



## 2023 Stingrays Long Course Meet Schedule

Date	Meet Name/Description	Location	Meet Level
April 28-30	Helen Wang Sunflower Classic	JRSSC – Stafford, VA	All Levels/All Ages
May 11-14	Super Sectional Meet	CSAC – Richmond, VA	Qualifying Times – Prelims/Finals
May 19-21	Hanover Meet	JRSSC – Stafford, VA	All Levels/All Ages
June 3-4	Andrew Hartle Meet	Greensboro AC – Greensboro, NC	All Levels/All Ages
June 16-18	Quad Meet	CSAC – Richmond, VA	All Levels/All Ages – Prelims/Finals
June 16-18	Winchester Meet	Jim Barrett Pool – Winchester, VA	All Levels/All Ages
June 27-July 1	International Team Trials	Indianapolis, IN	Qualifying Times – Prelims/Finals
July 7-9	Summer Awards (RAYS)	JRSSC – Stafford, VA	All swimmers with times slower than qualifying times for AG & SR Champs
July 13-16	Long Course Senior Champs	Liberty University, VA	Qualifying Times – Prelims/Finals
July 20-23	Long Course Age Group Champs	Christiansburg, VA	Qualifying Times – Prelims/Finals
July 26-30	NCSA Summer Juniors	Indianapolis, IN	Qualifying Times – Prelims/Finals
August 2-5	Eastern Zone Age Group Champs	CSAC – Richmond, 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](http://www.swimrays.org) – to use at your convenience.