

## SPMA Short Course Meter Championships

Written by Raul Reis

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The Long Beach Grunions are proud to host, once again, the SPMA Short Course Meters Championships, also known as the "Belmont Meet". This nationally acclaimed meet will take place at the Belmont Olympic Plaza Complex in Long Beach, Calif., December 2-4. Please [click here to register](#) for the meet.

The Grunions-hosted "Belmont Meet" is well regarded for many reasons, including the fact that it's a very fast pool (many national and international records are broken every year), and a very well-run meet.

We want to keep both of these traditions alive this year. If you're a swimmer, [click here to register for the meet](#)

. If you are a Grunion team member or friend who wants to volunteer, please [click here](#).