

2026 Girls Swimming & Diving Championship Dates

Tournament/Championship Dates & Locations

Long Island Showdown @ Hauppauge High School

Friday, October 9th 3:30 Warm-Up; 5:00pm start

(Hauppauge-Smithtown, East Hampton, Connetquot, Long Beach, Jericho, Port Washington)

Section XI League Diving Championships @ Hauppauge High School

Monday, October 26th 4:30 Warm-up; 5:30 start

League 1 Swimming Championships @ Hauppauge High School

Wednesday, October 28th 3:30 Warm-up; 5:30 start

League 2 Swimming Championships @ Sachem East High School

Thursday, October 29th 3:30 Warm-up; 5:30 start

Section XI Diving Championships @ Stony Brook University

Thursday, November 5th 3:45 Warm-up; 5:30 Start

Section XI Swimming Championships @ Stony Brook University

Saturday, November 7th 8:00am Warm-up; 9:30am Start