



2024 Long Course Meet Schedule

Date	Meet	Eligibility	Meet Format	Location	Entry Deadline
May 17-19	MAKO Spring Fling	Coach will determine readiness for long course competition	Timed Finals	Keystone Aquatic Center 103 Midway Dr., Carlisle PA 17015	4/7/24
June 8-9	FISH LC Invitational	Coach will determine readiness for long course competition	Timed Finals	The St James: Sports Complex 6508 Industrial Rd, Springfield, VA 22151	4/7/24
July 5-7	NBAC Mid-Summer Classic	<ul style="list-style-type: none"> • Qualifying Times Apply • Long Course BB Times & Faster • Bonus Events 	Thurs: Timed Finals Fri-Sun: Prelims & Finals Sessions	St. Mary's College of Maryland Aquatic Center 18952 E. Fisher Rd, St. Mary's City, MD 20686	4/7/24
July 31-Aug 3	MD Long Course Championships	Qualifying Times	Day 1: Timed Finals Day 2-4: Prelims & Finals Sessions	St. Mary's College of Maryland Aquatic Center 18952 E. Fisher Rd, St. Mary's City, MD 20686	TBD

- The schedule subject to change. Refer to [website](#) for most current entry deadlines & meet details.
- Long Course competitions take place in a 50-meter pool, which is why a coach approving readiness for our youngest Hammerheads is so important.
- Time standards may apply. Refer to [USA Swimming Motivational Times](#) and [MD LSC State Qualifying Times](#)
- Sign up on website by entry deadline & check meet notice for details.
- Reach out to Coach Tosh if you are unsure of meet eligibility.
- Refer to Meet Notices for entry fees, fees are non-refundable should you decide not to participate after entries are submitted



www.opsthammerheads.org