



South Louisiana Swim Team

Competition Team Short Course 2025-2026

Meet/Events calendar

August 12th-March 16th

- **Meet requirement:** Refer to Handbook
- Mid year break will be different this year. Non-post state qualifiers will have limited optional practices March 2nd -5th
- March 9th-21st we will waive our practice requirement and reduce practice offerings

DATE	EVENT	WHO	WHERE
August 13th 2025	First day of practice 2025-2026 swim year	All training groups as scheduled	Metairie, La
September 7th	Parent meeting via Zoom. Rec team 2pm; Comp team: 4pm	All team members	Online
September 12th	AAU Kick off meet	Fall Rec swimmers Prep and Littlewaves optional	CC Christian
September 20th	Crawfish Aquatics-Lafayette one day	All Comp team, Rec 3-5 *must do 50s	Lafayette, La
September 24th-27th 28th	USA Swimming Convention	Coach Kier	online/ Denver, CO
October 4th and 5th	Vance Rose Invitational	All Competition team.	Mobile, La
November 15th and 16th	Nuwave November	All Comp team	New Orleans, La
November 19th-22nd	High School State	Non-SLST function	Sulphur, La
December 10th-13th	Winter Juniors	Qualifiers	Westmont, Ill
December 5th-7th	TAQ-13 and over prelim final; 12 u timed final	All Comp team	Baton Rouge, LA
January 3rd, 2025	CCSC One day Winter	All Ages Comp, rec optional	Metairie, La
January 30th-Feb 1st	Crawfish Winter *Last chance	All Comp team	Baton Rouge, La
February 19th-22nd	Senior State Championships	All Qualifiers	Sulphur, La
February 26th-March 1	Age Group State Champs	All Qualifiers	Baton Rouge, La
March 5th -8th	Speedo Sectionals	All qualifiers	Justyn, TX
March 6th-8th	Best of the South	All 14 and under qualifiers	Atlanta-La
March 14th	Cola B/ 8U	Non State qualifiers + Rec team	Lafayette, La
		s	