

## 2009 RAC-Y LONG COURSE SCHEDULE

DATE	MEET/INFO	LOCATION/ DIRECTIONS	MEET TYPE	GROUPS
<b>MAY 2009</b>				
8 - 10	NSS Long Course "A" Invitational	Mecklenburg County Aquatic Center 800 East Martin Luther King Jr. Blvd. Charlotte, NC 28202-2874 Phone: 704-336-3483	USA	"A+" QUALIFIERS ONLY
14 -17	MAC Ultra Swim	Mecklenburg County Aquatic Center 800 East Martin Luther King Jr. Blvd. Charlotte, NC 28202-2874 Phone: 704-336-3483	USA	Meet Time Standard QUALIFIERS ONLY
<b>JUNE 2009</b>				
5 - 7	<b>YWNC Hula Invitational</b>	Recreation Park Pool 65 Gashes Creek Rd Asheville, NC 28805 Phone: (828) 298-0880	<b>Y CLOSED</b>	ALL
12 - 14	HPSC Furniture City Classic Invitational	High Point City Lake Park Pool 602 W. Main Street Jamestown, NC 27282 Phone: (336) 883-3498	USA	ALL
26 - 28	GSA Eastern Invitational Long Course Championships	Lindley Park Pool 2914 Springwood Drive Greensboro, NC 27403 Phone: (336) 299-3226	USA	ALL
<b>JULY 2009</b>				
10 -12	<b>Upper Southeast Region YMCA Long Course Championships</b>	Milholland Aquatics Center YMCA 701 1st Street NW Hickory, NC 28601 Phone: (828) 324-2858	<b>Y CLOSED</b>	ALL (must have 3 YMCA meets)
16 - 19	Long Course Junior Olympics	Triangle Aquatic Center 275 Convention Drive Cary, NC 27511	USA	14 & Under QUALIFIERS ONLY
7/31 – 8/2	<b>YMCA Long Course Nationals</b>	Eppley Recreation Center, University of Maryland, College Park MD	<b>Y CLOSED</b>	QUALIFIERS ONLY
<b>AUGUST 2009</b>				

**ALL MEETS IN BOLD** are YMCA Sanctioned Meets

\* All swimmers are required to participate in a minimum of 3 YMCA sanctioned meets from September 1, 2008 to the date of meet in order to be eligible to compete in the USRY Championship, or National Championship.