



July, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 STATE+TAG 3-5:15-6:15pm NATIONAL - 6:15-7:45pm	2 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	3 TAG 1 -5:15-6:15pm STATE - 6:15-7:15pm NATIONAL - 6:15-7:45pm	4 <u>Happy July 4th!</u> NATIONAL - 6:00-7:30am	5 NATIONAL-6:00-7:30am STATE-7:00-8:00am
6 OFF	7 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	8 STATE+TAG 3-5:15-6:15pm NATIONAL - 6:15-7:45pm	9 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	10 NO PRACTICES CT SR CHAMPS-ALL DAY LONG COURSE MEET QUAL ONLY AT WESLEYAN DETAILS TBA	11 NO PRACTICES CT SR CHAMPS-ALL DAY LONG COURSE MEET QUAL ONLY AT WESLEYAN DETAILS TBA	12 NO PRACTICES CT SR CHAMPS-ALL DAY LONG COURSE MEET QUAL ONLY AT WESLEYAN DETAILS TBA
13 NO PRACTICES CT SR CHAMPS-ALL DAY LONG COURSE MEET QUAL RQD AT WESLEYAN DETAILS TBA	14 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	15 STATE+TAG 3-5:15-6:15pm NATIONAL - 6:15-7:45pm	16 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	17 TAG 1 -5:15-6:15pm STATE - 6:15-7:15pm NATIONAL - 6:15-7:45pm	18 PRACTICES TBD CT REGIONAL CHAMPS SITE & DETAILS TBA QUAL & SIGNUP REQD	19 PRACTICES TBD CT REGIONAL CHAMPS SITE & DETAILS TBA QUAL & SIGNUP REQD
20 CT REGIONAL CHAMPS SITE & DETAILS TBA QUAL & SIGNUP REQD	21 AGE GROUP QUALIFIERS ONLY-5:30-6:30p NATIONAL-6:30-8:00pm	22 AGE GROUP QUALIFIERS ONLY-5:15-6:15p NATIONAL - 6:15-7:45pm	23-NCSA/INDY AGE GROUP QUALIFIERS ONLY-5:30-6:30p NATIONAL-6:30-8:00pm	24-NCSA/INDY NO PRACTICES CT AGE GROUP CHAMPS LONG COURSE MEET QUAL ONLY AT WESLEYAN DETAILS TBA	25-NCSA/INDY NO PRACTICES CT AGE GROUP CHAMPS LONG COURSE MEET QUAL ONLY AT WESLEYAN DETAILS TBA	26-NCSA/INDY NO PRACTICES CT AGE GROUP CHAMPS LONG COURSE MEET QUAL ONLY AT WESLEYAN DETAILS TBA
27 CT AGE GROUP CHAMPS LONG COURSE MEET QUAL RQD AT WESLEYAN DETAILS TBA	28 ZONE & NATIONAL SWIMMERS ONLY 6:00-7:30pm	29 ZONE & NATIONAL SWIMMERS ONLY 6:00-7:30pm	30 ZONE & NATIONAL SWIMMERS ONLY 6:00-7:30pm	31 ZONE & NATIONAL SWIMMERS ONLY 6:00-7:30pm	Aug 1 ZONE & NATIONAL SWIMMERS ONLY 5:00-6:30pm	Aug 2 ZONE & NATIONAL SWIMMERS ONLY 6:00-7:30am



June
2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 OFF	2 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	3 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	4 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	5 <u>DIST/STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	6 TENTATIVE CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	7 TENTATIVE CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA
8 DOLPHINS AWARDS BANQUET DAY DETAILS TBA	9 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	10 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	11 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	12 <u>DIST/STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	13 TENTATIVE GREENWICH YMCA LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	14 TENTATIVE GREENWICH YMCA LONG COURSE MEET SIGNUP NEEDED DETAILS TBA
15 NO PRACTICES GREENWICH YMCA LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	16 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	17 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	18 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	19 <u>DIST/STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p GHS GRADUATION	20 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	21 NO PRACTICES EASTERN ZONE OPEN WATER CHAMPS SIGNUP NEEDED NEW JERSEY-DETAILS TBA
22 SUMMER SCHEDULE <u>BEGINS--></u>	23 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	24 STATE+TAG 3-5:15-6:15pm NATIONAL - 6:15-7:45pm	25 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm	26 STATE+TAG 3-5:15-6:15pm NATIONAL - 6:15-7:45pm	27 TAG 3+STATE -4:00-5:00p NATIONAL-5:00-6:30p	28 TBA
29 OFF	30 TAG 1+2+3-5:30-6:30pm STATE-6:30-7:30pm NATIONAL-6:30-8:00pm					



