



## 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 (co-hosted by WOLF)		STRM - Minneapolis, MN (co-hosted by SEMS)	
ALEX	HAST	FOXJ	RIPT
BAC	LAPS	LSSC	RVSC
BASS	MONC	NASC	SEMS
BLA	OMNI	NSAC	SHRK
CMA	TUNA	PRNH	STRM
DRGN	WAVE	RFSC	
FFF	WEST		
GCA	WOLF		

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

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