

AGDG 2025-2026 Short Course Meet Schedule

**Championship Meets in red*

October 2025			
Meet	Date	Location	Special Notes
NOVA 12 & Under Kickoff	4 - 5	NOVA-Regency	9-12 morning session
NOVA Halloween Haunt	24 - 26	NOVA-Regency	BB Times and below (except Friday Distance Session - no time standard restrictions)
November 2025			
Meet	Date	Location	Special Notes
14 & Under Middle Atlantic Age Group Showdown (MAAGS)	7 - 9	NOVA-Regency	4 swimmers from each single age group, per event , will be invited by the coaches to attend. Scored meet against other top Age Group Teams in the country!
NOVA Cranberry Contender	22 - 23	NOVA-Regency	Swimmers that swam a full list of events at MAGGS - choose 1 day only
December 2025			
Meet	Date	Location	Special Notes
12 & Under BB+ Holiday Champs	12 - 14	Hampton Aquaplex Hampton, VA	BB+ Events ONLY Full 3 Day Prelims/Finals Meet!
January 2026			
Meet	Date	Location	Special Notes
NOVA New Year's Kick Off	9 - 11	NOVA-Regency	BB Times and below Friday Distance Session 1 DAY ONLY if attending the <i>Team Travel meet</i>
GSA January Jumpstart 12 & under A+ Invite	16 - 19 Sat - Mon	Greensboro, NC	ALL AGDG Swimmers TEAM TRAVEL
February 2026			
Meet	Date	Location	Special Notes
9-12 yr old District Champs	13 - 15	NOVA-Regency	ALL AGDG Swimmers! Full 3 Day Prelims/Finals Meet (No AG Champs cuts events)
March 2026			
Meet	Date	Location	Special Notes
14 & Under Age Group State Championships	12 - 15	SwimRVA	ALL qualified AGDG Swimmers! Thursday Distance (500 Free) Fri-Sun Prelims/Finals
Short Course Send Off	21 - 22	NOVA-Regency	Last SC racing of the season!