

J&M/NCAP Swim Meet Schedule 2023-2024

September 30-October 1, 2023, STAT Invite Jeff Rouse in Stafford (age group 2 and above, please check with the coach if you are unsure).

October 21-22, 2023, Autumn Kingfish Splash, The St. James (all age groups, 8&U on Friday only, unless coach approved)

November 10-12, 2023, PVS November Open, Location TBA (age group 2 and above, including High School Fitness group).

November 19, 2023, NCAP Pilgrim Mini Meet, Dulles South (9&U only)

November 30-December 3, 2023, 2nd Annual Nutcracker Classic, Jeff Rouse in Stafford, 9&over only, prelim/finals.

December 7-10, 2023, NCAP Invite, University of Maryland, qualifying times required, prelims/finals.

December 17, 2023, NCAP Candy Cane Mini Meet, Freedom Center, 9&under only, **NO 14&Under Champs or NCAP Invite times.**

January 6-7, 2024, January Distance Meet, The St. James, coach approval only.

January 20-21, 2024, PVS January Open, location TBA, 9&over only.

January 28, 2024, Polar Pentathlon, Dulles South, 9&under only.

February 16-18, 2024, NCAP Qualifier, WARF Warrenton

February 17-18, 2024, AAC Winter Gator Mini Meet, Long Branch in Arlington, 9&under only.

February 24-25, 2024, NCAP Mini Champs, Freedom Center, 9&under, **NO 14&under qualifying times for 9 year olds.**

March 7-10, 2024, Junior and Senior Champs, University of Maryland, qualifying times required to enter.

March 14-17, 2024, PVS 14 & Under Championships, University of Maryland, qualifying times required to enter.

March 15-17, 2024, Makos Spring Fling, The St. James, any swimmers that have not competed in March Championship meets are eligible including high school fitness group.

March 27-30, 2024, NCSA Age Group Championships, Orlando Florida, qualifying times.

Long Course Season (subject to possible changes)

April 26-28, 2024, Machine Long Course Classic, The St. James

May 10-12, 2024, Virginia State Championships, The St. James

May 31, June 2, 2024, NCAP Elite Qualifier, Jeff Rouse in Stafford. Qualifying Times, Prelims & Finals.

June 23, 2024, PVS Long Course Open 1, Franconia Rec (although could be changed)

June 30, 2024, PVS Long Course Open 2, Franconia Rec (although could be changed)

PVS Long Course Championships as well as 12&Under Championships will be announced.