



2019-2020 Stingrays Long Course Meet Schedule

Date	Meet Name/Description	Location	Meet Level
*May 1-3	RAYS Helen Wang Sunflower Classic	JRSSC – Stafford, VA	All Levels/All Ages
May 16-17	NOVA Freedom Splash	CSAC – Richmond, VA	All Levels/All Ages
May 28-31	Speedo “Super” Sectional	CSAC – Richmond, VA	Qualifying Times – Prelim/Finals
June 12-14	TAC TYR Triangle Classic	TAC – Cary, NC	All Levels/All Ages – Prelim/Finals
June 19-21	QUAD Meet w/ SRVA, QUEST, YOTA and RAYS	CSAC – Richmond, VA	All Levels/All Ages – Prelim/Finals
*July 10-12	Summer Awards (RAYS)	JRSSC – Stafford, VA	All swimmers with times slower than qualifying times for AG & SR Champs
July 16-19	Long Course Senior Champs	Liberty University – Lynchburg, VA	Qualifying Times – Prelims/Finals
July 23-26	Long Course Age Group Champs	CSAC – Richmond, VA	Qualifying Times – Prelims/Finals
July 30-August 2	USA Swimming’s Futures Champs	Ohio State University – Columbus, OH	Qualifying Times – Prelims/Finals
August 5-8	Eastern Zone Long Course Age Group Champs	Liberty University – Lynchburg, VA	Qualifying Times – Prelims/Finals

All meets listed in red are meets hosted by the Stingrays. Parent volunteers will be required. For any away meets, the pool address will be provided within each Meet Announcement so you may make your own reservations. Team Meet Hotel Blocks will be on the website – www.swimrays.org – to use at your convenience.