinger , Palmyra Aquatic Club palmyrasharks@gmail.com 717-805-0815
MEET REFEREE:	Paul Brower
FACILITIES:	The Palmyra Community Pool has a 6-lane, 25 meter pool. A Daktronics timing system will be used with touch pads, plungers and a manual stopwatch for the finish. Touchpads will be used at the shallow end to allow for electronic timing for 8 & under swimmers. Hy-tek meet management software will be used.
ORDER OF EVENTS:	Same as a dual meet. With Medley relays in the beginning and the freestyle relays at the end.
OFFICIALS/ VOLUNTEERS:	All teams will be required to submit the Mid Cap Volunteer Form. Each team is asked to submit the names of two (2) volunteers which will be assigned as a timer, finish judge, or runner, two (2) swim coordinator(s) per half, and the name of up to 4 coaches who will be on deck. If you have more than 4 coaches, you will be required to rotate. Swim coordinators for each team will ensure that swimmers from their team get to the staging area to line up. Must be completed by Monday, July 20th by all teams. Link: + MID CAPS 2026 Volunteer Form Officials will be assigned by the Mid-Cap Committee. Only these assigned officials and volunteers will receive free admission. Any questions please contact Kim Grissinger at palmyrasharks@gmail.com. The listing of officials and timers will be posted on the Mid-Cap Link available at www.swimmps.org and www.swimcasl.org by Thursday July 23th.

ELIGIBILITY:	Official results from the MPSL and CASL All-Star Championship Meets will be compiled to determine the Mid-Cap qualifiers. For individual events, the top eight (8) finishers at each All-Star Meet qualify for Mid-Caps. For relay events, the top four (4) finishers at each All-Star Meet qualify for Mid-Caps. First and second alternates for both leagues will be included in the final entry list. If a League does not have eight qualifying swimmers and/or four qualifying relays in an age group, the open lanes are available to be filled by next qualifying swimmers/relays from the other League. The All-Star Meet Coordinators from each League are encouraged to notify the other League of the lack of either qualifying swimmers and/or four qualifying relays per age group as soon as possible Please contact the meet director with any last minute scratches. Send email to Kim Grissinger palmyrasharks@gmail.com as well as Mike Gobrecht for CASL at mike@michaelgobrecht.com
ENTRY LIMITS:	Swimmers may swim a maximum of three (3) events. Swimmers may “swim up” on relays, but must swim in their age group for individual events. For individual events there is no limit to the number of swimmers that each team may enter. A team may only enter 2 teams for each relay event.
MEETING TIMES:	Gates open at 6:20 a.m. COACHES SCRATCH MEETING at 7:15AM (At least one (1) coach from each team must attend) SWIM COORDINATORS MEETING at 7:30AM (At least one (1) rep from each team must attend) OFFICIALS MEETING at 7:40AM TIMERS MEETING at 7:50AM

WARM-UP & START TIMES:	WARM-UP DURING MEET: The main pool will be available for warm-up/cool down until 1:00 pm. Coaches are responsible to make sure the pool is being utilized appropriately. Lane assignments and specific warm-up times along with one way sprints will be posted once we have entry counts from each team. Lane assignments for all sessions will be posted on the Mid-Cap Link located at www.palmyrasharks.com, and www.swimmpsl.org, and www.swimcasl.org by Wednesday July 22nd. ● MPSL Session 1: 6:30-6:50 ● MPSL Session 2: 6:50-7:10 ● CASL Session 1: 7:10-7:30 ● CASL Session 2: 7:30-7:50 ● CASL Session 3: 7:50-8:10 Please email palmyrasharks@gmail.com if your team will be warming up at your own facility. Meet Start: 8:30 AM
PSYCH SHEETS:	Psych sheets will be posted to the MPSL website as soon as possible.

SAFETY/GROUNDS:

Each team must provide adult supervision for their team during the meet.

Teams are asked to keep their areas free of trash and to clean up trash/belongings after the meet.

A swimmer can be disqualified for flagrant disregard of procedures. Please observe all “traffic” directions that are posted. **Note that the main pool will only be open for warm up/cool down in designated areas.**

Swimmers may not hang out on the pool deck. When they are done swimming they should return to their team area.

There will be a small section of bleachers provided for spectators. The concrete area around the competition pool is off limits to everyone except coaches, officials, and currently competing swimmers.



