



WWW.RMSCSWIMMING.COM



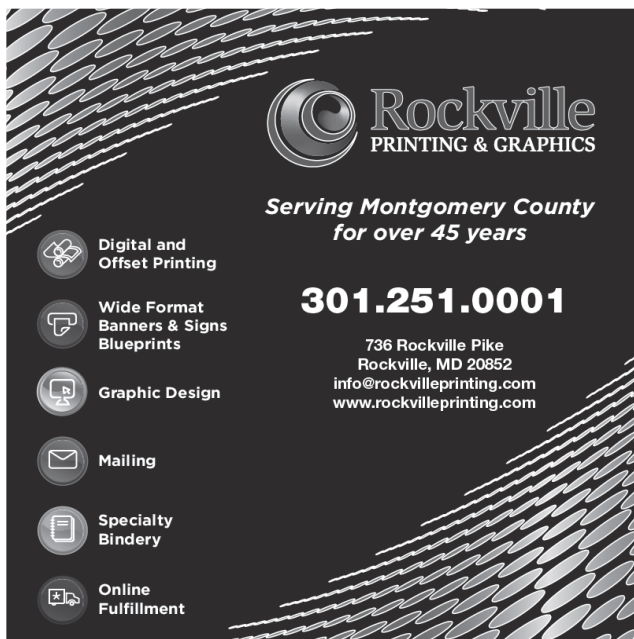
INDIVIDUAL PROGRESS
NATIONALLY RECOGNIZED

TEAM UNITY
5 PRACTICE SITES

Table of Contents

List of Sponsors.....	7
Rule Changes in Effect Starting in 2026.....	9
Rule Changes in Effect Starting in 2025.....	9
Letter from the MCSL President	12
MCSL Board of Directors	14
Automation Information	17
Automation Clinics.....	17
MCSL 2026 Team Directory	18
Functions Required of MCSL Member Pools.....	42
MCSL Rules for Competition.....	43
1. Purpose of League	43
2. General – Rules of Competition.....	43
3. General – Rules of Sportsmanship	44
4. General – Pool Standards.....	45
5. General – Required Equipment.....	45
6. General – Team Rosters.....	45
7. General – Eligibility of a Swimmer to Participate on a Team	45
8. General – Officials.....	47
9. General – Age of Swimmers for MCSL Competition	48
10. General – Official Time	50
11. Dual Meets.....	51
12. Division Relay Meet (Relay Carnival).....	56
13. Division Championship Meet (Divisionals).....	58
14. Division Champion Calculation.....	62
15. MCSL Coaches Invitational Long Course Meet	62
16. MCSL All Star Relay Meet.....	63
17. MCSL Individual All Star Meet.....	64
18. Disqualifications (DQ's).....	65
19. Protests and Penalties.....	67
20. Records.....	68
Guide for Officials.....	69
1. Timers.....	69
2. Head Timers	69
3. Head Scorer	70
4. Computer Operator	70
5. Scorer/Automation Assistant	70
6. Ribbon Writers/Awards	70
7. Take-Off Judges	71
8. Stroke and Turn Judges.....	71
9. Chief Judge.....	72
10. Administrative Referee/Official.....	72
11. Starter	73
12. Referee.....	73
13. Clerk of Course.....	74
14. Team Representative	75
Checklist for Meet Managers.....	75

MCSL Technical Rules	76
1. MCSL Starting Rules.....	76
2. Breaststroke.....	79
3. Butterfly.....	79
4. Backstroke.....	80
5. Freestyle	80
6. Individual Medley.....	81
7. Relays.....	81
Records.....	86
1. MCSL Coaches Invitational Long Course Meet Records	86
2. 2026 MCSL All Star Nominating Times	89
3. MCSL Individual Event Records.....	90
4. MCSL Relay Records.....	92
5. 2025 Division Standings.....	94
6. 2026 Division Assignments and Seedings	96
MCSL Administrative Information.....	99
1. Dual Meet Dates and Home Teams for Divisions A – N	99
2. Host Teams and Dates for Divisional & Relay Carnival Meets	100
3. MCSL Calendar 2026.....	100
4. Officials Clinics.....	102
Order of Events: Relay Meet	104



Rockville
PRINTING & GRAPHICS

*Serving Montgomery County
for over 45 years*

301.251.0001

736 Rockville Pike
Rockville, MD 20852
info@rockvilleprinting.com
www.rockvilleprinting.com

- Digital and Offset Printing
- Wide Format Banners & Signs Blueprints
- Graphic Design
- Mailing
- Specialty Bindery
- Online Fulfillment

JOE FLAHERTY'S DOLPHINS

SWIM PROGRAMS FOR ALL LEVELS & AGES



THE MISSION

*In the midst of a safe and respectful environment,
JFD will contribute to the overall development of
young people through building up
confidence, determination and cooperation to
help face the challenges of life.*

THE MOTTO

*Have an Impossible Dream, Dare
Greatly to achieve it, and
Don't Quit until you do.*

OUR STAFF WILL

- *Emphasize character*
- *Use our unique JFD learning progressions*
- *Use video replay stroke analysis*

www.jfdolphins.com 301-916-1852 Joefdolphins@gmail.com

ACCOMPLISHMENTS OF JFD SYSTEM GRADUATES:

- *Seven alumni swimmers made Olympic Trials
- *In 2018, 17 M.C. S. L. individual records held
- *In one season, 4 of the 8 PVS Outstanding swimmers
- *One alumnus won an Olympic Gold medal in 2016!!!!



AWARDS AND HONORS RECEIVED:

- *Doc Councilman Creative Coaching Award Received at the World's Coaches' Clinic from the American Swim Coaches Association
- *The Small Business Award in recognition of our Coaches Training Program from the Montgomery County Workforce Development Board
- *Coach Flaherty has made two presentations at the World's Coaches Convention
- *Our head coach was inducted into the MCSL Hall of Fame

JFD will not be competing in meets this season, so if you would like to free up a lot of time by not competing in PVS meets, and love aerobic conditioning, video re-play, advancing your skills, developing your character, and making friends, check us out.
Coach Flaherty will no longer be coaching at Quince Orchard.
If you live in that area, email joefeldolphins@gmail.com to get connected with long term JFD Coaches Shannon English or Kyle Brown, who will now be heading up the program at QO.

GEORGETOWN PREP SCHEDULE:

MONDAY-THURSDAY		TUESDAY-THURSDAY	
STROKE & TURN CLINIC:		**INTERMEDIATE LESSONS: SUNDAY	
6:00PM - 7:00 PM		6:00PM-6:45 PM	ALL LEVELS
		OR	4:30 PM- 7:30 PM
*ADVANCED ATHLETE:		6:45 - 7:00 PM	
6:00PM-7:30 PM			

*The Advanced Workout Group will be for swimmers looking to supplement their team training.

**Intermediate group must be able to swim 12.5 yards in deep water

www.jfdolphins.com 301-916-1852 joefeldolphins@gmail.com

ALL STAR AQUATICS

DIVE INTO EXCELLENCE

YEAR ROUND COMPETITIVE SWIMMING

- For swimmers aged 6-18
- Meet Participation Required
- Full Year Commitment



CLINIC SWIMMING - FALL, WINTER, SPRING

Rising Stars (ages 5-9)

- Stroke Development

Technique & Endurance (ages 9-18)

- summer & competition prep



WWW.ALLSTARAQUATICS.NET

speedo

List of Sponsors

FINS Swimming	inside front cover
Rockville Montgomery Swim Club	1
Rockville Printing & Graphics.....	3
Joe Flaherty's Dolphins	4
All Star Aquatics	6
The Capitol Sea Devils	8
Cassel's Sports & Awards	10
Rebound Physical Therapy	11
Palmetto Bay Cuisine	13
Potomac Valley Swimming	13
Montgomery County Stroke & Turn Clinic	15
Swimtopia.....	16
Crown Trophy.....	19
Fairland Aquatics.....	21
TRI Game Sports	23
Grown-up Swimming	25
Haines Insurance Group.....	27
Lamb Awards & Engraving.....	31
Maryland Brat & Butcher Co.....	31
Potomac Pizza.....	33
Quince Orchard Swim Academy	35
Rockville Swim and Fitness Center	37
TIBU.....	41
Monster Mini Golf.....	83
Sport Fair	84
Dolphin.....	85
Pools, Patios & Porches Swim Shop.....	85
Exercise Network Swim & Aquatics	88
Kids After Hours	98
Just Tryan It.....	99
Tollefson Swimming	101

Montgomery County Recreation..... 103

Joe Flaherty’s Dolphins Coaches’ Training..... 105

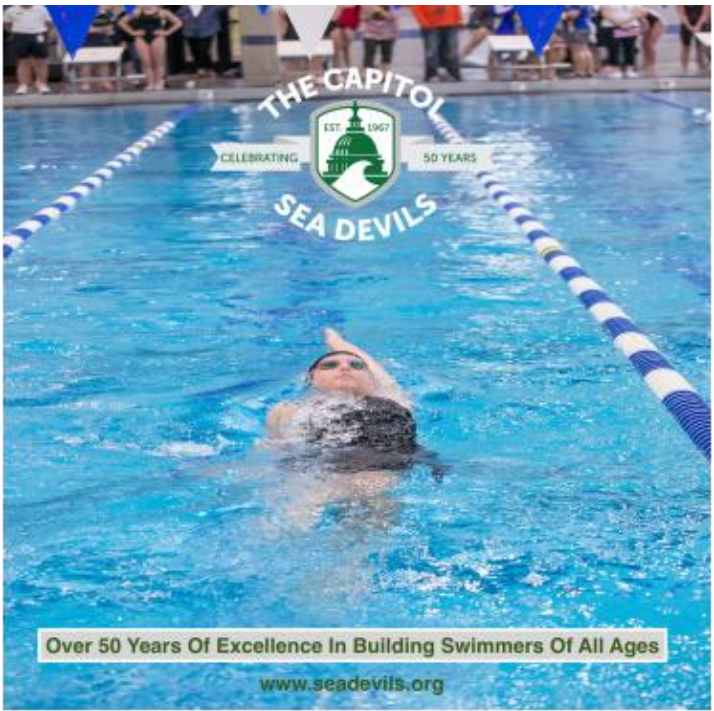
Skinmetal 106

SwimStory 107

Shadowland 108

Capital Sport & Swim.....inside back cover

Please thank our sponsors by visiting their advertisements and by considering their fine services and products.



Rule Changes in Effect Starting in 2026

PLEASE NOTE – ONLINE VERSION TAKES PRECEDENCE

Where any differences exist, the rules in this online version of the MCSL Handbook supersede those in the printed version. The online version contains certain USA Swimming and MCSL Technical Rule changes (^ indicated below) that came into effect after the printed version was produced.

The following rule changes are in effect starting with the 2026 season:

2.e.3 Uniform: Wearing a t-shirt or rashguard is **permitted** provided that it does not violate any other subclause of Rule 2.e.

^^2.e.10 Therapeutic Tape: Therapeutic elastic **is no longer prohibited**. In addition, as a consequence of injury, it is permissible to tape together not more than two fingers or toes.

11.j.ii.2 Electronic Exchange: Refer to Section 11.j.ii.2 for the complete rule. This change affects the pre-meet exchange of lineups. The change updates terminology from “email exchange” to “electronic exchange”, and emphasizes that entries must be exchanged at a mutually agreed-upon time and that teams cannot revise entries based on a review of the other team’s entries.

18.g.4: The swimmer must **remain** and finish the race in the same lane in which they started.

MCSL Technical Rules – 1.a.v The Start: A swimmer shall be disqualified for an illegal starting position at the start if the swimmer moves from a legal starting position to an illegal starting position immediately prior to or after the “take your marks” command provided that the illegal starting position exists when the signal to start the race is given. Enforcement of the correct starting position is the responsibility of the Starter or the Stroke and Turn Judges.

^^3.e, 4.d & 5.d Finish: For Butterfly (3.e), Backstroke (4.d) and Freestyle (5.d), once some part of the head of the swimmer has passed the final backstroke flags, immediately prior to reaching for the finish, the swimmer may be completely submerged.

Rule Changes in Effect Starting in 2025

Modifications to the rules to address scoring and seeding for **seven-team divisions**. The affected sections include 11.k, 11.l, 12.p, 13.u, 14.b, 14.c.

Relay Entry Cards. Relay Entry Cards will be white rather than tan. Relay exhibition entry cards will be blue rather than yellow. The affected sections include 11.q, 12.i, 13.r.

Rule Clarifications.

7.h.i.2 Clarifies the transfer application deadline.

2.e.4 and 2.e.11 Makes consistent the rules for swimmer attire under Section 2. General – Rule of Competition.



TOTAL TEAM OUTFITTING

Suits, Caps & Customized Spiritwear!



- ★ **Suit sizing to fit your teams needs**
- ★ **Custom spirit items - magnets, bags, tags, tattoos and more**
- ★ **Custom awards, trophies & medals**

Customized Spiritwear now available on-line! You no longer have to tally, collect money or bag individual orders.

r.gonzaga@casselsonline.com

703.435.4446

www.casselsonline.com



REBOUND

PHYSICAL THERAPY

TRAIN WITHOUT THE PAIN!

Rebound's experienced professionals understand the unique demands placed on the bodies of athletes. Whether it is a swimming-specific issue or any other sports related injury, we can help you train without the pain.

We participate with Medicare, Carefirst, and Aetna. A physician's referral is NOT necessary for your visit.

1801 Research Blvd • Rockville, MD 20850

tel (301) 978-7730

www.ReboundRockville.com

Letter from the MCSL President

Dear MCSL Team Reps, Coaches, Swimmers, and Families,

It's finally here!! On behalf of the MCSL Board, welcome to the 2026 season!

For more than half a century, the Montgomery County Swim League has been a summer institution, grown to 90 teams, thousands of families, and one shared chaotic, spirited ritual that kicks off every Memorial Day and wraps up at the end of July. Our League is a living reminder of what's possible when a community decides to show up for its kids, year after year after year.

What makes this League truly special, though, goes well beyond the swimming. Every week, five-year-olds jumping in for the first time line up alongside 17- and 18-year-olds who have spent their whole childhoods in these lanes. The older kids take the younger ones under their wings, cheering them on, showing them the ropes, and modeling what it looks like to participate with spirit and compete with heart. In time, those little ones grow up and become the mentors themselves. Add in the weekly themes, the costumes, the cheers, and the infectious team spirit that takes over every pool deck during meets, and you start to understand that what we're really building here isn't just swimmers, it's confident, caring, team-oriented young people who carry those lessons with them long after their last race.

Before we get in the water, there are a few updates to mention. The league voted to implement two rule changes: a new electronic line-up exchange rule, and a change allowing t-shirts and rash guards in competition. We've also incorporated multiple USA Swimming rule changes to keep MCSL aligned with rules at the national level.

As we head into the first meets, I'd like to reiterate a few important reminders that former MCSL President Kristine Frohman mentioned last year:

- How we act matters as much as, if not more than, how the athletes swim. Our kids are watching us - coaches, officials, and parents alike. Let's lead by example, and make it a league we're proud of.
- Let them love it. Not every swimmer will make All-Stars, but every swimmer can leave this summer feeling good about being part of a team. Cheer loud, celebrate effort, and let the fun be enough, because it is.
- MCSL belongs to everyone. We are committed to being a League where every swimmer, family, and volunteer feels welcomed and respected. Information on Safe Sport and Athlete Inclusion is available on our website.
- Volunteer. None of this works without you. Volunteer, participate, pick up a spot watch and get splashed. You'll be glad you did, and so will your team.

It's a privilege to lead this League, and I'm grateful to everyone who makes it run: reps, coaches, officials, and the countless volunteers who give up their Wednesday evenings and Saturday(ish) mornings so our kids can race. I can't wait for an awesome season!!

