

2026 Long Course Meet Schedule			Meets highlighted in blue are ATOM hosted meets - volunteers will be needed	
Date	Meet	Location	Eligibility	Notes
April 3-12	ATOM Spring Break			all groups return from break April 13
April 2-4	Open Water Junior Nationals	Sarasota FL	Qualified Swimmers	
April 17	ATOM Friday Night Lights	MCAC, Charlotte, NC	ALL Swimmers (except ATOMites)	Friday Late Afternoon/Evening (all ages)
May 2-3	ATOM May the Force Be With You	MCAC, Charlotte NC	ALL Swimmers (except ATOMites)	Saturday/Sunday AM 13&O Saturday/Sunday PM 12&U
May 14-17	Martha McKee Charlotte Open	MCAC, Charlotte NC	All Qualified Swimmers	Most likely 1 Futures cut to be qualified; Prelims/Finals Fri/Sat/Sun
May 16-18	EAC Memorial Invite	GAC, Greensboro NC	All swimmer NOT attending Martha McKee	Please plan on attending Friday afternoon session
June 6-8	TEAM School's Out	MCAC, Charlotte NC	ALL swimmers	
June 14-20	Senior Training Trip	Ocala, FL	S1&2 swimmers with 85% attendance and 5 Senior Champ cuts	
June 15-19	B1/PS1&2 UNC Camp	Chapel Hill, NC	B1, PS1, PS2	Must attend whole week NO coming late or leaving early
June 26-29	EAC Independence Invite	GAC, Greensboro NC	ALL Swimmers	Prelims Finals Friday, Saturday, & Sunday for 13 & over swimmers; 12 & unders will have events on ALL Days (ALL 12&U sessions midday)
July 8	ATOM Long Course Finale	MCAC, Charlotte NC	Senior 1 swimmers qualified for NCSA Juniors; all other swimmers at coach's discretion	
July 9-12	NCS Senior State Champs	TAC, Cary NC	Qualified 15 & over swimmers	Swimmers qualified for NCSA Juniors will NOT attend this meet
July 16-19	NCS Age Group State Champs	GAC, Greensboro NC	Qualified 14 & under swimmers	Prelims/Finals for 13/14 Swimmers
July 21-22	ATOM Summer Speed	MCAC, Charlotte NC	ALL Swimmers (except NCSA Junior Qualifiers)	Tuesday AND Wednesday later afternoon (yards all ages) Season ending meet for all except NCSA Junior Qualifiers
July 22-26	NCSA Junior Nationals	Indianapolis, IN	Qualified Swimmers	Team Travel. Chaperone needed
August 3-7	Summer Junior Nationals	Irvine, CA	Qualified Swimmers	