

SUMMER SWIM AND DIVE TEAM CALENDAR 2026

Please contact Lori Paszko at lpaszko@cedardale-health.net or 978-373-1596, x159 with questions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JUNE/ JULY						
14	15	16	17 First Day Swim Team I+II	18 First Day 6&Unders/ Dive Team	19	20
21	22	23	24	25	26 Registration Deadline	27
28	29 Swim Team I+II Swim Meet review/ practice racing	30 6+Under Mini Meet 11:15am Team "Meet & Greet" and Tye Dye Party 4-5:30pm	1 CED@HCC Swim Only- NO DIVING 10:15am WU 11:00am Swim Start	2	3	4 Happy 4th!
5	6 Diving Exhibition Meet @ CED 1:30pm WU/ 2:00pm Start	7	8 CED@IRCC Swim Only- NO DIVING 3:00pm WU 3:30pm Swim Start	9 6&Under Mini Meet 11:15am	10 Diving Tri-Meet @ Rye Beach Club 9am WU 9:45am Start	11
12	13	14	15 ANA@CED Diving 8:00am WU 8:20am Dive Start Swimming 8:30am WU 9:10am Swim Start	16	17 Relay Carnival 7+Older 9:30-11:00am	18
19	20 6&Under Mini-meet 11:15am	21 Swim and Dive Team Picture 11:00am ST I 9:00-10:00 ST II 10:00-10:45 No 6&Under practice	22 RMSC@CED Diving 8:30am WU 9:00am Dive Start Swimming 8:15am WU 9:30am Swim Start	23	24	25
26	27 Please let us know by today if you are unable to attend Champs!	28	29 CED@BSC Swimming 7:15am WU 8:00am Start Diving 10:45am WU 11:15am Start	30 Pre-Champ Pasta Party Details to follow.	31	

AUGUST						
2	3 Last Day Dive Team Practice	4 Last 6&Under practice/ 6&Under Mini Meet 11:15am SAL Diving Championships @ RMSC Times TBA (approx 2pm Warm-up)	5 Rain Date Diving Championships	6 6&Under Championships @CED 10:30am WU/ 11:15am Start **Swim Team I 9:00-9:45am Swim Team II 9:45-10:15am	7 Last Swim Team Practice/ Rain Date 6&Under Champs	8 SAL Division 1 +2 Champs @CED 7:15am WU/ 8:50am Start
9 Rain Date Champs	10	11	12	13	14	15 End-of-Season Celebration 5-7:30pm @ Cedarland

Notes:

- 7&Older swimmers and all divers will be entered in all meets unless we are notified in advance that you are unable to attend. If you know you are unable to attend a meet, please let us know no later than the Monday prior to the meet so that we can get the line-up and relays out to the team (except for Champs- please let us know by Monday 7/27).
- 6&Under swimmers need to be able to complete a ½ length of the pool unassisted (no flotation or help) in order to participate in dual meets/ championships. 6&Under families will receive a sign-up form to attend dual meets. All 6&Unders can participate in the mini-meets that we hold during practice regardless of their ability.
- All swimmers and divers must participate in a dual meet in order to be eligible to participate in championships.
- While there are rain dates listed for many events, we will hold practices and meets in the rain. Only in heavy rain or thunderstorms will team events be canceled. Please make sure you have your email updated on your child's account in order to receive all team communications.