

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
<del>Friday, December 5, 2025</del>	<del>Lebanon</del> <b>Cancelled</b>	<del>CCBA</del>	<del>5:00 diving; warmup 5:30/meet 6:00</del>		<b>DIVE</b>	<del>Kearsarge/Stevens/ Plymouth</del> Hanover (Dive Only)
Saturday, December 6, 2025	Bishop Guertin	Nashua Boys and Girls Club	2:30 PM/1:45 warmup	75-100	<b>DIVE</b>	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	<b>DIVE</b>	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
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

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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 pm		DIVE ONLY	Bishop Guertin Alvirne
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

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	<del>Plymouth</del>	<del>Colby Sawyer College</del>				Hanover
Sunday, December 21, 2025	Oyster River et al	UNH Pool	11:40 AM/11 AM warmup	120	DIVE	Belmont/Hopkinton/ Pembroke/Inter-Lakes
						Mascenic
Monday, December 22, 2025	Exeter HS	PEA	4:30/3:30 warmup TBC	PHS/ Winna/ TBD/ EHS	DIVE	Portsmouth Winnacunnet Spaulding
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 <del>Alvirne</del> Belmont/Hopkinton/ Pembroke/Inter-Lakes
Friday, January 9, 2026	Londonderry	<del>Salem Workout Club</del>	4pm w-up/5pm start	100		HB Merrimack Pelham Spaulding Milford/Wilton
Friday, January 9, 2026	Kearsarge et al	The Hogan Center - Colby Sawyer College	6:30/5:45 warmup			Hanover Brady/Gilford/ Laconia Concord Lebanon

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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 Alvirne Bedford Pelham
Sunday, January 11, 2026	Pinkerton	Salem Workout Club	4:00 warmup/ 5:00 PM	75		Milford/Wilton Alvirne
Sunday, January 11, 2026	Conant/Mascenic	YMCA Clark	8:00 am warm up/9:00 start	60		Bow John Stark/Goffstown
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 Colege 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	6:00 PM warm-up, 7:00 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

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						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 Oyster River Alvirne
Wednesday, January 21, 2026	Hanover	Upper Valley Aquatics Center	6:00 warm-up/6:30 start	80		Stevens
						Lebanon
Friday, January 23, 2026	Merrimack	Nashua Boys and Girls Club	4PM warm up and 5PM Start			STA Pelham Pinkerton
Friday, January 23, 2026	Londonderry	Londonderry Workout Club	4pm w-up/5pm start	100		Timberlane Souhegan Concord
<del>Friday, January 23, 2026</del>	<del>Kearsarge</del> <b>Cancelled</b>	<del>The Hogan Center — Colby Sawyer College</del>	<del>6:30/5:45 warmup</del>			<del>Hanover</del> <del>Belmont/Hopkinton/</del> <del>Pembroke/Inter-Lakes</del>  Conant/Mascenic Lebanon
Saturday, January 24, 2026	Bishop Guertin	Nashua Boys and Girls Club	10:15 AM/9:30 warmup	75-100	DIVE	North South Bedford

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Sunday, January 25, 2026	Oyster River - Bobcat	UNH Pool	9:30 AM/8 AM warmup	500 (see invite page)	DIVE	Alvirne, Brady/Gilford/ Laconia, BG, Bow, Coe-Brown/ OR/Newmarket/ PortsChr, Dover, HB, Keene/ConVal/ Monadnock, Londonderry, Mascenic Milford/Wilton, Pelham, Pinkerton, Portsmouth, Salem, Souhegan, Spaulding, STA, Derryfield, Windham, Winnacunnet
Wednesday, January 28, 2026	Lebanon	CCBA	5:00 diving; warmup 5:30/meet 6:00		DIVE	Kearsarge/Stevens/ Plymouth Hanover
Wednesday, January 28, 2026	Bedford HS	YMCA of Goffstown	7:00pm/6pm warmup			Goffstown dual only
Thursday, January 29, 2026	Manchester	Downtown Y	5:00 pm warm up			Derryfield Manchester schools
Friday, January 30, 2026	Salem High School	Boys & Girls Club of Greater Salem	6:00 PM warm-up, 7:00 PM Start	60		Conant/Mascenic Merrimack Pelham Timberlane
Friday, January 30, 2026	Londonderry	Londonderry Workout Club	4pm w-up/5pm start	100		Alvirne Bow Pinkerton Windham Milford/Wilton
						Dover Exeter

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Saturday, January 31, 2026	STA/Dover HS	PEA	8am warmup	DHS/ STA/ EHS/ PHS/ ORdiv	DIVE	Portsmouth Oyster River/ 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 Keene Kearsarge/Stevens/ Plymouth
Tuesday, February 3, 2026	Alvirne	Salem Workout Club	3:30 PM warm-up			Pelham
Wednesday, February 4, 2026	Oyster River	UNH Pool	7:30 pm/7 PM warmup	individuals only	DIVE	LAST CHANCE