



## 2022 - 2023 Short Course Meet Schedule

Date	Meet Name	Location	White	Blue	Bronze	Silver 2	Silver 1	Gold 2	Gold 1	Senior
9/24 - 9/25	ISCA Eastern Open Water Meet	Smith Mountain Lake, VA			X	X	X	X	X	X
10/1 - 10/2	STAT Fall Sprints	Jeff Rouse Swim and Sport Center, Stafford	X	X	X	X	X	X	X	X
10/12	WST Intraquad Meet	Jim Barnett Park - 400 Free			X	X	X	X	X	X
10/15 - 10/16	RAYS Pumpkin Splash	Jeff Rouse Swim and Sport Center, Stafford	X	X	X	X	X	X	X	X
10/22 - 10/23	Fox Fall Invitational 1	Claude Moore Park, Sterling	X	X	X	X	X	X	X	X
10/28	WST Intraquad Meet	Jim Barnett Park	X	X	X	X	X	X	X	X
10/29	2 FOR 2 FOUNDATION EVENT	Frederick County Fairground	X	X	X	X	X	X	X	X
11/5 - 11/6	Fox Fall Invitational 2	Claude Moore Park, Sterling	12 & under only							
11/5 - 11/6	Mercersburg Invitational	Mercersburg, PA	13 & over only							
11/12 - 11/13	PWSC Fall Aqua Fest	Jeff Rouse Swim and Sport Center, Stafford	X	X	X	X	X	X	X	X
11/18 - 11/20	Keystone Aquatics Invitational	Keystone Aquatic Center, Carlisle, PA	9 and over							
12/1 - 12/4	RAYS Nutcracker Classic P/F	Jeff Rouse Swim and Sport Center, Stafford	X	X	X	X	X	X	X	X
12/7 - 12/10	Speedo Winter Junior Nationals	Greensboro, NC	Require Qualifying Times							
1/7 - 1/8	RAYS January Invite	Jeff Rouse Swim and Sport Center, Stafford	X	X	X	X	X	X	X	X
1/21 - 1/22	Hanover Duck Bowl	Jeff Rouse Swim and Sport Center, Stafford	X	X	X	X	X	X	X	X
1/27 - 1/29	USA Swimming IMX Challenge	University of Maryland, College Park	Min. 1800 IMX Score qualifier							
2/17 - 2/19	Northern District Champs	Jeff Rouse Swim and Sport Center, Stafford	12 and under							
2/24 - 2/26	Northern District Champs	Jeff Rouse Swim and Sport Center, Stafford	13 and over							
3/2 - 3/5	Senior Championships	Collegiate School Aquatics Center, Richmond	Require Qualifying Times							
3/9 - 3/12	SC Age Group Championships	Hampton Aquaplex, Hampton	Require Qualifying Times							
3/14 - 3/18	NCSA Spring Championships	Rosen Aquatic and Fitness Center	Require Qualifying Times							
4/5 - 4/8	ISCA East Elite Showcase Classic	North Shore Aquatic Center, St. Petersburg, FL	Require Qualifying Times							