

## ACAC 2026 Long Course Season Calendar

Dates	Meet	Location	Most Appropriate for the Following Groups	Meet Set-Up
3/30/2026	1st Day of Spring Practices	AHS Dan Flannery Pool	Spring Practices Begin this Week	
4/24-4/25/2026	ACAC Sprint Eliminator	AHS Dan Flannery Pool	Home Swim Meet, All Swimmers Encouraged to Attend	SCY; TF 12&U, 13&O Eliminator
5/1-5/2/2026	Riptide H2Opener	Wellmark YMCA	All Groups	LCM; TF
5/16/2026	RSC Spring Classic	Wellmark YMCA	All Groups	LCM; TF
6/12-6/14/2026	CSU Summer Invite	Columbia, MO	TEAM TRAVEL Swimmers 11 or older may travel with the team. Swimmers 10 & younger may attend but need to stay with a parent/guardian.	LCM; TF 12&U, PF 13&O
6/20/2026	Waukee Open	Waukee Natatorium	Saturday Only; Swimmers Not Attending Team Travel	LCM; TF
6/26-6/28/2026	CIA Beat the Heat	Wellmark YMCA	All Groups	LCM; TF
7/7/2026	PAC Invite	UNI - Cedar Falls	All Groups	SCY; PF
7/9-7/12/2026	Summer Sectionals	FMC Center Chicago, IL	QUALIFIERS ONLY	LCM
7/18-7/19/2026	Summer Regionals 8&U Champs	AHS Dan Flannery Pool	Home Swim Meet, All Swimmers without Qualifying Champs Times are Encouraged to Attend	SCY Championship
7/23-7/26/2026	Age Group & Senior Summer Champs	CRWC - Iowa City	All Swimmers with Qualifying Times are Encouraged to Attend	LCM Championship
8/3-8/7/2026	Summer Junior Nationals	Irvine, CA	QUALIFIERS ONLY	LCM
8/6-8/9/2026	Summer Zones	Minneapolis, MN	TEAM IOWA Swim Meet Swimmers with AAA Times are Encouraged to Apply	LCM