

SEPTEMBER 2019						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
8/31-9/1 Friday-Sunday						Labor Day 9/2 Monday
9/13-9/15 Friday-Sunday	SCY AA+/- DART AA+/- Meet	DART- Davis	Arroyo Pool	Billy Doughty swimdavis@yahoo.com	\$4/Entry \$7 Splash	
9/15 Sunday Only	SCY BB +/- Fall Kick Off	STAS	Rio Del Oro Sports Club	Matthew Paige mwtpaige@gmail.com	\$4/Entry \$10 Splash	
9/15 Sunday Only	SCY AGO Hot Dog Meet	GOLD-Lodi	Tokay High School	John Griffin johnlodiaquatics@sbcglobal.net	\$4/Entry \$10 Splash	
9/20 Friday	SCY Dual Meet Blue & Gold Meet	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$9 Flat Fee	
9/20-9/21 Friday-Saturday	SCY Invitational Fall Plunge Invite	NSS	Bear River High School	Daryn Glasgow coachglasgow@gmail.com	\$4/Entry \$8 Splash	
9/20-9/22 Friday-Sunday	SCY AGO Beat the Freeze	TTST	Truckee Donner Community Pool	Cyrus Crews cboyum@gmail.com	\$4/Entry \$8 Splash	
9/21 Saturday Only	SCY Dual Meet SMST Black and Red	SMST	Folsom Aquatic Center	Rob Collins rcollins@sierramarlins.net	\$25 Flat Fee	
9/21 Saturday Only	SCY AGO SYS Fall Classic	Shasta YMCA	Shasta Family YMCA	Steve Lazaraton sdlsteve@gmail.com	\$4/Entry \$8 Splash	
9/27-9/29 Friday-Sunday	SCY AGO Season Opener	VACA	Walter Graham Aquatic Center	Matthew Rankin matthewrankin66@gmail.com	\$4/Entry \$12 Splash	
9/28 Saturday Only	Open Water AGO 2019 Open Water Championships	SMST	Beals Point (Folsom Lake)	Rob Collins rcollins@sierramarlins.net	5K \$40 3K \$35 1K \$25	
9/29 Sunday Only	LCM League Meet SuperLeague 1	SMST	Folsom Aquatic Center	Rob Collins rcollins@sierramarlins.net	\$20 Flat Fee	

OCTOBER 2019						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
10/4-10/6 Friday-Sunday	SCY BB +/- Spook-tacular	CCA	Roseville Aquatics Complex	Justin Brosseau coach.justin.cca@gmail.com	\$4/Entry \$10 Splash	
10/11-10/13 Friday-Sunday						
10/12 Saturday Only	SCY Dual Meet Golden Buoy Meet (NSS vs. EGAC)	NSS	Bear River High School	Daryn Glasgow coachglasgow@gmail.com	\$9 Flat Fee	
10/12-10/13 Saturday-Sunday	SCY Trials/Finals Meet Sac Regional 13&Older	AQUA	Cameron Park Community Services District Pool	Darin Mai coachdarin@aquasolswimteam.com	\$6/Entry \$8 Splash	No Time Standard
10/18-10/20 Friday-Sunday	SCY BB +/- Pete Fitch Memorial	STAS	Rio Del Oro Sports Club	Matthew Paige mwtpaige@gmail.com	\$4/Entry \$10 Splash	
10/19 Saturday Only	SCY Invitational Meet DART SuperLeague	DART- Davis	Schaal Aquatics Center (UC Davis)	Billy Doughty swimdavis@yahoo.com	\$9 Flat Fee	
10/19-10/20 Saturday-Sunday	SCY AGO Pumpkin Meet	GOLD-Lodi	Tokay High School	John Griffin johnlodiaquatics@sbcglobal.net	\$4/Entry \$10 Splash	
10/26-10/27 Saturday-Sunday	SCY Pentathlon Pirate Pentathlon	WOOD	Charles Brooks Community Swim Center	Chase Sheldon swimmer_sheldon@hotmail.com	\$4/Entry \$9 Splash	SNS Awards Banquet 10/27 Sunday The Falls Event Center; Roseville

NOVEMBER 2019						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
11/2 Saturday Only	SCY Trials/Finals RAD AGO T/F	RAD	Redding Aquatic Center	Mark Wagner reddingswimteam@yahoo.com	\$6/Entry \$11 Splash	No Time Standard
11/2-11/3 Saturday-Sunday	SCY JR+ Trials/Finals RAD JR+ T/F	RAD	Redding Aquatic Center	Mark Wagner reddingswimteam@yahoo.com	\$6/Entry \$11 Splash	
11/2-11/3 Saturday-Sunday	SCY Invitational Meet Fall Invite: Age Group	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$4/Entry \$14 Splash	
11/2-11/3 Saturday-Sunday	SCY Trials/Finals Meet Fall Invite: T/F	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$6/Entry \$14 Splash	
11/16-11/17 Saturday-Sunday	SCY Invitational Meet No Shave November	NSS	Bear River High School	Daryn Glasgow coachglasgow@gmail.com	\$4/Entry \$8 Splash	
11/22-11/24 Friday-Sunday	SCY AGO SMST Gobbler	SMST	Folsom Aquatic Center	Rob Collins rcollins@sierramarlins.net	\$4/Entry \$10 Splash	
11/29-12/1 Friday-Sunday						Thanksgiving Day 11/28 Thursday

