



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	April 7th
April 28-30	NCAC QUAD	Chapel Hill, NC	State Qualifiers	Signup & Info	April 7th
May 13th	ECA Clinic - FR/BK	Greenville, NC	All Swimmers	Signup & Info	May 10th
May 19-21	ECA Beach Invitational	Morehead City, NC	All Swimmers	Signup & Info	May 2nd
June 2-4	SRVA Open Invitational	Richmond, NC	BB+ Times	Signup & Info	May 9th
June 10th	ECA Clinic - FL/BR	Greenville, NC	All Swimmers	Signup & Info	June 6th
June 17th	ECA Fun in the Sun	Morehead City, NC	All Swimmers	Signup & Info	June 1st
June 17-25th	ECA Senior Training Trip	Chattanooga, TN	Selected Seniors	Signup & Info	March 31st
June 24-25th	EAC Invitational	Greensboro, NC	BB+ Times	Signup & Info	June 3rd
June 27-July 1st	USA Swimming Nationals	Indianapolis, IN	Qualified	Signup & Info	May 15th
June 30th	ECA Clinic - Starts/Turns	Greenville, NC	All Swimmers	Signup & Info	June 23rd
July 8th	ECA Last Chance SCY	Greenville, NC	All Swimmers	Signup & Info	June 29t
July 13-16th	NCS 14&U State Champs	Cary, NC	Qualified	Signup & Info	July 8th
July 20-23rd	NCS Senior State Champs	Greensboro, NC	Qualified	Signup & Info	July 9th
July 26-29th	USA Futures Champs	Ocala, FL	Qualified	Signup & Info	July 9th
July 28-30th	NC Tar Heel States	Chapel Hill, NC	Non-JNats	Signup & Info	July 9th
July 31-August 4th	USA Swimming Juniors	Irvine, CA	Qualified	Signup & Info	July 9th

All highlighted in yellow have required times and/or age restrictions..