

J&M/NCAP Swim Meet Schedule 2025-2026

All Mini Meets are noted, and are for 9 and under swimmers, unless it says otherwise

Sept 26-28, 2025, NCAP Fr-IM-Vatational, Freedom Center ages 12&over only

October 18-19, 2025, Autumn Kingfish Splash, The St. James (all age groups, 8&U on Saturday with 13&over session).

November 14-16, 2025, PVS November Open, Location TBA, possibly Franconia Rec (age group 2 and above, including High School Fitness group).

November 23, 2025, **NCAP Pilgrim Mini Meet**, Ashburn Rec and Community Center, Ashburn, VA. (AG1 and new AG2 swimmers under 10 only)

December 4-7, 2025, 4th Annual Nutcracker Classic, Jeff Rouse in Stafford, prelim/finals. Possible option for 8&U, coach will notify.

December 11-14, 2025, NCAP Invite, University of Maryland, qualifying times required, prelims/finals.

January 3-4, 2026, January Distance Meet, The St. James, coach approval only.

January 17-18, 2026, PVS January Open, location TBA, 9&over only.

January 25, 2026, **Polar Pentathlon Mini Meet**, Ashburn Rec and Community Center, Ashburn, VA., 9&under only.

February 13-15, 2026, NCAP Qualifier, WARF Warrenton, 9 and over.

February 13-14, 2026, **AAC Winter Gator Mini Meet**, Long Branch in Arlington, (AG1 and newer AG2)

March 5-8, 2026, PVS Senior Championships, University of Maryland, qualifying times required to enter.

March 12-15, 2026, PVS 14 & Under Championships, University of Maryland, qualifying times required to enter.

March 20-22, 2026, March Madness Oak Marr Rec Center, any swimmers that have not competed in March Championship meets are eligible including high school fitness group.

March 17-21, 2026, NCSA Junior Championships, Orlando Florida, qualifying times and team travel

March 26-29, 2026, Southern Sectional Championships. This is team travel with qualifying times, prelim/finals. Christiansburg Aquatic Center, Christiansburg, VA.

March 26-29, 2026, RVA Shamrock Championships, Richmond, VA. If Sectional or NSCA cuts are made, no outfitting. This is an additional championship opportunity and family travel. Ages 14 and up only.

March 25-28, 2026, NCSA Age Group Championships, Orlando Florida, qualifying times, **required team workout, meeting and dinner on Tuesday March 24**, family travel.

April 25-26, 2026, **NCAP Mini Champs**, Freedom Center, 9&Under swimmers, **No 14&under qualifying times for 9 year olds.**

Additional Meets and Team Travel Opportunities, all must be coach approved, and some are also by application, then selection.

NOVA October 24-26, 2025, Senior Group, Coach Jeff will notify

November 7-9, 2025, **NCAP Select Fall Meet, (MAAGS)** the top 2-4 swimmers from all NCAP sites ages 9-14 will be selected to compete at a NOVA in Richmond, this is family travel.

Arizona Travel Trip, dates are over the January three day weekend and is for ages 9-14. Applications will be sent out in December and the 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 8th and 9th graders only.

Long Course Season

(subject to possible changes, we will update meets we are attending as we get closer to long course season)

April 24-26, 2026, Machine Long Course Classic, The St. James

May 8-10, 2026, Virginia State Championships, The St. James

June 21, 2026, PVS Long Course Open 1, Franconia Rec (although it could be changed)

June 28, 2026, PVS Long Course Open 2, Franconia Rec (although it could be changed)

*** dates subject to change*** June 25-28, 2026 NCAP Elite Qualifier, prelims/finals and middle finals only session, Jeff Rouse, Stafford

JULY

July 7-12, 2026, PVS Long Course OPEN Championships, location TBA

July 16,17,19,20, 2026, PVS Long Course Age Group Champs Championships location TBA