



2025 Long Course Swim Meet Schedule

All meets are tentative

Date	Event	Location	Attendance	Info	Deadline
May 4th	Gold Invite	Goldsboro, NC	All Swimmers	Signup & Info	April 22nd
May 16-18th	ECA Beach Invitational	Morehead City, NC	All Swimmers	Signup & Info	May 5th
May 31st	2025 NC Open Water Championships	Seven Springs, NC	500 Time<8:30 or 30 minute continuous swim	Signup & Info	May 15th
June 6-8	Star Invitational	Greensboro, NC	All Swimmers	Signup & Info	May 25th
June 26-29th	EAC Independence Invitational	Greensboro, NC	All Swimmers	Signup & Info	June 13th
July 10-13th	NC State Senior Champs	Cary, NC	Qualified	Signup & Info	June 30th
July 17-20th	NCS 14 & Under Champs	Greensboro, NC	Qualified	Signup & Info	June 30th
July 25-27th	NCAC Tar Heel States	Chapel Hill, NC	All Swimmers	Signup & Info	June 30th
July 23-26th	USAS Futures	Greensboro, NC	Qualified	Signup & Info	Closed

All highlighted in yellow have required times and/or age restrictions.