



## 2019 GCY Long Course Competition Schedule Competitive and National Groups

Date	Event Name	Age Eligibility	Location
<b><i>Recommended for April 2 out of the 3 meets</i></b>			
<b>APR 6</b>	<b><i>YNATS LCM Single Day Splash</i></b>	<b><i>National Teams/Senior</i></b>	<b><i>GAC</i></b>
<b>APR 26</b>	<b><i>GCY Spring Fling- Fri PM</i></b>	<b><i>ALL (Makos included)</i></b>	<b><i>GAC</i></b>
<i>APR 27</i>	<i>Carolina Crown Challenge</i>	<i>Selected by NC Swimming</i>	<i>MCAC, Charlotte, NC</i>
<b><i>Recommended for May is 2 out of the 3 meets</i></b>			
May 10-11	Mother May I	All not going to MOH	GAC
MAY 17-19	UNC's Meet on the Hill	All Comp 12&U, 13&Up Nat	UNC, Chapel Hill, NC
MAY 26-27	Black Heritage Meet*	ALL (Makos included)	TAC, Cary, NC
<b><i>Recommended for June is Open Water, GCY S&amp;D, plus 1 other meet</i></b>			
JUN 1	NC Open Water State Champs	ALL	Seven Lakes, NC
<b><i>JUN 7-9</i></b>	<b><i>GCY Sprint and Distance</i></b>	<b><i>ALL</i></b>	<b><i>GAC – Prelims/Finals</i></b>
JUN 13-16	Charlotte UltraSwim Meet	USA Futures Cut	MCAC, Charlotte, NC
JUN 14-17	Travel Trip LC Poseidon Pre/Finals	11&Up	Jeff Rouse Sports Center
	Sat/Sun/Mon (Leave Fri, return Mon)		Stafford, VA
JUN 21-24	Eastern Invitational	ALL	GAC
<b><i>Recommended for July is either City Meet OR USRY, 1 of the 2 NC State Champs Meet, and either TH States or YMCA Nationals</i></b>			
JULY 5-7	Greensboro City Championships	Summer Teams Only	GAC
TBA	YMCA Regionals Champs	ALL Qualifiers (BB+)	Hickory YMCA or TBA
JULY 11-14	NC Age Group Champs	14&Under Qualifiers	GAC
<b><i>JULY 18-21</i></b>	<b><i>NC Senior Champs</i></b>	<b><i>Qualifiers</i></b>	<b><i>GAC</i></b>
JULY 26-28	Tar Heel State Championships	ALL	MCAC, Charlotte, NC
<b><i>14&amp;Unders we recommend Zones if selected, all else YMCA Nationals if qualified</i></b>			
JULY 30-AUG 3	YMCA National Champs	12&Up Qualifiers	College Park, Md
JULY 30-AUG 3	AG Zone Championships	Selected by NC Swimming	TAC, Cary, NC
AUG 6-AUG 10	Speedo Junior Nationals	Junior National Qualifiers	Palo Alto, CA
<b><i>BOLD ITALICS – GCY hosted events, please attend if eligible!</i></b>			