

\*All dates and Meets are Subject to Change.\*

\*Updated 8/26/2025

Dates	Meet Host	Meet Location	Eligibility	
AUGUST				
August 25	First Day of Practice for SENIOR BLUE for the 2025-2026 Season!			
SEPTEMBER				
September 2	First Day of Practice for Senior Orange, Senior Sprint, Age Group, ALL Novice and Homeschool Groups for the 2025-2026 Season! **DRYLAND for ALL Senior Groups begin this week.**			
September 13	Welcome Back Party	Harpers Mill Clubhouse	All Swimmers & Families	
September 19-20	Quest Intrasquad	Deer Run	ALL Swimmers	
September 20	Kings Dominion FUN Day	Kings Dominion	ALL Swimmers & Families	
September 27-28	Hanover Happy	Jeff Rouse Swim & Sport Center (JRSSC) Stafford	ALL Swimmers	
Week of September 29th	Novice, Age Group and Homeschool Swimmers start DRYLAND this week. See Practice Schedule for days & times for each group.			
OCTOBER				
October 11-12	WAC	CSAC	All Swimmers	
October 24-26	NOVA	NOVA-Regency	All Swimmers	
NOVEMBER				
November 7-9	Commonwealth Cup	CSAC	13 & Overs with Qualifying Times Prelims/Finals	
November 15-16	WAC	CSAC	All Swimmers	
DECEMBER				
December 4-7	RAYS	Jeff Rouse Swim & Sport Center (JRSSC) Stafford	ALL Ages - BB+ Swimmers *Only able to compete in events in which BB+ time achieved.	
December 5-7	NOVA	NOVA	ALL Ages - B/C Swimmers	
December 11-14	USA Swimming Speedo Winter Junior Nationals	Indiana University	Athletes with Qualifying Times	

December 20-26	CHRISTMAS BREAK - NO Practices!			
JANUARY				
January 10	Quest Intrasquad	Deer Run	ALL Swimmers	
January 17-19	NOVA LC Invitational	NOVA	13 & Overs with Meet Qualifying Times Prelims/Finals	
January 24-25	WAC	CSAC	All Swimmers	
FEBRUARY				
February 7-8	8 & Under District Championships	NOVA	All 8 & Under Swimmers <b>Team Scored</b>	
February 13-15	9-12 YR Old Districts Championships	NOVA	All 9-12 YR Olds <b>Team Scored</b>	
February 27-March 1	13 & Over Regional Championships	NOVA	All 13 & Overs <b>Team Scored</b>	
MARCH				
March 5-8	VA Swimming Senior Championships	CSAC	15 & Overs with VSI Senior Championships Qualifying Times	
March 12-15	VA Swimming Age Group Championships	CSAC	All 14 & Unders with VSI Age Group Championships Qualifying Times	
March 21	Quest Intrasquad	Deer Run	ALL Swimmers	
March 24-28	ISCA Senior Cup	St. Petersburg, FL	15 & Over Qualifiers w/ 80% Practice Attendance	
APRIL				
March 28-April 5	SPRING BREAK - NO Practices!!			
April 1-4	ISCA Elite Showcase Classic	St. Petersburg, FL	14 & Under Qualifiers w/80% Practice Attendance	