

The meet list below has been selected from the Adirondack (AD) and Niagara (NI) Meets Schedules for our swimmers to best prepare for Championships. Meet updates, psych sheets, and warmup times are posted a few days before each meet on their respective websites. I will also copy these links to our page below so please check for changes before you leave for a meet. We will also forward any emailed meet notifications to meet attendees.

[Adirondack LSC 2014 - 2015 Meet Schedule](#)
[Niagara LSC 2014 - 2015 Meet Schedule](#)

DATE/ DAY(S)	MEET INFORMATION	ATTENDING COACH(ES)	ENTRY DEADLINE	RESULTS
10/18-19/2014 SAT-SUN	<u>Trick or Treat</u> RPI Robison Pool	Josh & Jess		<u>Meet Results</u> <u>Individual Results</u>
11/06/2014 THURS	<u>November Fun Meet</u> JM McKenny Middle School Pool	Canton Coaches		<u>Meet Results</u> <u>Individual Results</u>
11/22/2014 SAT	<u>Harvest Invitational</u> Ballston Spa High School	Josh & Jess		<u>Meet Results</u> <u>Individual Results</u>
12/6/2014 SAT	<u>December Super Splash</u> Union College - Alumni Gym	Josh, Jess and Jon		<u>Meet Results</u> <u>Individual Results</u>
12/12/2014 FRIDAY	<u>December Fun Meet</u> JM McKenny Middle School Pool	Josh, Jess and Jon		<u>Meet Results</u> <u>Individual Results</u> <u>Pentathlon Scores</u>
1/3/2015 SAT	<u>Chris Goody Mini Meet</u> Union College - Alumni Gym	Josh & Jess		<u>Meet Results</u> <u>Individual Results</u>
1/3-4/2015 SAT - SUN	<u>Chris Goody IMX</u> Union College - Alumni Gym	Josh & Jess	<u>IMX RESULTS</u>	<u>Meet Results</u> <u>Individual Results</u>
1/16/2015 FRIDAY	<u>January Fun Meet</u> Massena HS School Pool	Josh, Jess & Jon		<u>Meet Results</u> <u>Individual Results</u>
2/1/2015 SUN	<u>February Freeze</u> RPI Robinson Pool	Josh & Jess		<u>Meet Results</u> <u>Individual Results</u>
2/13/2015 FRIDAY	<u>February Fun Meet</u> Canton Middle School Pool	Josh, Jess & Jon		<u>Meet Results</u> <u>Individual Results</u>
2/21/2015 SAT	<u>Cabin Fever</u> Ballston Spa High School	Josh, Jess & Jon		<u>Meet Results</u> <u>Individual Results</u> <u>Relay</u> <u>Results/Splits</u>
3/8/3/2015 SUN	<u>St Patrick's Spectacular</u> Skaneateles YMCA	Jon		<u>Meet Results</u> <u>Individual Results</u> <u>Relay</u> <u>Results/Splits</u>

AD Championship Information

[Adirondack SC Silver and Gold Championship Meet Requirements](#) (updated Oct 2011)

[Silver and Gold Championships Qualifying Times](#) (updated Oct 2014)

[Gold Champs Order of Events](#) (updated Oct 2011)

[Silver Champs Order of Events](#) (updated Oct 2011)

2/27 - 03/01/2015 FRI - SUN	AD Silver SC Championships RPI Robison Pool Maps & Directions	Josh & Jess		Meet Results Individual Results Relay Results/Splits
3/08 & 3/13 - 15/2015 SUN & FRI - SUN	AD Gold SC Championships RPI Robinson Pool	Josh & Jess		Meet Results Individual Results Relay Results/Splits High Points Individual Points Club Scores
				END OF SEASON IMX CERTIFICATES IMR CERTIFICATES
03/26-28/2015 THU-SAT	Eastern Zone Short Course Age Group Championship Webster, N.Y.	AD ZONE CAOCHES	Eastern Zone AD Info Eastern Zone Meets	Individual Results - Women Individual Results - Men Team Scores