



2026 Stingrays Long Course Meet Schedule

DATE	MEET NAME/DESCRIPTION	LOCATION	MEET LEVEL
*May 1-3	RAY'S Helen Wang Sunflower Classic	JRSSC – Stafford, VA	All Levels/All Ages
May 14-17	EZ LC Super Sectional Meet	CSAC – Richmond, VA	Qualifiers Only – Prelim/Finals
May 30	VSI Open Water Champs	Blacksburg Quarry, VA	Gold/Silver/HSP groups only
June 5-7	Hanover Meet	JRSSC – Stafford, VA	All Levels/All Ages
June 12-14	SRVA Summer Invite	CSAC – Richmond, VA	All Levels/All Ages - Prelims/Finals
June 12-14	Winchester Meet	Jim Barrett Pool/Outdoors – Winchester, VA	All Levels/All Ages
*June 26-28	LC District Champs (RAY'S)	JRSSC – Stafford, VA	All swimmers with times slower than qualifying times for AG & SR Champs – Prelims/Finals
July 9-12	LC Senior Champs	CSAC – Richmond, VA	Qualifiers Only – Prelim/Finals
July 16-19	LC Age Group Champs	Liberty University – Lynchburg, VA	Qualifiers Only – Prelim/Finals
July 22-26	NCSA Summer Champs	Indianapolis, IN	Qualifiers Only – Prelim/Finals
July 23-26	757 Meet	Hampton Aquaplex, Hampton, VA	All Levels/All Ages - Prelims/Finals
July 30-Aug 2	Eastern Zone Age Group Champs	NOVA – Richmond, VA	Qualifiers Only – Prelim/Finals
August 3-7	Summer Juniors	Irvine, VA	Qualifying Only – Prelim/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.