



2022 Stingrays Long Course Meet Schedule

Date	Meet Name/Description	Location	Meet Level
April 29-May 1	Helen Wang Sunflower Classic	JRSSC – Stafford, VA	All Levels/All Ages
May 12-15	Super Sectional Meet	CSAC – Richmond, VA	Qualifying Times – Prelims/Finals
June 3-5	Hanover Meet	JRSSC – Stafford, VA	All Levels/All Ages – Prelims/Finals
June 17-19	Quad Meet	CSAC – Richmond, VA	All Levels/All Ages – Prelim/Finals
July 8-10	Summer Awards (RAYS)	JRSSC – Stafford, VA	All swimmers with times slower than qualifying times for AG & SR Champs
July 14-17	Long Course Senior Champs	Liberty University, VA	Qualifying Times – Prelims/Finals
July 21-24	Long Course Age Group Champs	Christiansburg, VA	Qualifying Times – Prelims/Finals
July 27-30	USA Swimming's Futures Champs	Geneva, OH	Qualifying Times – Prelims/Finals
August 3-6	Eastern Zone Age Group Champs		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.