

SVSL Meet Schedule 2023

Individual Events: 7-8 year olds: 25 free (short free), 25 breast, 25 fly, 25 back, 50 free (long free) & 100 Individual Medley (IM), 6 and unders: same as 7-8 but no IM, 9-10 have the choice of 25 or 50 of strokes, 50 and 100 free and IM and 11 and older: 50 free (short free), 50 breast, 50 back, 50 fly, 100 free (long free) and 100 Individual Medley (IM)

Relay Events: 9 and older 200 free/medley, 8 and under 100 free/medley. Team can swim as many as they like but only one will score. At each regular season meet, age groups for relays will be 8 & under, 9-10, 11-12 and 13&up. Relays are mixed with girls and boys (3 girls and 1 boy or 2 girls and 2 boys)

Week & Date	Location 1	Location 2	Location 3
Week 1- June 8 (Thursday) Events: Short free/back and free relay	@SSC SSC, BCC, Piedmont Warm Ups: 5 PM Meet Start: 6PM Meet boxes stay at SSC	@BAC BAC, Giles, HWSC Warm Ups: 5 PM Meet Start: 6PM Meet boxes- BAC take to BCC	@RWSC RWSC, PVSC Warm Ups: 5 PM Meet Start: 6PM Meet Boxes stay
Week 2-	No Meet this week due to lack of pool availability		
Week 3- June 22 (Thursday) Events: Short free, breast, IM and medley relay	@SSC SSC, Piedmont, HWSC Warm Ups: 5 PM Meet Start: 6PM Meet boxes HWSC take to BAC	@BCC BCC, PVSC, BAC Warm Ups: 5 PM Meet Start: 6PM Meet boxes stay	@RWSC RWSC & Giles Warm Ups: 5 PM Meet Start: 6PM Meet boxes- Giles take
Week 4- June 29 (Thursday) Events: Back, fly, long free, free relay	@BAC BAC, HWSC Warm Ups: 5 PM Meet Start: 6PM Meet boxes BAC take to SSC	@BCC BCC, SSC, RWSC Warm Ups: 5 PM Meet Start: 6PM Meet boxes stay	@Giles Giles, Pine Valley, Piedmont Warm Ups: 5 PM Meet Start: 6PM Meet boxes- Piedmont take to RWSC
Week 5-July 6 (Thursday) Events: Short free, breast, IM and medley relay	@SSC SSC, BAC, Pine Valley Warm Ups: 5 PM Meet Start: 6PM Meet boxes-SSC take to Giles	@BCC BCC,Giles Warm Ups: 5 PM Meet Start: 6PM Meet boxes-BCC take to HWSC	@RWSC HWSC & Piedmont Warm Ups: 5 PM Meet Start: 6PM
Week 6- July 11 (Tuesday) Events: Back, fly, long free, free relay	@CAC BAC & RWSC, Piedmont Warm Ups: 5 PM Meet Start: 6PM Meet boxes stay at CAC	@HWSC HWSC, BCC, Pine Valley Warm Ups: 5 PM Meet Start: 6PM Meet boxes-PVSC bring to CAC	@Giles Giles, SSC Warm Ups: 5 PM Meet Start: 6PM Meet boxes-RWSC to CAC Meet boxes- SSC bring to CAC
<u>Championship Meet July 18(Tuesday) at Christiansburg Aquatic Center</u>			
<u>More info coming soon 😊</u>			