

Saratoga Stingrays (SAR) 2025 Season Schedule

Practice Times

May 28-30 and June 11, 5pm - 7pm Evening practice for returning swimmers

.....**June 12 - July 19 (M-F)**.....
Swim Team
Group 3 7:30-9:00am
Group 2 9:00-10:30am
Group 1 9:00-10:00am
Junior Rays 10:00-10:30am

What time do I show up?

Saturday “A” Home Meets

6:30 am Deck Setup (all hands)
6:45 am SAR Warm-up
8:00 am Meet Start
10:45 am Meet end (approx.)
Post-meet Clean up (all hands) /team brunch

Saturday “A” Away Meets

7:00 am On deck ready to warm-up
TBD-varies SAR Team warm-up
8:00 am Meet start
10:45 am Meet end (approx.)
Post-meet Post-meet team brunch

Wednesday “B” Home Meets

4:30 pm Deck Setup (all hands)
4:45 pm SAR Warm-up
6:00 pm Meet Start
9:00 pm Meet end (approx.)
Post-meet Deck Clean up (all hands)

Wednesday “B” Away Meets

5:00 pm On deck ready to warm-up
TBD-varies SAR Team warm-up
6:00 pm Meet start
9:00 pm Meet end (approx.)

Meet Schedule

5/27/2025 (Tuesday).....First day of new swimmer assessments

5/28/2025 (Wednesday).....First day of Afternoon Practice

6/2/2025 (Monday).....7 PM MANDATORY Parent Meeting

6/7/2025 (Saturday).....Time Trials at Saratoga Pool

6/12/2025 (Thursday).....First Day of Morning Practice

6/14/2025 (Saturday).....Away A-Meet v Glen Cove
[5471 Brigantine Way, Fairfax VA 22032](#)

6/18/2025 (Wednesday).....Away B-Meet v Manorgate
[14300 Greentrails Blvd, Centreville VA 20121](#)

6/21/2025 (Saturday).....Away A-Meet v Sugarland Run
[200 Greenfield Ct. Sterling VA 20164](#)

6/25/2025 (Wednesday).....Home B-Meet v Burke Center Stingers

6/28/2025 (Saturday).....Away A-Meet v Penderbrooke
[3700 Golf Trail Ln, Fairfax, VA 22033](#)

7/2/2025 (Wednesday).....Away B-Meet v Chinquapin
[1609 Cameron St. Alexandria VA](#)

7/5/2025 (Saturday).....Home A-Meet v Chantilly National GCC

7/7/2025 (Monday).....IM Carnival @ Chantilly National GCC
[14901 Braddock Rd Centreville VA 20120](#)

7/9/2025 (Wednesday).....Home B-Meet v Burke Center Penguins

7/12/2025 (Saturday).....Home A-Meet v Barrington

7/13/2025 (Sunday).....Relay Carnival @ Sugarland Run
[200 Greenfield Ct. Sterling VA 20164](#)

TBD.....Splashdown

7/18/2025 (Friday).....Last day of Morning Practice

- 7/19/2025 (Saturday).....Gold Divisionals @ Chantill National GCC
[14901 Braddock Rd Centreville VA 20120](#)
- 7/19/2025 (Saturday).....End-of-Season Awards Picnic for all swimmers
- 7/21- 7/25 (M-F).....All Stars Swimmers Practice
- 7/26/2025 (Saturday).....All Stars @ Ashburn Village
[44078 Cheltenham Cir. Ahburn, VA 20147](#)