

Senior Development GOLD 2025-2026 Short Course Meet Schedule

September 2025

Sept. 14th Smith Mountain Lake Open Water 5K only

October 2025

Meet	Date	Location	Special Notes
Dual Meet with TAC Titans	10-12	NOVA - Regency	All Swimmers
NOVA Halloween Haunt	24- 26	NOVA - Regency	ALL Ages BB & Below Preferred "Off" events

November 2025

NOVA Senior Classic	Oct 31-Nov. 2	NOVA - Regency	Non MAAGCS swimmers
14 & under Middle Atlantic Age Group Championship Showdown(MAAGCS)	Nov. 7-9	NOVA - Regency	Top 4 from each single age group will be invited by the coaches to attend.(6 events)
NOVA Cranberry Classic	Nov. 22-23	NOVA - Regency	One Day ONLY

December 2025

NCAP Invite	11-14	University of Maryland-College Park	ALL Swimmers
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January 2026

NOVA New Year's Kick Off	9	NOVA - Regency	Friday Distance ONLY (400 IM or 1000 Free)
NOVA Winter Long Course Invitational Prelims/Finals	17-19 Sat-Mon	NOVA - Regency	All Swimmers
MLK Distance Day	23	NOVA - Regency	400 IM or 1650 free

February 2026

13 & older District Champs	Feb. 27 – March 1st	NOVA - Regency	Non State Cut Events
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March 2026

14 & under State Age Group Championships	March 12-15	SwimRVA	All 14 & younger qualified swimmers
NCSA National Age Group Champs	March 24-28	Orlando, Florida	Qualified 14 & under swimmers