

Date	Meet	Location	Eligibility	Deadline
September 7	Carolina Cup Open Water	Seven Lakes Pinehurst, NC	All Swimmers	
September 14	WAVE Day	Springdale Raleigh, NC	All Swimmers	
September 28-29	WOW Dual Meet	UNCW Natatorium Wilmington, NC	All Swimmers	
October 5	Intrasquad Meet #1	North Raleigh Christian Academy Raleigh, NC	BC, Bronze, Silver, Varsity, Racin' Knights & Winter Imps	
November 2-3	WAVE Dual Meet	Triangle Aquatics Center Cary, NC	All Swimmers	
November 9	Intrasquad Meet #2	North Raleigh Christian Academy Raleigh, NC	BC, Bronze, Silver, Varsity, Racin' Knights & Winter Imps	
December 4-7	US Open	Greensboro Aquatic Center Greensboro, NC	Qualifying Times	
December 6-8	Champions Challenge	Greenville County Aquatic Complex Greenville, SC	Senior	
December 7-8	MOR Arctic Blast	Orange County Sportsplex Hillsborough, NC	15 & Overs Not @ Greenville Meet	
December 11-14	USA Swimming Winter Junior Nationals	Greensboro Aquatic Center Greensboro, NC	Qualifying Times	

Date	Meet	Location	Eligibility	Deadline
December 20-22	Jingle Bells Meet	Triangle Aquatics Center Cary, NC	14 & Unders	
December 28	Distance Intrasquad Meet	North Raleigh Christian Academy Raleigh, NC	Gold, Pre-Senior & Senior	
January 10-12	Raleigh Area Quad Meet	Pullen Aquatic Center Raleigh, NC	All 9 & Ups	
January 25-26	Snowflake Meet	Ravenscroft School Raleigh, NC	All 8 & Unders	
February 9	Qualifier Meet	Triangle Aquatics Center Cary, NC	All Swimmers	
February 13-16	Age Group Champs	Triangle Aquatics Center Cary, NC	Qualifying Times	
February 20-23	Senior Champs	MCAC Charlotte, NC	Qualifying Times	
March 1-2	BC States / Reagan Martin Rocks	Pullen Aquatic Center Raleigh, NC	BB & Below Times	
March 6-9	Senior Sectionals	Triangle Aquatics Center Cary, NC	Qualifying Times	
March 13-16	Age Group Sectionals	TBA	Qualifying Times	
March 18-22	NCSA Junior Nationals	Rosen Aquatic & Fitness Center Orlando, FL	Qualifying Times	

Date	Meet	Location	Eligibility	Deadline
March 21-23	Tarheel States	<u>Triangle Aquatics Center</u> Cary, NC	Swimmers with BB Times	
March 31 - April 6	Spring Break			

Date	Psych Sheet/Results
September 7	
September 14	
September 28-29	
October 5	Volunteer
November 2-3	Volunteer
November 9	Volunteer
December 4-7	
December 6-8	
December 7-8	
December 11-14	

Date	Psych Sheet/Results
December 20-22	Volunteer
December 28	Volunteer
January 10-12	Volunteer
January 25-26	
February 9	
February 13-16	
February 20-23	
March 1-2	
March 6-9	
March 13-16	
March 18-22	

Date	Psych Sheet/Results
March 21-23	
March 31 - April 6	