

Senior Silver Meet/Event Schedule 2025 - 2026

DATE	NAME	LOCATION	ELIGIBILITY	FOCUS	FORMAT
September 13 & 14	ISCA East Coast Open Water Festival	Smith Mountain Lake, VA	All, 5K Only	Optional Open Water Swim	OW 5K
September 26 - 27	Senior Team Retreat	Graves Mountain	All Senior Swimmers	Fun/ Team Building	
October 10 - 12	TAC / NOVA Dual	Regency	All	Early Season Racing	Dual Meet / Timed Finals
Oct 31 - Nov 2	NOVA Senior Invite	Regency	13/14 A Times or Better	Mid-Season Racing	Timed Finals
November 22	NOVA Cranberry Contender	Regency	All	Mid-Season Racing Off Events	Timed Finals, Saturday Only
December 4 - 7	WAYS Nutcracker Classic	Stafford, VA	All	Team Travel/ December Champs	Prelims/Finals
January 9 - 11	NOVA New Year's Kick off	Regency	BB and Lower	Off Events	Timed Finals
January 16 - 19	NOVA Long Course Invite	Regency	A Times or Better	Best Events	Long Course Prelims/Finals
January 23	NOVA Distance Tune-Up	Regency	All	Single Distance Event	Timed Finals
February 27 - March 1	13 & Over District Champs	Regency	Slower than Senior Cuts	Getting SC Cuts	Prelims/Finals
March 5 - 8	VA Senior Champs	CSAC	Senior Champs Qualifying Times	Short Course Champs	Prelims/Finals
March 17 - 21	NCSA Juniors	Orlando	NCSA Qualifying Times	High Level Travel Trip	Prelims/Finals
March 20 - 22	NOVA Short Course Sendoff	Regency	ALL (Non - NCSA swimmers)	Post-Season Racing	Timed Finals

* There is a large gap in January/February that swimmers should utilize for high school racing opportunities.