

QuickSilver Swimming

Gold 5 Boys – 2025 Meet Schedule

Jan: **COMPLETE your IMX SCORE!!!!**

- 1/18 - SRN Dual Block Party: Enter the 200's of stroke - prioritize off 200's of stroke to round out your IMX score
- 1/24-26 - [Brian Malick Zone meet](#) **Friday 1/24 enter the 400 IM & 500 Free to complete your IMX Score**, Saturday 100's of stroke, Sun Sprint free 200 IM - Let's enter as many events as we are allowed and get as many races in as possible this weekend. Please use the link to enter today!

Feb: **Race Fast while Tired!**

- 2/15&16 - New QSS hosted Pac Swim Senior Championship T&F meet - **Enter 3 best events each day and plan to swim finals in all 3 and relays in finals.** This will be a team scored meet and we have the advantage of it being in our home pool. We should win this inaugural championship meet!
- 2/27-3/2 - **Sectionals! Team Travel** - This is the meet that we rocked last year. I've been looking at our 2014 1st place medium team trophy and I think it's time to level that up to a 1st place large team trophy. This is the last time most of us will represent QSS until after States.

March: **Get your CCS Seed times and set pool records in March!**

- 3/20-23 - [Swim Strong National Championship Meet Entries due this Saturday](#). Enter today on our website. TIME STANDARDS: National Age Group Motivational Times (2021-2024) AA for events under 400 yards. AA for 400 IM and 500 Free and can't be used as bonus events. AAA for 1650 Free and can't be used as bonus event. 15-21 Age Group will use the 15-16 motivational times Swimmers who qualify with at least one AA time will be able to swim a full slate of 7 events for the meet with single A cuts.

April: **Get your best 200 times at FW, Any Early Leagues? Have fun!**

- 4/3-6 - Far Westerns. Finals are where we usually see our best 200 times of the year. You might not be feeling great but you can be at your very best, it's not easy to make finals on the weekend of this meet so be ready to bring your goals and your A game.

May: **Leagues, CCS, States, TRAIN HARD immediately after your last HS meet: we are already in the middle of the LC season!!!**

- 5/2-3 - Leagues We will be doing lactic acid week into leagues so make sure you have your CCS cuts already in place
- 5/9-10 - CCS - You must be great in finals at this meet to be at States: How many top 6 State cuts swim can we get???
- 5/11 - Walk on meet - **2 Meters best times to set up the summer are our goal here.** DO NOT DO CCS events in the yards session. This is your chance to do your goal 400 IM or 200 if you must do yards (non-freestylers have gone after the sprint free events but meters is our focus.) All swimmers not in States need to train hard immediately following this meet.
- 5/16&17 - States
- 5/17 - LCM block Party for all non-states swimmers

June: **1 Month of LC left!**

- 6/3-7 - NATIONALS - Make a national team here!
- 6/6-8 - Summer Sanders - the meet where second swims are essential and we race our way into LC rhythm as the meet goes on. It sets up our LC season like no other.
- 6/24 - Block party LCM

July: **Championship Time**

- 7/18-21 - Sectionals - This will likely be our team travel focus meet if we have our best Junior National Relays; then everyone can do an end of season meet at the end of July.
- 7/23-26 - Futures - This could be our team travel meet if we don't have Juniors relays.
- 7/30-8/3 - Junior Nationals - End of Season
- 7/31-8/3 - Far Westerns - Non- Juniors end of season