



## Arkansas Marlins Newsletter



### AAU

We are currently registered as a team with AAU. The 2023-2024 season culminates in the [Junior Olympic National Championships July 25-28, 2024](#) in Greensboro, NC.

- Ways to qualify to **JO National Championships**:
  - Achieve a [“Qualifying Time”](#) at *any* swim meet (AAU or USA)
  - **Place top 3** at a Regional Qualifying meet (next dates TBD)
  - **8 years old** and under can race without qualifying!
- *Congratulations to Elizabeth, Silas, Henry, and Timothy for qualifying in Pocahontas last weekend!*
- **Next up! Christmas Invite on Saturday, December 23** in Lonoke. Registration details in your inbox by 12/11.



### USA

Our **USA Swimming** membership is still pending approval. We have been in touch with a regional representative for a status update and assistance as of December 8.

- For now, your swimmer can register with USA Swimming as an **“unattached”** athlete and compete at USA Swim meets. *This is optional, not required.* Please email [hannahrenno@gmail.com](mailto:hannahrenno@gmail.com) for guidance.
- **Short Course State Championships** (25 yards) is in early March (see dates below).
  - To qualify, swimmers must achieve a **BB time or better** in their age group.
  - Only times from USA Swim sanctioned meets will count toward State Championship qualification. AAU times will not count.
- **Long Course State** (50 meters) will be in July.



### CALENDAR

#### Holiday Training Schedule

Safety Before Skill closed 12/17–26 to replace the roof! Seeking pool lanes at Sherwood, will confirm by 12/14.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 TBD @ Sherwood	18 TBD @ Sherwood	19 TBD @ Sherwood	20 TBD @ Sherwood	21 TBD @ Sherwood	22 <b>OFF</b>	23 <b>Race Day!</b>
24 <b>OFF</b>	25 <b>OFF</b>	26 <b>OFF</b>	27 ~8-10 AM @ SBS v. Sherwood	28 ~8-10 AM @ SBS v. Sherwood	29 ~8-10 AM @ SBS v. Sherwood	30 ~8-10 AM @ SBS v. Sherwood
31 <b>OFF</b>	1 <b>OFF</b>	2 ~8-10 AM @ SBS	3 Normal PM @ SBS	4 Normal PM @SBS	5 <b>OFF</b>	6 Normal 7-9 am

#### Meet Schedule

Date	Sanction	Meet Name	Host	Location
December 23	AAU	Christmas Invite	ATAC Sharks	Lonoke, AR
January 20-21	USA	Winter Sprint	AquaKids	Conway, AR
February 3	USA	Valentines Invite	Dolphins	UALR
February 10	AAU	--	Bass	Bryant, AR
February 16-18	USA	Battle for the Belt	Racers	Benton, AR
March 1-3	USA	Short Course State (14 & under)	Racers	Benton, AR
March 8-10	USA	Short Course State (15 & up)	--	Fayetteville, AR
*	*	*	*	*
July 18-21**	USA	Long Course State	--	--
July 25-28	AAU	Junior Olympic Nationals	--	Greensboro, NC

\* Additional meets/dates will be added for AAU, Summer Marlins, and USA Long Course season.

\*\* Dates tentative