See you at the pool,
Jessica Moore, President, Montgomery County Swim League



PALMETTO BAY

C U I S I N E

Food Truck * Catering

info@palmettobaycuisine.com

 [@palmettobaycuisine](https://www.instagram.com/palmettobaycuisine)

Congratulations to all MCSL Swimmers

To continue your swimming throughout the year,
visit the website below and click on
"Find a Team"



POTOMAC VALLEY
SWIMMING

www.pvswim.org

MCSL Board of Directors

Office	Member	Committees
President	Jessica Moore (NWB)	Clinics, Rules, Competition, Hospitality
Vice President	Rebecca Fayed (WM)	Clinics, Rules, Competition, Communications
Treasurer	Tom Allison (WTL)	Competition, Clinics
Secretary	Gabe Ossi (FO)	Hall of Fame, Records, Green Book
Board Member	Kristine Frohman (LM)	Rules, Clinics, Athlete Inclusion, Safe Sport
Board Member	Scott Witkin (OM)	Clinics, Competition, Rules, Handbook
Board Member	Jim Garner (DT)	Clinics, Competition, Rules, SSL Hours
Board Member	Eric Smith (NCC)	Automation
Board Member	Marcie Ament (MW)	Handbook, Advertising
Board Member	Tom Donley (CA)	Awards, Clinics
Board Member	Tom Lang (SG)	Handbook, Automation
Board Member	Tisha Schestopol (CCR)	Awards, Hospitality

To contact MCSL, please use the appropriate email address:

Entire board	board@mcsl.org
President	president@mcsl.org
Treasurer	treasurer@mcsl.org
Secretary	secretary@mcsl.org
Officials	officials@mcsl.org
Clinics	clinics@mcsl.org
Awards	awards@mcsl.org
Advertising	ads@mcsl.org
Rules committee	rules@mcsl.org
Competition committee	competition@mcsl.org
Starter equipment	colorado@mcsl.org
Web site	web@mcsl.org
Automation	automation@mcsl.org
Handbook	handbook@mcsl.org
Hall of Fame	halloffame@mcsl.org
Safe Sport	safesport@mcsl.org
SSL Hours	ssl@mcsl.org

MCSL Insurance Statement: The MCSL Board asks that all team representatives make sure that their respective pools have in force an insurance policy that is current for the upcoming summer and covers athletic events.

MCSL Legal Statement: MCSL is not in a position to, is not supposed to, and does not try to advise its member teams of federal, state or local laws which may apply to any of them. MCSL does want to remind each team to inquire for itself about applicable laws and to consult with the club with which it is affiliated. These laws could include, but are not limited to: its tax status for federal, state and local income tax purposes; rules applicable to payments made to coaches and guards; federal and state discrimination laws applicable to hiring and membership; sanitary laws applicable to food sales; sales tax rules; and health and safety issues.

MONTGOMERY STROKE & TURN CLINIC

SUNDAY EVENING SWIM CLINICS



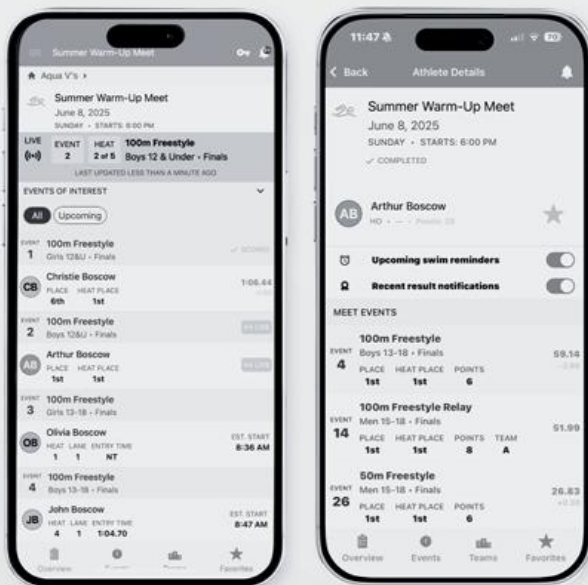
- CONVENIENT SUNDAY EVENING CLINIC TIMES
- PROFESSIONAL COACHING AT A COMPETITIVE PRICE
- SESSIONS RUN OCTOBER TO MAY
- DESIGNED FOR SUMMER LEAGUE SWIMMERS 5 TO 18
- SIX MONTGOMERY COUNTY LOCATIONS
- FOCUS ON STROKE TECHNIQUE

WWW.MSTCSWIM.COM

Meet Day, Right In Your Pocket

Take your meet experience to the next level
with heat sheets, real-time results, scores,
favorite athletes, and notifications.

Go **PRO**



"Have you ever had to rely on lousy heat sheets and busy coaches to navigate your swimming experience? Not anymore! With SwimTopia Mobile, you can view the heat sheets, meet results, AND get notified when your kid is about to swim." ★★★★★

Scan to Get  **SwimTopia Mobile**

7 day FREE trial then
\$5.99/month or \$14.99/year



 **Meet Maestro**

Automation Information

Div	Contact	Pool	Phone #	Email
A	Todd Stowell	RV	240-205-2463	tsm4781@gmail.com
B	Jeff Roddin	G	240-464-3962	glenwood.automation@gmail.com
C	Bruce Bauer	RH	301-204-4377	daburc@hotmail.com
D	Sandra Quiroga	HA	301-455-4353	sandraevq@gmail.com
E	Daniel Croghan	CCR	202-288-0456	dpcroghan@gmail.com
F	Jason Zhang & Natalie Shelton	TW	917-856-5427	twstautomation@gmail.com
G	Joon-suk Lee	LF	207-773-3685	joonsuk74@gmail.com
H	Nina Bice	CA	301-919-5268	ninabice@outlook.com
I	Kabir Kumar	SO	202-830-4905	dolphinsautomation@gmail.com
J	Bethany Ventura	MS	301-509-1338	bventura0813@gmail.com
K	Angela Chow	KFM	240-418-7664	angela@kingfarmswimteam.com
L	Jennifer Tompkins	TF	304-281-2540	jentompkins6609@gmail.com
M	Jon Walkup	FH	240-888-2171	fmsharksautomation@gmail.com
N	Ann Reilly	NH	301-704-5357	annreilly77@yahoo.com
O	Kevin Sorrentino	TB	301-742-7494	kopesetic@gmail.com

Division Automation Liaisons upload MCSL meet results for their division to the MCSL database by 2 pm after each meet. Division Automation Liaisons function as the first level resource contact for questions concerning automation matters within the Division. Backing them up are members of the MCSL Automation Committee as listed on the MCSL Board page on the MCSL website.

Automation Software

The league provides to each team the Windows version of Hy-Tek's Meet Manager. We will continue to use Meet Manager version 8.0 this year. Look for updates on the MCSL automation page.

Each team is responsible for providing their own team manager software that is compatible with Meet Manager. Popular options for team management software are Swimtopia, Team Unify, and HyTek's Team Manager.

Please make sure that you have a computer with sufficient resources to adequately run the programs. It is strongly encouraged that you verify the operation of the components, especially the printers and drivers, well in advance of running a meet.

Automation Clinics

Automation training will be on Tuesday, June 2, 2026 at 7pm via Zoom. Go to the MCSL website <https://mcsl.org/automation/> for more details as well as for access to MCSL automation related documents.

Links to helpful YouTube videos and a recorded copy of the 2024 training session are available on the MCSL website.

2026 Meet Templates will be available on the MCSL website

2026 Event Files will be available on the MCSL website

MCSL 2026 Team Directory

Arora Hills (ARH) 23230 Arora Hills Drive, Clarksburg, MD 20871

Team Rep	Bridgette Fanelli	(301) 602-8676	ParentRepB@ahbarracudas.org
Team Rep	Arti Varanasi	(240) 533-1218	ParentRepA@ahbarracudas.org
Automation	TBD		automation@ahbarracudas.org
Head Coach	Ken Shelhorse	(227) 252-0364	headcoach@ahbarracudas.org

Ashton (A) 1315 Hornell Dr, Silver Spring, MD 20905

Team Rep	Hannah Hager	(301) 455-9904	hannah.hager@gmail.com
	Anne Marie		
Automation	Stepling		ashtonautomation1965@gmail.com

Bannockburn (B) 6513 Laverock Ln, Bethesda, MD 20817

Team Rep	Mariana Zand	(301) 806-5677	Mdjeolas@yahoo.com
A Rep	Amy Conroy	(202) 770-7514	amy_laurence@hotmail.com
A Rep	Debbie Nigri	(571) 239-8747	dlnigri@gmail.com
B Rep	Cristina Gomez		cristinag4@gmail.com
B Rep	Natalie Silverman	(530) 902-4605	natalie.e.silverman@gmail.com
Automation	Sumi Choi		choi.sumi@gmail.com
Coach	Malena Lair Ferrari		

Bethesda (BE) 6300 Little Falls Parkway, Bethesda, MD 20816

A Rep	Leigh Ann Caldwell	(646) 339-5672	lac_caldwell@yahoo.com
A Rep	Jennifer Joyner Hall	(202) 277-9541	jenniferjoynerhall@gmail.com
A Rep	Curt Hastings	(202) 302-2974	xchastings@gmail.com
B Rep	Katerina Bedoya	(240) 281-5714	bedoyakaterina@gmail.com
B Rep	Andria Wilkerson	(847) 204-8371	wilkersonswim@gmail.com
Automation	Tomoko Mullany		tomoko.hosaka@gmail.com
Automation	Karin Donahue		donahue828@msn.com
Head Coach	Malka Ostchega	(240) 461-1768	malkao@hotmail.com

Calverton (CA) 12615 Galway Dr, Silver Spring, MD 20904

A Rep	Ellen Wellen		ellenwellen28@gmail.com
B Rep	Nikki Milcetch		milcetch24@gmail.com
Asst B Rep	Stephanie Lee		sleechargers@gmail.com
Automation	Nina Bice	(301) 919-5268	ninabice@outlook.com
Head Coach	Caroline Thompson		Carolinejasminethompson@gmail.com

Carderock Springs (CS) 8200 Hamilton Spring Ct, Bethesda, MD 20817

A Rep	Kate Dickens	(202) 459-8288	kmd1212@gmail.com
A Rep	Eric Troop	(202) 494-0482	etroop@gmail.com
B Rep	Tamara Schlinger		tamara_schlinger@yahoo.com
Automation	Katy Sequaria	(203) 321-6614	ktsequeira@gmail.com
Head Coach	Patrick Cox		patrick@tollefsonswimming.com
Co-Head Coach	Lauren Long		long.lauren.m@gmail.com



X



A proud sponsor of MCSL for the past 25 years!



**SWIM APPAREL, PROMOTIONAL PRODUCTS,
CRYSTAL AWARDS, ACRYLIC AWARDS,
PLAQUES, BANNERS, CHENILLE LETTERS,
AND MORE**

**18921 Premiere Court
Gaithersburg, MD 20879
(301) 963 - 3570**

**orders@crowngaithersburg.com
Mon-Fri: 10am - 4pm**

www.crowntrophy.com/store-64

Cedarbrook (C) Cedar Ln & Summit Ave, Kensington, MD 20895

A Rep	Angela Harvey	aeharvey1007@hotmail.com
Asst A Rep	Kim Shah	kimberlyfieldsdds@gmail.com
B Rep	Trish Stone	trish.stone@yahoo.com
Automation	David Harvey	cedarbrook.automation@outlook.com
Co-Head Coach	Mattison Harvey	CedarbrookCoaches@gmail.com
Co-Head Coach	Peter James	CedarbrookCoaches@gmail.com

Chevy Chase Rec Assoc (CCR) 8922 Spring Valley Rd, Chevy Chase, MD 20815

A Rep	Meredith Miller	(808) 853-0848	stingraysareps@gmail.com
A Rep	Jessa Wilcox	(202) 746-0394	stingraysareps@gmail.com
B Rep	Jacqueline Gelb	(864) 414-2541	stingraysbreps@gmail.com
B Rep	Sheila Kadagathur	(202) 747-4075	sheilajaya@gmail.com
B Rep	Tonya Ohnstad	(202) 400-6599	stingraysbreps@gmail.com
Automation	Dan Croghan	(202) 288-0456	dpcroghan@gmail.com
Head Coach	Jake Cannistra	(202) 748-1620	jcannist@hamilton.edu

Clarksburg Town Center (CTC) 12901 Sugarloaf Chapel Drive, Clarksburg, MD 20871

A Rep	Maria Carrasco	(912) 980-1691	carrascom24@icloud.com
B Rep	Marcus Dixon	(240) 876-0420	marcus.dixon@montgomerycountymd.gov
Automation	Jenny Aguilar	(240) 423-8883	yuen.aguilar@gmail.com
Head Coach	Nikolai Taylor		coaches.ctcts@gmail.com

Clarksburg Village (CLK) 23075 Turtle Rock Terrace, Clarksburg, MD 20871

A Rep	Ed Lopez		cvstarep@gmail.com
B Rep	Melissa Schweizer		cvstbrep@gmail.com
B Rep	Lauren Strazisar		cvstbrep@gmail.com
Automation			cvstautomation@gmail.com
Head Coach	Matt Reinheimer		CoachMattReinheimer@gmail.com

Clopper Mill Kingsview (CLM) 13665 Ansel Terrace, Germantown, MD 20874

A Rep	Eduardo Arispe		MarlinsRepA@yahoo.com
B Rep	Kim Skufca		kkeegs@msn.com
Automation	Kim Skufca		marlinsautomation@outlook.com
Automation	Jenna Davis		marlinsautomation@outlook.com
Head Coach	Morgan Lowrey		coachmorgan103@gmail.com

Connecticut Belair (CB) 3901 Ferrara Dr, Silver Spring, MD 20906

A Rep	Roberta Alves	(202) 352-5623	roalves.cbswim@gmail.com
A Rep	Lauren Leatherman	(202) 255-5421	lauren.leatherman@gmail.com
Automation	Brian Hooker	(978) 821-5407	brian.r.hooker@gmail.com
Automation	Gary Frank	(202) 329-2251	gary.eng.arch@gmail.com
Head Coach	Sasha Liu	(845) 514-6195	al9875a@american.edu
Co-Asst. Coach	Johnny Broome	(301) 273-4701	Johnny@johnbroome.net
Co-Asst. Coach	Kieran Lakhan	(202) 280-8323	Kieran.Lakhan@gmail.com

**JOIN
FAIRLAND AQUATICS
SWIM TEAM
TODAY!**



- **DEVELOPING
CHAMPIONS SINCE 1992**
- **LOW COACH: SWIMMER
RATIOS**
- **UNLIKE BIG TEAMS, WE
KNOW YOUR KIDS NAME**

- **WWW.FAST92.ORG**



CALL US !



301 526 6597

Country Glen (CG) 10055 Glen Rd, Potomac, MD 20854

A Rep	Carrie Begin	(703) 307-9703	carriejbegin@yahoo.com
A Rep	Jodi Schur	(919) 452-9888	Jodikramer@me.com
B Rep	Kristin Abshire	(301) 332-2522	Kyabshire@hotmail.com
B Rep	Toni Mitchell	(703) 307-9963	
Automation	Vishal Sinha	(703) 609-0012	Automation@countryglen.org
Automation	Sara Wu	(908) 392-6946	Automation@countryglen.org
Head Coach	Geoff Schaefer	(301) 928-0305	swimschaefer@yahoo.com

Daleview (D) 901 Daleview Dr, Silver Spring, MD 20901

Team Rep	Emily Boyer	(202) 306-1844	emilysboyer@gmail.com
A Rep	Michele McKeever		mckeevermichele@yahoo.com
Head Coach	Emily Rawson	(301) 452-0886	emilymrawson@gmail.com

Damascus (DA) 25730 Woodfield Road, Damascus, MD 20872

A Rep	Julie Griffith	(240) 446-4405	juliegriffith1978@gmail.com
Asst A Rep	Corey Derrenbacher	(301) 466-4889	corey343@yahoo.com
B Rep	Becca Kless	(240) 994-0930	mrs.kless@gmail.com
Automation	Ryan Oben	(301) 412-2735	ryan_m_oben@yahoo.com
Automation	Leslie Broadwater	(301) 792-8047	lbroadwater8@gmail.com
Head Coach	Kevin Beabout	(301) 922-9856	kwbeabout24@yahoo.com

Darnestown (DT) 15004 Spring Meadows Dr, Darnestown, MD 20874

A Rep	Debbie Radford	(301) 437-2619	dradford8@gmail.com
A Rep	Erica Spencer	(773) 206-5401	e_hartman77@yahoo.com
B Rep	Teri MacKeever	(301) 792-3005	terimackeever@gmail.com
B Rep	Katie Pastrick	(202) 369-2248	katie.pastrick@gmail.com
Automation	Kristen Washburn	(301) 529-2021	kmwashburn03@gmail.com
Head Coach	Pat Tozzi	(301) 675-8440	demoncoach01@gmail.com

Diamond Farm (DF) 1203 Quince Orchard Blvd, Gaithersburg, MD 20878

Team Rep	Holly Reed	(240) 687-0492	hollylowreed@gmail.com
B Rep	Ashley Rea		ashleyreata@gmail.com

Eldwick (EW) 11130 Broad Green Dr, Potomac, MD 20854

A Rep	Amanda Yoon	(240) 543-4890	yoonswimrep@gmail.com
B Rep	Jenn Xue	(225) 405-9924	annikaxue1@gmail.com
Automation	Michael Hillard	(301) 830-3803	eldwickautomation@gmail.com
Co-Head Coach	Katherine Kalin	(703) 283-8424	KatKalin849@gmail.com
Co-Head Coach	Micah Selengut	(202) 317-1151	mselengut@comcast.net
Asst Coach	Faith Yoon	(240) 316-5780	faith.yoon17@gmail.com

Fallsmead (FM) 1824 Greenplace Terr, Rockville, MD 20850

A Rep	Joanna Band	(617) 921-6910	fallsmeadsharks@gmail.com
A Rep	Nina DiPadova		fallsmeadsharks@gmail.com
B Rep	Kelly Brandon		fallsmeadsharks@gmail.com
Automation	Jon Walkup		fmsharksautomation@gmail.com
Head Coach	Alex Cano		

@TRlgamesports



TRI Game Sports™

JOIN THE TEAM!

