

2023 GCY Long Course Meet Schedule

Competitive/National Groups

Date	Event Name	Age/Eligibility	Facility	Location
APRIL				
8	**GCY LC Single-Day Splash**	YNats Qualifiers	GAC	Greensboro, NC
16	Carolina Crown	Invitees Only	GAC	Greensboro, NC
MAY				
13	TYDE Heavyweight Meet	14 & Under	Kernersville YMCA	Kernersville, NC
19-21	NCAC Meet on the Hill	All	UNC	Chapel Hill, NC
JUNE				
2-3	NCS Open Water Champs	ALL	Lake Echo	Seven Lakes, NC
9-11	**GCY Sprint & Distance**	ALL	GAC	Greensboro, NC
15-18	SGSA Eastern Invite	Invitees Only	GAC	Greensboro, NC
22-25	EAC Independence Day Invite	ALL	GAC	Greensboro, NC
JULY				
7-9	USRY LC Championships	ALL	Hickory	Hickory, NC
13-16	NC Age Group Champs	Qualifiers (14 & Under)	TAC	Cary, NC
26-29	Southern Zone AG Championships	Selected by NC Swimming	TAC	Cary, NC
26-29	Last Splash Invitational	13 & Up Qualifiers	Rosen Aquatic Center	Orlando, FL
27-30	NCAC Tarheel States	ALL	UNC	Chapel Hill, NC

** GCY hosted event, please attend, if eligible