DECEMBER 2019						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
12/6/-12/8 Friday-Sunday	SCY BB +/- Come in From the Cold	EGAC	Hoos Pool (Sacramento City College)	Nolan Rogers coachnolan@egacgators.com	\$4/Entry \$14 Splash	
12/13-12/15 Friday-Sunday	SCY Trials/Finals Meet DART Winter Invite	DART-Davis	Hoos Pool (Sacramento City College)	Billy Doughty swimdavis@yahoo.com	\$7/Entry \$12 Splash	
12/20-12/22 Friday-Sunday						
12/27-12/29 Friday-Sunday						Christmas Day 12/25 Wednesday

JANUARY 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
1/3-1/5 Friday-Sunday						New Year's Day 1/1 Wednesday
1/10-1/12 Friday-Sunday						
1/18-1/19 Saturday-Sunday	SCY JR+ Trials/Finals Meet DART Winter Splash	DART-Sac	American River College	Brian Nabeta coachbkn@comcast.net	\$8/Entry \$12 Splash	
1/18-1/19 Saturday-Sunday	SCY BB +/- Arctic Challenge	WOOD	Charles Brooks Community Swim Center	Chase Sheldon swimmer_sheldon@hotmail.com	\$4/Entry \$9 Splash	
1/24 Friday Only	SCY Dual Meet Distance Invite – Dual	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$4/Entry \$10 Splash	
1/24-1/26 Friday-Sunday	SCY BB +/- Bud Meyer Memorial	STAS	Rio Del Oro Sports Club	Matthew Paige mwtpaige@gmail.com	\$4/Entry \$10 Splash	
1/31-2/2 Friday-Sunday	SCY AGO SMST Winter Splash	SMST	Folsom Aquatic Center	Rob Collins rcollins@sierramarlins.net	\$4/Entry \$10 Splash	

FEBRUARY 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
2/8-2/9 Saturday-Sunday	SCY Trials/Finals Meet DART SuperLeague Championships-Invite	DART- Davis	Schaal Aquatics Center (UC Davis)	Billy Doughty swimdavis@yahoo.com	\$18 Flat Fee (\$9/Day)	
2/15-2/16 Saturday-Sunday	SCY AGO SYS February Meet	Shasta YMCA	Shasta Family YMCA	Steve Lazaraton sdlsteve@gmail.com	\$4/Entry \$8 Splash	
2/21-2/23 Friday-Sunday	SCY BB +/- SNS Last Chance Meet	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$4/Entry \$12 Splash	
2/28-3/1 Friday-Sunday						

MARCH 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
3/6-3/8 Friday-Sunday	SNS Short Course Championships	VACA	Walter Graham Aquatic Center	Matthew Rankin matthewrankin66@gmail.com	\$6/Entry \$14 Splash	
3/13-3/15 Friday-Sunday						
3/20-3/22 Friday-Sunday						SWAGR 3/19-3/22 Thursday-Sunday Fresno, CA
3/28-3/29 Saturday-Sunday	LCM AGO CCA Open	CCA	Roseville Aquatics Complex	Justin Brosseau coach.justin.cca@gmail.com	\$4/Entry \$8 Splash	

APRIL 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
4/3-4/5 Friday-Sunday						SC Far Western 4/2-4/5 Thursday-Sunday Pleasanton, CA
4/10-4/12 Friday-Sunday						Easter 4/12 Sunday
4/17-4/19 Friday-Sunday	LCM BB +/- EGAC Summer Opening	EGAC	Elk Grove Aquatics Center	Nolan Rogers coachnolan@egacgators.com	\$4/Entry \$10 Splash	
4/19 Sunday Only	SCY AGO Hot Dog Meet	GOLD-Lodi	Tokay High School	John Griffin johnlodiaquatics@sbcglobal.net	\$4/Entry \$10 Splash	No Awards
4/24-4/26 Friday-Sunday	LCM AGO SMST Spring Splash	SMST	Folsom Aquatic Center	Rob Collins rcollins@sierramarlins.net	\$4/Entry \$10 Splash	

