



## Meet Schedule Spring/Summer 2025

**NCAC Quad Meet:** April 26-27 at Koury (all NCAC athletes)

**NCAC Meet on the Hill:** May 16-18 at Koury (all NCAC athletes)

**GAC Sprint and Distance:** June 13-15 at GAC (all NCAC athletes)

**EAC Summer Meet:** June 26-29 at GAC (all NCAC athletes)

**Sr. Champs:** July 10-13 at TAC (qualifiers)

**Age Group Champs - JO's:** July 17-20 GAC (qualifiers only)

**NCSA Junior Nationals:** Huntsville, AL (qualifiers only), July 25-29, depart on July 23rd after practice, loosen up at pool on 7/24

**Tar Heel States:** July 24-27 at Koury (all NCAC athletes NOT attending NCSAs)

\*this is tentative and may change. Any changes will be communicated out via email and newsletter as well as reflected in the team calendar.