



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 18-21	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 – Prelims/Finals
June 16-18	Quad Meet	CSAC – Richmond, VA	All Levels/All Ages – Prelim/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
August 1-5	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 – to use at your convenience. UPDATED 4/21/2023