



Raleigh Swimming Association

www.swimrsa.org

2023-2024 Calendar

Date	Event	Location	Attendance	Info
9/01/23	1 st Day of the 2023-2024 Swim Year (Except Tarpon, Seahorse, and SeaStar)	Sonner: Practice Bluffs: Meet the Coach at North	All Practice Groups Except Seahorse, SeaStar, and Tarpon	Welcome to the 2023-2024 Swim Year!
9/02/23	Tarpon Parent Meetings	Sonner Gym 10:00am-11:00am	Tarpon Parents	Lead Coach Email
9/02/23	SeaStar Parent Meeting	Sonner Gym 11:00am-12:00pm	SeaStar Parents	Lead Coach Email
9/02/23	Seahorse Parent Meeting	Sonner Gym 12:00pm-1:00pm	Seahorse Parents	Lead Coach Email
9/02/23	1 st Day of Practice for Bluffs Groups	Sonner	Bluffs Groups	Lead Coach Email
9/04/23	Happy Labor Day!	Sonner and the Bluffs/North	Practice Holiday for All Practice Groups	Enjoy the holiday!
9/05/23	1 st Day of the 2023-2024 Swim Year for Seahorse and SeaStar Athletes	Sonner and the Bluffs	All Seahorse and SeaStar Practice Groups	Welcome to the 2023-2024 Swim Year!
9/06/23	Wahoo Parent Meeting	Sonner Barracuda Island 6:00pm-7:00pm	Wahoo Parents	Lead Coach Email

9/09/23	Carolina Cup Open Water Invitational Meet	Echo Lake 158 Overlook Drive Seven Lakes, NC 27376	Barracuda, Bass, Blackfin 1, Blackfin 2, Cobia, PreSenior, Redtail, Senior Gold, Senior Onyx, and Senior Silver Practice Groups; Coach Approval Required for Bowfin and Mackerel	Meet Signup
9/09/23	Parent Meetings	Sonner	Parents of Athletes Barracuda, Blackfin 1, Blackfin 2, Cobia, Dolphin, Jack 1, Jack 2, Mako, Senior Gold, and Senior Silver Practice Groups	Lead Coach Emails for Specific Times
9/10/23	Bluffs Parent Meetings	North Pool	Parents of Athletes in Bluffs Practice Groups	Lead Coach Emails for Specific Times
9/11/23	1 st Day of the 2023-2024 Swim Year for M/W Tarpon	Sonner	All M/W Tarpon Practice Groups	Welcome to the 2023-2024 Swim Year!
9/11/23	Mackerel Parent Meeting	Sonner Barracuda Island 6:45pm	Mackerel Parents	Lead Coach Email
9/12/23	Nova Parent Meeting	Sonner Barracuda Island 6:00pm	Nova Parents	Lead Coach Email
9/12/23	1 st Day of the 2023-2024 Swim Year for T/H Tarpon	Sonner	All T/H Tarpon Practice Groups	Welcome to the 2023-2024 Swim Year!
9/13/23	PreSenior Parent Meeting	Sonner Barracuda Island 5:30pm-6:30	PreSenior Parents	Lead Cach Email

9/15/23	Augusta Swim Supply Team Outfitting	Sonner Gym	All Practice Groups	Lead Coach Email
9/16/23 Rain Date: 9/17/23	Rockin' Relays Meet (09/17/23 Rain Date) Featuring Augusta Swim Supply and Pickin' and Grillin' BBQ	Sunset Ridge North 215 Kingsport Road Holly Springs, NC 27540	All Practice Groups Except Minnow, Seahorse, and Tarpon	Meet Signup
9/18/23	1 st Day of Practice at the Bluffs for Bluffs Groups	Bluffs Pool	All Bluffs Practice Groups	Coach Email
9/20/23	College Recruitment Presentation and Q&A	Zoom 5:30pm	PreSenior (High School Students Only), Senior Gold, Senior Onyx and Senior Silver Athletes and Parents	Lead Coach Email
10/07/23	RSA Back to the Races Mock Meet	Sonner 11:00am to 1:00pm	Minnow, Seahorse and SeaStar Practice Groups; Coach Approval Required for Seahorse and Tarpon	Coach Email and Meet Signup
10/07/23- 10/08/23	Rock the Block Meet	Smithfield Recreation and Aquatics Center 600 M Durwood Stephenson Parkway Smithfield, NC	All Practice Groups Except Minnow, Seahorse, SeaStar and Tarpon	Meet Signup

