

Las Trampas Swim Team 2026 Meet Schedule

(as of 4/25/26)

Please refer to the Signup Calendar at ltst.org for definitive and up-to-date meet information.

Day	Date	Name	Type of Meet	Warmup Time	Meet Start	Location
Sunday	5/17	LTST Time Trials	Internal	8:00 AM	9:00 AM	Las Trampas Pool
Saturday	5/23	Rudgear Estates @ LTST	Non-League Dual Meet	8:00 AM	9:00 AM	Las Trampas Pool
Saturday	5/30	Moraga Ranch @ LTST	Non-League Dual Meet	8:00 AM	9:00 AM	Las Trampas Pool
Wednesday	6/3	Intra-Squad Spirit Meet	Internal	4:55 PM	5:30 PM	Las Trampas Pool
Saturday	6/6	LTST @ Sun Valley	DCSL Dual Meet	8:30 AM	9:00 AM	SVST: 1000 Leland Drive, Lafayette
Wednesday	6/10	Pleasant Hill @ LTST	DCSL Dual Meet	4:30 PM	5:30 PM	Las Trampas Pool
Friday	6/12	Devil Mtn Pentathlon	Invitational; IM ages 7-10	4 PM (tbc)	5 PM (tbc)	Dana Hills: 298 Mountaire Circle, Clayton
Saturday	6/13	Devil Mtn Pentathlon	Invitational; 10 & Under events	8:00 AM	9:00 AM	Dana Hills: 298 Mountaire Circle, Clayton
Sunday	6/14	Devil Mtn Pentathlon	Invitational; 11 & Up events	8:00 AM	9:00 AM	Dana Hills: 298 Mountaire Circle, Clayton
Wednesday	6/17	LTST @ Gehringer Park	Non-League Dual Meet	5:00 PM	5:30 PM	GPST: 1790 Lynwood Drive, Concord
Saturday	6/20	Forest Hills @ LTST	DCSL Dual Meet	8:00 AM	9:00 AM	Las Trampas Pool
Wednesday	6/24	LTST @ Walnut Heights	Non-League Dual Meet	5:00 PM	5:30 PM	WHO: 60 Vallecito Lane, Walnut Creek
Saturday	6/27	Rancho Colorados @ LTST	DCSL Dual Meet (NOTE PM TIME!)	3:00 PM	4:00 PM	Las Trampas Pool
Sunday	6/28	Springbrook Pentathlon	Invitational limited to 60 swimmers; must qualify	8:00 AM	9:00 AM	SPBK: 3200 Stanley Blvd, Lafayette
Tuesday	6/30	LTST @ Springbrook	Non-League Dual Meet (NOTE Tuesday!)	5:00 PM	5:30 PM	SPBK: 3200 Stanley Blvd, Lafayette
Wednesday	7/8	Scottsdale @ LTST	DCSL Dual Meet	4:30 PM	5:30 PM	Las Trampas Pool
Saturday	7/11	LTST @ Moraga Valley Pool	Non-League Dual Meet	8:30 AM	9:00 AM	MVP: 15 Risa Court, Orinda
Wednesday	7/15	LTST @ Livorna	DCSL Dual Meet	5:00 PM	5:30 PM	LIV: 2533 Trotter Way, Walnut Creek
Saturday	7/18	LTST @ Rancho San Miguel	DCSL Dual Meet	8:30 AM	9:00 AM	RSM: 2727 San Carlos Drive, Walnut Creek
Sunday	7/19	HOX Last Chance Meet	Last Chance Invitational	1:30 PM	3:00 PM	HOX: Eagle Nest Place, Danville
Saturday	7/25	DCSL Championship	League Championship	8:00 AM	9:00 AM	Acalanes High School
Sunday	7/26	DCSL Championship	League Championship	8:00 AM	9:00 AM	Acalanes High School
Saturday	8/1	County Meet	County Meet (must qualify)	8:00 AM	9:00 AM	Acalanes High School
Sunday	8/2	County Meet	County Meet (must qualify)	8:00 AM	9:00 AM	Acalanes High School