Team Training Sessions- Any Location
Team Racing & Training Uniform
TGS Clinics & Race Events
Access to Equipment
Race Support

SCAN ME



Or Register at:
www.TRlgamesports.com

**YOUTH & JUNIOR
TEAMS FOR AGES
7-18 IN 2026**

Scholarships Available

Flower Hill (FH) 8100 Mountain Laurel Ln, Gaithersburg, MD 20879

Team Rep	Yvette Fuentes	(202) 957-0464	yvettes1972@gmail.com
A Rep	Heather Jauquet	(301) 728-2175	hjaquet@yahoo.com
B Rep	BB Avila	(301) 728-2582	bb.belinda.avila@gmail.com
B Rep	Kathy Garner	(301) 502-6399	kathyjo.garner@gmail.com
Automation	Olga Chandran		olgachandran@gmail.com
Head Coach	Joel Acosta	(301) 537-9994	joelacosta166@gmail.com

Flower Valley (FV) 4510 Flower Valley Dr, Rockville, MD 20853

A Rep	Kate Carrick	(202) 253-3203	fvstreps@gmail.com
A Rep	Regan McKinley	(419) 376-3722	fvstreps@gmail.com
B Rep	Andrea Barish		flowervalleybreps@gmail.com
Automation	Aya Watanabe	(651) 492-6872	fvautomation@gmail.com
Head Coach	Danny Benedetti	(301) 655-1995	benedetti.danny@gmail.com

Forest Knolls (FO) 11105 Foxglove Lane, Silver Spring, MD 20901

Team Rep	Kate Waybright	(301) 404-8761	kpwaybright@gmail.com
A Rep	Gabe Ossi	(301) 938-2109	gabeossi@yahoo.com
A Rep	Rochelle Plutchak	(636) 284-0266	rochellerplutchak@gmail.com
B Rep	Jen Ritchotte	(301) 706-6540	jenritchotte@yahoo.com
Automation	Aaron Schwartz	(240) 676-6261	aaron.schwartz@gmail.com
Head Coach	Ethan Amitay	(202) 329-9254	ethana.ams@gmail.com
Asst Coach	Amaya Daniel	Asst Coach	Lucy Ossi
Asst Coach	Liahana King Cull	Asst Coach	Andrew Sutich

Franklin Knolls (FR) 820 E Franklin Ave, Silver Spring, MD 20901

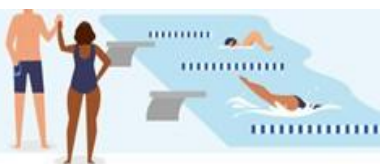
Team Rep	General Contact		fkpswim@gmail.com
A Rep	Jenny Blasdel		jenblas@gmail.com
A Rep	Ingrid Lund	(202) 288-9931	ingridlund@gmail.com
B Rep	Tracy Jacobs	(301) 538-0488	tracyjacobs@mac.com
Automation	Katie Ryder	(301) 385-0896	fkpautomation@gmail.com
Head Coach	Nik Hammond	(240) 441-8988	hammond.niklas@gmail.com

Garrett Park (GP) Cambria & Keswick St, Garrett Park, MD 20896

A Rep	Kate Fritz	(571) 332-5035	Kefritz@gmail.com
A Rep	Gwen Wade		gwendolyn.l.wade@gmail.com
B Rep	Megan Dennis		breps.garrettparkladybugs@gmail.com
B Rep	Elizabeth Koza		breps.garrettparkladybugs@gmail.com
Automation	Heather Down	(240) 271-6675	heatherdown611@gmail.com
Head Coach	Kevin Fisher	(240) 994-8705	KJFisher3@gmail.com

Germantown (GER) 18905 Kingsview Dr, Germantown, MD 20874

A Rep	Maria Contreras		torpedoes.team@gmail.com
A Rep	Guzel Mardeeva	Rep	Meghan Parker
B Rep	Tisha Chrobak	B Rep	Cyndi Thai
Automation	Meredith Salita		msalita@gmail.com
			germantowntorpedoes.headcoach@gmail.com
Head Coach	Nicole Mellott		gmail.com



Summer League Swimming – for Grown-Ups!

Who said only the kids can have fun in the pool?

Meet Events

25 Freestyle	50 Freestyle
25 Butterfly	50 Butterfly
25 Backstroke	50 Backstroke
25 Breaststroke	50 Breaststroke
100 IM (Fly/Back/Breast/Free)	4 x 50 Freestyle Relay*
	4 x 50 Medley Relay*

Races seeded by age group (50-59, etc.)

All relays are mixed age

Heat Winner Ribbons!

Walk-out songs! Fun Relays!

Bring your own La-Croix, or exchange a heat winner ribbon for your favorite beverage after you race.

Just remember - no glass on the pool deck!

Practice Schedule

Up to you & your team! Practices are always optional. Hire a coach or organize a casual meet up during free swim hours. We'll give you access to a wide selection of workouts for you to pick and choose your favorite sets from. Like a buffet. Yum!

Start a Team

grownupswimming.com/form-a-team

A team could be affiliated with a kid's summer league team, existing masters teams, or random groups of friends.

All we need is your Team Name, the Team Captain, and whether you want to host a meet.

But what will I do with my kids? I can't leave them at home!

Bring 'em to the meet, we'll need timers :)

\$75 Meet Participation Fee Includes:

- Entry into all four meets
- Starter/Official/DJ/Color Commentator
- Wireless timing system for all meets
- Trophies for top 3 team finishers
- Written and organized workouts
- Communication of all details regarding meet sign-ups, times, location, and relays
- Insurance

Start a team or join an existing team today!

Visit grownupswimming.com/dmv | Contact lauren@grownupswimming.com

Glenmont (GM) 12621 Dalewood Dr, Wheaton, MD 20902

Team Rep	Alem Abate	(703) 728-3335	alemabate@me.com
Team Rep	Rita Arai	(301) 942-7536	arairita@hotmail.com
Automation	Chinh Ngo	(301) 793-3339	chinhqngo@gmail.com
Head Coach	Patrick Detzner	(301) 237-8070	patrick.detzner@gmail.com

Glenwood (G) 10012 Gardiner Ave, Silver Spring, MD 20902

Team Rep	Darcia Bowman	(240) 460-4824	darcia234@gmail.com
Team Rep	Jon Fry		jonathan.fry@gmail.com
Team Rep	Cara Hur	(202) 641-5405	carahur@gmail.com
Team Rep	Julie Roddin	(703) 628-5158	julie.roddin@gmail.com
Automation	Jeff Roddin	(240) 464-3982	glenwood.automation@gmail.com
Head Coach	Jeremy Butler	(419) 494-9072	coaches@glenwoodpool.org
Asst Coach	Kelly Butler	(419) 494-9072	coaches@glenwoodpool.org

Hallowell (HA) 17721 Prince Philip Dr, Olney, MD 20832

A Rep	Sandra Quiroga	(301) 455-4353	sandraevq@gmail.com
A Rep	Anna Santos	(973) 687-8286	annansantos@gmail.com
Automation	Lindsay Cooper	(585) 233-3843	Lindsayanncooper@gmail.com
Head Coach	Matthew Cohen	(301) 520-0788	matthewcohen82@gmail.com
Head Coach	Jessica Prorok		Jeporok@aol.com
Exec Cmte	Stella Delikat	Exec Cmte	Abby Zeigler
Exec Cmte	Maya Quiroga		

Hillandale (H) 10116 Green Forest Dr, Silver Spring, MD 20903

A Rep	Laura Couzens	(301) 385-7842	Lauracouzens@yahoo.com
B Rep	Erin Anderson		erinwenger@gmail.com
Automation	Dan Gallagher		djgall2003@yahoo.com
Automation	Janet Gallagher		jkgall2004@yahoo.com
Coach	Evvie Crooke		evviecc@gmail.com

Inverness Recreation Club (IF) 10820 Deborah Dr, Potomac, MD 20854

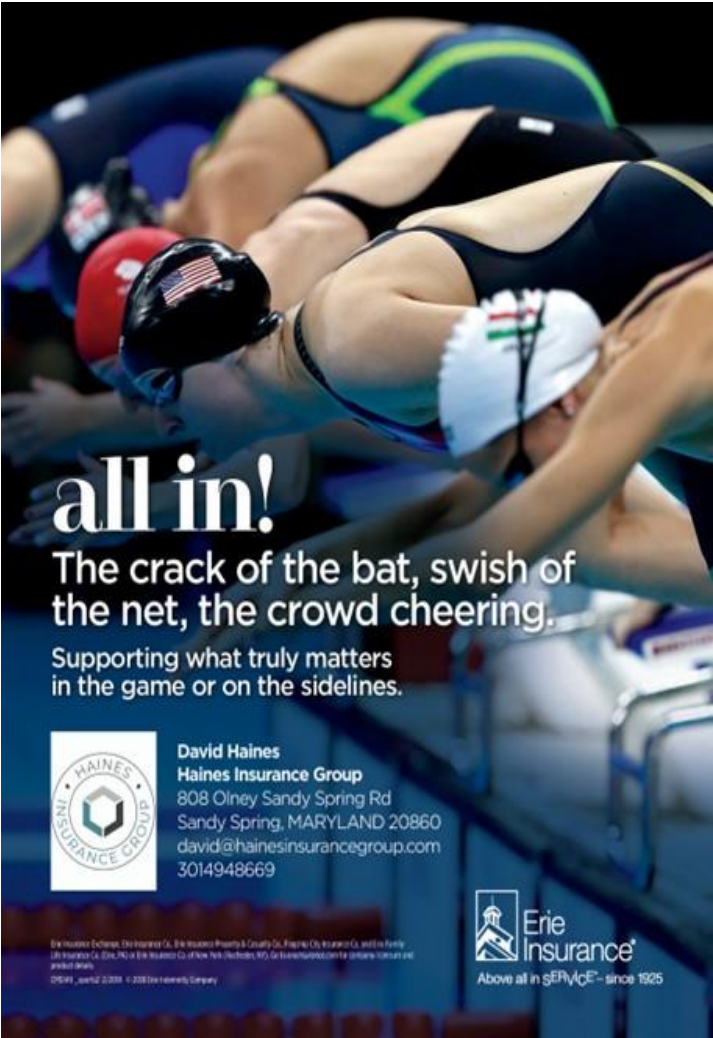
Team Rep	Jasmine Gardner	(856) 313-6853	jmgardner@gmail.com
Asst. Team	Maggie Sorrenti	(770) 596-7536	maggiesorrenti@gmail.com
A Rep	Tianying Chen	(240) 575-0327	tianyingch@gmail.com
Head Coach	Aaron Zhao	(202) 538-3890	aaron.zhaopeng@gmail.com
Exec Cmte	Josh Denney	(240) 731-3010	josh@denney.com

James Creek (JC) 2800 Lindenwood Rd, Olney, MD 20832

Team Rep	Tristan Stewart	(410) 490-8641	ahonui67@gmail.com
B Rep	Michelle DeHaas		birkme@gmail.com
Automation	Dave Wang		davewang.design@gmail.com
Head Coach	Tyler Asbacher		tasbacher0605@gmail.com

Kemp Mill (KM) 11805 Stonington Place, Silver Spring, MD 20902

Team Rep	Alyssa Parness	(301) 455-9485	kempmillswimteam@gmail.com
Automation	Noam Parness		kempmillautomation@gmail.com
Head Coach	Po Seiden		poralebowitz@gmail.com

A photograph of several swimmers in a pool, captured in a starting position. They are wearing swim caps and goggles. One swimmer in the foreground wears a black cap with an American flag. Another swimmer wears a white cap with the Italian flag. The background is slightly blurred, showing the pool lane lines and other swimmers.

all in!

The crack of the bat, swish of the net, the crowd cheering.

Supporting what truly matters
in the game or on the sidelines.



David Haines

Haines Insurance Group

808 Olney Sandy Spring Rd

Sandy Spring, MARYLAND 20860

david@hainesinsurancegroup.com

3014948669

Erie Insurance Exchange, The Insurance Co., Erie Insurance Property & Casualty Co., Firearm City Insurance Co., and Erie Family Life Insurance Co. are all part of Erie Insurance Co. of New York (Erie Insurance Co.). Erie Insurance Co. is a member of the Erie Insurance Group.

©2014, updated 2/2014. © 2014 Erie Insurance Company



**Erie
Insurance**

Above all in sERvice™ since 1925

Kenmont (K) 2900 Faulkner Pl, Kensington, MD 20895

Team Rep	Stacy Joyce	kenmontreps@gmail.com
Team Rep	Mandy Stenger	Team Rep Kathryn Walters
Automation	Varies by Meet	kenmont.tsunami@gmail.com
Head Coach	Giuliana Gigliotti	giuliana@tollefsonswimming.com

Kentlands (KL) 485 Tschiffely Square Rd., Gaithersburg, MD 20878

A Rep	Rachel Sumrow	(919) 360-2778	rhsumrow@gmail.com
A Rep	Mimi Zaw-Pham	(646) 460-6372	kingfish.arep@gmail.com
B Rep	Lekha Knuffman	(734) 276-2550	laknuffman@gmail.com
B Rep	Nikki North	(508) 517-5095	Kingfish.BRep@gmail.com
Automation	Eileen Kao	(443) 745-2993	kingfish.automation@gmail.com
Automation	Susan Lau	(917) 680-5043	susanlau@gmail.com
Head Coach	Erin Currier	(301) 250-0673	erin.e.currier@gmail.com
Manager	Lindsay Adams	(917) 375-2839	kingfish.manager@gmail.com

King Farm (KFM) 300 Saddle Ridge Circle, Rockville, MD 20850

A Rep	Natalie Way	(240) 601-7170	natalie@kingfarmswimteam.com
Automation	Angela Chow		angela@kingfarmswimteam.com
Head Coach	Roger Dent		roger@kingfarmswimteam.com

Lake Marion (LM) 960 Main Street, Gaithersburg, MD 20878

A Rep	Angie Niemiec	(301) 335-7425	angelamniemiec@gmail.com
A Rep	Daria Taylor	(301) 233-8656	dariataylor@hotmail.com
Automation	Fatima Rasulova-	(301) 675-6560	fatirasulova@gmail.com
Head Coach	Dana Soto	(240) 994-5340	sato.dana@gmail.com

Lakelands (LLD) 960 Main Street, Gaithersburg, MD 20878

Team Rep	Aimee Narcisenfeld	(202) 531-1797	aimeenarcisenfeld18@gmail.com
Team Rep	Shannon Thomas	(240) 277-9109	shj5u@yahoo.com
Rep	Hillery Snyder	(516) 425-5192	hillsnyder@gmail.com
Automation	Laura Griffith	(240) 731-7371	laura_griffith@yahoo.com
Automation	Thara Gopinath	(202) 492-8607	thara.gopinath@gmail.com
Head Coach	Shannon English	(240) 421-2663	shannonenglish70@gmail.com
Manager	Erin Beck	(301) 503-4853	erin.kelsey@gmail.com

Little Falls (LF) 5205 Little Falls Drive, Bethesda, MD 20816

Team Rep	Meredith Hammond	(301) 351-9306	merwat1@aol.com
Team Rep	Taryn Rosenkranz	(202) 841-7346	taryn@newblueinteractive.com
Automation	Joon-suk (Joon) Lee	(207) 773-3685	joonsuk74@gmail.com
Head Coach	Jill Berger	(301) 821-1137	jillrberger@gmail.com

Long Branch (LB) 8700 Piney Branch Rd, Silver Spring, MD 20912

Team Rep	Lara Hinderstein		hinderst@yahoo.com
Team Rep	Carla Naranjo		carla.naranjo28@gmail.com
Team Rep	Jana Rhone		jmarie_80@hotmail.com
Team Rep	Loretta Ullrich-Ferguson	(540) 292-0559	loretta.ullrich@gmail.com
Automation	Eric Dixon	(202) 251-4859	ericwdixon@googlemail.com
Head Coach	Lenna Castro	(301) 640-6252	coachlenna@gmail.com

Manchester Farm (MCF) 13851 Hopkins Road, Germantown, MD 20874

Asst. Team Rep	Heather Spinner	heather.spinner@gmail.com
A Rep	Laura Herbert	(240) 888-7716 h2marmar@yahoo.com
B Rep	Kate Ulicny	(240) 498-8100 catherineulicny@gmail.com
Automation	Heather Nixon	heather_nixon@yahoo.com
Head Coach	Kyle Brown	(301) 885-7612 kbrownfirst@yahoo.com
Asst Coach	Kole Brown	(301) 956-9148 kbrownfourth@gmail.com