TEAM TENTS:

Palmyra Community Pool will be open for team tent set-up between 8:00-9:00 p.m. Friday, July 24, 2026. Please note, there will be no tents allowed in the grass area between the entrance gate and the competition pool. Instead all tents should be in the area to the rear of the competition pool, including the fenced-in area by the pavilion/snack stand. Because the community pool will be opening at 2:00 p.m. we ask that no tents be placed on any concrete areas.

OFFICIALS:

On deck officials, please wear white tops and navy bottoms and have the applicable patches/badges visible.

ADMISSIONS:	\$5.00 admission fee. CASH or VENMO Participating swimmers, coaches, and working volunteers are FREE. Gates will be open at the rear pavilion and in front to the right of the main pool. Officials/Timers: Please follow signs to the appropriate gate (left as you look at the pool). The final schedule of meet workers will be posted by Thursday, July 23th. Coaches: Please follow signs to the appropriate gate. Four (4) coaches per team allowed on deck. Names need to be included in the volunteer form submitted by each team. Coaches will be given a wristband to wear. Swimmers: Enter with their families at the Main Admission Gate or proceed to the swimmer/volunteer entrance.
RESTROOMS:	There will be portable toilets provided for bathroom facilities. The pool building bathrooms are closed during the event.
FOOD/DRINK:	Refreshments will be available throughout the meet at the pavilion. Various food trucks will be available as well.
VENDOR:	Vendor T&T will be present for purchases.
COACHES' HOSPITALITY:	We will provide hospitality snacks and a lunch voucher for our snack stand for (4) four coaches per team. On-deck timers, officials, and other volunteers will be given beverages during their shifts.
STAGING AREA:	Swimmers should report to the Staging Area for each event. Swim coordinators for each team will ensure that swimmers from their team get to the staging area to line up.

MEET AWARDS:	Awards will be given to all participants. Coaches must pick up their awards at the conclusion of the meet. Custom t-shirts will be provided for all entered swimmers (no alternates). Additional coaching shirts may be ordered at a cost \$12.00 for Youth Medium to XL sizes; \$14.00 for 2XL, \$16.00 for 3XL Payment will need to be made upon picking them up at Mid Caps with a check made out to Mid-Penn Swim League. Jess Lane will send an invoice after orders are completed. A link to the Mid-Cap t-shirt Google Doc will be sent directly to team reps/coaches.. The Mid-Cap t-shirt Google Doc must be completed by the designee from each team in order to be guaranteed shirts. The deadline for the orders is 7:00PM on Sunday July 19st https://bit.ly/2026midcapshirts
RESULTS:	Results will be posted on the Mid-Cap Link and Meet Mobile
DECK CHANGING:	Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. There will be changing rooms available for swimmers.
FIRST AID:	First Aid & Medical Services will be available as needed. Please see one of the volunteers if you require first aid or other medical services.
PARKING:	Parking will be available in the pool parking lot and the Palmyra High School along with street parking. Parking volunteers will be on hand to assist you on the morning of the meet.
RECORDING BAN:	The use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, locker rooms, or behind the blocks.
PHOTOGRAPHY:	No flash photography on the start of events. Per MPSL rules, ALL PHOTOGRAPHS OR VIDEOS TAKEN DURING THE MEET MUST BE TAKEN ON THE SIDE OF THE POOL BETWEEN THE BACKSTROKE FLAGS. NO PHOTOGRAPHS OR VIDEOS MAY BE TAKEN FROM THE START (BLOCKS) OR TURN END OF THE POOL. No Exceptions. This includes the use of cell phones.

We look forward to seeing all of you on July 25th!

Kim Grissinger, Meet Director

Release Statement:

The Mid Penn Swim League, the Capital Area Swim League, and the Palmyra Community Pool shall be held free and harmless from any and all liabilities or claims for damage arising by reason of injuries to anyone during the conduct of this event.

