



2019 Long Course Meet Schedule

May 17 – 19 (NBAC 2019 Spring Long Course Invitational) @ St. Mary's

- No qualifying standards
- Prelims & Finals

May 31 – June 2 (Lancaster YMCA Lightning Summer Storm) @ Franklin and Marshall College

- No qualifying standards

June 7 - 10 (NBAC 2019 June Long Course Championship Meet) @ Baltimore

- Qualifying standards
- Prelims & Finals

July 11 – 14 (NBAC 2019 July Long Course Meet) @ St. Mary's

- Qualifying standards
- Prelims & Finals

July 18 – 21 (Long Course Middle Atlantic Junior Olympics) @ Franklin and Marshall College

- Qualifying standards
- Prelims & Finals

July 26 - July 28 (BCSC Unity Meet) @ Baltimore

- No qualifying standards

July 30 – August 3rd (2019 National YMCA Long Course) @ University of Maryland

- Qualifying standards (2 LC YNAT qualifying times)
- Team Travel

Aug 6 - 10 (USA Swimming Speedo Junior Nationals) @ Stanford CA

- Qualifying standards
- Team Travel