MAY 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
5/2 Saturday Only	SCY CBA +/- Meet	GOLD- Oakdale	Oakdale High School	Ron Thompson ronald91thompson@gmail.com	\$4/Entry \$7 Splash	
5/2-5/3 Saturday-Sunday	SCY "AA" Meet DART AA Spring Meet	DART- Davis	Arroyo Pool	Billy Doughty swimdavis@yahoo.com	\$4/Entry \$7 Splash	
5/9 Saturday Only	LCM BB +/- Woodland Distance Meet	WOOD	Charles Brooks Community Swim Center	Chase Sheldon swimmer_sheldon@hotmail.com	\$4/Entry \$9 Splash	CIF SAC-San Joaquin Sections 5/7-5/9 Thursday-Saturday Tokay High School, Lodi, CA
5/9-5/10 Saturday-Sunday	LCM AGO SYS Spring Classic	Shasta YMCA	Shasta Family YMCA	Steve Lazaraton sdlsteve@gmail.com	\$4/Entry \$10 Splash	
5/10 Sunday Only	SCY/LCM Post HS Shave & Taper Meet 13 & Older	DART- Davis	Schaal Aquatics Center (UC Davis)	Billy Doughty swimdavis@yahoo.com	\$8/Entry \$12 Splash	Mother's Day 5/10 Sunday
5/15-5/17 Friday-Sunday	LCM BB +/- Woodland Spring Classic	WOOD	Charles Brooks Community Swim Center	Chase Sheldon swimmer_sheldon@hotmail.com	\$4/Entry \$9 Splash	CIF State 5/15-5/16 Friday-Saturday Clovis West Aquatic Complex
5/22-5/24 Friday-Sunday						Memorial Day 5/25 Monday
5/30 Saturday Only	SCY Invitational DART Sac Summer Invite	DART-Sac	American River College	Brian Nabeta coachbkn@comcast.net	\$28 Flat Fee	

JUNE 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
6/4-6/7 Thursday-Friday	LCM SR+ Trials/Finals Meet Summer Sanders Sr+	CCA	Roseville Aquatics Complex	Justin Brosseau coach.justin.cca@gmail.com	\$6/Entry \$14 Splash	
6/12-6/14 Friday-Sunday						
6/19-6/21 Friday-Sunday	LCM JR+ Trials/Finals Meet Summer Shoot Out	EGAC	Elk Grove Aquatics Center	Nolan Rogers coachnolan@egacgators.com	\$4/Entry \$14 Splash	Father's Day 6/21 Sunday
6/19-6/21 Friday-Sunday	LCM BB +/- Meet Mel Enze Meet	GOLD-Lodi	Tokay High School	John Griffin johnlodiaquatics@sbcglobal.net	\$4/Entry \$10 Splash	U.S. Olympic Team Trials 6/21-6/28 Sunday-Sunday Omaha, NE
6/19-6/21 Friday-Sunday	LCM Trials/Finals Meet RAD Trials & Finals	RAD	Redding Aquatic Center	Mark Wagner reddingswimteam@yahoo.com	\$6/Entry \$11 Splash	
6/26-6/28 Friday-Sunday	LCM Invitational Meet SASO LC Invite Meet	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$4/Entry \$14 Splash	
6/26-6/28 Friday-Sunday	LCM BB +/- Last Chance Qualifier	WOOD	Charles Brooks Community Swim Center	Chase Sheldon swimmer_sheldon@hotmail.com	\$4/Entry \$9 Splash	

JULY 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
7/3-7/5 Friday-Sunday						Independence Day 7/4 Saturday
7/9-7/12 Thursday-Sunday	"The Bill Rose Classic" (SNS Long Course Championships)	EGAC	Elk Grove Aquatics Center	Nolan Rogers coachnolan@egacgators.com	\$6/Entry \$14 Splash	
7/17-7/18 Friday-Saturday	SCY AGO Prospector's Plunge	AQUA	Union Mine High School	Darin Mai coachdarin@aquasolswimteam.com	\$4/Entry \$8 Splash	
7/23-7/26 Thursday-Sunday	LCM JR+ Trials/Finals Meet West Coast Championships	EGAC	Elk Grove Aquatics Center	Nolan Rogers coachnolan@egacgators.com	\$6/Entry \$14 Splash	LC Far Western 7/23-7/26 Thursday-Sunday Concord, CA
7/24 Friday Only	SCY Dual Meet Blue/Gold End of Summer	SASO	Solano Community College	Ricky Silva RickyS@sasoswimming.org	\$5.50/Entry \$12 Splash	
7/31-8/2 Friday-Sunday	SCY Invitational Meet NVAL Championships	RAD	Redding Aquatic Center	Mark Wagner reddingswimteam@yahoo.com	\$4/Entry \$11 Splash	

AUGUST 2020						
DATE	COURSE	HOST	LOCATION	HEAD COACH	FEES	NOTES
8/1-8/2 Saturday-Sunday						WZAG Championships 8/5-8/8 Wednesday-Saturday Gresham, OR
8/7-8/9 Friday-Sunday						
8/14-8/16 Friday-Sunday						
8/22 Saturday Only	SCY CBA +/- Back To School Meet	GOLD- Oakdale	Oakdale High School	Ron Thompson ronald91thompson@gmail.com	\$4/Entry \$8 Splash	
8/28-8/30 Friday-Sunday						