

2025-2026 STAR Calendar

(Tentative – Watch for Meet Updates & Additions)

9/2 – First Day of Practice for 2025-2026 Season

9/20-21 – STAR Hosted Triad Tune Up Meet – GAC (Open to all Swimmers)

10/3 – STAR Friday Night Races – GAC (Open to USA Swimming Registered Swimmers)

10/4-5 – NC Swimming Fall House of Delegates

10/17-19 – EAC Autumn Invite – GAC (Open to USA Swimming Registered Swimmers)

10/24-26– BAC Halloween Bash – Dinah Gore Aquatic Center, Bolivia, NC (Open to USA Swimming Registered Swimmers)

11/1 – STAR Hosted Off the Wall Races – GAC (Open to USA Swimming Registered Swimmers)

11/15-16 – SGSA John Dewey Invitational – GAC (Open to USA Swimming Registered Swimmers)

11/14-16 – Senior Travel Meet – Rock Hill, SC

11/22 – STAR Intrasquad – Wesleyan (All Swimmers)

11/26-28 – Thanksgiving Holiday (AM Practice option 11/28)

12/12-14 – STAR Hosted Triad Tropic Meet @ GAC (Open to USA Swimming Registered Swimmers – Mid Season Focus Meet)

12/24-26 – Christmas Holiday – No Practice

1/1 – New Year's Day – No Practice - Happy New Year!

1/9 – STAR Friday Night Races (Open to USA Swimming Registered Swimmers)

1/10-11 – CAT Frozen Frenzy @ Hillsborough (Open to USA Swimming Registered Swimmers)

1/19 – No or revised Practice - Martin Luther King Holiday

2/14-15 – CAT Valentine Invite, Hillsborough, NC (Open to USA Swimming Registered Swimmers)

2/19-22 – NCS Senior Champs (TAC)

2/26 - 3/1– NCS 14 & Under Champs (TAC)

3/12-15 – Senior Sectionals (TBD)

3/19 - 22 - Age Group Sectionals (TBD)

3/20-22 – STAR Hosted Tarheel States @ GAC

3/29 - 4/5 – STAR Spring Break (Guilford County Schools)

4/TBD – STAR Short Course AAU Meet (All Swimmers)

5/1 – STAR Season Celebration & Senior Recognition

5/25 - Memorial Day - No Practice