HAMILTON AQUATIC CLUB

2023 Long Course TARGET

MEET SCHEDULE



| Date | Days | Meet | Location | Time Standards | Notes |
| --- | --- | --- | --- | --- | --- |
| May 20 | Sat | Ray Stakes | Glocester County Institute of Tech (GCIT) | None |  |
| May 19 & 21 | Fri & Sun | PTAC Tiger Challenge | Princeton University | None |  |
| June 3, 4 | Sat, Sun | \*HACY Summer Solstice | Princeton University | None |  |
| June 10, 11 | Sat, Sun | XCEL Meet of Excellence | Princeton University |  |  |
| June 16? | Fri | ?RY Friday Night Distance Lights | NJ Aquatic Center |  |  |
| June 23,24,25 | Fri, Sat, Sun | EEX Summer Sizzle | Rutgers | Yes |  |
| July 8,9? | Sat, Sun | ? MAY Heat Wave | Princeton University | Silver |  |

**CHAMPIONSHIPS**

July 14, 15, 16 \*HACY NJ Swimming Silver/Bronze? Champs Princeton University

July 28,29,30 NJ Long Course Gold Championship Rutgers University

July 25-29 YMCA National Long Course Championship Greensboro Aquatic Center

Greensboro, NJ

August 3-6 Eastern Short Course Zone Championships Collegiate Aquatic Ctr –

Richmond, VA