

LRR Stingrays Swim Team 2018 Season

- Stingray practice and meets are held at Pool #2 unless noted
- Pool does not close for Friday pep rallies

Sunday	Monday	Tuesday	Wednesday	Thursday	1 Friday	2 Saturday
				JUNE	POOL # 2 3:30 - 7:15 pm	POOL # 2 8:00 am - 12:00 pm
3	4 POOL # 2 3:30 - 7:15 pm	5 POOL # 2 3:30 - 7:15 pm	6 POOL # 2 3:30 - 7:15 pm	7 POOL # 2 3:30 - 7:15 pm	8 POOL # 2 3:30 - 7:15 pm	9 POOL # 2 8:00 am – 11:45 am
10	11 POOL # 2 3:30 - 7:15 pm	12 POOL # 2 3:30 - 7:15 pm	13 POOL # 2 3:30 - 7:15 pm	14 POOL # 2 3:30 - 7:15 pm	15 POOL # 2 3:30 - 7:15 pm Last Day of School!	16 POOL # 2 7:30 am - 12:00 pm
17	18 POOL # 2 8:00 am - 12:30 pm & 5:30 - 9:00 pm	19 POOL # 2 8:00 am – 11:45 am Fundraiser @Chipotle 4-8 pm	20 POOL # 2 8:00 - 12:30 pm	21 POOL # 2 8:00 am - 11:45 am & 7 pm – 10 pm	22 POOL # 2 8:00 am - 12:30 pm PEP RALLY Rec # 2 6 – 8 pm	23 SWIM MEET LRR @ Vienna Aquatic
24	25 POOL # 2 8:00 am - 12:30 pm SWIM MEET LRR @ Oakton	26 POOL # 2 8:00 am - 11:45 am	27 POOL # 2 8:00 am - 12:30 pm	28 POOL # 2 8:00 am - 11:45 am & 7 pm – 10 pm	29 POOL # 2 8:00 am - 12:30 pm PEP RALLY Rec # 1 6 – 8 pm	30 SWIM MEET Hamlet @ LRR 7:00 am – 12:30 pm
1 JULY	2 POOL # 2 8:00 am - 12:30 pm SWIM MEET Sully Station @ LRR	3 POOL # 2 8:00 am - 11:45 am	4 POOL # 2 8:00 am - 12:30 pm	5 POOL # 2 8:00 am - 11:45 am and 7 pm – 10 pm	6 POOL # 2 8:00 am - 12:30 pm PEP RALLY Rec # 2 6 – 8 pm	7 SWIM MEET Dowden Terrace @ LRR 7:00 am – 12:30 pm

8	9 POOL # 2 8:00 am - 12:30 pm SWIM MEET LRR @ Poplar Tree	10 Pool #2 8:00 am - 11:45 am	11 POOL # 2 8:00 am - 12:30 pm SWIM MEET Divisional Relays @ Wakefield Chapel	12 No Practice - Picture Day	13 POOL # 2 8:00 am - 12:30 pm	14 SWIM MEET LRR @ Fairfax
15	16 SWIM MEET LRR @ Greenbriar	17 Pool #2 8:00 am - 11:45 am	18 SWIM MEET All Star Relay Carnival @ Lincolnia Park	19 Pool #2 7 pm – 10 pm	20 Pep Rally Rec # 2, 6-8pm	21 SWIM MEET Wakefield Chapel @ LRR 7:00 am – 12:30 pm
22 Pool #2 Lollipop Meet Noon – 2 p.m. Open to residents	23 SWIM MEET Brookfield @ LRR	24 Divisionals practice 8:00 am – 10:00 am	25	26	27	28 SWIM MEET Divisionals @ Vienna Aquatic
29	30 IAS practice 9 – 10	31	AUG 1	2	3	4 SWIM MEET All Stars @LRR 7:00 am – 12:30 pm

Mini-team practices start 6/18, end 7/20, 9:00-9:30, 9:30-10:00, 10:00-10:30. Mini-team party 7/23 during practice time.

Age Group	Afternoon Practice (5/29 thru 6/15)		Age Group	Saturday Practices (June 2, June 9)	Morning Practice (6/18 thru 7/23)
13-18 Years Old	3:30 - 4:30		13-18 Years Old	8:00 - 9:00	8:00 - 9:00
*All 8 & Unders	4:30 - 5:15		*All 8 & Unders	9:00 – 9:45	9:00 – 9:45
9-10 Years Old	5:15 – 6:15		9-10 Years Old	9:45 – 10:45	9:45 – 10:45
11-12 Years Old	6:15 – 7:15		11-12 Years Old	10:45 - 11:45	10:45 -11:45
			Mon, Wed, Fri Clinic		11:45 - 12:30

Event	Home	Away	Warm Ups	Meet Begins
NVSL Sat.	Pool #2 at 7:45 am	Coach check-in 7:15 am CVHS; caravan leaves at 7:30 am	8 am home team/8:30 am away team	9:00 am
WFDL Mon.	Pool #2 at 4:45 pm	Arrive at away pool by 5:15 pm	5pm home team/5:30pm away team	6:00 pm

Pool #2 parking lot is reserved for the visiting team.