



2026 Stingrays Long Course Meet Schedule



DATE	MEET NAME/DESCRIPTION	LOCATION	MEET LEVEL
*May 1-3	WAYS 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 (WAYS)	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.