



Raleigh Swimming Association

www.swimrsa.org

2023-2024 Calendar

Date	Event	Location	Attendance	Info
9/30/23	Sonner Spruce Up Dues Reduction Event	Sonner 10:00am-2:00pm	Parent Volunteers	Event Signup
10/07/23	RSA Back to the Races Mock Meet	Sonner 11:00am to 1:00pm	Minnow, Seahorse and SeaStar Practice Groups; Coach Approval Required for Seahorse and Tarpon	Coach Email and Meet Signup
10/07/23-10/08/23	Rock the Block Meet	Smithfield Recreation and Aquatics Center 600 M Durwood Stephenson Parkway Smithfield, NC	All Practice Groups Except Minnow, Seahorse, SeaStar and Tarpon	Meet Signup
10/14/23	Nutrition Presentation with Diana Nguyen	Sonner Gym 11:00am-12:00pm	Bass, Blackfin 1, Blackfin 2, Cobia, PreSenior, Redtail, Senior Gold, Senior Onyx, and Senior Silver Athletes	Coach Email
10/14/23	Nutrition Presentation with Diana Nguyen	Sonner Gym 12:00pm-1:00pm	Barracuda, Bluegill, Bowfin, Dolphin, Jack 1, Jack 2, Mackerel, Mako, and Wahoo Athletes	Coach Email

10/21/23-10/22/23	CAT Trick or Treat Invite Meet	Orange County SportsPlex 101 Meadowlands Drive Hillsborough, NC 27278	All Practice Groups Except Barracuda, PreSenior, Seahorse, Senior Gold, Senior Silver, Wahoo, and Tarpon; Coach Approval Required for Minnow and SeaStar	Meet Signup
10/27/23	Trunk or Treat	Sonner 5:00pm	All Sonner and Bluffs Practice Groups	Coach Email
10/27/23	BBQ Fundraiser Benefitting Athletes Attending Travel Trips	Sonner Gym 4:30pm-6:30pm	Preorder Pickup Only	Event Signup
10/28/23-10/29/23	NCAC IMX Challenge Meet	Koury Natatorium	Barracuda, PreSenior, Senior Gold, Senior Onyx, Senior Silver and Wahoo Practice Groups; Coach Approval Required for Bluegill, Bowfin and Redtail	Meet Signup
11/03/23-11/05/23	H2Okie Invite Meet	Christiansburg Aquatic Center 595 N Franklin Street Christiansburg, VA 24073	All Athletes Thirteen Years Old or Older as of 11/03/23	Meet Signup
11/04/23-11/05/23	WAVE/RSA Dual Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	All Athletes Except Minnow, Seahorse, SeaStar, and Tarpon	Meet Signup
11/23/23-11/24/23	Thanksgiving Holiday	Sonner and Bluffs	All Practice Groups	Enjoy your holiday!
11/28/23	National Day of Giving Launch of Swim-A-Thon	Sonner and Bluffs	All Practice Groups	Coach Email

12/01/23-12/02/23	MOR Arctic Blast Meet	Willis R. Casey Aquatic Center 2611 Cates Avenue Raleigh, NC 27606	All Practice Groups Except Wahoo, Barracuda, PreSenior, Silver, Gold, Onyx, Seahorse and Tarpon; SeaStar and Minnow Coach Selection	Meet Signup
12/05/23-12/09/23	Winter Junior Nationals Meet	Columbus, OH	Qualifiers	Meet Signup
12/15/23-12/17/23	STAR Triad Tropic Meet	Greensboro Aquatic Center 1921 W Gate City Boulevard Greensboro, NC 27403	Barracuda, PreSenior, Senior Silver, Senior Gold, Senior Onyx and Wahoo Practice Groups; Coach Approval Required for Bluegill, Bowfin, Mackerel, and Redtail	Meet Signup
12/24/23-12/25/23	Winter Break	Sonner and the Bluffs	All Practice Groups	Enjoy your holiday!
12/31/23-1/01/24	New Year Break	Sonner and the Bluffs	All Practice Groups	Enjoy your holiday!
1/12/24-1/14/24	RSA Raleigh Area Quad Meet	Pullen Aquatic Center 410 Ashe Avenue Raleigh, NC 27606	All Athletes 9 Years Old and Older as of 1/12/24	Meet Signup
1/20/24-1/21/24	MOR 8 and Under Snowflake Meet	Ravenscroft Pool 7409 Falls of Neuse Road Raleigh, NC 27615	All Athletes Who Are 8 Years Old or Younger As of 1/20/24 Except Tarpon	Meet Signup
2/09/24-2/11/24	Cupid Cuts Meet	Sonner	All Practice Groups Except Minnow, SeaStar, Seahorse, and Tarpon; Coach Approval	Meet Signup

			Required for Nova	
2/15/204-2/18/24	NCS Short Course Age Group Championship Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	Qualifiers	Meet Signup
2/17/24	Polar Plunge Mock Meet	Sonner 11:00am-1:00pm	Minnow, Seahorse and SeaStar Practice Groups; Coach Approval Required for Nova	Coach Email and Meet Signup
2/22/24-2/25/24	NCS Short Course Senior Championship Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	Qualifiers	Meet Signup
3/02/24-3/03/24	MOR Reagan Rocks Meet	Pullen Aquatic Center	All Practice Groups Except Barracuda, PreSenior, Seahorse, Senior Gold, Senior Onyx, Senior Silver, Tarpon, and Wahoo; Coach Approval Required for SeaStar and Minnow	Meet Signup
3/07/24-3/10/24	Senior Sectional Championship Meet	Greensboro Aquatic Center 1921 W. Gate City Blvd Greensboro, NC 27403	Qualifiers	Meet Signup
3/14/24-3/17/24	Age Group Sectional Championship Meet	Triangle Aquatic Center 275 Convention Dr Cary, NC 27511	Qualifiers	Meet Signup
3/21/24-3/24/24	NCAC Tar Heel States Meet	Koury Natatorium 400 Skipper Bowles Drive Chapel Hill, NC 27514	All Practice Groups Except Minnow, Seahorse, SeaStar, and Tarpon	Meet Signup

3/25/24-3/31/24	Tentative Spring Break	Sonner and the Bluffs	All Practice Groups	Enjoy your holiday!
4/04/24	Team Awards Ceremony	Apex High School	All Practice Groups Except Minnow, Seahorse, SeaStar and Tarpon	Coach Email
4/06/24	SuperSplash Mock Meet	Sonner 11:00am-1:00pm	Minnow, Seahorse, and SeaStar Practice Groups; Coach Approval Required for Tarpon	Coach Email and Meet Signup
4/13/24	Introductory Groups Banquet	Sonner Gym	Minnow, Seahorse, SeaStar and Tarpon Practice Groups	Coach Email
4/18/24	Senior Banquet	Potter's Hand Bible Church 3468 Apex Peakway Apex, NC 27502	Blackfin, Senior Gold, Senior Onyx and Senior Silver Practice Groups	Coach and Organizer Email
5/18/24	Dive Into Summer Mock Meet	Sonner 11:00am-1:00pm	Minnow, Seahorse, and SeaStar Practice Groups; Coach Approval Required for Tarpon	Coach Email and Meet Signup
5/27/24	Memorial Day	Sonner and the Bluffs	Practice Holiday for All Practice Groups	Enjoy the holiday!
5/28/24	1 st Day of Practice at North for the Bluffs Groups	Sunset Ridge North for Bluffs Athletes	All Bluffs Practice Groups	Coach Email

Rev. 9/27/23 IIh Schedule is subject to change at any time.

Yellow highlight denotes a change to the schedule since the last revision.