

J&M/NCAP Swim Meet Schedule 2024-2025

All Mini Meets are noted, and are for 9 and under swimmers

October 5-6, 2024, STAT Invite Jeff Rouse in Stafford (age group 2 and above, please check with the coach if you are unsure).

October 19-20, 2024, Autumn Kingfish Splash, The St. James (all age groups, 8&U on Saturday with 13&over session).

November 15-17, 2024, PVS November Open, Location TBA, possibly Franconia Rec (age group 2 and above, including High School Fitness group).

November 24, 2024, NCAP Pilgrim **Mini Meet**, Dulles South (AG1 and new AG2 swimmers under 10 only)

December 5-8, 2024, 3rd Annual Nutcracker Classic, Jeff Rouse in Stafford, 9&over only, prelim/finals.

December 12-15, 2024, NCAP Invite, University of Maryland, qualifying times required, prelims/finals.

January 4-5, 2025, January Distance Meet, The St. James, coach approval only.

January 18-19, 2025, PVS January Open, location TBA, 9&over only.

January 26, 2025, Polar Pentathlon, Dulles South, 9&under only.

February 14-16, 2025, NCAP Qualifier, WARF Warrenton

February 15-16, 2025, AAC Winter Gator **Mini Meet**, Long Branch in Arlington, (AG1 and newer AG2)

February 22-23, 2025, NCAP **Mini Champs**, Freedom Center, 9&under, **NO 14&under qualifying times for 9 year olds.**

March 6-9, 2025, PVS Junior and Senior Champs, University of Maryland, qualifying times required to enter.

March 13-16, 2025, PVS 14 & Under Championships, University of Maryland, qualifying times required to enter.

March 21-23, 2025, Makos Spring Fling, George Mason University, any swimmers that have not competed in March Championship meets are eligible including high school fitness group.

March 26-29, 2025, NCSA Age Group Championships, Orlando Florida, qualifying times, family travel.

Long Course Season (subject to possible changes)

May 2-4, 2025, Machine Long Course Classic, The St. James

May 9-11, 2025, Virginia State Championships, The St. James

June 22, 2025, PVS Long Course Open 1, Franconia Rec (although could be changed)

June 29, 2025, PVS Long Course Open 2, Franconia Rec (although could be changed)

JULY

July 10-13, 2025, PVS Long Course OPEN Championships, location TBA

July 10-13, 2025, PVS Long Course 12&Under Championships location TBA

July 17-20, 2025, PVS Long Course 13&Over Champs, location TBA

Additional Meets and Team Travel Opportunities

November 1-3, 2024, NCAP Select Fall Meet, the top 2-4 swimmers from all NCAP sites ages 9-14 will be selected to compete at a new meet in Harrisonburg, PA, Keystone Aquatics facility.

Arizona Travel, dates are over the January three day weekend and is for ages 9-14. Applications will be sent out in December and swimmers selected will be notified before Christmas. Again, this is a selection process across all NCAP. NCI finalists are generally considered.

Olympic Training Center Trip, February, by invitation only for ages 13 and over.