



JANUARY NOTE TO HS BOYS

From the results we have seen so far it looks like everyone is having a successful HS Swim season so far! We are all very excited to follow along with the championship meet results over the next month and even more excited to see everyone when they return to club swimming with BAC!

This email is going to all HS boy BAC swimmers that were active with us this fall. We wanted to send a reminder that YOUR FALL FEES INCLUDE TIME AFTER YOUR WIAA SEASON through whatever SCY season-ending USAS meets make sense for you! This email will detail what meets are options and how/when you can qualify for these meets.

One important note - if you haven't already, you NEED to complete your swimmers USA Swimming 2023 registration before you return to practice with BAC. If you do not complete this you are not eligible to swim in USA Swimming meets and you will not be able to participate in practices! If you need any help with this please reach out to Chris.

REGIONAL CHAMPIONSHIPS @ Verona 2/17 - 2/19

This meet is a great meet to attend for boys who do not qualify for the WIAA State Championships. It's a great chance to swim some events that are not offered during the high school season, and it the 'last chance meet' to achieve USA Swimming State cuts! If you ARE competing at WIAA State you can also attend this meet - make sure to connect with your group coach to figure out what makes the most sense for you.

SENIOR STATE CHAMPIONSHIPS @ Schroeder 2/23 - 2/25

There is a new format for our LSC Championships this year and we are very excited about this meet for the boys! It's now a week earlier than the old 13&O State meet, so it will make continuing your HS taper much easier and we are excited to see some very fast swimming at this meet! [Time standards](#) for this meet will be attached to this email. You can qualify for this meet with ANY TIME MEETING THE TIME STANDARD FROM YOUR HS SEASON THAT YOU HAVE A COPY OF A RESULT FOR. This obviously includes your 'taper meets' but also any random dual or invite so long as you get us a copy of the results. This meet also offers 50s of stroke, and the 100 IM - lots of fun racing opportunities – we would love to have every qualifier attend!! Make sure to connect with your group coach if you have qualified at a HS meet.

11 - 14 STATE CHAMPIONSHIPS @ Recplex 3/03 - 3/05

Also a new format for our LSC this year - same as the Senior meet if you are still 14 you CAN qualify with any time you can produce a result for! If you are 14 and qualified this will be an awesome meet to swim at!

SPEEDO SECTIONALS @ West Fargo ND 3/09 - 3/12

Another option for a season-ending meet with [time standards](#) between State and NCSAs. Based on conversations this fall there was not a lot of interest in this meet, but if you're interested be sure to connect with Chris!

NCSA JUNIOR NATIONALS @ Orlando 3/14-3/18

If you are qualified for this meet watch for info emails coming from Chris soon - you can only qualify for this meet at WIAA Sectionals or State (and of course any USAS meets after the HS Season)

If you have questions about any of these meets make sure to reach out to your BAC group coach! We can't wait to see the results from the end of your HS Swim season! **GO BAC!**