



November 2025

revised 11.13.25



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 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
2 CT SWIM ALL STAR BANQUET DETAILS TBA	3 <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	4 ELECTION DAY ALL OFF	5 TAG 1 - 4:30-5:15pm <u>GRAND PRIX #3-FR/IM</u> FT, 8/u,13/ov-515-6:30p <u>9-10-11-12's</u> 6:30-8:00pm	6 <u>STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	7 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	8 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
9 NATIONAL 6:30-8:00am	10 <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	11 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	12 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	13 <u>STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	14 CHELSEA PIERS Q MEET SIGNUP RQD-DETAILS TBA NATIONAL - 3:30-5:00pm *SPECIAL COMBO* TAG 1/2 - 5:00-6:00pm	15 CHELSEA PIERS Q MEET SIGNUP RQD-DETAILS TBA NO TAG 3 FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
16 CHELSEA PIERS Q MEET SIGNUP RQD-DETAILS TBA	17 <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	18 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	19 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	20 <u>STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	21 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	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 NATIONAL 6:30-8:00am	24- at GYW: <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	25 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	26 <u>OFF</u>	27 THANKSGIVING	28 TOWN CHAMPS AT GHS 12-3pm SIGNUP RQD DETAILS TBA NO PRACTICES	29 TOWN CHAMPS AT GHS 12-4pm SIGNUP RQD DETAILS TBA NO FUTURE TEAMS
30 NATIONAL 6:30-8:00am						



December 2025

revised111325



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1- 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	2 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	3 -at GYW: TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS-NATIONAL & STATE 2-700-8:30P	4 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	5 CPAC T/F INVITE SIGNUP REQD-DETAILS TBA NATIONAL - 3:30-5:00pm COMBINED: TAG 1/2 - 5:00-6:00pm	6 NO NATL or DL CPAC T/F INVITE SIGNUP REQD-DETAILS TBA NO TAG 3 TODAY FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
7 CPAC T/F INVITE SIGNUP REQD-DETAILS TBA	8 - 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	9 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	10 - at GYW: TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3+STATE 1: <u>6:15-7:30pm</u> at GHS-NATIONAL & STATE 2-700-8:30P	11 NCAP INVITE U of MD QUALIFIER/SIGNUP ONLY <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	12 NCAP INVITE U of MD QUALIFIER/SIGNUP ONLY NATIONAL - 3:30-5:00pm COMBINED: TAG 1/2 - 5:00-6:00pm	13 NO NATL or DL NCAP INVITE U of MD QUALIFIER/SIGNUP ONLY TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
14 NCAP INVITE U of MD QUALIFIER/SIGNUP ONLY	15 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	16 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	17 - at GYW: GRAND PRIX #4 -LONG FR FT, 8/u,13/ov-515-6:30p <u>9-10-11-12's</u> 6:30-8:00pm	18 <u>STATE - 5:30-6:45am</u> TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	19 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	20 NATIONAL/STATE COMBO-6:45-8:15am TAG 3 - 8:15-9:00am FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
21 OFF	22-HOLIDAY PARTY 10/u OPEN SWIM 5:15-6:00PM 10/U PIZZA 6:00-6:45PM 11/OV OPEN SWIM 6:00-6:45PM 11/O PIZZA-6:45-7:30PM	23 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	24 ALL OFF	25 MERRY CHRISTMAS	26 NATIONAL - 3:30-5:00pm TAG 1/2 - 5:00-6:00pm	27 NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FT/FT 56 off
28 OFF	29 SPECIAL TAG 1+ 2 - 5:15-6:15pm TAG 3/STATE 1: <u>6:15-7:15pm</u> NAT'L/STATE 2-7:15-8:30p	30 SPECIAL TAG 1 - 4:30-5:15pm STATE+TAG 3 - 5:15-6:15p NATIONAL - 6:15-8:15pm	31 TBA	JAN 1 TBA	JAN 2 TBA	JAN 3 OFF
				DEC 3-6 - US OPEN AUSTIN, TX DEC 10-13- JR NATIONALS. IUPUI, INDIANA		



January 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 OFF	2 SPECIAL NATIONAL - 3:30-5:00pm TAG 1+2 - 5:00-6:00pm combined	3 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
4 OFF	5 - at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE DERBY DAY: <u>6:15-8:15p at YW</u> at GHS: NATIONAL-7:00-8:30pm	6 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	7 - at GYW: TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3-6:15-7:15p <u>STATE 1/2-7:15-8:30p</u> at GHS-NAT-7:00-8:30p	8 <u>STATE - 5:30-6:45am</u> 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 FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
11 OFF	12 - at GYW: TAG 2 - 5:15-6:15pm TAG 3 -6:15-7:15pm <u>STATE 1/2-7:15-8:30p</u> at GHS: NATIONAL-7:00-8:30pm	13 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	14 - at GYW: TAG 1+2 DERBY DAY <u>4:30-6:15p at YWCA</u> TAG 3-6:15-7:15p <u>STATE 1/2-7:15-8:30p</u> at GHS-NAT-7:00-8:30p	15 <u>STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	16 GREENWICH YM Q MEET SIGNUP RQD-DETAILS TBA NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	17 GREENWICH YM Q MEET SIGNUP RQD-DETAILS TBA NO AM PRACTCES FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
18 GREENWICH YM Q MEET SIGNUP RQD-DETAILS TBA	19 MLK DAY OFF	20 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	21 TAG 1 - 4:30-5:15pm <u>GRAND PRIX #5-FR/IBK</u> FT, 8/u,13/ov-515-6:30p <u>9-10-11-12's</u> 6:30-8:00pm	22 <u>STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	23- IMX MEET ↓ SEE BELOW INFO ↓ NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	24- IMX MEET NATIONAL - 5:30-7:00am STATE - 7:00-8:15am TAG 3 - 8:15-9:00am FUTURE+FT56 DERBY DAY AT YWCA 1:30-3:15pm
25 - IMX MEET	26 - at GYW: TAG 2 - 5:15-6:15pm TAG 3 -6:15-7:15pm <u>STATE 1/2-7:15-8:30p</u> at GHS: NATIONAL-7:00-8:30pm	27 <u>DOLPHINS ONE STOP</u> Q MEET-SIGNUP REQD-DETAILS TBA	28 - at GYW: TAG 1 - 4:30-5:15pm <u>TAG 2 - 5:15-6:15pm</u> TAG 3-6:15-7:15p <u>STATE 1/2-7:15-8:30p</u> at GHS-NAT-7:00-8:30p	29 <u>STATE - 5:30-6:45am</u> TAG 3 -5:15-6:15pm NATIONAL - 6:15-8:15p	30 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	31 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
					The 2026 IMX MEET WILL BE AT U of MD TBD DETAILS TBA	



