



Summer 2025 Team Zoning

Qualifying times for the 2025 MRC will require a SILVER time standard for ALL events.

Teams are encouraged to hold/attend separate meets for their Bronze level swimmers.

Minnesota Regional Championships July 18-20, 2025

MAN - Mankato, MN		MTKA - Rochester, MN (co-hosted by RSC)	
BDOG	RCAC	AQJT	NOR
EDI	SCSC	ASF	RSC
HTSC	SDVL	HURR	RWSC
MAKO	VCTY	LIFE	STAR
MAN	WARS	MMST	WIN
MFLY	WJS	MTKA	
NSST			
TUNA-New Hope, MN		STRM - Minneapolis, MN	
i UNA-Nev	v Hope, MN	STRM - Min	neapolis, MN
	d by WOLF)		neapolis, MN d by SEMS)
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(co-hoste	d by WOLF)	(co-hoste	d by SEMS)
(co-hoste	d by WOLF) HAST	(co-hoste	d by SEMS) RIPT
(co-hoste ALEX BAC	d by WOLF) HAST LAPS	(co-hoste FOXJ LSSC	d by SEMS) RIPT RVSC
(co-hosted ALEX BAC BASS	HAST LAPS MONC	(co-hoste FOXJ LSSC NASC	d by SEMS) RIPT RVSC SEMS
(co-hosted ALEX BAC BASS BLA	HAST LAPS MONC OMNI	(co-hoste FOXJ LSSC NASC NSAC	d by SEMS) RIPT RVSC SEMS SHRK
(co-hosted ALEX BAC BASS BLA CMA	HAST LAPS MONC OMNI TUNA	(co-hoste FOXJ LSSC NASC NSAC PRNH	d by SEMS) RIPT RVSC SEMS SHRK

Coaches may email their questions to:
Rory Coplan, Age Group Vice Chair, NSAC Head Coach nsacheadcoach@gmail.com