

# HAST 2025-2026 Short Course Calendar

Meets that are *highlighted (\*)* have been selected by the coaches "as potential" meets for our team to attend.

Each individual coach will send out a list of meets they want their swimmers to attend.

**STATE MEETS ARE MANDATORY! — mark your calendars NOW!!**

All other meets will be optional. A coach may or may not be in attendance.

(Meet info for other meets can be downloaded from the Utah Swimming website at [swimutah.com](http://swimutah.com))

**ALL DATES ARE SUBJECT TO CHANGE.....CHECK WEBSITE OFTEN!!**

9-15-25

## August 2025

29th: HAST TEAM PARTY @ AFFC!! Watch for info coming out!

## September 2025

2nd: Labor Day—NO Workouts for ALL GROUPS (except Sr. Gold)

4th: HAST \*NEW\* PARENT MEETING @ 7:00 p.m. at AFFC. ALL \*NEW\* parents should attend!

17th: \*HAST Intrasquad Sprint Meet (All HAST groups)

19-23rd: FC & Pool closed Sept. 19th (@ 5:00p.m.) through 23rd to put up the Bubble. NO workouts for Riptides, Sr. Silver & Bronze on Sept. 19th. Re-opening WED., Sept. 24th

## October 2025

15th: \*HAST Monster Mash Meet (All HAST groups)

23rd: \*UVRAYS Mike Harper Mini-Meet @ Provo Rec. Center (All HAST groups 12 & u)

23-25th: \*UVRAYS Mike Harper Invite @ Provo Rec. Center (All HAST groups-except Gold)

16-20th: Alpine School District Fall Break — NO WORKOUTS except Sr. Gold

30th: \*OA IMR I @ Olympus Pool (All HAST groups-except Gold)

## November 2025

14-15th: \*HAST Fall Back Bash @ AF Fitness Center (All HAST groups) \*UPDATED\*

26-28th: Thanksgiving Break — NO WORKOUTS except Sr. Gold & some combined workouts

## December 2025

4-6th: \*Senior State SC Championships @ St. George (STATE MEET)

*\*all swimmers who qualify should attend!*

12-13th: \*SUSA Stingrays Christmas Chaos (Travel Meet) in St. George (for families that would like to attend)

18th: \*OA IMR II @ Olympus Pool (All HAST groups-except Gold)

20-Jan. 5th Christmas Vacation- Sr. Gold & combined workouts (watch for details in email)

## January 2026

8th: \*OA IMR III @ Olympus Pool (All HAST groups-except Gold)

16-17th: \*HAST Winter Invitational @ AFFC (All HAST groups)

19th: Martin Luther King Day — NO WORKOUTS except, Sr. Gold & some combined workouts

29th(?): \*UVRAYS Heart Attack Mini-Meet @ Provo Recreation Center (All HAST groups 12 & u)

29-31st(?): \*UVRAYS Heart Attack Invitational @ Provo Recreation Center (All HAST groups)

## February 2026

16th: Presidents Day, Alpine School District out day — NO WORKOUTS, except, Sr. Gold & some combined workouts

18th: \*HAST Last Chance Meet @ AFFC

## March 2026

4-7th: \*Utah Short Course Age Group State Championships @ South Davis (STATE MEET) *\*all swimmers who qualify should attend!*

19-13th (tent.): SC Season end break for age group teams

20-21st(?): \*Utah Short Course Beehive Finale @ ?? (STATE MEET) *\*all swimmers who qualify*

(?): LC Spring Sectionals @ TBA

Pick up your  
awards from your  
coaches!!!

\*During Bubble week (in the Fall and Spring), any awards, not picked up will be taken to DI

Watch for updates  
and REVISIONS  
as they become  
available!!

**Long  
Course  
Season  
2026...**

looking  
ahead on  
next page!!

# Looking Ahead:

## Long Course Season:

### April 2026

- 6-10th: Alpine School District Spring Break — NO WORKOUTS ALL GROUPS  
18th: Utah Swimming Swimposium  
21st: **\*HAST LC Development Meet @ AFFC (any age swimmer) NT, C & B time standards**  
24-28th(?): Bubble Dates—tentative date, but there will be pool repairs so anticipate 7-10 days closed.

### May 2026

- 7-9th: **\*HAST Janet Oles LC Invite @ AFFC (outdoor meet), B+ time standards only**  
(?): **\*UVRays LC Invite @ Provo Rec. Center (All HAST groups)**  
25th: Memorial Day—NO Workouts for ALL GROUPS (including Sr. Gold)  
26th: Starts Summer LC schedule!  
(?): **\*UVRays LC Invite @ Provo Rec. Center (All HAST groups)**  
29-30th: **\*CHAT Non-Qualifier Meet @ Cottonwood Heights (All HAST groups-except Gold) Entries have to be in early!!**

### June 2026

- 10-13th: **\*CHAT Invitational @ Cottonwood Heights (All HAST swimmers that qualify) Entries have to be in early!!**

### **2026 RWB meets:**

***June 27, 29-30th: RWB Invite & B-C Medals Meet***

***July 1st: RWB Mini-Meet***

Mark your calendars now!

### **STATE meets REQUIRED for all qualified swimmers!**

(WATCH FOR UPDATES!!! Please do not schedule vacations during this time)

***July (?): UTAH STATE \*\*Senior\*\* LC Championships***

***July (?): UTAH STATE \*\*Age Group\*\* LC Championships***

***July (?): UTAH STATE LC Beehive Finale***

***July & Aug.(?): Western Zones Sr. Champs & Sectionals***

Check the Utah Swimming website [www.swimutah.com](http://www.swimutah.com) often for more meets, as they are posted.