Manor Woods (MW) Nadine Dr & Bauer Dr, Rockville, MD 20853

A Rep	Sarah Flynn	(301) 529-6350 swassner@gmail.com
A Rep	Julie Kelly	(240) 899-3923 juliekkelly00@gmail.com
B Rep	Brigit Hynes	(301) 704-9452 manorwoods.b.reps@gmail.com
B Rep	Lindsey Palmeter	(240) 367-0233 Lindsey.palmeter@gmail.com
Automation	Kaitlyn Watkins	(443) 939-1591 kaitlyn.watkins@gmail.com
Head Coach	Andrea Morris	(301) 938-9112 mswswimcoaches@gmail.com

Merrimack Park (MM) 6400 Pyle Rd, Bethesda, MD 20817

Team Rep	Matt Zimmerman	(315) 486-5663 matthew.c.zimmerman3@gmail.com
A Rep	Chris Pashby	(301) 613-7974 chrishpashby@gmail.com
A Rep	Elena Renjel	(240) 344-1116 elenagex@gmail.com
B Rep	Anne Glass	(202) 841-0264 Annewglass@gmail.com
B Rep	Anna Park	(202) 271-6172 savagepark@gmail.com
Automation	Jennifer Sun	(617) 304-6305 jennifer.sun@alum.dartmouth.org
Head Coach	Elizabeth Sudassy	(240) 643-1652 esudassy@yahoo.com

Middlebridge (MB) 2041 Hickory Hill Ln, Silver Spring, MD 20906

Asst. Team Rep	Sara Taylor	middlebridgemarlins@gmail.com
Rep	Soap Em	(301) 661-7959 sophea.em2284@gmail.com
Automation	Ray Be	(202) 251-7021 raybetr@gmail.com
Automation	Justin Monroe	justin.monroe@gmail.com
Head Coach	Matt Dietrich	(240) 888-9265 mattedietrich2003@gmail.com
Asst Head	Savannah Woolard	(240) 479-1928 woolard.savannah12@gmail.com

Mill Creek Towne (MCT) 7285 Mill Run Drive, Derwood, MD 20855

A Rep	Sarah Pelter	(240) 535-4945 sepelter@gmail.com
A Rep	Jennie Rankin	(757) 577-2033 jennivinerankin@gmail.com
B Rep	Cynthia Glenn	(334) 787-2651 bama_fan1@hotmail.com
Automation	Julia Loy	(443) 929-2529 automationmct@gmail.com
Head Coach	Dave Kraft	(301) 774-9328 DMKraft77@aol.com

Mohican (MO) 7117 MacArthur Blvd, Bethesda, MD 20816

A Rep	Katie Blot	kcblot@gmail.com
A Rep	Meghan O'Connell	meggieoc@gmail.com
A Rep	Uta Rawson	uorawson@gmail.com
B Rep	Meredith Cowie	meredith.cowie@gmail.com
Automation	Mohican Automation	mohicanautomation@gmail.com
Head Coach	Kevin Wagman	kwagman2@gmail.com

Montgomery Square (MS) 12300 Falls Rd, Potomac, MD 20854

Team Rep	Erika Galvin	(301) 910-7507	egalvin11@gmail.com
Team Rep	Julie Scafuri	(773) 758-7379	juliescafuri@gmail.com
Team Rep	Bethany Ventura	(301) 509-1338	bventura0813@gmail.com
Automation	Jamie Hart		hartjp@gmail.com
Automation	Brian Goode		brian.j.goode@gmail.com

New Mark Commons (NMC) 607 Tegner Way, Rockville, MD 20850

A Rep	Jennifer Strohm	(240) 731-7381	nmcswimteam@gmail.com
B Rep	Aimee Scheib	(850) 443-5267	nmcswimteam@gmail.com
Automation	Jonah Wong		nmcswimautomation@outlook.com
Head Coach	Riley Langan	(301) 500-5347	nmccoaches@gmail.com
Co-Asst. Coach	Vicky Frantz	(202) 672-4237	nmccoaches@gmail.com
Asst Coach	Shad Franz	(202) 997-3140	nmccoaches@gmail.com
Exec Cmte	Jack Croarkin	(301) 906-9924	Jcc@grossberg.com

Norbeck Grove (NGV) 18309 Wickham Rd., Olney, MD 20832

A Rep	Rachel Werner	(917) 497-8065	rabwerner@yahoo.com
A Rep	Stacey Wood	(631) 379-8668	staceywood03@gmail.com
B Rep	Brian Strojny	(302) 547-0275	bstrojny7@gmail.com
Automation	Jeremy Schiffer	(646) 220-2137	jaschiffer@gmail.com
Head Coach	JoAnn Cordero	(301) 356-4093	jmullenholz@gmail.com

Norbeck Hills (NH) 17580 MacDuff Ave, Olney, MD 20832

A Rep	Jen Crouch	(301) 473-2681	jenilene0126@gmail.com
A Rep	Lisy Lara	(240) 354-3103	lulialxa.costa@gmail.com
B Rep	Dana Collins	(301) 233-8844	dana.colleen@yahoo.com
Automation	Ann Reilly	(301) 704-5357	annreilly77@yahoo.com
Automation	Nick Dann		nkdann@gmail.com
Head Coach	Alba Costa Lara	(240) 444-4372	albacostalara@gmail.com

North Chevy Chase (NCC) 8825 Brierly Rd, Chevy Chase, MD 20815

Team Rep	Jaime DeLuca	(860) 933-5493	jaime.deluca@yahoo.com
A Rep	Nadine Costello	(301) 728-4843	swimreps@nccspa.com
B Rep	Sam Brownell	(301) 873-4602	swimreps@nccspa.com
B Rep	Jess Palladino	(301) 651-7203	swimreps@nccspa.com
Automation	Nicholas DeLuca	(202) 596-4581	automation@nccspa.com
B Automation	Sylvia Pryor		automation@nccspa.com
Head Coach	Dana Monsees	(301) 467-1241	swimcoach@nccspa.com

North Creek (NO) 8825 Brierly Rd, Chevy Chase, MD 20815

Team Rep	Jennifer Hammond	(301) 351-0564	jvilloso@hotmail.com
Team Rep	Julia Marshall	(240) 204-7522	juliamarshall1985@hotmail.com
Head Coach	Marley Hammond		marleyhammond2022@gmail.com

Northwest Branch (NWB) 10850 Lockwood Dr, Silver Spring, MD 20914

Team Rep	Norah Lebruto	(727) 515-6552	norahethompson@yahoo.com
Team Rep	Lauren Lee	(301) 257-6454	nwb dolphinswimteam@gmail.com
Automation	Jamie Moore (!)	(240) 678-5863	jamie@moofam.net
Head Coach	Maddie Brennan	(240) 614-6078	maddiejbrennan@gmail.com

 LAMB
AWARDS & ENGRAVING
www.lambawards.com

A full service awards and custom engraving
company based in Westminster, Maryland and
Washington D.C. Area.

Specializing in: plaques, trophies, acrylic, glass, signage,
medals, ribbons, certificates and promotional items

Lamb Awards & Engraving
129 East Main Street, Westminster, MD 21157
(410) 876-1444
Toll Free: (800) 877-1448

WE DELIVER!

**OVER 45 DEDICATED YEARS IN THE
AWARDS INDUSTRY**

email - jon@lambawards.com

**GOOD LUCK
SWIMMERS!**

**Maryland Brat &
Butcher Co.**



Hand-crafted old world sausages
Swim Dad owned!

Old Farm (OF) One Swim Club Way, Rockville, MD 20852

A Rep	Mark Friedman	(301) 768-8705	markfriedman56@gmail.com
A Rep	Elizabeth Riel	(410) 218-5926	elizabethriel@gmail.com
B Rep	Patrick McDonnell		pmmcdonn@gmail.com
B Rep	Amy Ruther	(585) 301-7772	amymaria105@yahoo.com
Automation	Doug Stewart		dougstewart40@gmail.com
Head Coach	Moosie Stewart		moosie.stewart@gmail.com

Old Georgetown (OG) 9600 Fernwood Rd, Bethesda, MD 20817

A Rep	Erin Bonderenko	(301) 758-2347	erin.bondo@gmail.com
A Rep	Katie Mense	(202) 256-7271	kamense@gmail.com
B Rep	Lauren Lamoureux	(703) 407-6586	lauren.lamoureux@yahoo.com
Automation	Tom Murphy	(301) 852-9729	temurphy@gmail.com
Head Coach	Caroline Hagerty		carolinehagerty03@gmail.com

Olney Mill (OM) 3611 Briars Rd, Olney, MD 20832

A Rep	Ashley Demarest	(301) 512-0224	ashleyddemarest@gmail.com
A Rep	Erin Horbal	(410) 703-4700	ejones2766@gmail.com
B Rep	Kory Glossop	(301) 785-8550	emkchikes@gmail.com
B Rep	Amy Roberts	(703) 431-0564	hgwilcox2@yahoo.com
Automation	Susanna Bang	(301) 943-9508	susannabang@gmail.com
Head Coach	Jorge Silva	(301) 814-8428	jds@swimtribu.com
Asst Head Coach	Mateo Gomez	(301) 704-3703	mateogomez5@yahoo.com

Palisades (PA) 6918 Seven Locks Rd, Glen Echo, MD 20818

A Rep	Patricia Balestra	(202) 270-1048	balestrap@gmail.com
A Rep	Caroline Kreutzer		cvkreutzer@gmail.com
A Rep	Jason McCullough	(301) 332-1330	jbamccullough@gmail.com
B Rep	Amanda Benjamin		atbenjamin76@gmail.com
B Rep	Amanda Fisher		amandafisher82@gmail.com
Automation	Shara Rich	(301) 938-4069	shararich51@gmail.com
Co-Head Coach	Yuki Nagao		Yukiusnagao@gmail.com
Co-Head Coach	Norah Rothman		norahabigail9@gmail.com

Parkland (P) 1124 Arcola Ave, Silver Spring, MD 20902

Team Rep	Sarah Barthel	(508) 667-5204	parklandwhalesswim@gmail.com
Team Rep	Czarina Biton	(408) 605-1770	parklandwhalesswim@gmail.com
Automation	Aaron Hutchinson		ahutch@gmail.com
Automation	Ian Reynolds		ian.reynolds@gmail.com

Plantations (PLT) 23686 Rolling Fork Way, Gaithersburg, MD 20882

Team Rep	Katie Smith	(240) 418-2325	katieismith07@gmail.com
Automation	Mary Stroot	(301) 253-4931	strootfamily@gmail.com
Head Coach	Jenni Halem	(240) 793-4815	Jennihalem28@gmail.com

Poolesville (PL) 20151 Fisher Ave, Poolesville, MD 20837

Team Rep	Lauren Aquarole		lala.lad@yahoo.com
Team Rep	Donna Lowell	(703) 627-9660	poolesvilleswimteam.Arep@gmail.com
B Rep	Jen Orodekis		jorodeckis1@gmail.com
Automation	Chris Lowell	(703) 627-9660	cd_lowell@comcast.net
Head Coach	Tara Simmons	(301) 466-6812	poolesvilleswimteam.coach@gmail.com



Hunter's Bar and Grill

The Cheers of Potomac



SCAN TO LEARN MORE!

10123 RIVER ROAD
POTOMAC, MD 20854

POTOMAC PIZZA



CHEVY CHASE COLLEGE PARK MIDDLE RIVER POTOMAC VILLAGE TRAVILLE

FREE DELIVERY ALL ORDERS OVER \$15!



BAKER'S DOZEN MONDAYS!

**BUY ANY 6 BAGELS, ADD 7 MORE FOR +99¢.
ALL DAY LONG, EVERY MONDAY.**

Bagels 'n Grinds Potomac - 9812 Falls Road

Poplar Run (PR) 13500 Stargazer Ln, Silver Spring, MD 20906

Team Rep	Lori Beecher	poohetmoi@aol.com
Team Rep	Tobii Mason	(301) 821-5906 tobzz0518@gmail.com
Automation	Malik Basri	Malikbasri@gmail.com
Pre-Team Coach	Ava Friedman	Afriedman01@saintmarys.edu

Potomac (PO) 10531 Oaklyn Drive, Potomac, MD 20854

A Rep	Debra Burger	(703) 282-5300 debburger@gmail.com
A Rep	Soo Jin Park	(301) 471-4785 soojpark78@gmail.com
Automation	Debbie Simon	potomacautomation@gmail.com
Head Coach	Chris Schlegel	(301) 801-0766 christopher.schlegel@hotmail.com

Potomac Glen (PGL) 13651 Hayworth Drive, Potomac, MD 20854

A Rep	Meng Shi	gatorarep@potomacglen.org
A Rep	Wei Yue	waevilyue@gmail.com
B Rep	Liping Hou	houliping@gmail.com
Head Coach	Alison Winingham	(301) 802-9554 Alisonemily98@gmail.com

Potomac Woods (PW) 1520 Dunster Road, Rockville, MD 20854

A Rep	Jenni Templeman	(240) 353-0992 jsmakula@gmail.com
B Rep	Rachel Ossman	(302) 588-9149 rachelossman@gmail.com
B Rep	Ellen Weiss	(202) 368-4058 ellenweiss@hotmail.com
Automation	Aaron Cohen	(240) 350-4377 acrover@hotmail.com
Head Coach	Jon Leong	(301) 404-0390 Jonathan_H_Leong@mcpsmd.org

Quail Valley (QV) 18701 Quail Valley Blvd, Gaithersburg, MD 20879

A Rep	Wendy Dilone	wendy.c.dilone@gmail.com
A Rep	Alla Webb	(571) 278-8033 allawebb@gmail.com
B Rep	Kathy Yequi	yequi617@yahoo.com
Pre-Team Rep	Gloria Velez	gvelez3114@gmail.com
Automation	Lisa Shum	(301) 704-5057 lisa.shum.wong@gmail.com
Head Coach	CJ Mayhew	(301) 921-5337 cj4of7@icloud.com

Quince Orchard (QO) 16601 Roundabout Dr, Gaithersburg, MD 20878

A Rep	Margo Collins	(202) 247-5640 qoarep@gmail.com
A Rep	Amanda Mettler	(240) 277-8691 acmettler@gmail.com
B Rep	Ely Vargas	(703) 944-8265 eavergara81@gmail.com
Automation	Jenny Carswell	(240) 381-2721 jennycarswell@gmail.com
Head Coach	Kole Brown	(301) 802-2875 kbrownfourth@yahoo.com
Asst Coach	Rachel Katz	(240) 750-5464 rkatz01@wesleyan.edu

Regency Estates (RE) 11511 Gainsborough Road, Potomac, MD 20854

Team Rep	Jody Rosen	rescswim@gmail.com
Automation	Drew Wang	rescautomation@gmail.com
Head Coach	Jordan Gross	jordangross28@gmail.com

River Falls (RF) 7915 Horseshoe Ln, Potomac, MD 20854

A Rep	Jen Lerman	(401) 864-7477 jen.lerman@gmail.com
A Rep	Molly Marsh	(412) 779-9119 Mollybarkman@gmail.com
	Caree Oslislo-	
Asst A Rep	Wizenberg	(301) 437-8733 coslislo@comcast.net
Head Coach	Jason Blanken	(240) 286-4699 jasonmblanken@gmail.com

REGISTER NOW!

Competitive Team Swim Team Prep Lessons/Clinics



USA Swimming Certified
Professional Swim Coaches

Shannon English

shannon.english@ccacc-dc.org

Kyle Brown

kyle.brown@ccacc-dc.org



Quince Orchard

SWIM ACADEMY

240-226-6168

QOswim.com



Where Champions are Made.

