



2024 Long Course Schedule  
All meets are tentative

| Date           | Event                               | Location          | Attendance                           | Info          | Deadline  |
|----------------|-------------------------------------|-------------------|--------------------------------------|---------------|-----------|
| April 7th      | GCY Single-Day Splash               | Greensboro, NC    | <a href="#">Sectional Qualifiers</a> | Signup & Info | TBD       |
| April 28-30    | TAC Spring Fling Invite             | Cary, NC          | All Swimmers                         | Signup & Info | TBD       |
| May 2-5        | ****USAS Spring Cup****             | Ft. Lauderdale    | <a href="#">Qualified</a>            | Signup & Info | TBD       |
| May 17-19      | ECA Beach Invitational              | Morehead City, NC | All Swimmers                         | Signup & Info | TBD       |
| May 23-26      | ****USAS Sectionals****             | Ocala, FL         | <a href="#">Qualified</a>            | Signup & Info | TBD       |
| June 1-2       | NCS Open Water State Championships  | Seven Lakes, NC   | 500 FR must be under 8:00            | Signup & Info | TBD       |
| May 31- June 2 | Star Invitationals                  | Greensboro, NC    | JNAT Qualifiers                      | Signup & Info | TBD       |
| June 15        | ECA Fun in the Sun                  | Morehead City, NC | All Swimmers                         | Signup & Info | TBD       |
| June 15-20     | ECA Senior Training Trip            | TBD               | Selected Swimmers 13+                | Signup & Info | TBD       |
| June 15-23     | USA Olympic Trials                  | Indianapolis, IN  | <a href="#">Qualified</a>            | Signup & Info | TBD       |
| June 22-23     | 2024 GOLD Summer Splash Spectacular | Goldsboro, NC     | All Swimmers                         | Signup & Info | TBD       |
| July 11 - 14   | NCS 14&U State Champs               | Cary, NC          | <a href="#">Qualified</a>            | Signup & Info | July 9th  |
| July 18 - 21   | NCS Senior State Champs             | Greensboro, NC    | Qualified                            | Signup & Info | July 10th |
| July 26 - 29   | Senior Zone Championships           | Morgantown, WV    | Qualified                            | Signup & Info | TBD       |
| July 27-28th   | TAC Closeout Meet                   | Cary, NC          | All Swimmers                         | Signup & Info | TBD       |

All highlighted in yellow have required times and/or age restrictions.  
Qualifying times can be found here or on each meet's info page once they have been established.  
Some qualifying times are not available yet.

\*\*\*\* Meets denoted with asterisks, we will only be attending one of the two.