2023 Roanoke Valley Aquatic Association
Newsletter-REVISED 5/31
2023 Event and Meet Schedule

Date/ Events	Host	Visitors	Date/ Events	Host	Visitors
Monday, June 12	HH	SG	**Tuesday, July 3**	HH	EL, LM
25 BACK, 25 FREE (7-8)	AP	SR	25 BREAST, 50 FREE (7-8)	SG	OLN
25 BACK, 25 FREE (6 & UNDER)	OP	FH	25 BACK, 25 FLY (6 & UNDER)	OP	AP,OP
50 BACK, 50 FREE (9 & UP)	EL	CR	50 BREAST, 100 FREE (9 & UP)	FH	RC,SR, HV
200 M FREE RELAY (9-12)	RM	OLN	200 M MEDLEY RELAY (13 & UP)	CR	RM
	RC	LM, HV			
Monday, June 19	HH	OP, RC	**Monday, July 10**	HH	RM
25 FLY, 50 FREE (7-8)			25 FREE, 25 BREAST (7-8)	RC	EL
25 BACK, 25 FREE (6 & UNDER)	EL	FH, LM	25 FREE, 25 BREAST (6 & UNDER)	SG	SR
50 FLY, 100 FREE (9 & UP)	RM	SR	50 FREE, 100 IM (9 & UP)*	OP	LM, HV
200 M FREE RELAY (13 & UP)	CR	OLN		FH	CR
	SG	AP, HV	200 M MEDLEY RELAY (9-12)	AP	OLN
Monday, June 26	HH	OLN	**Monday, July 17**	HH	AP, EL
25 BREAST, 25 FLY (7-8)	RC	RM	25 BACK, 25 FLY (7-8)	FH	LM, HV
25 FREE, 25 FLY (6 & UNDER)	AP	CR	25 BACK, 25 BREAST (6 & UNDER)	CR	OP
50 BREAST, 100 IM (9 & UP)*	OP	SR	50 BACK, 50 FLY (9 & UP)	RM	SG
100 M FREE RELAY (8 & UNDER)	FH	SG		RC	OLN, SR
	EL	LM, HV	100 M MEDLEY RELAY (8 & UNDER)		

*7 and 8 year olds may enter in the 100 IM on the 3rd and 5th meet if coaches are confident they can finish the event legally in a reasonable time. Each swimmer may still only compete in 2 individual events each meet.

AP Ashley Plantation CR Castle Rock EL Elks Lodge FH Forest Hills HH Hunting Hills OP Olympic Park OLN Our Lady of Nazareth RM Read Mountain RC Roanoke Country Club HV Hidden Valley SR Spring Run SG Stonegate LM Limestone

2023 CITY/COUNTY CHAMPIONSHIP MEET

Friday-Saturday, July 28 & 29 Christiansburg Aquatic Center
10 & Under in the AM
11 & Older in the PM
Order of Events Friday: Backstroke, Short Freestyle, Individual Medley, and Freestyle Relays
Saturday: Butterfly, Breaststroke, Long Freestyle, and Medley Relays