Robin Hood (RH) 225 Mowbray Rd, Silver Spring, MD 20904

Team Rep	Ivonne Lindley	(240) 620-2005	ilindley@steinsperling.com
Asst. Team Rep	Nikki Guyton	(301) 803-9653	ndarack@gmail.com
Automation	Bruce Bauer	(301) 204-4377	daburc@hotmail.com
Head Coach	Marissa Kleckner	(240) 678-0194	mkleckner21@gmail.com

Rock Creek (RC) 8619 Grubb Rd, Silver Spring, MD 20910

Team Rep	Dayle Cristinzio	(240) 205-6515	swimreps@rockcreekpool.com
Team Rep	Katrina Kimpel	(202) 679-5156	swimreps@rockcreekpool.com
Automation	Julie Jacobs	(202) 669-0501	automation@rockcreekpool.com
Co-Head Coach	Noah Klugman	(301) 646-2273	swimcoach@rockcreekpool.com

Rockshire (RS) 2351 Wootton Pkwy, Rockville, MD 20850

A Rep	Kat & Patrick Hussmann	(630) 301-4991	rockshiresharks@gmail.com
Automation	Igor Vorozheykin		vorozheykin@usa.com
Head Coach	Sarah Culklin		Sarahculkin@yahoo.com
Asst Coach	Sean Culklin		Seanpculklin@yahoo.com
Asst Coach	Hayden Goldsamt		Hgoldsamt@gmail.com

Rockville (RV) 355 Martins Ln, Rockville, MD 20850

Team Rep	Kate Stowell	(240) 418-8537	kate@katestowell.com
A Rep	Charles Schwieters	(202) 299-6439	charles@schwieters.org
A Rep	Blake Warner		warner.blake0@me.com
B Rep	Andria Apostolou		huang.apostolou.learn@gmail.com
B Rep	Sharon Warokka		louzolossharon@gmail.com
B Rep	Jenny Wu		jpanda2009@gmail.com
Automation	Todd Stowell	(240) 205-2463	tsm4781@gmail.com
Head Coach	Cara Chuang		rays.cchuang@gmail.com

Seven Locks (SL) 9929 Seven Locks Rd, Bethesda, MD 20817

Team Rep	Cortney Morgan	(703) 963-4899	cortney.morgan@huschblackwell.com
A Rep	Erin Berger	(703) 517-4648	emberger.crna@gmail.com
B Rep	Saskia Alonso		saskia.m.alonso@gmail.com
B Rep	Aby Kudelko	(202) 253-4495	abyfilomeno@yahoo.com
Automation	Pete Leinenger	(214) 957-2310	peterleininger@yahoo.com
Automation	Amy Rogstad		amy.rogstad@gmail.com
Head Coach	Stephanie Pratt	(301) 512-4766	sevenlockscoaches@finsswimming.com

Somerset (SO) Warwick Pl & Falstone Ave, Chevy Chase, MD 20815

Rep	Dario Fuentes	(917) 767-1877	dariofs77@yahoo.com
Rep	Gayle Horn	(312) 285-4409	gaylehorn@gmail.com
Rep	Kenny Rovak	(608) 630-5027	krovak@goodkarmabrands.com
Rep	Kelly Swain	(202) 910-7131	kellyswain@gmail.com
Rep	Matt Zaft	(410) 961-5961	matthew.zaft@ms.com
Automation	Kabir Kumar	(202) 830-4905	dolphinsautomation@gmail.com
Head Coach	Calen Janesky	(480) 432-2799	janeskycalen@gmail.com
Asst Coach	Cillian Doherty	(202) 766-3502	cillian.a.doherty@outlook.com



ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850

www.rockvillemd.gov/swimcenter • (240) 314-8750



- Indoor and Outdoor Pools
- Fitness and Exercise Room
- Annual and Seasonal Aquatic and Fitness Memberships
- Land and Water Exercise Classes
- Learn to Swim Lessons year-round for Children and Adults
- Personal Training and One-on-One Private Swim Lessons
- Rental Spaces for Birthday Parties and Other Events

More Information Available Online at

www.rockvillemd.gov/swimcenter

Check our website for the most up-to-date schedule of
programs and public swim hours



City of
Rockville
Maryland's Capital City

www.rockvillemd.gov • 240-314-8750

Stonebridge (SB) 14801 Stonebridge View Dr, North Potomac, MD 20878

Team Rep	Rob Woo	sbsharks.arep@gmail.com
A Rep	Dave Lei	sbsharks.arep@gmail.com
A Rep	Andres Romero	sbsharks.arep@gmail.com
B Rep	Sung Hee Cho	sbsharks.brep@gmail.com
B Rep	Julie Ehrlich	sbsharks.brep@gmail.com
Automation	Budi Widjaja	sbsharks.automation@gmail.com
Automation	Wei Zhao	sbsharks.automation@gmail.com
Head Coach	Josh Kim	sbsharks.coaches@gmail.com

Stonegate (SG) 220 Stonegate Dr, Silver Spring, MD 20905

A Rep	Tom Lang ☺	(301) 905-8050	tflangjr@gmail.com
A Rep	Theresa Curtis	(301) 525-2518	theresacurtis48@gmail.com
Team Rep	Megan Thompson	(414) 600-3903	ellietessakatie@gmail.com
Team Rep	Ingrid Higgins		Ingridkld83@gmail.com
Team Rep	Briggs Rolfsrud		bsrolfsrud@gmail.com
Team Rep	Fallon Seeley		Fallonmauri19@gmail.com
Automation	Jessica Ryan		jrodriguez292929@yahoo.com
Co-Hd Coach	Anna Cheng	(301) 641-6070	acheng2901@gmail.com
Co-Hd Coach	Brian Cheng	(301) 452-2400	BrianCheng29@gmail.com
Asst Coach	Noah Ferguson		
Asst Coach	Lizzie Linck		
Asst Coach	Darya Zalalutdinov		
Asst Coach	Eric Sanidad		

Tallyho (TH) 8650 Bells Mill Rd, Potomac, MD 20854

Team Rep	Meagan Rizzo	tallyhoswimteam@gmail.com
A Rep	Jennifer Liu	tallyhoswimteam@gmail.com
B Rep	Natalie Baughman	swimfastfoxes@gmail.com
Automation	Yalda Jabbarpour	automationtallyho@gmail.com
Head Coach	Akshay Gandhi	(240) 678-8287 akshay.gandhi7@gmail.com

Tanterra (TA) 18605 Tanterra Way, Brookeville, MD 20833

A Rep	Amy Floyd	(240) 506-4999	afloydts@gmail.com
A Rep	Seema Morse	(202) 489-4239	seemadmorse@gmail.com
B Rep	Melissa Frye	(443) 562-7574	melissafrye13@gmail.com
Pre-Team Rep	Kevie Keeton	(301) 928-9767	keviannekeeton@gmail.com
Automation	Gray Williams	(301) 774-4973	gray.williams@outlook.com
Co-Head Coach	Ryan Burnsky	(301) 717-1119	ryan_m_burnsky@mcpsmd.org
Co-Head Coach	Kylie Sheapp	(301) 787-2469	kyliesheapp@gmail.com

Tilden Woods (TW) 6806 Tilden Ln, Rockville, MD 20852

A Rep	Emmanuelle Angarita	(301) 346-7513	eawise7@gmail.com
A Rep	Suzanne Thorpe	(240) 463-3634	suzanne.thorpe@gmail.com
B Rep	Ebru Kuran	(202) 486-6318	ebkuran@hotmail.com
B Rep	Antoine Letournel	(443) 944-5078	antoine.letournel@gmail.com
Automation	Natalie Shelton		twstautomation@gmail.com
Head Coach	Mallory Niemczuk	(240) 620-2601	coach.mal.rock@gmail.com
Asst Coach	Steve Machlin		smachlin826@verizon.net

Twin Farms (TF) 1200 Fairland Rd, Silver Spring, MD 20904

A Rep	Katherine Verderese	(703) 439-0941	klively@gmail.com
Asst A Rep	Mary Lombardo		maryjcl@me.com
B Rep	Alison Canning		aecanning@gmail.com
B Rep	Mandy Harper		harper.mandy10@gmail.com
Automation	Jen Tompkins	(304) 281-2540	jentompkins6609@gmail.com
Head Coach	Candace Austin		jervcan98@gmail.com

Twinbrook (TB) 13027 Atlantic Ave, Rockville, MD 20851

A Rep	Jenn Auroux	(240) 848-5528	jennaauroux@gmail.com
A Rep	Jamie Keller	(240) 426-6977	jamielkeller@yahoo.com
B Rep	Sarah Gordon		
B Rep	Linda Marcoux		
Automation	Kevin Sorrentino	(301) 742-7494	kopesetic@gmail.com
Head Coach	Anne-Sophie Auroux	(202) 213-8364	asaauroux25@gmail.com

Upper County (UC) 8211 Emory Grove Rd, Gaithersburg, MD 20878

Team Rep	Monica Hurtarte	(240) 899-5552	monicaht@gmail.com
Asst. Team Rep	Rebeca Betancourt	(240) 899-5553	Rebeca.hurtarte@gmail.com
Automation	Jennifer Heavey		jheavey27@gmail.com
Head Coach	Francisco Zarate		franciscozarate0304@gmail.com

Washingtonian Woods (WWD) 511 Midsummer Drive, Gaithersburg, MD 20878

Team Rep	Scott Glenn	(202) 316-3660	scott.f.glenn@gmail.com
Team Rep	Katie Howard	(301) 661-0625	Kaj5784@gmail.com
Team Rep	Kasia O'Connell	(240) 604-6226	kasiaoconnell@gmail.com

Waters Landing (WTL) 20000 Father Hurley Blvd, Germantown, MD 20874

Team Rep	Kelli Keith	(301) 332-3681	kelzerk292929@gmail.com
Team Rep	Jessica Luna	(301) 520-5650	jessica.colin9@gmail.com
B Rep	Victoria Kimery	(240) 702-5797	09vrausch@gmail.com
Head Coach	Kassie Buff	(630) 501-8481	kassiebuff3@gmail.com

West Hillandale (WHI) 915 Schindler Dr, Silver Spring, MD 20903

A Rep	Shana Hattis	(847) 477-4263	westhillandalehammerheads@gmail.com
A Rep	Beatrice Hoppe	(240) 475-5687	Beacamino@aol.com
B Rep	Kerry Luse		kmluse@gmail.com
Automation	Ali Breen		whscautomation@gmail.com
Head Coach	Thomas Flaherty		flaherty.tommy@gmail.com

Westleigh (WL) 14900 Dufief Mill Rd, Potomac, MD 20878

A Rep	Rob Kemp	(301) 452-6672	Rnkemp3@hotmail.com
Asst A Rep	Katie Babilio		basmaca4@gmail.com
B Rep	Andrew DiFazio		difazio@gmail.com
B Rep	Steve Nannes		snannes@gmail.com
Automation	Brooks Kemp		brookspal@hotmail.com
Head Coach	Brian Dufour		bdufour@gmail.com

Whetstone (W) 19140 Brooke Grove Court, Montgomery Village, MD 20886

Team Rep	Elizabeth Anthony	(240) 380-5891	e2rushton@yahoo.com
A Rep	Paul O'Donnell	(240) 543-6357	PTO37@Comcast.net
Automation	Elizabeth Woods		woods.elizabeth23@gmail.com
Head Coach	Sam John		jsam72457@gmail.com

Wildwood Manor (WM) 10235 Hatherleigh Dr, Bethesda, MD 20814

A Rep	Sarah Hutchins		Sarah.s.hutchins@gmail.com
A Rep	Christine Streatfeild		Cstreatf@gmail.com
B Rep	Anne Koroknay		anne.koroknay@gmail.com
B Rep	Shiho Peko		pekochan0913@gmail.com
Automation	Michael Bartholomew	(720) 289-9559	michael.l.bartholomew@gmail.com
Automation	Tom McCarty		tmccarty86@mac.com
Automation	Tom McGee		tmc4214@gmail.com
Head Coach	Tony Barnett		wombatsrule25@proton.me

Willows of Potomac (WLP) 10015 Bald Cypress Drive, Rockville, MD 20850

Team Rep	Eleanor Jimenez	(301) 404-9718	eleanorj@comcast.net
Automation	Courtney Wheeler		Willowsautomation@gmail.com
Head Coach	Eleanor Jimenez		eleanorj@comcast.net
Asst Head Coach	Simran Kishore		Simrankishore@yahoo.com

Woodcliffe (WCF) Kings Crossing Blvd & Broken Timber, Boyds, MD 20841

Team Rep	Woodcliffe Wahoos		wcfwahoos@gmail.com
A Rep	Natascha Ivarsson	(240) 848-8728	natascha.ivarsson@gmail.com
A Rep	Michelle Lee	(301) 538-3550	michellejoolee@gmail.com
Asst Rep	Chris Soles	(240) 277-1777	clssoles@gmail.com
B Rep	Christine Lam		christinejlam@gmail.com
B Rep	Diane Lo		smidi_1@yahoo.com
Automation	Michelle Lee	(301) 538-3550	michellejoolee@gmail.com
Head Coach	Jonathan Taylor	(240) 506-7733	Jonathan_E_Taylor@mcpsmd.org

Woodley Gardens (WG) 850 Nelson St, Rockville, MD 20850

Team Rep	Katherine Reusch		k@therine.net
A Rep	Joan Chen Main		joancmain@gmail.com
A Rep	Drew Oliveira	(202) 222-5326	drew.oliveira@gmail.com
B Rep	Annie Matanin		Agenevish@gmail.com
B Rep	Megan Oliveira	(510) 384-2071	meganf.oliveira@gmail.com
Automation	Bruce Moser	(301) 717-0053	bruceamoser@yahoo.com
Head Coach	Sean Stewart	(301) 542-2769	sean.pat.stewart@gmail.com

**A SMALL TEAM DELIVERING
BIG RESULTS**



THE TIBU PLEDGE

- **INDIVIDUAL ATTENTION**
WE KNOW ALL OF OUR SWIMMERS.
- **TEAM FUN!**
**ENJOY YOUR CLUB TEAM LIKE YOU
DO YOUR MCSL TEAM.**
- **RESULTS**
**OUR EXPERIENCED COACHING
STAFF WILL BRING OUT THE BEST IN
YOUR SWIMMER.**

COME SWIM WITH THE SHARKS!



www.swimtibu.com
info@swimtibu.com

(240)-683-TIBU (8428)

Functions Required of MCSL Member Pools

All MCSL member pools are expected to provide personnel to perform the following functions. The number of personnel required and the distribution of assignments among them shall be determined by each team. The size of the team and the capabilities of the personnel should be considered when making such determinations.

1. Administer team organization

Satisfactory performance of all these functions will probably require more than one person (i.e. a committee)

- Create and maintain a team roster
- Arrange B meet schedule with other pools
- Assure that suitable individuals are trained and available to serve as officials

2. Manage meet operations

A single person should serve as the Meet Manager for each home meet, but performance of all the functions may be shared by more than one.

- Prepare meet programs and meet entry reports
- Prepare meet entries for A and B meets (coaches may do this)
- Deliver records packet to Division Automation Liaison
- Assign trained, competent officials for each meet
- For home team, serve as Meet Manager
- Assure adequacy of pool facility and equipment (required papers, starting equipment, backstroke flags, announcing system, monitoring of warm ups)
- Together with the visiting Rep, assure a hospitable atmosphere and good sportsmanship
- In the interest of safety, all MCSL meets should be considered no-drone zones and Team Reps and meet officials should do their best to prohibit the use of drones throughout competitions.

3. Represent team's interests

It is this function only that is required of the "Rep", though the person(s) appointed to be the Rep (and alternates) may perform many of the other functions.

At MCSL meetings:

- Carry information from the MCSL Board to the team
- Represent the team's views to MCSL Board and membership
- Vote on issues brought to the floor
- Submit rule/policy change proposals to the MCSL Board by November 1 for consideration for the following season.

At meets:

- Be available to discuss all situations regarding application of rules

Since a deck official must be unbiased and the Team Rep should be a team advocate, ***it is not appropriate that the person serving as Team Rep for any particular meet also serve as a deck official for that meet.*** However, the home team Rep may serve as the Meet Manager.

MCSL Rules for Competition

1. Purpose of League

- a. To provide organized, friendly team competition within a fair and wholesome environment at the neighborhood pool level;
- b. To help young people develop athletic skills; and
- c. To foster good sportsmanship, teamwork and an appreciation of the relationship between effort and success.

2. General – Rules of Competition

- a. **Applicability.** These rules govern all MCSL meets.
- b. **United States Swimming (USA Swimming) rules** govern all aspects of MCSL meets that are not specifically addressed by these rules.
- c. **Smoking.** Smoking is prohibited on the deck, in the locker rooms, in spectator areas and in all areas used by swimmers during the meet or warm-ups.
- d. **Participation in other swim leagues.** An MCSL team cannot participate as a team in meets sponsored by any other leagues during the MCSL season.
- e. **Swimwear.** MCSL follows USA Swimming rules with regard to eligible swimsuits for competition.
 1. **Swimwear shall include only a swimsuit, cap, and goggles.** It is not permissible to wear more than two (2) caps.
 2. **Armbands or leg bands** shall not be regarded as parts of the swimsuit and are not allowed.
 3. In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces. It is permissible for the swimmer to wear a single set of garments underneath his or her competition suit for modesty and privacy reasons. Wearing a t-shirt or rashguard is also permitted provided that it does not violate any other subclause of Rule 2.e.
 4. **All swimsuits shall be made from textile materials** and must not be made of any rubberized type of material such as polyurethane or neoprene. **For men**, the swimsuit shall not extend above the navel nor below the knees. **For women**, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knee. No zippers or other fastening devices are allowed, except for a waist tie on a brief or jammer. Exemptions to this rule will be granted only for conflicts due to a swimmer's religious beliefs, medical conditions, gender diversity, or any other reasons deemed appropriate by the Chair of the Rules Committee.
 5. A swimmer shall not wear a suit or cap bearing the name, insignia, or logo of any team or pool other than the MCSL team represented by the swimmer.
 6. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
 7. No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.).

