

| Date | Meet | Groups | Location |
|--------------|-------------------------|---|----------------------|
| 10/17/2009 | Pentathlon | All Optional for 10/unders | New Canaan |
| 10/18/2009 | 10/Under | 10 and unders | Wallingford |
| 11/20-22/09 | Qualifier | All | New Haven |
| 12/5/2009 | Qualifier | All Optional for 8/unders | Middletown |
| 12/6/2009 | 8/Under | 8 and unders | Cheshire (tentative) |
| 1/9-10/2010 | Qualifier | ALL **Mandatory for all TAC Swimmers** | New London |
| 2/5/2010 | 9/Under | 9 and unders | Norwalk |
| 2/6-7/2010 | Qualifier | All Optional for 9/unders | Haddam |
| 2/26-28/2010 | Regional Championships | All | TBA |
| 3/4-7/2010 | Senior Championships | Qualified Swimmers | Middletown |
| 3/11-14/2010 | Age Group Championships | Qualified Swimmers | Middletown |
| 3/11-14/2010 | Sectionals (Northern) | Qualified Swimmers | Buffalo, NY |
| 4/1-3/2010 | AllStar Age Group | Qualified Swimmers | Webster, NY |