

**SOUTH ROWAN HIGH SCHOOL**  
**2023 - 24 SWIMMING**

<b>Date</b>	<b>Day</b>	<b>Opponent(s)</b>	<b>Site</b>	<b>Time</b>
10/30	Monday	<i>1st Official Practice Day</i>		
11/14	Tuesday	LN Chtr, JM Rob , NW Cab	South Rowan YMCA	5:00 pm
11/28	Tuesday	NW Cab & W Rowan	West Cabarrus YMCA	5:00 pm
12/9	Saturday	JM Rob & Carson	West Cabarrus YMCA	2:00 pm
12/15	Friday	Concord & LN Chtr	South Rowan YMCA	5:00 pm
1/5	Friday	JM Rob & Carson	West Cabarrus YMCA	5:00 pm
1/18	Thursday	E Rowan & Cent Cab	East Rowan YMCA	TBA
1/23	Tuesday	SPC Championship	HFFA	12:00 pm
1/26	Friday	Rowan County Championships	Salisbury YMCA	12:00 pm
1/27	Saturday	NCHSAA Report Date	N/A	11:59 pm
2/3	Saturday	3A West Regional Meet	MCAC	TBA
2/8	Thursday	3A NCHSAA State Meet	Triangle Aquatic Ctr	TBA

\* *Additional meets could be added*