



## Summer 2026 Team Zoning

Qualifying times for the 2026 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 17-19, 2026

MAN - Mankato, MN		MTKA - Rochester, MN (co-hosted by RSC)	
FOXJ	RIPT	ASF	OMNI
HTSC	SHRK	BLA	RSC
MAN	WARS	HAST	RWSC
NSAC	WEST	MAAC	VCTY
PRNH	WJS	MONC	WAVE
RCAC		MTKA	WIN
		NOR	WOLF
TUNA-New Hope, MN		STRM - Minneapolis, MN (co-hosted by SEMS)	
ALEX	GCA	AQJT	NASC
BDOG	LAPS	BAC	RFSC
CMA	MFLY	HURR	RVSC
DL	NSST	LIFE	SC
DRGN	SCSC	LSSC	SEMS
EDI	SDVL	MAKO	STAR
FFF	TUNA	MLKM	STIL
FISH	WOW	MMST	STRM

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

Updated 1/29/2026