February 2026_{revised 111325}



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 OFF	2 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS: STATE 2 & NAT-700-8:30p	3 DOLPHINS ONE STOP #2 Q MEET-SIGNUP REQD-DETAILS TBA	4 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS-NATIONAL & STATE 2-700-8:30P	5 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	6 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	7 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
8 CHELSEA PIERS Q SIGNUP MEET-DETAILS TBA	9 - GHS PS VAC WK-> TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm STATE 2 & NAT-700-8:30p	10 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	11 - at GYW: 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 & STATE 2-700-8:30P	12 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	13 NATIONAL - 3:30-5:00pm ↓↓Combined: ↓↓ TAG 1+2 - 5:00-6:00pm TAG 1+2 - 5:00-6:00pm	14 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
15 OFF	16 PRESIDENTS DAY OFF	17 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	18 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS-NATIONAL & STATE 2-700-8:30P	19 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	20 CHELSEA PIERS Q SIGNUP MEET-DETAILS TBA NATIONAL - 3:30-5:00pm ↓↓Combined: ↓↓ TAG 1+2 - 5:00-6:00pm	21 CHELSEA PIERS Q SIGNUP MEET-DETAILS TBA NO NAT-STATE-TAG 3 FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
22 OFF	23 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS: STATE 2 & NAT-700-8:30p	24 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	25 TAG 1 - 4:30-5:15pm GRAND PRIX #6-BR/FL FT, 8/u,13/ov-515-6:30p 9-10-11-12's 6:30-8:00pm	26 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	27 CT REGIONAL CHAMPS AT GREENWICH YMCA-PRACTICE DETAILS TBA	28 CT REGIONAL CHAMPS AT GREENWICH YMCA-PRACTICE DETAILS TBA FUTURE -1:30-2:30pm FUTURE 56-2:30-3:15pm
		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	



March
2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CT REGIONAL CHAMPS AT GRYM-SIGNUP/INFO TBA	2 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS: STATE 2 & NAT-700-8:30p	3 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	4 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS-NATIONAL & STATE 2-700-8:30P	5 CT SR CHAMPS SIGNUP+QUAL/INFO TBA STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	6 CT SR CHAMPS SIGNUP+QUAL/INFO TBA NATIONAL - 3:30-5:00pm ↓↓↓Combined: ↓↓↓ TAG 1+2 - 5:00-6:00pm	7 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
8 CT SR CHAMPS SIGNUP+QUAL/INFO TBA	9 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS: STATE 2 & NAT-700-8:30p	10 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	11 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS-NATIONAL & STATE 2-700-8:30P	12 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	13 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA NATIONAL - 3:30-5:00pm NO SESSIONS TODAY FOR TAG 1/2	14 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
15 CT AGE GROUP CHAMPS SIGNUP+QUAL/INFO TBA	16- ALL AT YWCA TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm 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 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS-NATIONAL & STATE 2-700-8:30P	19 STATE - 5:30-6:45am TAG 3 - 5:15-6:15pm NATIONAL - 6:15-8:15p	20 NATIONAL - 3:30-5:00pm TAG 1 - 5:00-6:00pm TAG 2 - 6:00-7:00pm	21 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
22	23 at GYW: TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS: ALL CHARLOTTE -700-8:00	24 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm	25 - at GYW: TAG 1 - 4:30-5:15pm TAG 2 - 5:15-6:15pm TAG 3+STATE 1: 6:15-7:30pm at GHS: ALL CHARLOTTE -700-8:00	26 2026 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC QUALIFIERS ONLY NO NAT-STATE-TAG 3	27 2026 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC QUALIFIERS ONLY NO NAT-STATE-TAG 1/2	28 2026 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC NO NAT-STATE-TAG 3 FUTURE -1:30-2:30pm
29 2026 YW JR-SR SUNKISSED CHAMPS CHARLOTTE, NC QUALIFIERS ONLY	30 at GYW: TAG 2 - 5:15-6:15pm TAG 3/STATE 1: 6:15-7:15pm NATIONAL/STATE 2: 7:15-8:30pm	31 TAG 1 - 4:30-5:15pm STATE - 5:15-6:15pm NATIONAL - 6:15-8:15pm		EASTERN ZONES APRIL 1-4 LONG COURSE SECTIONAL May 15-18 EASTERN OPEN WATER June 13	BUFFALO RICHMOND NEW JERSEY	
						SATURDAY DRYLAND NATIONAL - 7:15-8:00 am STATE - 8:15-9:00 am