

Date	School	Pool	Meet Times	Max # of total swimmers allowed inc. host.	DIVING??	TEAMS ATTENDING
Friday, December 5, 2025	Portsmouth HS	Portsmouth Indoor Pool	5:15 PM warmup, 6:00 PM start	100		Winnacunnet Spaulding Timberlane Dover
Friday, December 5, 2025	Lebanon Cancelled	CCBA	5:00 diving; warmup 5:30/meet 6:00		DIVE	Kearsarge/Stevens/ Plymouth Hanover (Dive Only)
Saturday, December 6, 2025	Bishop Guertin	Nashua Boys and Girls Club	2:30 PM/1:45 warmup	75-100	DIVE	Alvirne Belmont/Hopkinton/ Pembroke/Inter-Lakes Brady/Gilford/ Laconia Concord Keene/ConVal/ Monadnock
Saturday, December 6, 2025	Oyster River et al	UNH Pool	11:40 AM/11 AM warmup	120	DIVE	Exeter Milford/Wilton
Sunday, December 7, 2025	Nashua HS South	Boys & Girls Club of Nashua	9:00 AM	75		North HB Merrimack
Monday, December 8, 2025	Bedford HS	YMCA of Goffstown	7:00PM/6pm warmup	100		Bow Pinkerton Souhegan Derryfield
Thursday, December 11, 2025	Manchester	Downtown Y	5:00 pm warm up			Machester schools only

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Friday, December 12, 2025	Pelham	Salem Workout Club	4:00 PM warmup/ 5:00 PM start	100		John Stark/ Goffstown Milford/Wilton Salem Merrimack Londonderry STA Bishop Guertin Alvirne
Friday, December 12, 2025	Kearsarge/Stevens/ Plymouth	The Hogan Center - Colby Sawyer College	6:30/5:45 warmup			Lebanon Conant/Mascenic Concord
Saturday, December 13, 2025	Portsmouth HS	Portsmouth Indoor Pool	10:00 AM/9:15 warmup	100		Exeter Pinkerton
Saturday, December 13, 2025	Bishop Guertin	Nashua Boys and Girls Club	10:15 AM/9:30 warmup	75-100	DIVE	South Winnacunnet
Sunday, December 14, 2025	Nashua HS North	Boys & Girls Club of Nashua	9:00 AM	75	DIVE	Bedford
Sunday, December 14, 2025	Oyster River - IceBreaker	UNH Pool	9:30 AM/8 AM warmup	500 (see invite page)	DIVE	Belmont/Hopkinton/ Pembroke/Inter- Lakes, Brady/Gilford/ Laconia, Bow, Coe- Brown/OR/ Newmarket/ PortsChr, Dover, HB, Pelham, Salem, Souhegan, Spaulding, STA, Derryfield, Windham
Monday, December 15, 2025	Hanover	CCBA	5:30 warm-up/6:00	80	DIVE	Lebanon
Tuesday, December 16, 2025	John Stark/Goffstown	Goffstown YMCA	6pm warmup and 7:00 start time	100		Timberlane Conval/Keene/ Monadnock Londonderry/ Campbell Manchester
Wednesday, December 17, 2025	Hanover	Dartmouth College	4:00 pm, meet at 5:00		DIVE ONLY	Bishop Guertin

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Wednesday, December 17, 2025	Hanover	Dartmouth College	pm		DIVE ONLY	Alvirne

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Friday, December 19, 2025	Salem High School	Boys & Girls Club of Greater Salem	4:30 PM warm-up, 5:30 PM Start	60		Alvirne Bishop Guertin Concord
Friday, December 19, 2025	Windham	Salem Workout Club	4:00 p.m. warm-up/ 5:00 p.m. start	100		Brady/Gilford/ Laconia Bow Conant/Mascenic Merrimack
Friday, December 19, 2025	Kearsarge/Stevens/ Plymouth	The Hogan Center - Colby Sawyer College	6:30/5:45 warmup			Keene/ConVal/ Monadnock Hanover
Sunday, December 21, 2025	Oyster River et al	UNH Pool	11:40 AM/11 AM warmup	120	DIVE	Belmont/Hopkinton/ Pembroke/Inter-Lakes John Stark/Goffstown
Monday, December 22, 2025	Exeter HS	PEA	4:30/3:30 warmup TBC	PHS/ Winna/ TBD/ EHS	DIVE	Portsmouth Winnacunnet Spaulding