Mid Caps 2024 Events			
1	Boys 8 & Under 100 Medley Relay	39	Boys 9-10 100 Freestyle
2	Girls 8 & Under 100 Medley Relay	40	Girls 9-10 100 Freestyle
3	Boys 9-10 200 Medley Relay	41	Boys 11-12 100 Freestyle
4	Girls 9-10 200 Medley Relay	42	Girls 11-12 100 Freestyle
5	Boys 11-12 200 Medley Relay	43	Boys 13-14 100 Freestyle
6	Girls 11-12 200 Medley Relay	44	Girls 13-14 100 Freestyle
7	Boys 13-14 200 Medley Relay	45	Boys 15 & Over 100 Freestyle
8	Girls 13-14 200 Medley Relay	46	Girls 15 & Over 100 Freestyle
9	Boys 15 & Over 200 Medley Relay	47	Boys 8 & Under 25 Breaststroke
10	Girls 15 & Over 200 Medley Relay	48	Girls 8 & Under 25 Breaststroke
11	Boys 9-10 100 IM	49	Boys 9-10 50 Breaststroke
12	Girls 9-10 100 IM	50	Girls 9-10 50 Breaststroke
13	Boys 11-12 100 IM	51	Boys 11-12 50 Breaststroke
14	Girls 11-12 100 IM	52	Girls 11-12 50 Breaststroke
15	Boys 13-14 100 IM	53	Boys 13-14 50 Breaststroke
16	Girls 13-14 100 IM	54	Girls 13-14 50 Breaststroke
17	Boys 15 & Over 100 IM	55	Boys 15 & Over 50 Breaststroke
18	Girls 15 & Over 100 IM	56	Girls 15 & Over 50 Breaststroke
19	Boys 8 & Under 25 Freestyle	57	Boys 8 & Under 25 Butterfly
20	Girls 8 & Under 25 Freestyle	58	Girls 8 & Under 25 Butterfly
21	Boys 9-10 50 Freestyle	59	Boys 9-10 50 Butterfly
22	Girls 9-10 50 Freestyle	60	Girls 9-10 50 Butterfly
23	Boys 11-12 50 Freestyle	61	Boys 11-12 50 Butterfly
24	Girls 11-12 50 Freestyle	62	Girls 11-12 50 Butterfly
25	Boys 13-14 50 Freestyle	63	Boys 13-14 50 Butterfly
26	Girls 13-14 50 Freestyle	64	Girls 13-14 50 Butterfly
27	Boys 15 & Over 50 Freestyle	65	Boys 15 & Over 50 Butterfly
28	Girls 15 & Over 50 Freestyle	66	Girls 15 & Over 50 Butterfly
29	Boys 8 & Under 25 Backstroke	67	Boys 8 & Under 100 Free Relay
30	Girls 8 & Under 25 Backstroke	68	Girls 8 & Under 100 Free Relay
31	Boys 9-10 50 Backstroke	69	Boys 9-10 200 Free Relay
32	Girls 9-10 50 Backstroke	70	Girls 9-10 200 Free Relay
33	Boys 11-12 50 Backstroke	71	Boys 11-12 200 Free Relay
34	Girls 11-12 50 Backstroke	72	Girls 11-12 200 Free Relay
35	Boys 13-14 50 Backstroke	73	Boys 13-14 200 Free Relay
36	Girls 13-14 50 Backstroke	74	Girls 13-14 200 Free Relay
37	Boys 15 & Over 50 Backstroke	75	Boys 15 & Over 200 Free Relay
38	Girls 15 & Over 50 Backstroke	76	Girls 15 & Over 200 Free Relay

2026 Mid Cap Swimming Schedule
WARM-UP SCHEDULE TENTATIVE

Location	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
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Session 1: 6:30 to 6:50

Competition Pool	MPSL	MPSL	MPSL	MPSL	MPSL	MPSL
Main Pool	MPSL	MPSL	MPSL	MPSL		

Session 2: 6:50 to 7:10

Competition Pool	MPSL	MPSL	MPSL	MPSL	MPSL	MPSL
Main Pool	MPSL	MPSL	MPSL	MPSL		

Session 3: 7:10 to 7:30

Competition Pool	CASL	CASL	CASL	CASL	CASL	CASL
Main Pool	CASL	CASL	CASL	CASL		

Session 4: 7:30 to 7:50

Competition Pool	CASL	CASL	CASL	CASL	CASL	CASL
Main Pool	CASL	CASL	CASL	CASL		

Session 5: 7:50 to 8:10

Competition Pool	CASL	CASL	CASL	CASL	CASL	CASL
Main Pool	CASL	CASL	CASL	CASL)		

Please NOTE:

- Last five minute of your warm-up session can be used for one way sprints. There will not be a one way sprint session.
- All swimmers must utilize feet first entry during lap swimming warm-ups, except for last 5 minutes of your session where you may do one-way sprints.
- Teams sharing lanes will need to work together.
- Remind swimmers not to hang on the lane lines.