



2024 Quest Long Course Meet Schedule

TENTATIVE Meet Schedule Subject to Change.

Effective February 6, 2024

Dates	Meet Host	Meet Location	Eligibility
APRIL			
March 29-April 7	SPRING BREAK - NO PRACTICES		
April 3-6	ISCA Elite Showcase Classic	St. Petersburg, FL	14 & Under Qualified Athletes w/ 80% practice attendance
April 10-13	TYR Pro Swim Series	San Antonio, TX	Qualified Athletes
MAY			
May 2-5	USA Swimming 18 & Under Spring Cup	Fort Lauderdale, FL	Qualified Athletes & Head Coach Selected
May 4- 5	BASS Jim Frye Memorial Invitation	CSAC	All Swimmers
May 16-19	Speedo Super Sectionals	CSAC	Senior Athletes with Qualifying Times Prelims/Finals
May 17-19	NOVA South	NOVA - Regency Pool	All Swimmers
JUNE			
May 31-June 2	TIDE Invitational	Princess Anne Family YMCA (PAFY) Virginia Beach TEAM TRAVEL	13 & Over Athletes with VSI AG Champs & Senior Champs Qualifying Times <i>Prelims/Finals</i>
June 14-16	SwimRVA Summer Invitational	CSAC	All Swimmers Team Scored
June 15-23	USA Swimming Olympic Trials	Indianapolis, IN	Qualified Athletes
June 28-30	NOVA	NOVA - Regency Pool	All Swimmers Not Qualified for VSI AG Champs or Senior Champs <i>Prelims/Finals</i>

JULY			
July 18-21	VA Swimming Senior Championships	Hampton Aquaplex Hampton	15 & Overs with VSI Senior Championships Qualifying Times <i>Prelims/Finals</i>
July 24-27	USA Swimming Futures Championships	CSAC	Senior Athletes w/Qualifying Times <i>Prelims/Finals</i>
July 25-28	VA Swimming Age Group Championships	Christiansburg Aquatic Center (CAC) Blacksburg	All 14 & Unders with VSI Age Group Championships Qualifying Times <i>Prelims/Finals</i>
AUGUST			
August 1-4	Eastern Zone Senior Championships	Erie Community College Buffalo, NY	Optional for 15 & Over Athletes meeting VSI requirements
August 7-10	Eastern Zone Age Group Championships	Hampton Aquaplex Hampton	Optional for 14 & Under Athletes meeting VSI requirements