10/21/23-10/22/23	CAT Trick or Treat Invite Meet	Orange County SportsPlex 101 Meadowlands Drive Hillsborough, NC 27278	All Practice Groups Except Barracuda, PreSenior, Seahorse, Senior Gold, Senior Silver, Wahoo, and Tarpon; Coach Approval Required for Minnow and SeaStar	Meet Signup
10/27/23	Trunk or Treat	Sonner 5:00pm	All Sonner and Bluffs Practice Groups	Coach Email
10/28/23-10/29/23	NCAC IMX Challenge Meet	Koury Natatorium	Barracuda, PreSenior, Senior Gold, Senior Onyx, Senior Silver and Wahoo Practice Groups; Coach Approval Required for Bluegill, Bowfin and Redtail	Meet Signup
11/03/23-11/05/23	H2Okie Invite Meet	Christiansburg Aquatic Center 595 N Franklin Street Christiansburg, VA 24073	All Athletes Thirteen Years Old or Older as of 11/03/23	Meet Signup
11/04/23-11/05/23	WAVE/RSA Dual Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	All Athletes Except Minnow, Seahorse, SeaStar, and Tarpon	Meet Signup
11/23/23-11/24/23	Thanksgiving Holiday	Sonner and Bluffs	All Practice Groups	Enjoy your holiday!
11/28/23	National Day of Giving Launch of Swim-A-Thon	Sonner and Bluffs	All Practice Groups	Coach Email
12/01/23-12/02/23	MOR Arctic Blast Meet	Willis R. Casey Aquatic Center 2611 Cates Avenue Raleigh, NC 27606	All Practice Groups Except Wahoo, Barracuda, PreSenior, Silver, Gold, Onyx, Seahorse	Meet Signup

			and Tarpon; SeaStar and Minnow Coach Selection	
12/05/23- 12/09/23	Winter Junior Nationals Meet	Columbus, OH	Qualifiers	Meet Signup
12/15/23- 12/17/23	STAR Triad Tropic Meet	Greensboro Aquatic Center 1921 W Gate City Boulevard Greensboro, NC 27403	Barracuda, PreSenior, Senior Silver, Senior Gold, Senior Onyx and Wahoo Practice Groups; Coach Approval Required for Bluegill, Bowfin, Mackerel, and Redtail	Meet Signup
12/24/23- 12/25/23	Winter Break	Sonner and the Bluffs	All Practice Groups	Enjoy your holiday!
12/31/23- 1/01/24	New Year Break	Sonner and the Bluffs	All Practice Groups	Enjoy your holiday!
1/12/24- 1/14/24	RSA Raleigh Area Quad Meet	Pullen Aquatic Center 410 Ashe Avenue Raleigh, NC 27606	All Athletes 9 Years Old and Older as of 1/12/24	Meet Signup
1/20/24- 1/21/24	MOR 8 and Under Snowflake Meet	Ravenscroft Pool 7409 Falls of Neuse Road Raleigh, NC 27615	All Athletes Who Are 8 Years Old or Younger As of 1/20/24 Except Tarpon	Meet Signup
2/09/24- 2/11/24	Cupid Cuts Meet	Sonner	All Practice Groups Except Minnow, SeaStar, Seahorse, and Tarpon; Coach Approval Required for Nova	Meet Signup
2/15/204- 2/18/24	NCS Short Course Age Group Championship Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	Qualifiers	Meet Signup

2/17/24	Polar Plunge Mock Meet	Sonner 11:00am-1:00pm	Minnow, Seahorse and SeaStar Practice Groups; Coach Approval Required for Nova	Coach Email and Meet Signup
2/22/24- 2/25/24	NCS Short Course Senior Championship Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	Qualifiers	Meet Signup
3/02/24- 3/03/24	MOR Reagan Rocks Meet	Pullen Aquatic Center	All Practice Groups Except Barracuda, PreSenior, Seahorse, Senior Gold, Senior Onyx, Senior Silver, Tarpon, and Wahoo; Coach Approval Required for SeaStar and Minnow	Meet Signup
3/07/24- 3/10/24	Senior Sectional Championship Meet	Greensboro Aquatic Center 1921 W. Gate City Blvd Greensboro, NC 27403	Qualifiers	Meet Signup
3/14/24- 3/17/24	Age Group Sectional Championship Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	Qualifiers	Meet Signup
3/21/24- 3/24/24	NCAC Tar Heel States Meet	Koury Natatorium 400 Skipper Bowles Drive Chapel Hill, NC 27514	All Practice Groups Except Minnow, Seahorse, SeaStar, and Tarpon	Meet Signup
3/25/24- 3/31/24	Tentative Spring Break	Sonner and the Bluffs	All Practice Groups	Enjoy your holiday!

4/04/24	Team Awards Ceremony	Apex High School	All Practice Groups Except Minnow, Seahorse, SeaStar and Tarpon	Coach Email
4/06/24	SuperSplash Mock Meet	Sonner 11:00am-1:00pm	Minnow, Seahorse, and SeaStar Practice Groups; Coach Approval Required for Tarpon	Coach Email and Meet Signup
4/13/24	Introductory Groups Banquet	Sonner Gym	Minnow, Seahorse, SeaStar and Tarpon Practice Groups	Coach Email
4/18/24	Senior Banquet	Potter's Hand Bible Church 3468 Apex Peakway Apex, NC 27502	Blackfin, Senior Gold, Senior Onyx and Senior Silver Practice Groups	Coach and Organizer Email
5/18/24	Dive Into Summer Mock Meet	Sonner 11:00am-1:00pm	Minnow, Seahorse, and SeaStar Practice Groups; Coach Approval Required for Tarpon	Coach Email and Meet Signup
5/27/24	Memorial Day	Sonner and the Bluffs	Practice Holiday for All Practice Groups	Enjoy the holiday!
5/28/24	1 st Day of Practice at North for the Bluffs Groups	Sunset Ridge North for Bluffs Athletes	All Bluffs Practice Groups	Coach Email

Rev. 9/01/23 IIh Schedule is subject to change at any time.

Yellow highlight denotes a change to the schedule since the last revision.