



2024 LONG COURSE MEET SCHEDULE

Date	Meet	Location	Groups
April 8	First Day of Spring Practice	Brooks Family YMCA	
April 26-28	RAYS Helen Wang Sunflower Classic	Jeff Rouse Swim and Sport Center (Stafford, VA)	All Groups
May 5	Cavalier Aquatics - Team Celebration	Brooks Family YMCA	All Families
May 16-19	EZ Super Sectional Championships	CSAC/SwimRVA (Richmond, VA)	Qualifiers
May 17-19	NOVA Open	NOVA Regency (Richmond, VA)	Wahoo, Sabre, Cavalier, Senior Groups
May 31-June 2	2024 NCAP Elite Qualifier	Jeff Rouse Swim and Sport Center (Stafford, VA)	Cavalier, Senior Groups
May 31-June 2	LY Commonwealth Games	Liberty Univeristy (Lynchburg, VA)	Wahoo, Sabre Groups
June 15-23	US Olympic Team Trials	Lucas Oil Stadium (Indianapolis, IN)	Qualifiers
June 21-23	2024 SCSC June Invitational	North Charleston Aquatic Center (Charleston, SC)	Cavalier, Senior Groups
June 21-23	SMAC LCM Summer Invite	War Memorial Pool (Waynesboro, VA)	Wahoo, Sabre Groups
July 11-14	2024 LCM Summer Awards	Christiansburg Aquatic Center (Christiansburg, VA)	Qualifiers
July 18-21	2024 LCM Senior Champs	Hampton Aquaplex (Hampton, VA)	Qualifiers
July 23-27	Speedo Summer Championships	William Woollett Aquatic Center (Irvine, CA)	Qualifiers
July 24-27	Futures Championships	CSAC/SwimRVA (Richmond, VA)	Qualifiers
July 25-28	2024 LCM AG Champs	Christiansburg Aquatic Center (Christiansburg, VA)	Qualifiers
August 7-10	EZ LC Age Group Championships	Hampton Aquaplex (Hampton, VA)	Qualifiers