May
2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	2 TENTATIVE CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	3 TENTATIVE CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA
4 NO PRACTICES CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	5 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	6 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	7 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	8 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	9 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	10 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
11 MOTHERS DAY	12 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	13 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	14 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	15 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	16 TENTATIVE GREENWICH YMCA LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	17 TENTATIVE GREENWICH YMCA LONG COURSE MEET SIGNUP NEEDED DETAILS TBA
18 TENTATIVE GREENWICH YMCA LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	19 TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	20 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	21 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	22 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	23 NATIONAL - 3:30-5:00pm TAG 1/2 - 5:00-6:00pm	24 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am
25 OFF	26 MEMORIAL DAY ALL OFF	27 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	28 TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NAT'L/STATE 2-7:15-8:30p	29 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	30 NO PRACTICES CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA	31 NO PRACTICES CHELSEA PIERS LONG COURSE MEET SIGNUP NEEDED DETAILS TBA



April 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	2-ISCA FL/ZONE VA TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	3-ISCA FL/ZONE VA STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	4-ISCA FL/ZONE VA NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	5-ISCA FL/ZONE VA NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
6 OFF	7 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	8 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	9 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	10 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	11 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	12 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
13 OFF	14 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	15 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	16 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	17 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	18 GOOD FRIDAY OFF	19 OFF
20 EASTER	21 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	22 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	23 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	24 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	25 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	26 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am
27 OFF	28 <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	29 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	30 TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p			



March
2025 REV03025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					FEB 28 CT REGIONAL CHAMPS AT GRYM-SIGNUP/INFO TBA NATIONAL - 3:30-5:00pm ↓↓ Combined: ↓↓ TAG 1+2 - 5:00-6:00pm	1 CT REGIONAL CHAMPS AT GRYM-SIGNUP/INFO TBA NAT ONLY 5:30-6:45am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
2 CT REGIONAL CHAMPS AT GRYM-SIGNUP/INFO TBA	3 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS: STATE 2 & NAT-700-8:30p	4 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	5 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS-NATIONAL & STATE 2-700-8:30P	6 CT SR CHAMPS SIGNUP+QUAL/INFO TBA STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	7 CT SR CHAMPS SIGNUP+QUAL/INFO TBA NATIONAL - 3:30-5:00pm ↓↓ Combined: ↓↓ TAG 1+2 - 5:00-6:00pm	8 CT SR CHAMPS SIGNUP+QUAL/INFO TBA NO SESSIONS TODAY NAT/STATE/TAG 3 FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
9 CT SR CHAMPS SIGNUP+QUAL/INFO TBA	10- ALL AT YWCA TAG 2 - 5:15-6:15pm TAG 3/STATE 1: <u>6:15-7:15pm</u> NATIONAL/STATE 2: 7:15-8:30pm	11 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	12 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS-NATIONAL & STATE 2-700-8:30P	13 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	14 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA NATIONAL - 3:30-5:00pm NO SESSIONS TODAY FOR TAG 1/2	15 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA NO SESSIONS TODAY NAT/STATE/TAG 3 FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
16 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA	17 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS: ALL CHARLOTTE -700-8:00	18 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	19 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS: ALL CHARLOTTE -700-8:00	20 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	21 NATIONAL - 3:30-5:00pm ↓↓ Combined: ↓↓ TAG 1+2 - 5:00-6:00pm	22 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
23	24 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS: ALL CHARLOTTE -700-8:00	25 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	26 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS: ALL CHARLOTTE -700-8:00	27 2025 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC QUALIFIERS ONLY NO NAT-STATE-TAG 3	28 2025 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC QUALIFIERS ONLY NO NAT-STATE-TAG 1/2	29 2025 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC NO NAT-STATE-TAG 3 FUTURE -1:30-2:30pm
30 2025 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC QUALIFIERS ONLY NO NAT-STATE-TAG 1/2	31 TBA	TUESDAY DRYLAND: NATIONAL 5:15-6:00pm STATE - 6:15-7:00pm				SATURDAY DRYLAND NATIONAL - 7:15-8:00 am STATE - 8:15-9:00 am