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| **Meet** | **Location** | **Date** | **Host** | **Qualifying times?** | **NTG** | **Senior** | **Adv. Pre-Senior; Pre-Senior** | **Adv. Junior & Junior** |
| Great Pumpkin Splash | JRSSC\* | Oct. 13-14 | RAYS |  | X | X | X | X |
| Fall Aqua-Fest | GMU-FC\*\* | Nov. 3-4 | PWSC |  | x | x | x | x |
| Senior Circuit #2 | GMU-FC\*\* | Nov. 17-18 | OCCS |  | x | x |  |  |
| 8 & Under Mini Meet | GMU-FC\*\* | Nov. 17 | OCCS |  |  |  |  | 8 & Unders only |
| Winter Invite | JRSSC | Nov.30-Dec. 2 | STAT |  | x | x | x | x |
| Holiday Invitational | CAC# | Dec. 6-9 | HOKI |  | x | x | x | x |
| January Invite | JRSSC | Jan. 12-13 | RAYS |  | x | x | x | x |
| January Invite | WARF\*\*\* | Jan. 19-20 | VSTP |  | x | x | x | x |
| IMXtreme Games | UMD^ | Jan. 25-27 | PM | yes |  |  | Qualifiers | Qualifiers |
| Districts | PWAC% | Feb. 15-17 | PWSC |  |  |  | 12 & Unders | x |
| Regionals | JRSSC\* | Feb. 22-24 | RAYS |  | x | x | 13 & Overs |  |
| Senior Champs | JRSSC | Feb.28-Mar.3 | PSDN | yes | Qualifiers | Qualifiers |  |  |
| Age Group Champs | CAC# | Mar. 7-10 | HOKI | yes |  |  | Qualifiers | Qualifiers |
| Junior National Cup | Lynchburg, VA | Mar. 19-23 | ISCA | yes | Qualifiers | Qualifiers |  |  |
| Age Group Champs | Orlando, FL | Mar. 27-30 | NCSA | Yes |  |  | Qualifiers | Qualifiers |
| Sectionals  |  |  | VSI | Yes | Qualifiers | Qualifiers |  |  |
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\*JRSSC: Jeff Rouse Swim and Sports Complex (Stafford)

\*\*GMU-FC: George Mason University – Freedom Center (Manassas)

\*\*\*WARF: Warrenton Aquatic and Fitness Center, Warrenton

#CAC: Christiansburg Aquatic Center – Blacksburg

^UMD – University of Maryland, College Park

^^CSAC – Collegiate School Aquatic Center (Richmond)

%PWAC – Prince William County Aquatic Center (Colgan HS)

Explanation/Objective

RAYS Meet at Jeff Rouse Swim and Sport Complex: This will be the kick-off to our short course competitive season and should be attended by all swimmers in all groups; while the novice swimmers won't have mastery of all strokes, there should be some events in which they can compete

Fall Aqua-Fest hosted by Amberjax: This is one of two meets that the Amberjax hosts throughout the year and is considered an "all hands on deck" affair for parents and swimmers; the meet represents our primary fund-raising event; swimmers are strongly encouraged to participate and parents are expected to volunteer to work

Senior Circuit #2: This is a meet without qualifying times or age group designations intended only for senior-level/high school age swimmers; swimmers in Senior Groups, especially Senior I and NTG, are expected to attend

8 & Under Mini Meet: Only open to swimmers who are 8 & Under, held on Saturday afternoon, this meet is a great opportunity for our beginning-competitive swimmers to compete. There are fewer “scary, bigger, older” swimmers around, and the session runs very quickly (1.5-2 hours).

Winterr Invite: This meet should be attended by any/all swimmers who do not attend the HOKI Holiday Invitational. Prelims/finals for 11 and Over; timed finals for 10 & Under

Holiday Invitational hosted by HOKI: A highly competitive meet held in Blacksburg, VA. Prelims/finals for 11 and Older; timed finals for 10 and Under

January Invite (RAYS and VSTP): Open to all age groups; no qualifying times; timed finals; considered the last "regular season" meet on the short course schedule.

IM Xtreme Games: Open to 14 & Under swimmers who have attained an IMX score of 1800. This is an extremely competitive meet held at the University of Maryland and includes swimmers from all over the east coast.

**Short Course Championship Meets - Please consider attending the championship meet that is appropriate for your swimmer; think of the championship meet as the "end of the year exam" that all of your swimmer's hard work is targeted for; we would like to have the strongest team showings possible at each of the following meets and hope that each swimmer is swimming their fastest times at the end of the season**

Districts: Exclusively a 12 & Under meet; prelims/finals; should be considered the end-of-the-year, championship meet for swimmers without Age Group Championship qualifying times

Regionals: Exclusively a 13 & Over meet; prelims/finals meet that runs all day Friday through Sunday; should be considered the end-of-the-season, championship meet for swimmers without Senior or Age Group Championship qualifying times

Senior Champs: Prelims/finals meet which begins Thurs afternoon and runs all day Friday through Sunday; qualifying times; intended for Senior-level swimmers; no age groups; essentially the state championship meet for Senior-level swimmers

Age Group Champs: Prelims/finals meet which begins on Thursday afternoon and runs all day Friday through Sunday; qualifying times with age groups, 14 and Under only; the state championship meet for age group swimmers

ISCA Junior National Cup: National-level meet with qualifying times slightly faster than Sectionals; no age groups; prelims/finals Tues-Sat.

NCSA Age Group Champs: National-level meet for 14 & Unders, prelims/finals on Tuesday-Friday; qualifying times are AAA for 10, 12, and 14 year olds and AA for 9, 11 and 13 year olds.

Sectionals: Prelims/finals meet with qualifying times slightly faster than Senior Champs; considered a "regional championship" with swimmers from the eastern quarter of the country; no age groups