

J&M Swim Meet Schedule 2022-2023

October 1-2, 2022, STAT Invite Jeff Rouse in Stafford

October 22-23, 2022, Autumn Kingfish Splash, The St. James (all age groups)

November 11-13, 2022, PVS November Open, Location TBA

November 20, 2022, NCAP Pilgrim Mini Meet, Dulles South (9&U only)

December 9-11, 2022, STAT Winter Invite, Jeff Rouse in Stafford, 9&over only, prelim/finals, no faster than times.

December 8-11, 2022, NCAP Invite, University of Maryland, qualifying times required, prelims/finals.

December 18, 2022, NCAP Candy Cane Mini Meet, Freedom Center, 9&under only, no JO or NCAP Invite times.

January 7-8, 2023, January Distance Meet, The St. James, coach approval only

January 21-22, 2023, PVS January Open, location TBA, 9&over

January 27-29, 2023, IMX, University of Maryland, by coach Paul Makin approval only and qualifying points

January 29, 2023, Polar Pentathlon, Dulles South, 9&under

February 17-19, 2023, NCAP Qualifier, WARF Warrenton

February 18-19 AAC Winter Gator Mini Meet, Long Branch in Arlington, 9&under

February 24-25, 2023, NCAP Mini Champs, Freedom Center, 9&under, no JO qualifying times for 9 year olds.

March 2-5, 2023, Junior and Senior Champs, University of Maryland, qualifying times required to enter.

March 9-12, 2023, PVS JO Champs, University of Maryland, qualifying times required to enter.

March 18-19, 2023, Makos Spring Fling, George Mason University, any swimmers that have not competed in March, including high school fitness.

March 22-25, 2023, NCSA Age Group Championships, Orlando Florida, qualifying times.

Long Course Season will be posted as meets open under Swim Meet tab at the bottom of the J&MSwim website.