



2023 Long Course Meet Schedule

This schedule is *tentative* and under construction, it is posted to help families plan. Please check this page for regular updates.

Date	Meet	Location	Notes
April 22 nd	757swim Intra-Squad	757swim Aquatic Center	For CP, Copper, Bronze 1
April 28 th - April 30 th	TIDE	Princess Anne YMCA Virginia Beach	Bronze 1 & Above (9 & Older)
May 12 th -14 th	Nova South	Nova Regency Pool	All Athletes
June 2-4 th	SwimRVA	Swim RVA	All Athletes
June 16-18 th	Lynchburg YMCA	Liberty University	Bronze 2 & Above
July 7-9 th	VSI Summer Awards	Hampton Aquaplex	Non-State Qualifiers
July 13-16 th	VSI Senior States	Liberty University	Senior State Qualifiers
July 20 th -23 rd	Age Group Champs	HOKI Christiansburg Aquatic Center	Qualified Athletes 14 & Under
July 25-30 th	TBD	TBD	Qualified Swimmers
July 31 st - Aug 5 th	Summer Junior Nationals	Irvine, CA	Qualified Swimmers
August 2-5 th	Eastern Zones	August 2-5 th	Qualified Swimmers