8. **The use of technology and automated data collection devices** is permissible for the sole purpose of collecting data. Automated devices shall not be utilized to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed.
9. Goggles may be worn and rubdown oil applied if not considered excessive by the Referee.
10. As a consequence of injury, it is permissible to tape together not more than two fingers or toes.
11. No exemption to the swimsuit rule will be made that gives the swimmer a competitive advantage. Exemptions to this rule will be granted only for conflicts due to a swimmer's religious beliefs, medical conditions, gender diversity, or any other reasons deemed appropriate by the Chair of the Rules Committee.
12. No technical suit shall be worn by any 12 and under MCSL athlete in competition in any dual meet, division relay meet, division championship meet, Coaches Invitational Long Course Meet, All Star Relay and All Star meets.
 - i. A Technical Suit is one that has the following components:
 - a. Any suit with bonded or taped seams regardless of its fabric or silhouette;
 - or
 - b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC — A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC — A suit with knit fabric and sewn seams not extending below the knees is permitted.)
- f. **Penalty.** Any violation of rule 2.e will result in disqualification without further warning except a swimmer that is observed to violate rule 2.e.4, 2.e.5, or 2.e.12 shall receive one warning to correct the uniform. If the observation of a violation occurs before the event, the swimmer shall correct the uniform before the start of the race. If the observation of the violation occurs after the start of an event, then the swimmer must correct the violation prior to their next event. Failure to correct the violation after a warning prior to an event will result in disqualification in that event. A brief delay to allow inverting a swim cap is appropriate. A delay to allow changing a swimsuit is not appropriate.

3. General – Rules of Sportsmanship

- a. Team representatives and coaches shall ensure good sportsmanship throughout all meets. As an example, team representatives and coaches shall ensure that there are no signs, objects or actions that are in bad taste or offensive to any team.
- b. Team representatives shall ensure that spectators do not interfere with officials in performance of their duties.
- c. Team representatives and coaches may consult with the referee, as necessary, but shall refrain from consulting or contacting the referee from the time the swimmers report to the starter until the event has been recorded. Team representatives and coaches should not consult with officials other than the referee.
- d. Team representatives and coaches shall ensure that the pool grounds and locker rooms used by their teams are thoroughly policed before departing. Trash should be picked up and chairs and pool equipment should be returned to their original locations.

- e. Any MCSL team that conducts itself in an unsportsmanlike manner or creates an unsportsmanlike or unsafe environment may be considered for appropriate action or penalty by the MCSL Board.

4. General – Pool Standards

- a. **Size of pool.** Pools must be 25 meters in length and have at least six competition lanes each at least seven feet wide. Pool depth at any end where swimmers dive into the pool must be at least four feet (measured at a distance of one meter from the wall out to five meters). If the pool depth is shallower than four feet, swimmers must start in the water at that end.
- b. **Backstroke flags.** Backstroke flags must be set at 5 meters from each end of the pool. Older pools that have their flags set at 15 feet must change to 5 meters when the pool is re-decked.

5. General – Required Equipment

- a. Each team must have:
 - i. A functioning electronic starter (home team usually provides at meet);
 - ii. A minimum of 10 digital watches;
 - iii. A computer;
 - iv. A printer;
 - v. Team management software compatible with Meet Manager™ software;
- b. MCSL provides each team:
 - i. Meet Manager software;
 - ii. Meet forms.
 - iii. Teams must use MCSL approved relay cards, disqualification cards, relay takeoff cards and dual/divisional meet cover sheets for all meets.

6. General – Team Rosters

- a. Each team representative shall maintain a current roster listing all swimmers on the team with their gender, birth date and address.

7. General – Eligibility of a Swimmer to Participate on a Team

- a. **Purpose.** To maintain a stable environment for team competition, it is generally expected that swimmers and their families will not seek to, nor be encouraged to, change MCSL teams unless the family moves residences. The MCSL's eligibility rules are established with this expectation in mind, recognizing that an individual's opportunity to participate with a particular team must be appropriately balanced against MCSL's legitimate interest in maintaining stability and competitive fairness within the MCSL.
- b. **Membership in pool.** Each swim team member must be a member of the pool for which he or she competes.
- c. **Type of membership.** Each swim team member's pool membership must be of the same type and on the same terms as a pool membership available to a non-swim team member.
- d. **USA Swimming Registered Swimmers** - MCSL teams shall not provide USA Swimming registered swimmers, either direct or indirect, financial

inducements that are not provided to any other non-USA Swimming registered swimmers. Direct financial inducements include, but may not be limited to, reductions of MCSL pool or swim team membership/program fees. Indirect financial inducements include, but may not be limited to, reductions of any pool or swim team membership/program fees associated with the USA Swimming team (or affiliated organization) for which the swimmer participates that are contingent upon the swimmer's participation on an affiliated MCSL Swim team.

- e. **Swim Team Members Employed at a Pool** - A swim team member may not compete for a pool at which the member is employed unless the member is also a member of the pool. If the member competed in "A" meets, including Dual meets, Divisional Relay Carnival or Divisional Championships, for a different MCSL pool in the previous season, the member's parent or guardian must apply to change teams (Section 7(h) of the MCSL rules) and must also be a member of the new pool.
- f. **Montgomery Village** - Eligibility of swimmers competing for pools in Montgomery Village shall be determined by geographic boundaries set and amended from time to time by the MCSL Rules Committee in conjunction with the team representatives of the Montgomery Village pools.
- g. **Team Transfers – No Prior Board Approval Required.**
 - i. **Change of Family Residence** - A swimmer may change pool membership and MCSL team when the swimmer's family moves residences. The swimmer has up to two years from the time of the move to make this change. A swimmer may not change teams during the swim season without the permission of the Rules Committee.
 - ii. **Waiting List** – A new swimmer who applies for membership in an MCSL pool and is put on a waiting list may join and swim for another MCSL pool until membership in the waiting list pool is obtained. Once the membership in the waiting list pool is obtained, the swimmer may join and swim for that pool's team with no loss of eligibility. However, the swimmer may not change teams during the swim season without permission of the Rules Committee.
 - iii. **Swimmer Did Not Swim "A" Meets the Prior Season** - If a swimmer did not participate in any MCSL "A" meets in the season immediately prior to the season for which the swimmer desires to make a change in team, the swimmer may transfer to another MCSL team without applying for approval from the Rules Committee.
 - iv. **Withdrawal of Team from MCSL** – If a swimmer's team chooses to withdraw from the MCSL, the swimmer may transfer to another MCSL team without applying to the Rules Committee or sitting out a season. The swimmer must become a member of the new pool before the swimmer can compete for that pool.
- h. **Team Transfers – Board Approval Required.**
 - i. **Application Process** - If a swimmer's parent or guardian believes it is necessary for the swimmer to change MCSL teams and the family has not made a change of residence or met the other conditions of Section 7(g), the parent or guardian must submit an application, to the Rules Committee chairman, requesting to change MCSL teams.
 - 1. The application must identify the circumstances requiring the change and must be signed by the parent or guardian.

2. Applications will not be accepted earlier than February 1st or later than June 1st of the year for which the change is sought. The rules committee reserves the right to consider special exceptions outside the transfer application deadlines.
3. Issues to be Considered by the Rules Committee in Rendering its Decisions - The Rules Committee, in its sole discretion, may deny the application for change in team if it has evidence of recruitment or if it deems the transfer to negatively affect the MCSL's legitimate interest in maintaining stability and competitive fairness within the league.
 - i. In order that families and teams have an understanding of the various issues that will be considered by the Rules Committee in granting or denying a request to change teams, the Rules Committee will post a document on the MCSL website that will identify issues the committee will consider during its deliberation.
 - ii. Final Ruling Date - The Rules Committee will approve or disapprove all applications on a rolling basis. If the transfer is approved, the swimmer must become a member of the new pool before the swimmer can compete for that pool. The Rules Committee chairman will notify both team representatives of the decision for their awareness.
 - iii. Denial of Transfer Request - If a transfer is denied or if a swimmer fails to apply, the swimmer may either continue to compete for their current MCSL team or may transfer to the team to which the transfer was denied but, in the case of a transfer, the swimmer will not be eligible to participate in "A" meets, including Dual meets, Divisional Relay Carnival or Divisional Championships, for their new team during the first season after the transfer occurs.
 - iv. Rules Committee Transfer Decisions are Final – Any transfer decision by the Rules Committee under this section of the MCSL rules is deemed to be final and not subject to protest.
- i. **Recruitment** – Consistent with Sections 1(a) and 7(a) of the MCSL rules, MCSL teams, including team representatives and coaches, shall not encourage swimmers and their families to change MCSL teams. Notwithstanding the above, recruitment shall not be deemed to have occurred if a swimmer transfers teams under conditions set forth in Section 7(g) of the MCSL Rules.

8. General – Officials

- a. **Team requirements.** Each team should have at least:
 1. Two MCSL certified referees;
 2. Two MCSL certified starters; and
 3. Two MCSL certified Stroke and Turn judges
 4. If a team cannot provide an appropriate certified official, the opposing team should provide that official. If neither team can provide the official, the teams should try to secure the services of a certified official from another MCSL team or from the MCSL Board. If no certified official is available, the host team should provide a person to fill the position.

- b. **Duties of officials.** The duties of officials are outlined in the Guide for Officials section of this handbook.
- c. **Use of stopwatches.** Stopwatches will not be used during a meet by any active official other than lane timers, the head timer and the assistant head timer.
- d. **Certification Requirements**
 - 1. **MCSL certification.** An individual must attend a position-specific MCSL clinic to be certified as a referee, starter or stroke and turn judge. To maintain certification, he or she must attend an MCSL clinic in that position once every two years. A referee must also be currently certified as a stroke and turn judge. Currently certified referees may maintain their stroke and turn, referee and starter (only if currently a certified starter) certifications by attending the Advanced Referee Clinic.
 - 2. **Record of certification.** Clinic attendees must register at the clinic to be certified. Record of certification is maintained by the MCSL.
 - 3. **Initial Stroke and Turn Certification:** First-time stroke and turn officials must pass an **online test** with a grade of 85% or higher.
 - 4. **Initial Referee Certification:** Effective with the 2024 MCSL season, any official desiring certification as a Referee must have two years' experience as a certified MCSL stroke and turn judge. Teams, or new teams joining the league, for which this requirement would pose an undue hardship may petition the MCSL Board for an exception on a team-by-team basis.
 - 5. **USA Swimming starter and stroke and turn judges.** A USA Swimming certified starter or stroke and turn judge may be MCSL certified based on his/her USA Swimming LSC certification.
 - 6. **CCSDA Stroke and Turn Judges.** A CCSDA certified Stroke and Turn Judge may be MCSL certified based on his/her CCSDA certification. CCSDA stroke and turn judges requesting first time MCSL reciprocity are subject to rule 8.d.3.

9. General – Age of Swimmers for MCSL Competition

- a. **Age of swimmer.** A swimmer shall compete for the MCSL season at the age he or she is on June 1. Since MCSL is an age-group, developmental league, swimmers should compete in their own age group (e.g., an 11-year-old in the 11-12 age group).
- b. **Swim-up rule.**
 - i. **Purpose of the Swim Up Rule.** The purpose of the Swim Up rule is to allow teams with an insufficient number of swimmers of a specific age and gender to fill lanes in events, requiring swimmers from that age and gender group, which would otherwise be left empty.
 - 1. The Swim Up rule shall not be used for the purpose of a team gaining a competitive advantage by replacing a swimmer, that is the correct age and available to swim, with a faster or more proficient swimmer from a lower age group. Should it be determined that a team deliberately misrepresented the availability of a swimmer in order to utilize a Swim Up, the team may be subject to sanctions as determined by the MCSL Board.
 - ii. **General Application of the Rule.** If a team does not have a sufficient number of swimmers of the correct age and gender in an age group, expected to be available to swim at the time entries are submitted,

and all the available and entered swimmers, not subsequently scratched, are entered in the maximum number of Age Specific Events available for swimmers of their age group, the team may swim a younger swimmer in an older age group (“Swim Up”) if:

1. the younger swimmer swims in the older age group for the entire meet; and
 2. the younger swimmer is not filling a position that is vacant because a swimmer in the older age group has been moved up to an even older age group.
- iii. Definition of Age Specific Event. For purposes of the Swim Up Rule, an Age Specific Event is defined as events swum at MCSL Dual, Division Championship and Division Relay Meets, with the exception of the 200M Open Age Medley Relay and the 100M 12 & Under Individual Medley.
 - iv. Definition of Available Swimmer. For purposes of the Swim Up Rule, an Available Swimmer in a particular age group is a swimmer of the correct age and gender that meets all MCSL eligibility requirements under Rule 7 of the MCSL Rules for Competition, is listed on the team’s complete membership roster and has no conflict or medical condition that would prevent the swimmer being present and swimming at the meet. Availability of a swimmer is not impacted by the speed in which a swimmer is able to swim a particular stroke or the swimmer’s ability to swim a stroke legally.
 - v. Specific Application of the Swim Up Rule by Type of Meet:
 1. Swim Up’s are not allowed at the Coaches’ Invitational Long Course, All Star Relay and Individual All Star meets.
 2. Dual Meets.
 - a. Subject to the provisions of Rule 9.b.(ii), Swim Ups are allowed in the fastest heat of an event when a team has less than four Available Swimmers of the correct age in an age group.
 - b. Teams with fewer than six Available Swimmers of the correct age in an age group may also use Swim Ups in the slower heat of freestyle as long as the conditions under 9.b.(ii) are met.
 - c. The 200M Open Age Medley Relay shall not be considered when determining if an Available Swimmer of the correct age has been entered into the maximum number of Age Specific Events available to that swimmer.
 - d. The 12 & Under Individual Medley shall not be not be considered when determining if an Available Swimmer of the correct age in the 9-10 and 11-12 age groups has been entered into the maximum number of Age Specific Events available to that swimmer.
 - e. All Swimmers, including both Swim Ups and swimmers of the correct age, are subject to Rule 11.h.(i) which governs the number of events a swimmer may swim at Dual Meets.
 3. Division Championship Meet.
 - a. Subject to the provisions of Rule 9.b.(ii) Swim Ups are allowed at the Divisional Championship Meet when a team has less than three Available Swimmers, of the correct age in an age group, that are eligible for the meet under Rule 13.c. of the MCSL Rules of Competition.
 - b. The 200M Open Age Medley Relay shall not be considered when determining if an Available Swimmer of the correct

- age has been entered into the maximum number of Age Specific Events available to that swimmer.
- c. The 12 & Under Individual Medley shall not be not be considered when determining if an Available Swimmer of the correct age in the 9-10 and 11-12 age groups has been entered into the maximum number of Age Specific Events available to that swimmer.
 - d. All Swimmers, including both Swim Ups and swimmers of the correct age, are subject to Rule 13.g.(i) which governs the number of events a swimmer may swim at Divisional Championship Meets.
4. Division Relay Meet.
- a. Subject to the provisions of Rule 9.b.(ii) Swim Ups are allowed at the Division Relay Meet when a team has less than four Available Swimmers of the correct age.
 - b. The 200M Open Age Medley Relay shall not be considered when determining if an Available Swimmer of the correct age has been entered into the maximum number of Age Specific Events available to that swimmer.
- vi. Identifying swim-ups. Swim Ups must be identified on the meet entry report and relays that include a Swim Up must be identified with a checkmark on the Relay Entry Card.
 - vii. Times Achieved by Swim Ups. Times achieved by Swim Ups are not eligible for use as a qualifying time for the Coaches' Invitational Long Course, Relay All Star and Individual All Star meets and are not eligible to set an MCSL record. Swimmers who are swimming up must be identified on the meet entry report. Relays that include a swim-up must be entered with a yellow relay card.
- c. **Open events.** Open events are open to all swimmers 18 years and younger.

