



INFO FOR RETURNING HS BOYS

COPIED BELOW IS THE BASIC 'CHEAT SHEET' FOR BOYS COMING OFF THEIR HS SEASON.

From the results we have seen so far, it looks like everyone is having a successful HS Swim season so far! We are all very excited to follow along with the championship meet results over the next month and even more excited to see everyone when they return to club swimming with BAC!

SOME GENERAL NOTES

- Remember that your fall fees also include returning to swim with BAC for the weeks after the end of your HS swim season through whatever meets you are able to attend with BAC! This is open to any Fall HS boy, but we really want MEET PARTICIPATION to be a part of your return to BAC!
- If you haven't done so already, please [WATCH THIS VIDEO](#) or [VIEW THIS POWER POINT](#) on the different season-ending meets. We've added some language specific to HS boys below
- If you have not already, you need to complete your swimmer's USA Swimming 2026 registration before you return to practice with BAC! **If you do not complete this you are not eligible to swim in USA Swimming meets and you will be unable to participate in practices!** If you need any help with this please reach out to Chris.

REGIONAL CHAMPIONSHIPS @ VERONA 2/20 - 2/22 This meet is a great meet to attend - especially for boys who did not qualify for the WIAA State Championships - and a great chance to swim some events that are not offered during the high school season. **If you're hoping to achieve USA Swimming State cuts this is the weekend to do it!** If you are competing at WIAA State you can also attend this meet - make sure to connect with your group coach to figure out what makes the most sense for you. (The meet also offers a time trial option on Sunday – the ultimate flexible option!)

SENIOR STATE CHAMPIONSHIPS @ SCHROEDER 2/27 - 3/01 A great meet for the HS boys - only 1 week after the end of the WIAA season! That makes continuing your HS taper much easier and we are excited to see some very fast swimming at this meet! Time standards and eligibility are posted with the event. You can qualify for this meet with **ANY TIME MEETING THE TIME STANDARD FROM YOUR HS SEASON THAT YOU HAVE A COPY OF A RESULT FOR.** This meet also offers 50s of stroke - lots of fun racing opportunities. We would love to have every qualifier attend!! Make sure to connect with Coach Chris if you have qualified at a HS meet.

11 - 14 STATE CHAMPIONSHIPS @ RECPLEX 3/06 - 3/08 State Championship meet for 13-14s - same qualification requirements as the Senior meet, if you are still 14 you CAN qualify with any time you can produce a result for! If you are 14 and qualified, this will be an awesome meet to swim at!

SECTIONAL CHAMPIONSHIP @ FARGO, ND 3/12-3/15 If you are qualified for this meet you already received an info email from Chris - you can only qualify for this meet at WIAA Sectionals or State (And USA Meets after the HS Season).

NCSA JUNIOR NATIONALS @ ORLANDO 3/18-3/22 If you are qualified for this meet you already received an info email from Chris - you can only qualify for this meet at WIAA Sectionals or State (And USA Meets after the HS Season)

THIS TIME OF YEAR IS HIGHLY INDIVIDUALIZED, SO REACH OUT TO A COACH WITH ANY QUESTIONS! GO BAC!