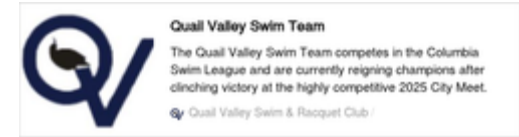


# 2026 QV Swim Team



follow our swim team instagram for all updates and fun!



## Important Dates:

**5/11** – afternoon practice starts and screening for 8 and unders

**5/14** – Parent meeting

**5/25** – memorial day, no practice

**5/26** – practice switches to mornings

**6/26** – Breakfast of Champions and Philanthropy event

**6/29** – Banquet and Season Celebration

## Practice Times:

### 5/11 – 5/21

- 4:30 – 5:15pm: little quails and 8 & Unders
- 5:15–6:00pm: 9/10s and 11/12s
- 6:00–7:00pm: 13 and up

### 5/26–6/26

- 8:30–9:30am: little quails and 8 & Unders
- 9:30–10:30: 9/10s and 11/12s
- 10:30–11:30am: 13 and up

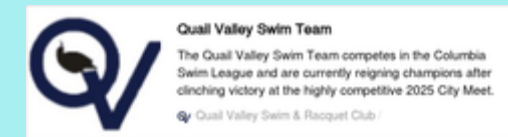
## B meets VS. A meets

**B meets** are unscored, developmental meets that offer swimmers opportunities to swim competitive races and improve times. They do not have relays or require line-ups but attendance is expected. Swimmers have the opportunity to race all competitive strokes they are ready to swim and get important racing experience. Because B meets do not include relay races or require a meet line-up to be submitted in advance, attendance for these meets does not have to be declared.

**A meets** are scored meets that include relays and require the coaches to submit a line-up in advance. ALL swimmers on the QVST roster who are ready to swim the distance of their age group's races need to declare their availability for A meets on the form at the link below in order to be included in the A meet line-ups you will attend. Every swimmer that is available will definitely be in the line-up for at least one relay or individual race.

100 IM will now be an event at A meets this year!

# May – Quail Valley Swim Team



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 <b>FIRST DAY OF PRACTICE</b>	12	13	14 <b>parent meeting @ 6:00 pm</b>	15 <b>NO PRACTICE</b>	16
17	18	19	20	21 B meet @ home against Newberry	22 <b>NO PRACTICE</b>	23
24	25 <b>MEMORIAL DAY NO PRACTICE</b>	26 <b>Practice switches to mornings</b>	27	28 <b>A meet @ home against Topspin</b>	29 <b>FUN FRIDAY!!</b>	30
31						

# June – Quail Valley Swim Team

# 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 B meet @ home against Timberlake	2	3	4 <b>A meet @ Murraywood</b>	5 FUN FRIDAY!!	6
7	8 B meet @ home against Edenwood	9	10	11 <b>A meet @ Quail Hollow</b>	12 FUN FRIDAY!!	13
14	15 B meet @ SEALS (Northwest YMCA)	16	17	18 <b>A meet @ Golden Hills</b>	19 FUN FRIDAY!!	20
21	22 <b>A meet @ home against Country Club of Lexington</b>	23	24	25	26 <b>Breakfast of Champions and Philanthropy Event</b>	27 <b>CITY MEET 8 &amp; under and 11/12</b>
28 <b>CITY MEET 9/10 and 13/18</b>	29 <b>QV Banquet and Celebration!</b>	30	<p>The City Championship Meet is like a B meet. Swimmers (with the guidance of group coaches) may choose the strokes they want to swim and will be set up in heats with other swimmers with similar times. Also the meet includes relays and there is no limit to the number of relays each team may enter so most swimmers have the opportunity to swim at least one relay in the meet. Swimmers often have their very best swims of the season in the exciting Championship environment. Quails of all swimming levels are expected &amp; needed at the City Championship Meet.</p>			