

2009 WOW Long Course Meet Schedule

<i>Date</i>	<i>Meet Name</i>	<i>Location</i>	<i>Eligibility</i>
May 8-10	NSS Invitational	Charlotte, NC MCAC	2 "A" times
May 8-10	Goldsboro Invitational	Goldsboro, NC	BB/B/C
May 30	SSS Open Water Swim	Pinehurst, NC	Bronze and Above
June 12-14	WAVE Invitational	Cary, NC TAC/TBD	"A" and Above
June 26-28	GSA Eastern Invitational	Greensboro, NC Lindley Park	Open
July 10-12	MOR Long Course Qualifier	Cary, NC TAC	AG/Sr non-state champs cut events
July 17-19	NC 14 & Under Championships	Cary, NC TAC	Age Group Champs Cuts
July 17-19	Senior Sectionals	Knoxville, TN UT	Senior Sectional Cuts
Jan. 23-25	NC Senior Championships	Charlotte, NC MCAC	Open
Aug. 10-15	Speedo Junior Nationals	Federal Way, WA	Junior National "A" Standards

****The NCAC meet will not be open to all swimmers as originally anticipated. The schedule has been updated to include two meets the weekend of May 8-10.****