

**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.**