

SWIMMER'S NAME _____

COACH _____

SUNRISE SWIMMING
SHORT COURSE SPRING MEET SCHEDULE 2026
“CHAMPIONS ARE BUILT HERE”

DATE	MEET	LEVEL	LOCATION	CHECK IF ATTENDING; Specify days
Sat, Jan 17	Sizzler	Developmental	Sunrise	
Fri - Sun, Jan 23-25	Speedo Cup prelims/finals	All	SFTL – Hall of Fame Pool	
Fri - Sun, Feb 6-8	Invite	All	Coral Springs	
Th - Sun, Feb 12-15	Sectionals – LC prelims/finals	Qualifiers	Plantation	
Sat, Feb 14	Lightning BC Last Chance	Pre-BB	Lake Lytal, Palm Beach	
Fri - Sun, Feb 20-22	BB Champs prelims/finals	Pre-AG Champs (BB minimum)	Boca	
Fri - Sun, March 5-8	Age Group Champs	14&U Qualifiers	Coral Springs	
Thu - Sun, March 13-15	SR Champs	Qualifiers	SOFLO ; Pembroke Pines	
March 21	Open Water Champs		Tiger Tail Lake	
Fri – Sat Mar 27-28	Sunshine State Showcase	Qualifiers	Indian River - Fort Pierce	

**Winter Break: Mon, Dec 22 – Sat, Jan 3. NO practices ALL groups.
Practices will resume Mon, Jan 5 – times TBD.**

MARCH 14 – 22 SUNRISE SWIMMING SPRING BREAK: NO practice ALL groups

Please return a copy of this schedule to your coach by DECEMBER 19, 2025 and PRINT ONE COPY FROM THE WEBSITE for yourself. We WILL NOT enter swimmers in the meets without this form or web confirmation. Thank you.