

AGDS Meet Schedule 2025 - 2026

**Championship Meets in red*

October 2025

Meet	Date	Location	Special Notes
NOVA 12 & Under Short Course Kick-Off	3 - 4	NOVA-Regency	All 9-10s in morning session 8 & Unders mid-day session
NOVA Halloween Haunt	24 - 26	NOVA-Regency	BB times & below (except Friday) Distance Session Friday evening All 9-10 year olds in Sat & Sun morning session All 8&Unders in Sat & Sun mid-day session

November 2025

Meet	Date	Location	Special Notes
Middle Atlantic Age Group Championship Showdown (MAAGCS)	7- 9	NOVA - Regency	Top 4 from each <i>singe age group</i> will be invited by the coaches to attend AGDS usually has a few swimmers that get selected to swim in this meet. If invited, please make every effort to attend. A GREAT experience with other top teams in the country and a scored team competition!
WAC Inviational	15 - 16	Collegiate School Aquatic Center (SwimRVA)	For most of AGDS, our only meet in November. If a swimmer is selected for the MAAGCS Meet, they should still do this meet if possible because they can swim more events! <i>Good experiance for swimming at a pool other than NOVA!</i> All 12 & Unders in Sat & Sun morning sessions

December 2025

Meet	Date	Location	Special Notes
NOVA December Dip	5 - 7	NOVA-Regency	B/C times only *Our first of two December Championship Meets Friday night Distance Session All 10&Unders in morning session
12 & Under BB+ Holiday Champs	12 - 14	Hampton Aquaplex Hampton, VA	BB+ events only Prelims/Finals format (prelims mid-day for 9-10s, evening finals). Single Age Groups for finals! *Our 2nd December Championship Meet

January 2026

Meet	Date	Location	Special Notes
NOVA BB/B/C New Year's Kick Off	9 - 11	NOVA-Regency	BB/B/C level meet Friday Night Distance Session All 9-10s Sat & Sun morning session 8 & Unders Sat & Sun mid-day session

February 2026

Meet	Date	Location	Special Notes
8 & Under District Champs	7 - 8	NOVA-Regency	8 & Under Short Course Champs Meet! Sat & Sun afternoon sessions
9-12 yr old District Champs	13 - 15	NOVA-Regency	9-12 year old Short Course Championship Meet at the A/BB/B/C Level Prelims/Finals format

March 2026

Meet	Date	Location	Special Notes
14 & Under State Age Group Champs	12 - 15	Collegiate School Aquatic Center (SwimRVA)	All 14 & younger qualified swimmers
NOVA Short Course Send-off	21 - 22	NOVA - Regency	Short Course wrap-up meet! All AGDS Swimmers can attend