

LITTLE ROCKY RUN STINGRAYS SWIM TEAM SUMMER CALENDAR

| | | | | | | |
|---------------------|---------------------------------------|---|--|----------------------------|----------------------------------|--|
| MAY 25 | 26 | 27 PM Practice | 28 PM Practice | 29 PM Practice | 30 PM Practice | 31 AM Practice |
| JUNE 1 | 2 🕒 PM Practice | 3 PM Practice | 4 PM Practice | 5 PM Practice | 6 PM Practice | 7 📅 Time Trials |
| 8 | 9 🕒 Makeup Time Trials | 10 PM Practice | 11 PM Practice | 12 AM Practice | 13 AM Practice Pep Rally!! | 14 📅 NVSL Meet* @ McLean |
| 15 | 16 🕒 AM Practice WFDL Home Meet | 17 AM Practice | 18 AM Practice | 19 AM Practice | 20 AM Practice Pep Rally!! | 21 📅 NVSL Home Meet* vs. Fair Oaks |
| 22 | 23 🕒 AM Practice WFDL Away Meet | 24 Team Picture Day - No Practice | 25 AM Practice Family Fun Night | 26 AM Practice | 27 AM Practice | 28 📅 NVSL Meet* @ Mantua |
| 29 | 30 🕒 AM Practice WFDL Away Meet | JULY 1 AM Practice | 2 AM Practice Div Relays* @ Home | 3 AM Practice | 4 NO PRACTICE | 5 📅 NVSL Meet* @ Hunt Valley |
| 6 | 7 🕒 AM Practice WFDL Away Meet | 8 AM Practice | 9 AM Practice All-Star Relays*** @ Lincolnia Park | 10 AM Practice | 11 AM Practice Pep Rally!! | 12 📅 NVSL Home Meet* vs. Little Hunting Park |
| 13 | 14 🕒 AM Practice WFDL Home Meet | 15 AM Practice | 16 AM Practice** | 17 AM Practice** | 18 AM Practice** | 19 Divisional Meet* @ Hunt Valley EOY Banquet 4-9 |
| 20 Lollipop Meet | 21 All Star Practice*** | 22 All Star Practice*** | 23 All Star Practice*** | 24 All Star Practice*** | 25 All Star Practice*** | 26 NVSL All-Star Meet*** @ Pinecrest |

*NVSL meet entries are selected by the coaching staff – availability must be declared in advance; not all swimmers will participate

**Only swimmers who will be competing at Divisionals will participate

***Only swimmers who qualify to compete at All-Stars will participate

🕒 Deadline to declare availability for Saturday NVSL meets by midnight

📅 Deadline to enter events for Monday WFDL meets by 4pm

LRR STINGRAYS SWIM TEAM SCHEDULE

Practice Schedule

| Age Group | Afternoon Practice (May 27 – Jun 11) | Saturday Practice (May 31 only) | Morning Practice (Jun 12– Jul 15) |
|-----------|---|------------------------------------|--------------------------------------|
| 13-18 | 3:45 – 4:45 | 8:00 – 9:00 | 8:00 – 9:00 |
| 8 & Under | 4:45 – 5:30 | 9:00 – 9:45 | 9:00 – 9:45 |
| 9-10 | 5:30 – 6:30 | 9:45 – 10:45 | 9:45 – 10:45 |
| 11-12 | 6:30 – 7:30 | 10:45 – 11:45 | 10:45 – 11:45 |

| NVSL Meet Schedule – coaches will select swimmers to participate; not all swimmers will swim at NVSL meets | | WFDL Meet Schedule – all swimmers are eligible to participate in WFDL meets (some stroke restrictions apply) | |
|--|------------------------------------|--|---|
| Saturday, June 14 @ 9am | LRR @ McLean | Monday, June 16 @ 6pm | LRR vs. Pleasant Valley (HOME) |
| Saturday, June 21 @ 9am | LRR vs. Fair Oaks (HOME) | Monday, June 23 @ 6pm | LRR @ Oakton |
| Saturday, June 28 @ 9am | LRR @ Mantua | Monday, June 30 @ 6pm | LRR @ Brookfield |
| Saturday, July 5 @ 9am | LRR @ Hunt Valley | Monday, July 7 @ 6pm | LRR @ Virginia Run <i>IM is the first event at this meet</i> |
| Saturday, July 12 @ 9am | LRR vs. Little Hunting Park (HOME) | Monday, July 14 @ 6pm | LRR vs. Sully Station (HOME) |

*additionally, other NVSL "championship" meets are scheduled throughout the season – see calendar on opposite side

Other Team Events:

Friday Night Pep Rallies: June 13, June 20, July 11

Team Picture Day: Tuesday, June 24

Family Fun Night: Wednesday, June 25

End of Year Banquet: Saturday, July 19

13-18 Swimmers will also have Thursday evening "practices" 😊

*schedule & details to come later!