



2026 LONG COURSE MEET SCHEDULE

Date	Meet	Location	Groups
MAY 2 - 3	Jim Frye Memorial	CSAC / Swim RVA (Richmond, VA)	All Groups
MAY 14 - 17	EZ LC Super Sectional	CSAC / Swim RVA (Richmond, VA)	Qualifiers
MAY 15 - 17	NOVA Spring Splash	NOVA Aquatics Center (Richmond, VA)	All Not Attending EZ LC Super Sectional
JUNE 11 - 14	Commonwealth Games	NOVA Aquatics Center (Richmond, VA)	All Groups
JUNE 26 - 28	SW LC District Championships	TBD	All Groups (confirm championship meet plans with coach)
JULY 9 - 12	VA Senior Championships	CSAC / Swim RVA (Richmond, VA)	Qualifiers
JULY 16 - 19	VA Age Group Championships	Liberty University (Lynchburg, VA)	Qualifiers
JULY 29 - AUGUST 1	Futures Championships	Greensboro Aquatic Center (Greensboro, NC)	Qualifiers
JULY 29 - AUGUST 1	EZ LC Age Group Championships	NOVA Aquatics Center (Richmond, VA)	Qualifiers

PRIMARY GROUP COACH WILL DETERMINE EXPECTATIONS FOR INDIVIDUAL ATHLETES FOR EACH MEET.

