

2026 LITTLE ROCKY RUN STINGRAYS SWIM TEAM SUMMER CALENDAR 2026

MAY 24	25 Memorial Day	26 PM Practice	27 PM Practice	28 PM Practice	29 PM Practice	30 AM Practice
31	JUNE 1 🕒 PM Practice	2 PM Practice	3 PM Practice	4 PM Practice	5 PM Practice	6 📅 AM Practice
7	8 🕒 PM Practice	9 PM Practice	10 PM Practice	11 PM Practice	12 PM Practice	13 📅 Time Trials
14	15 🕒 No Practice Makeup Time Trials	16 PM Practice	17 PM Practice	18 AM Practice	19 AM Practice Pep Rally!!	20 📅 NVSL Meet* @ Little Hunting Park
21	22 🕒 AM Practice WFDL Home Meet	23 AM Practice	24 Team Picture Day - No Practice	25 AM Practice	26 AM Practice Pep Rally!!	27 📅 NVSL Home Meet* vs. Donaldson Run
28	29 🕒 AM Practice WFDL @ Greenbriar	30 AM Practice	JULY 1 AM Practice Family Fun Night	2 AM Practice	3 AM Practice	4 📅 🕒 (relay declare) NVSL Meet* @ High Point Pool
5	6 🕒 AM Practice WFDL Home Meet	7 AM Practice Pancake Breakfast!	8 AM Practice Div Relays* @ Donaldson Run	9 AM Practice	10 AM Practice Pep Rally!!	11 📅 NVSL Meet* @ Mantua
12	13 🕒 AM Practice WFDL @Pleasant Valley	14 AM Practice	15 AM Practice All-Star Relays***	16 AM Practice	17 AM Practice Pep Rally!!	18 📅 SENIOR DAY!!! NVSL Home Meet* vs. Hunt Valley
19	20 🕒 AM Practice WFDL @ Poplar Tree	21 AM Practice**	22 AM Practice**	23 AM Practice**	24 AM Practice**	25 Divisional Meet* @ Home! EOY Banquet 6-9
26 Lollipop Meet	27 AM Practice***	28 AM Practice***	29 AM Practice***	30 AM Practice***	31 AM Practice***	AUG 1 All-Star Meet*** @ Vienna Woods

*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

2026 LRR STINGRAYS SWIM TEAM SCHEDULE 2026

Practice Schedule

Age Group	Afternoon Practice (May 26 – Jun 17)	Saturday Practice (May 30 & June 6 only)	Morning Practice (Jun 18– Jul 20)
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 20 @ 9am	LRR @ Little Hunting Park	Monday, June 22 @ 6pm	LRR vs. Virginia Run (HOME)
Saturday, June 27 @ 9am	LRR vs. Donaldson Run (HOME)	Monday, June 29 @ 6pm	LRR @ Greenbriar
Saturday, July 4 @ 8am	LRR @ High Point Pool	Monday, July 6 @ 6pm	LRR vs. Oakton (HOME)
Saturday, July 11 @ 9am	LRR @ Mantua	Monday, July 13 @ 6pm	LRR @ Pleasant Valley <i>IM is the first event at this meet</i>
Saturday, July 18 @ 9am	LRR vs. Hunt Valley (HOME)	Monday, July 20 @ 6pm	LRR @ Poplar Tree

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

Other Team Events:

Friday Night Pep Rallies: June 19, June 26, July 10, July 17

Team Picture Day: Wednesday, June 24, (morning)

Family Fun Night: Wednesday, July 1 (evening)

Pancake Breakfast: July 7 (morning, at practices)

End of Year Banquet: Saturday, July 25 (evening)

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

*schedule & details to come later!