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Friday, January 2, 2026	Londonderry	Londonderry Workout Club	4pm w-up/5pm start	100		Timberlane Souhegan Pelham Concord
Sunday, January 4, 2026	Oyster River - Holiday	UNH Pool	9:30 AM/8 AM warmup	500 (see invite page)	DIVE	Bishop Guertin, Bow, Dover, Exeter, HB, North, South, Coe-Brown/ OR/Newmarket/ Ports Chr, Pinkerton, Salem, Souhegan Spaulding, STA, Derryfield, Windham
Tuesday, January 6, 2026	Keene HS/ConVal/Monadnock	Keene State College Pool	6:00 PM/5 pm warmup	120		Conant/Mascenic Milford/Wilton
Tuesday, January 6, 2026	Goffstown/John Stark	Goffstown YMCA	7:00pm/6pm warmup	100		Manchester Alvirne Belmont/Hopkinton/ Pembroke/Inter-Lakes
Friday, January 9, 2026	Londonderry	Londonderry Workout Club	4pm w-up/5pm start	100		HB Merrimack Pelham Spaulding
Friday, January 9, 2026	Kearsarge et al	The Hogan Center - Colby Sawyer College	6:30/5:45 warmup			Hanover Brady/Gilford/ Laconia Concord Lebanon
Saturday, January 10, 2026	Oyster River et al	UNH Pool	11:40 AM/11 AM warmup	120	DIVE	Timberlane Winnacunnet Exeter Dover
Saturday, January 10, 2026	Windham	Salem Workout Club	12:00 PM warm up/ 1:00 PM start	100		Derryfield Bedford
Sunday, January 11, 2026	Pinkerton	Londonderry Workout Club	12:00 warmup/ 1:00 PM	75		Milford/Wilton Alvirne
			8:00 am warm up/9:00			Bow

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Sunday, January 11, 2026	Conant/Mascenic	YMCA Clark	6:00 am warm up/9:00 start	60		John Stark/Goffstown

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Monday, January 12, 2026	Bedford HS	YMCA of Goffstown	7:00PM/6pm warmup	100		Belmont/Hopkinton/ Pembroke/Inter-Lakes Manchester
Tuesday, January 13, 2026	Keene HS/ConVal/Monadnock	Keene State College Pool	1/8/2026	6:00 PM/ 5pm warmup	120	North South
Friday, January 16, 2026	Portsmouth HS	Portsmouth Indoor Pool	3:45 PM warm-up, 4:30 PM Start	100		Timberlane South STA Londonderry
Friday, January 16, 2026	Salem High School	Boys & Girls Club of Greater Salem	5:30 PM warm-up, 6:30 PM Start	60		Winnacunnet Derryfield
Friday, January 16, 2026	Keene HS	Keene State College Pool	6:00 PM/5 pm warmup	75		Brady/Gilford/ Laconia Windham Conant/Mascenic
Saturday, January 17, 2026	Bishop Guertin	Nashua Boys and Girls Club	2:30 PM/1:45 warmup	75-100	DIVE	Dover John Stark/Goffstown Alvirne
Sunday, January 18, 2026	Nashua HS North	Boys & Girls Club of Nashua	9:00 AM	75	DIVE	Exeter Belmont/Hopkinton/ Pembroke/Inter-Lakes Concord
Sunday, January 18, 2026	Pelham	Salem Workout Club	12:30 PM warm up/ 1:30 Start time	100		HB Pinkerton
Sunday, January 18, 2026	Hanover	Dartmouth College	9:00 am warm-up, meet at 10:00 am		DIVE ONLY	Bishop Guertin Alvirne
Wednesday, January 21, 2026	Hanover	Upper Valley Aquatics Center	6:00 warm-up/6:30 start	80		Stevens Lebanon

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Thursday, January 29, 2026	Manchester	Downtown Y	5:00 pm warm up			Manchester schools

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Friday, January 30, 2026	Salem High School	Boys & Girls Club of Greater Salem	5:30 PM warm-up, 6:30 PM Start	60		Conant/Mascenic Merrimack Timberlane
Friday, January 30, 2026	Londonderry	Londonderry Workout Club	4pm w-up/5pm start	100		Alvirne Bow Pinkerton Windham Milford/Wilton
Saturday, January 31, 2026	STA/Dover HS	PEA	8am warmup	DHS/ STA/ EHS/ PHS/ ORdiv	DIVE	Dover Exeter Portsmouth divers only from - Coe- Brown/ OR/Newmarket/ PortsChr
Sunday, February 1, 2026	Nashua	Boys & Girls Club of Nashua	9:00 AM	North & South only	DIVE	North South dual only
Sunday, February 1, 2026	Milford/Wilton	Hampshire Hills	2pm warmup/ 2:45 start			Souhegan (dual only)
Tuesday, February 3, 2026	Hanover	Upper Valley Aquatics Center	6:00 warm-up/6:30 start	80		Brady/Gilford/ Laconia HB Lebanon Kearsarge/Stevens/ Plymouth
Wednesday, February 4, 2026	Oyster River	UNH Pool	7:30 pm/7 PM warmup	individuals only	DIVE	LAST CHANCE