10. General – Official Time

- a. **The official time** for each lane shall be determined by three lane timers with digital watches. The official time is the time of two watches that agree, or, if none agree, the middle time, and is recorded to the hundredths of a second (for example, 1:35.10). If three valid times are not available, the official time shall be calculated as follows:
 - i. Two valid times. If there are only two valid times, the official time is the average of those two times. For two times to be valid, there must have been three timers on the lane and a valid third time was not obtained. The assistant head timer and referee initial the lane/time sheet to accept the two times that were obtained.
 - ii. One valid time. If there is only a single valid time, that time becomes the official time. For a single time to be valid, there must have been three timers on the lane and valid second and third times were not obtained. The assistant head timer and the referee initial the lane/time sheet to accept that a single time was obtained.
 - iii. No valid time/referee or starter's sweep. If there is no valid time, the order of finish may be determined by the referee or starter's sweep. The three lane timers and the back-up timer (usually the assistant head timer) must tell the head timer that no valid time was obtained.
- b. **Rounding.** If the digital watches used record time to the thousandths of a second or if two times must be averaged, the digits representing

thousandths are dropped with no rounding (example: 1:35.109 becomes 1:35.10).

c. Electronic timing

- i. **Dual Meets.** By prior agreement of the team representatives and with approval of the MCSL Rules Committee obtained at least 48 hours in advance of the meet, the order of finish may be determined by electronic timing in accordance with USA Swimming rules for determining official times.
- ii. **Coaches' Invitational Long Course, All Star Relay and Individual All Star meets.** Electronic timing will be used in accordance with USA Swimming rules for determining official times.

11. Dual Meets

- a. **Schedule.** Team representatives vote to determine the MCSL calendar at the July MCSL meeting. A team's seed in the division determines its dual meet schedule. (See table, MCSL Calendar, Dual Meets in this handbook). Any change in schedule due to weather, pool conditions or other factors (e.g. religious reasons) must be communicated to the MCSL Automation Chair as soon as practicable.
- b. **Home pool change.** Any team that wants to use a pool other than its home pool for any dual meet during the season must receive approval from the MCSL Rules Committee prior to the start of the season.
- c. **Meet arrangements.** Approximately one week prior to the date of the meet, the home team representative should contact the visiting team representative concerning arrangements for the meet.
- d. **Rosters.** A swimmer must be on the team roster by noon the Friday before a Saturday meet to swim in that meet.
- e. **Events.** The order of events is on the back cover of this handbook.
- f. **Officials.**
 - i. **Minimum.** The following table lists the minimum number of officials each team should provide. Names of all officials must be recorded on the "Dual Meet Cover Sheet".
 - ii. **Chief Judge.** MCSL does not recommend the use of a Chief Judge at dual "A" meets.

Recommended Officials for Dual Meets		
Position	Home Team	Visiting Team
Certified Referee	1	
Certified Starter		1
Certified Stroke & Turn	2	2
Announcer	1	
Clerk of Course, Head	1	
Clerk of Course, Assistant		1
Head Timer	1	
Assistant Head Timer		1
Timers	9	9
Computer Operator	1	
Scorer/Automation Assistant		1
Verifiers/Proofreaders	1	1
Ribbons/Awards	1	1

g. Meet entries—number of entries per event.

- i. Individual events. A team may enter no more than three swimmers in an individual event with one heat and six swimmers in the two-heat freestyle events
- ii. Relay events. A team may enter no more than two relay teams in each event.

h. Meet entries—number of events per swimmer.

- i. A team may enter a swimmer in a maximum of five events. A team cannot enter a swimmer in all four individual stroke events (freestyle, backstroke, breaststroke and butterfly).

Example 1: If a swimmer is entered in the open Medley Relay, the Freestyle Relay and the Individual Medley, that swimmer can swim only two individual stroke events.

Example 2: If a swimmer is entered in either the open Medley Relay OR the Freestyle Relay (but not both relays), that swimmer may swim the Individual Medley and three individual stroke events.

- ii. If a team enters a swimmer in all four individual stroke events, the swimmer cannot swim the butterfly event. The entry in the butterfly event is treated as an empty lane.
 - iii. If a team enters a swimmer in two age groups, the swimmer shall swim in his or her correct age group. Each entry in the older age group is treated as an empty lane.
- i. **Meet entries—age of swimmer.** A swimmer shall compete for the MCSL season at the age he or she is on June 1. Since the MCSL is an age-group, developmental league, teams should strive to fill events with swimmers of the appropriate age (e.g., a 15-year-old in the 15-18 age group). However, if a team expects to have less than four swimmers of the correct age and gender in an age group available at a meet to swim, the team may swim a younger swimmer in an older age group (“swim-up”) subject to a number of restrictions. Please see above, “Rule 9b – Swim up rule”, for the specific requirements to swim a child in an older age group.

j. Meet entries - exchange:

- i. Deadline for exchange. Teams must exchange their dual meet entries for all individual events and current team rosters at the home pool or other location acceptable to both teams no later than noon on the day before the meet. No additions, deletions or other changes to the meet entries may be made after this meeting and before the scratch meeting the day of the meet without consent of both team representatives. Each team shall be assumed to have two relay teams per relay event.
- ii. Method of exchange
 1. In person exchange
 - a. The home team provides the visiting team:
 - i. A paper print out by swimmer of its meet entries for all individual events and
 - ii. A current team roster
 - b. The visiting team provides the home team:
 - i. A paper print out by swimmer of its meet entries for all individual events,
 - ii. A current team roster, and

- iii. A computer disk or equivalent compatible device containing its meet entries for all individual events and the current team roster.
 - c. MCSL recommends that teams review the paper copy of the entries and make any hand changes as necessary. The paper print out, with hand changes, becomes the official entry. Teams can enter relay swimmers on the day of the meet on an MCSL "Official Relay Entry Card".
- 2. Electronic exchange
 - a. Teams may exchange entries and team rosters electronically if both team representatives agree.
 - b. If teams choose to exchange entries and rosters electronically, the exchange must be submitted at a mutually agreed upon time. The electronically exchanged entries and roster become the official entries for the meet. A team cannot change its entries after the agreed upon electronic exchange, based upon the other team's entries, or before the scratch meeting without the consent of both team representatives.
 - c. By agreeing to electronic exchange, a team waives its right to protest any issues arising from the electronic exchange.
- k. **Lane assignments.** The visiting team chooses odd or even numbered lanes when the meet entries are exchanged. Lane 1 is the competition lane farthest to the right as the swimmers face the pool for a 50- or 100-meter event. Swimmers from each team are limited to their own lanes as assigned. In the event of a double-dual meet (i.e. three teams competing), the visiting teams shall flip a coin or use some other method to determine which teams choose lanes first and second. The home team shall choose third. The lane choices are: Lanes 1 & 4, lanes 2 & 5, and lanes 3 & 6.
- l. **Heats.** Except for the individual freestyle events all individual events will have one heat. The individual freestyle events will have two heats, with the fastest three swimmers from each team swimming in the second heat. In the case of a double-dual meet, freestyle events will have three heats, with the fastest two swimmers from each team swimming in the third heat; all other individual events will have two heats. Relay events are competed in a single heat.
- m. **Meet program/heat sheet and lane/timer sheets.** The home team shall use the paper print out of meet entries, if there are hand changes, and the computer disk or equivalent compatible device of each team's meet entries to produce the meet program and lane/timer sheets.
- n. **Meet start time and other issues of punctuality.** Dual meets shall start at 9:00am on Saturday morning, unless both team representatives agree to a different start time. Teams shall report to their assigned areas at the home pool no later than 8:30am. When directed by the referee, swimmers may take a 20-minute warm-up swim after which they shall return to their team area and remain there until called to the clerk of course.
- o. **Reporting for events.** Swimmers should report to the clerk of course promptly when their event is called. Progress of the meet should not be delayed for the late arrival of a swimmer.
- p. **Scratches and substitutions.** Fifteen to twenty minutes before the meet begins (8:40 or 8:45am), the referee will conduct a scratch meeting. The

referee, each team coach, each team representative and the clerks of course should attend the scratch meeting. Scratches and substitutions may be made only at this meeting.

- i. **Scratches.** Each team may scratch a maximum of three swimmers and substitute new swimmers in the original swimmers' events. The original swimmers, once scratched, cannot compete in any events in that meet, including relay events.
- ii. **Substitutions**
 1. Teams may use more than one substitute swimmer to fill a scratched swimmer's events.
 2. Teams must scratch a swimmer for a substitute to swim; teams cannot add a swimmer to a lane that was empty when the meet entries were exchanged.
 3. Substitute swimmers must:
 - a. swim in the seeded place of the scratched swimmer;
 - b. if already in the meet, remain in their original events. The events added at the scratch meeting may not cause the substituted swimmers to exceed their event limits. (See above, Meet entries–number of events per swimmer);
 - c. if not already in the meet, be on the roster exchanged at noon on the day before with meet entries;
 - d. if a “swim-up”, not displace a swimmer in that age group. (See above, “General–Age of Swimmer for MCSL Competition”, swim-up rule).
- q. **Swimmer entries for relay events.** Teams enter swimmers in relay events at the meet by entering each swimmer's last name and first name in the space provided for that leg of the relay on the white MCSL “Official Relay Entry Card” and presenting the card to the clerk of course. Place a checkmark in the appropriate column to identify relay legs containing a swim-up. Teams must use blue cards for exhibition relays. Swimmers entered in relays must appear on the team roster as exchanged by noon the day before the meet and cannot be entered to swim in more than five events (see above, Meet entries-number of events per swimmer). Once the relay card has been presented to the clerk of course, the relay cannot be changed. The Relay Entry Card serves as the official relay entry; there is no requirement to enter relay events prior to presenting the Relay Entry Card to the clerk of course.
- r. **Placement of take-off judges for relays.** Dual confirmation shall be required to confirm an illegal take-off. The Take-off judging configuration shall consist of four (4) Take-Off Judges at each end of the pool requiring relay exchanges with two of the judges positioned on the side of the pool (Side Take-off judges) and two of the judges positioned in the middle of the pool (Lane Take-off judges). The Lane Take-off judges shall be positioned between lanes three (3) and four (4). The Side Take-off judge closest to lane one (1) and the Lane Take-off judge closest to lane three (3) have jurisdiction over lanes one (1) through three (3) and the Side Take-off judge closest to lane six (6) and Lane Take-off judge closest to lane four (4) have jurisdiction over lanes four (4) through six (6). Additionally, any two Take-off judges with jurisdiction over the same relay exchanges (observing take-offs for the same lanes) may not be from the same team. Take-off judges shall station themselves (after the first swimmer has started) alongside the next swimmer so that they can clearly

see both the touch of the incoming swimmer and the feet of the departing swimmer as the latter leaves the deck or wall.

- s. **Order of finish.** The order of finish for each event shall be the order determined by official times (see above, “General–Official Time”).
- t. **Scoring.** Individual events are scored: 6-4-3-2-1. The relay events are scored: 8-4-2-0. Points are not awarded for any event unless the event is actually swum. In the event of a tie, the points for the tied place and the next place will be added and divided between the tied swimmers. The next finisher will receive the next place down. (**Example:** a tie for first in an individual event. Add the points for first and second place ($6 + 4 = 10$) and divide by 2 ($10 \text{ divided by } 2 = 5$). The two tied swimmers each receive five points and the next finisher receives third place and 3 points). Errors in scoring that affect win/loss records, if discovered by the time of divisionals, will be corrected, as well as any resulting changes in team rankings within the division.
- u. **Awards.** Ribbons in individual events for the first six places with duplicates for ties. For relays, ribbons for the first four places with duplicates for ties.
- v. **Meet results.**
 - i. Sent to MCSL automation liaison. The home team must e-mail the meet results, including the score, to the automation liaison and/or directly to the MCSL automation web site by 2:00 p.m. the day of the meet.
 - ii. Kept by home team. The home team retains the following until the end of the season:
 - 1. Each team’s meet entries as marked by the clerk(s) of course at the scratch meeting.
 - 2. Cover sheet signed by representatives of both teams that includes the score and the names of all meet officials.
 - 3. Relay cards.
 - 4. Lane/timer sheets.
 - 5. DQ cards.
 - 6. Printed copy of the meet results.
- w. **Availability of meet results.** If requested, teams must make dual meet results available to other teams for review.
- x. **Postponed or interrupted meets.** A postponed or interrupted meet shall be considered one continuous meet. The roster and original meet entries cannot be changed. The meet shall be rescheduled by mutual agreement of the team representatives before the next regularly scheduled meet (usually before the next Saturday).
- y. **Exhibition swimming.** Exhibition swimming is permitted for swimmers disqualified for false starts (where the start signal is not given) and for other swimmers if both teams agree. No additional heats shall be added to accommodate exhibition swims. An exhibition swimmer may not place in an event, and the time may not be included in his/her team’s results. An exhibition swim does not count as a MCSL dual meet swim to qualify for the division championship meet (divisionals) and cannot be used to seed a swimmer in divisionals.

12. Division Relay Meet (Relay Carnival)

- a. **Schedule and host pool.** Division relay meets shall be held within a calendar window determined at the July MCSL meeting. At the April MCSL meeting, the division team representatives choose a date and host pool. Team representatives should also choose a rain date at this time.
- b. **Meet arrangements.** Approximately one week before the meet, the team representatives shall meet at the host pool to discuss officials, team areas and other meet details.
- c. **Rosters.** Team rosters must be exchanged no later than noon the day preceding the original date of the meet. If teams exchange rosters earlier, they may add swimmers, if necessary, as long as they notify the host pool no later than noon on the day preceding the original date of the meet. A swimmer must be on the roster by this time to compete.
- d. **Events.** See “Order of Events: Relay Meet” in this handbook. Any mixed relay event must be composed of two boys and two girls. All medley relays must be swum in the following order: backstroke, breaststroke, butterfly and freestyle. See also Section 7 Relays, in the Rules for Starts and for Swimming the Strokes.
- e. **Officials.** No team should furnish more than two certified officials (referee, starter, chief judge and stroke and turn judge). The list of officials needed to staff the meet can be found in the MCSL Meet Management Handbook. Names of all officials must be recorded on the meet cover sheet.
- f. **Meet entries – number of entries per event.** Each team may enter only one relay team per event.
- g. **Meet entries – number of events per swimmer.** In the division relay meet, a swimmer may compete in as many events as he/she qualifies for based on his/her age and gender.
- h. **Meet entries – age of swimmer.** A swimmer shall compete for the MCSL season at the age he or she is on June 1. Since the MCSL is an age-group, developmental league, teams should strive to fill events with swimmers of the appropriate age (e.g., a 15-year-old in the 15-18 age group). However, if a team expects to have fewer than four swimmers of the correct age and gender in an age group available at a meet to swim, the team may swim a younger swimmer in an older age group (“swim-up”) subject to a number of restrictions. Please see above, “Rule 9b – Swim-up rule”, for the specific requirements to swim a child in an older age group. Relays that include a swim-up must be entered on a yellow card. Relays with swim-ups may place and score points, but cannot go to Relay All Stars.
- i. **Meet entries – method of entry.** The official meet entry for each relay is the white “Official Relay Entry Card.” Exhibition relays must be entered on a blue card. Each relay swimmer’s last name and first name must be entered on this card in the space provided for that swimmer’s leg of the relay. Place a checkmark in the appropriate column to identify relay legs containing a swim-up. The entry becomes final when the card is given to the clerk of course. Once the card has been presented to the clerk, the swimmers in the relay cannot be changed. There is no scratch meeting at a division relay meet.

- j. **Lane assignments.** In the first event, the teams will be assigned the lane number corresponding to their original seed in the division, i.e., the team seeded number 1 at the start of the season will take lane 1. In subsequent events, lane assignments will rotate in increasing numeric order, i.e., the team in lane 1 in event 1 moves to lane 2 in event 2. A seven-team division utilizing an eight-lane pool will assign lanes and rotate as described above. For a seven-team division utilizing a six-lane pool, events will require two heats: lanes 2-3-4 will be used in Heat 1, lanes 2-3-4-5 will be used in Heat 2. The team seeded number 1 at the start of the season will take lane 2/heat 1 in event 1; in subsequent events, that team will rotate through lane 3/heat 2, lane 4/heat 2, lane 5/heat 2, lane 2/heat 1, lane 3/heat 1 and lane 4/heat 1. Note that lane assignments for a seven-team division should revert to the default assignments for a six-team division if only six teams participate.
- k. **Heats.** There is one heat per event, except for seven-team divisions utilizing six-lane pools as described in 12(j) above.
- l. **Meet start time and other issues of punctuality.** A division may choose to swim its relay meet in the evening or on Sunday morning. Sample meet schedules are available in the MCSL Meet Management Handbook.
- m. **Reporting for events.** Swimmers should report to the clerk of course promptly when their event is called. Progress of the meet should not be delayed for the late arrival of a swimmer.
- n. **Placement of take-off judges for relays.** Dual confirmation shall be required to confirm an illegal take-off. The Take-off judging configuration shall consist of four (4) Take-Off Judges at each end of the pool requiring relay exchanges with two of the judges positioned on the side of the pool (Side Take-off judges) and two of the judges positioned in the middle of the pool (Lane Take-off judges). The Lane Take-off judges shall be positioned between lanes three (3) and four (4). The Side Take-off judge closest to lane one (1) and the Lane Take-off judge closest to lane three (3) have jurisdiction over lanes one (1) through three (3) and the Side Take-off judge closest to lane six (6) and Lane Take-off judge closest to lane four (4) have jurisdiction over lanes four (4) through six (6). Additionally, any two Take-off judges with jurisdiction over the same relay exchanges (observing take-offs for the same lanes) may not be from the same team. Take-off judges shall station themselves (after the first swimmer has started) alongside the next swimmer so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as the latter leaves the deck or wall.
- o. **Order of finish.** The order of finish for each event shall be the order determined by official times. (See above, "General–Official Time".)
- p. **Scoring.** Points for 1st through 6th place in each event are: 14-10-8-6-4-2. For seven, five and four team divisions the points are respectively, 16-12-10-8-6-4-2, 12-8-6-4-2 and 10-6-4-2. Note that scoring for a seven-team division should revert to the default scoring for a six-team division if only six teams participate. Points are not awarded for any event unless the event is actually swum. In the event of a tie, the points for the tied place and the next place will be added and divided between the tied relay teams. The next finisher will receive the next place down. (Example-in a tie for first, add the points for first and second place ($14 + 10 = 24$) and divide by 2 ($24 \div 2 = 12$). The two tied relay teams each receive

twelve points and the next finisher receives third place.) Errors in scoring that affect won/loss records, if discovered by the time of divisionals, will be corrected as will any resulting changes in team rankings within the division.

