



2024 Stingrays Long Course Meet Schedule

Date	Meet Name/Description	Location	Meet Level
April 26-28	Helen Wang Sunflower Classic	JRSSC – Stafford, VA	All Levels/All Ages
May 16-19	Super Sectional Meet	CSAC – Richmond, VA	Qualifying Times – Prelims/Finals
May 17-19	Hanover Storm Surge Meet	JRSSC – Stafford, VA	All Levels/All Ages
May 31–June 2	Andrew Hartle Meet	Greensboro AC – Greensboro, NC	TRAVEL MEET!! All Levels/All Ages – Prelim/Final
May 31-June 2	NCAP Elite Qualifier	JRSSC – Stafford, VA	INVITE ONLY!! Last chance to qualify for Olympic Trials
June 14-16	Quad Meet	CSAC – Richmond, VA	13 & Over only – Prelims/Finals
June 14-16	Winchester Meet	Jim Barrett Pool – Winchester, VA	KGY & 12 & Under only - All Levels/All Ages
June 15-23	Olympic Trials	Indianapolis, IN	Qualifying Times – Prelims/Finals
July 11-14	Summer Awards (RAYS)	JRSSC – Stafford, VA	All swimmers with times slower than qualifying times for AG & SR Champs
July 18-21	Senior Champs	Hampton Aquaplex, VA	Qualifying Times – Prelims/Finals
July 24-28	NCSA Summer Juniors	Indianapolis, IN	Qualifying Times – Prelims/Finals
July 25-28	Age Group Champs	Christiansburg, VA	Qualifying Times – Prelims/Finals
August 7-10	Eastern Zone Age Group Champs	Hampton Aquaplex, 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.