

Date	Meet	Facility	Course	Host Club
May 12, 2023	DASH Spring Pentathlon	Dubuque Community Schools Aquatic Center at Hempstead H.S.	SCY	DASH
May 19-21, 2023	2023 David Armbruster Invitational	CRWC - University of Iowa	LCM	IFLY
June 3-4, 2023	RSC Summerfest	Rochester Rec Center	LCM	RSC
June 16-18, 2023	Splash Out Hunger	Mercer Park Aquatic Center	LCM	ICE
June 23-25, 2023	Ben Newell Memorial Invite	Mason City Family Aquatic Center	LCM	NIS
June 24-25, 2023	60th Annual Vinton Inv. Swim Meet	Vinton Community Pool	SCM	VAC
July 6-9, 2023	BLST Summer Sizzler	The Falls Aquatic Center	LCM	BLST
July 13-16, 2023	Speedo Sectionals	Wellmark YMCA	LCM	
July 14-16, 2023	IASI Summer Regional Champs (East)	Mercer Park Aquatic Center	SCY	ICE and BLST
July 20-23, 2023	Long Course Champs	CRWC - University of Iowa	LCM	IFLY
July 26-29, 2023	Futures Championships	Hulbert Aquatic Center	LCM	
August 1-5, 2023	Speedo Jr National Championships	Irvine, CA	LCM	
August 3-6, 2023	Central Zone 14&U Champs	Lenexa, KS	LCM	