



## 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	NCSA Summer Juniors	Indianapolis, IN	Qualifying Times – Prelims/Finals
August 3-6	Eastern Zone Age Group Champs	Ithaca College, NY	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.