

**2019-2020 Stingrays Long Course Meet Schedule**

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| **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**  |

 **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 –**](http://www.swimrays.org/) **to use at your convenience.**