



2023 MEET SCHEDULE AND IMPORTANT DATES

**NOTE: Dates and events are tentative and could be revised.
You will be notified of any changes**

Monday, April 3 rd	First Day of Practice! (Schedule will be emailed and posted on website in March)
Wednesday, April 12 th	Season Kick-Off Meeting (Details posted soon)
Thursday, April 20 th	What to Expect at a Swim Meet Meeting (Details posted soon)
Wednesday, May 3 rd	Stroke and Turn Training @ Rusch Park, 7801 Auburn Blvd, Citrus Heights @ 6:30pm
Sunday, May 7 th	Time Trials @ Elk Grove Aquatic Center 12-6pm
Monday, May 15 th	Deadline to register for NCSL.
Saturday, May 20 th	Dixon Dolphins @ Elk Grove Aquatic Center 12-6pm
Sunday, May 21 st	Rio del Oro Rapids Invitational 7am-1pm. (Invitationals are optional, parents must register and mail in the entries.) Please let Coach Brenda know if you are registered.
Thursday, June 1 st	Last day to sign up for the team
Thursday, June 1 st	Piranhas Swim-a-thon (details will be announced as we get closer).
Friday, June 2 nd	Team and Individual Pictures time TBD (no afternoon practice)
Sunday, June 4th CANCELLED	Glen Oaks Invitational 7am-1pm. (Invitationals are optional, parents must register and mail in the entries.) Please let Coach Brenda know if you are registered.
Saturday, June 10 th	*Glen Oaks Sea Lions @ Elk Grove Aquatics Center 6:30am-3pm
Saturday, June 17 th	Elk Grove @ Rollingwood Rockets @ Oakmont High School 6:30am-3pm
Saturday, June 24 th	*Johnson Ranch Barracudas @ Elk Grove Aquatics Center 6:30am-3pm
Saturday, July 8 th	*Elk Grove @ Rio del Oro Rapids @ Rio del Oro Racquet Club 6:30am-3pm
Saturday, July 15 th & Sunday, July 16 th	*Championships @ Elk Grove Aquatics Center - Everyone attends
Saturday, July 29 th & Sunday, July 30 th	Meet of Champions @ American River College (Must meet qualifying time standard or place in the top 10 at Championships).
Sunday, August 20 th	Awards Night Details announced soon

*Reference that this a Conference Meet. Please try to schedule vacations during non-conference meets.

Meet declaration--You will need to declare your swimmer as committed or declined for each meet by logging into your account and clicking on the meet by the Tuesday prior to the meet. Please do not leave them marked as undeclared. If needing to leave early or arrive late, please leave a message in the notes.

If you do not opt out of the meet, and your swimmer(s) are scratched from the meet, they may not be allowed to swim in the next meet! Note: This does not apply to swimmers who miss a meet due to sudden illness, family emergency, etc. and have contacted one of the coaches prior to the start of the meet.