



2025-2026 NCAC Meet Schedule

Date	Meet	Location
Sept. 26	NCAC Intrasquad	Koury (all NCAC athletes)
Sept. 27	Swim Across America	Koury (all NCAC athletes)
Oct. 18-19	NCAC IMX Meet	Koury (Journey Groups and above)
Oct. 24-26	CAT Trick or Treat Meet	Sportsplex (all NCAC athletes)
Nov. 9	NCAC 10 and Under Mini-meet	Koury (Exploration, JTE, Discovery)
Nov. 14-16	MOR Atlantic Meet (Qualifiers)	Raleigh—Pullen Park
Nov. 21-23	YOTA Turkey Meet (non MOR Atlantic swimmers)	Raleigh—NC State
Dec. 4-7	Blizzard Blitz (qualifiers)	Cary (NOVA, Dynamo, PB, PW, PR)
Dec. 10-13	Jr. Nationals (Qualifiers)	IUPUI—Indianapolis
Dec. 12-14	Triad Tropic	Greensboro (all 12 and Under Groups and all non
blizzard Blitz qualifiers from PB, PW, PR, Dynamo, and NOVA)		
Jan. 9-11	CAT Frozen Frenzy	Sportsplex (all NCAC athletes in HS)
Jan. 16-18,	January Jump Start	Greensboro (all NCAC athletes NOT in HS)
Jan. 24-25	MOR Snowflake Meet	Raleigh-Ravenscroft (all NCAC 8 and Unders)
Feb. 14-15	CAT Valentine Meet	Sportsplex (all 14 and under NCAC swimmers not qualified for 14 and Under Champs)
Feb. 19-22	Sr. Champs (qualifiers)	Cary
Feb. 26-March 1	Age Group Champs (qualifiers)	Cary
Mar. 12-15	Sr. Sectionals (qualifiers)	Cary
Mar. 14-15	Reagan Martin Rocks	Raleigh—Pullen Park (all NCAC swimmers who Did not attend AG or Sr. Champs)
Mar. 19-22	Age Group Sectionals	TBD
Mar. 26-29	Tar Heel States	Koury (all NCAC athletes)
April 3-5	Open Water Nationals (qualifiers)	Sarasota, FL