



2023 Long Course Schedule

All meets are tentative

Date	Event	Location	Attendance	Info	Deadline
April 28-30	Gold Y Invitation	Goldsboro, NC	All Swimmers	Signup & Info	Canceled
April 28-30	NCAC Spring Invitational	Chapel Hill, NC	13 & Over Only	Signup & Info	Results
May 19-21	ECA Beach Invitational	Morehead City, NC	All Swimmers	Signup & Info	Results
June 2-4	SRVA Open Invitational	Richmond, VA	All Swimmers	Signup & Info	May 21st
June 17th	ECA Fun in the Sun	Morehead City, NC	All Swimmers	Signup & Info	June 5th
June 17-25th	ECA Senior Training Trip	Chattanooga, TN	Selected Seniors	Signup & Info	TBD
June 24-25th	EAC Independence Invitational	Greensboro, NC	BB+ Times	Signup & Info	June 10th
June 27-July 1st	USA Swimming Nationals	Indianapolis, IN	Qualified	Email Casey	May 15th
July 9th	ECA July Intrasquad Qualifier	Greenville, NC	All Swimmers	Signup & Info	June 29th
July 13-16th	NCS 14&U State Champs	Cary, NC	Qualified	Signup & Info	July 9th
July 20-23rd	NCS Senior State Champs	Greensboro, NC	Qualified	Signup & Info	July 10th
July 26-29th	USA Futures Champs	Ocala, FL	Qualified	Signup & Info	July 10th
July 28-30th	NC Tar Heel States	Chapel Hill, NC	Non-JNats	Signup & Info	July 10th
July 31-August 4th	USA Swimming Juniors	Irvine, CA	Qualified	Signup & Info	July 10th

All highlighted in yellow have required times and/or age restrictions. Qualifying times can be found on each meet's info page.