- q. **Awards.** MCSL medals for first place, ribbons for second through sixth place. Duplicates awarded for ties.
- r. **Meet results.** The division automation liaison will forward the meet results to the MCSL automation chair.
- s. **Postponed or interrupted meets.** A postponed or interrupted meet shall be considered one continuous meet. Swimmers cannot be added to the roster. Relay meets must be made up before the end of the calendar window set by the MCSL each season.
- t. **Exhibition swimming.** Exhibition swimming is permitted for relays disqualified for false starts (where the start signal is not given) and for other relays if all teams agree. No additional heat shall be added to accommodate exhibition swims. An exhibition relay may not place in an event nor can its time be used to seed a relay in divisionals.
- u. **Relay All Stars.** Relay teams that place first in each event except the Open Medley Relay (events #8 and #9) and the Graduated Freestyle Relay (events #1 and #2) are invited to Relay All Stars unless the relay team includes a swim-up. If the winning relay includes a swim-up or is an exhibition swim, the second-place team will be invited. Invitations for Open Medley (events #8 and #9) and the Freestyle (events #1 and #2) are extended to the relay teams with the fastest time in those events over the current season, including swims at all five dual meets and the division championship (divisionals) meet.

13. Division Championship Meet (Divisionals)

- a. **Schedule and host pool.** The divisional championship meet is held on the Saturday after the last dual meet. The host pool is determined by the division team representatives at the April MCSL meeting.
- b. **Meet arrangements.** The organizational meeting should be held on the Sunday before the championship meet unless another time is agreeable to all teams in the division. The seeding meeting should be held in conjunction with or later than the organizational meeting, at a time and place agreed by a majority of the teams in the division.
- c. **Rosters.** To swim in divisionals, a swimmer must have swum in at least one MCSL dual ("A") meet during the current season. Therefore, the team roster for divisionals should include only those swimmers who have swum in at least one dual ("A") meet during the current season.
- d. **Events.** The order of events is on the back cover of this handbook.
- e. **Officials.** No team should furnish more than two certified officials (referee, starter, chief judge and stroke and turn judge). The list of officials needed to staff the meet can be found in the MCSL Meet Management Handbook. Names of all officials must be recorded on the meet cover sheet.
- f. **Meet entries – number of entries per event.**
 - i. Individual events. A team may enter no more than two swimmers in any individual event.

- ii. Relay events. A team may enter no more than one relay team in any relay event.
- g. **Meet entries – number of events per swimmer.**
- i. A team may enter a swimmer in a maximum of five events. A team cannot enter a swimmer in all four individual stroke events (freestyle, backstroke, breaststroke and butterfly).
- Example 1:** If a swimmer is entered in the Open Medley Relay, the Freestyle Relay and the Individual Medley, that swimmer can only swim two individual stroke events.
- Example 2:** If a swimmer is entered in either the Open Medley Relay OR the Freestyle Relay (but not both relays), that swimmer may swim the Individual Medley and three individual stroke events.
- ii. If a team enters a swimmer in all four individual stroke events, the swimmer cannot swim the butterfly event. The entry in the butterfly event is treated as an empty lane.
 - iii. If a team enters a swimmer in two age groups, the swimmer shall swim in his or her correct age group. Each entry in the older age group is treated as an empty lane.
- h. **Meet entries – age of swimmer.** A swimmer shall compete for the MCSL season at the age he or she is on June 1. Since the MCSL is an age-group, developmental league, teams should strive to fill events with swimmers of the appropriate age (e.g., a 15-year-old in the 15-18 age group). However, if a team expects to have fewer than four swimmers of the correct age and gender in an age group available at a meet to swim, the team may swim a younger swimmer in an older age group (“swim-up”) subject to a number of restrictions. Please see above, “Rule 9b – Swim-up rule” for the specific requirements to swim a child in an older age group.
- i. **Meet entries – seeding times.** Swimmers and relays must be entered in an event with the best time achieved during the current MCSL season. Times must be achieved in a current season MCSL dual (“A”) meet or the division relay (relay carnival) meet. Times achieved as a “swim-up” in an MCSL dual (“A”) meet can be used as long as the stroke and distance of the swim-up event is the same as the swimmer’s divisional event. If an eligible swimmer has not swum a particular event in an MCSL meet, that swimmer must be entered with a “no time”, Exhibition times, previous season times, and “B” meet times cannot be used as seeding times for divisionals.
 - j. **Meet entries – exchange.** The coach and the team representative from each team should attend the divisional seeding meeting. Each team brings to that meeting:
 - i. A paper print out by swimmer of its meet entries for all individual events;
 - ii. A paper print out of the current team roster;
 - iii. A computer disk or equivalent compatible device that includes all individual entries and the current team roster.
 - k. **Meet entries – deadline.** Once the seeding meeting is completed, no additions, deletions or other changes can be made to the meet entries until the scratch meeting at the meet without the consent of all team representatives.

- l. **Lane assignments.** Lane assignments shall be based on seeding times.
- m. **Heats.** There will be two heats of every individual event and one heat of every relay event. In events with two heats, the fastest swimmers shall swim in the second heat. For seven-team division utilizing six-lane pools, there will be three heats of every individual event and two heats of every relay event. The fastest swimmers/relays shall swim in the last heat.
- n. **Meet program/heat sheet and lane/timer sheets.** At the conclusion of the seeding meeting, each team should receive a copy of the heat sheet for the meet listing the lane and heat of each of the team's swimmers. The division should choose a team to run automation for the Divisional meet. If no team is selected, the home team shall make a disk (or equivalent compatible device) of each team's meet entries suitable for producing heat sheet/program and lane/timer sheets. If there are changes to the entries, then the home team shall print the paper copy with hand changes.
- o. **Meet start time and other issues of punctuality.** The division championship meet usually begins at 8 a.m. on the Saturday after the last dual meet, unless all team representatives agree to a different start time. Teams shall report to their assigned areas at the host pool, and when directed by the referee, take a short warm-up swim after which they shall return to their team area and remain there until called to the clerk of course. Sample meet schedules are available in the MCSL Meet Management Handbook.
- p. **Reporting for events.** Swimmers should report to the clerk of course promptly when their event is called. Progress of the meet should not be delayed for the late arrival of a swimmer.
- q. **Scratches and substitutions.** At least fifteen to twenty minutes before the meet begins, the referee will conduct a scratch meeting. The referee, each team coach, each team representative and the clerks of course should attend the scratch meeting. Scratches and substitutions may be made only at this meeting.
 - i. **Scratches.** Each team may scratch a maximum of three swimmers and substitute new swimmers in the original swimmer's events. The original swimmers, once scratched, cannot compete in any events in that meet including the relay events.
 - ii. **Substitutions.**
 1. Teams may use more than one substitute swimmer to fill a scratched swimmer's events.
 2. Teams must scratch a swimmer for the substitute to swim; teams cannot add a swimmer to a lane that was empty when the meet entries were exchanged at the seeding meeting.
 3. Substitute swimmers must:
 - a. swim in the seeded place of the scratched swimmer;
 - b. if already in the meet, remain in their original events. The events added at the scratch meeting may not cause the substitute swimmer to exceed their event limits. (See above, Meet entries–number of events per swimmer);
 - c. if not already in the meet, have swum in at least one MCSL dual ("A") meet during the current season;
 - d. if a "swim-up", not displace a swimmer in that age group. (See above, "General–Age of Swimmer for MCSL Competition", swim-up rule).

- r. **Swimmer entries for relay events.** Teams enter swimmers in relay events at the meet by entering each swimmer's last name and first name in the space provided for that leg of the relay on the white MCSL "Official Relay Entry Card" and presenting it to the clerk of course. Place a checkmark in the appropriate column to identify relay legs containing a swim-up. Teams must use blue cards for exhibition relays. Swimmers entered in the relays must appear on the team roster as exchanged at the divisional seeding meeting, must have swum in at least one MCSL dual ("A") meet during the current season and cannot be entered or swim in more than five events (see above, Meet entries—number of events per swimmer). Once the relay card has been presented to the clerk of course, the relay cannot be changed.
- s. **Placement of take-off judges for relays.** Dual confirmation shall be required to confirm an illegal take-off. The Take-off judging configuration shall consist of four (4) Take-Off Judges at each end of the pool requiring relay exchanges with two of the judges positioned on the side of the pool (Side Take-off judges) and two of the judges positioned in the middle of the pool (Lane Take-off judges). The Lane Take-off judges shall be positioned between lanes three (3) and four (4). The Side Take-off judge closest to lane one (1) and the Lane Take-off judge closest to lane three (3) have jurisdiction over lanes one (1) through three (3) and the Side Take-off judge closest to lane six (6) and Lane Take-off judge closest to lane four (4) have jurisdiction over lanes four (4) through six (6). Additionally, any two Take-off judges with jurisdiction over the same relay exchanges (observing take-offs for the same lanes) may not be from the same team. Take-off judges shall station themselves (after the first swimmer has started) alongside the next swimmer so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as the latter leaves the deck or wall.
- t. **Order of finish.** The order of finish for each event shall be the order determined by official times. (See above, "General—Official Time.")
- u. **Scoring.** Points for individual events places 1st to 12th are: 16-13-12-11-10-9-7-5-4-3-2-1. For seven-team divisions, the points are: 18-15-14-13-12-11-10-8-6-5-4-3-2-1. For five- and four-team divisions the points are respectively: 14-11-10-9-8-6-4-3-2-1 and 12-9-8-7-5-3-2-1. Points for relay events are 28-20-16-12-8-4. For seven-team divisions, the points are 32-24-20-16-12-8-4. For five- and four-team divisions the points for relays are respectively: 24-16-12-8-4 and 20-12-8-4. Points are not awarded for any event unless the event is actually swum. In the event of a tie, the points for the tied place and the next place will be added and divided between the tied swimmers. The next finisher will receive the next place down.

Example: a tie for first in an individual event. Add the points for first and second place ($16 + 13 = 29$) and divide by 2 (29 divided by $2 = 14.5$). The two tied swimmers each receive 14.5 points and the next finisher receives third place.
- v. **Awards.** In individual events, MCSL medals for 1st, 2nd, and 3rd; ribbons for 4th, 5th and 6th. In relay events, MCSL medals for 1st; ribbons for 2nd, 3rd, 4th, 5th, and 6th. Duplicates awarded for ties.
- w. **Meet results.** The division automation liaison will forward the meet results to the MCSL automation chair.

- x. **Postponed or interrupted meets.** A postponed or interrupted meet shall be considered one continuous meet. The roster and original meet entry report cannot be changed.
- y. **Exhibition swimming.** Exhibition swimming is permitted for swimmers disqualified for false starts (where the start signal is not given) and for other swimmers if all teams agree. No additional heats shall be added to accommodate exhibition swims. An exhibition swimmer may not place in an event, and the time may not be included in his/her team's results.

14. Division Champion Calculation

- a. **Dual meet points.** A team earns six points for a win, three points for a tie and zero points for a loss.
- b. **Division relay meet (relay carnival) points.** Teams placing 1st through 6th earn points as follows: 10-8-6-4-2-0. For a seven-team division, the points are 12-10-8-6-4-2. For a five-team division, the points are 8-6-4-2-0. For a four-team division, the points are 6-4-2-0. Team ties remain as ties. The points are added and divided between the tied teams.
- c. **Division championship meet (divisionals) points.** Teams placing 1st through 6th earn points as follows: 20-16-12-8-4-0. For a seven-team division, the points are 24-20-16-12-8-4-0. For a five-team division, the points are 16-12-8-4-0. For a four-team division, the points are 12-8-4-0. Team ties remain as ties. The points are added and divided between the tied teams.
- d. **Determination of final place in division.** A team's final place in the division is the sum of its dual meet, relay meet and division championship meet points.
- e. **Awards.** Trophies will be awarded to the 1st, 2nd and 3rd place teams in each division.

15. MCSL Coaches Invitational Long Course Meet

- a. **The meet shall be conducted under USA Swimming Stroke & Turn rules.**
- b. **Size of pool.** This meet must be held in a 50-meter pool with at least 8 lanes.
- c. **Events.** Events are swum by stroke: Individual Medley, Freestyle, Backstroke, Breaststroke and Butterfly. Each stroke is comprised of events swum in age group order (8&u, 9-10, etc.). Dual meet events 27, 28, 49 and 50 (the relay events) are not swum. The distance for all events is doubled.
- d. **Entries.**
 - i. **Invitations.** Eight swimmers plus two alternates will be invited to swim in each event. Invitations are based on the swimmer's best time achieved in the corresponding short course meter event in the first three dual meets of the current season.
 - ii. **If a team fails to provide enough volunteers** to help run the meet, that team's swimmers may be excluded from competition as determined by the meet director.
 - iii. **Number of events per swimmer.** A swimmer may compete in a maximum of two events.
 - 1. **Seeding.** Seeding is at the discretion of the MCSL Board. All qualifying times are sorted by rank. Ties are broken to

determine who is entered in the meet by using the next best swim.

Example: Swimmer A has times of 15.10 and 15.25; swimmer B has times of 15.10 and 15.35. Swimmer A will be ranked higher than swimmer B.

2. Selection of events. If a swimmer has more than two equally ranked qualifying times, the events which have the lowest ratio of time to MCSL record will be selected and the other events dropped to give the swimmer the maximum of two entries. The times for other swimmers will be re-ranked to reflect the scratching of these events. Before this automatic scratching process, swimmers may elect to scratch from individual events they do not wish to swim by notifying the MCSL Automation Chair. Such swimmer-initiated scratches must be submitted by the deadline posted on the MCSL web site. After this deadline, swimmers may only scratch from the entire meet. Early notification is important to allow the maximum number of swimmers to compete.
3. No swims. If a swimmer fails to swim an event in which he or she is entered, he or she may be ineligible to swim subsequent events at the discretion of the meet referee and the MCSL Board
- e. **No swim-ups.** Each swimmer must compete in his or her own age group.
- f. **Heats.** There will be one heat of every event. Lanes will be assigned by seeding.
- g. **Order of finish.** The order of finish for each event shall be determined by electronic timing in accordance with USA Swimming Rules.
- h. **Awards.** Plaques for first, second and third; medals for fourth, fifth and sixth; ribbons for seventh through sixteenth; duplicates for ties
- i. **Interrupted meet.** The MCSL Board shall determine the postponement and rescheduling of the meet.

16. MCSL All Star Relay Meet

- a. **Teams are expected to provide volunteers** for this meet roughly in proportion to the number of entries they have in the meet. Failure to do so may result in the team being barred from the meet. This will be determined by the Chairman of the Competition Committee and endorsed by the majority of the MCSL Board.
- b. **Organization of meet.** This meet will be run in two sections: Section I and Section II. Section I will include teams in Division A through the middle MCSL division; Section II will include teams after the middle to the last division. When there is an even number of divisions, the sections will be divided equally. When there is an odd number of divisions, the Board will determine by a flip of a coin which section has the extra division for that year. In subsequent years, the extra division will alternate between sections until the MCSL adds enough teams to move to an even number of divisions.
- c. **Size of pool.** The meet must be held in a 25-meter pool with at least 8 lanes. The depth at the shallow end shall not be less than 4'0".
- d. **Events.** The order of events is the same as the order for the division relay meet.
- e. **Entries.**
 - i. **Invitations.** Eight teams plus two alternates will be invited for each event at each section of the meet. The team with the fastest time in the event from each division will be invited first and seeded in the

available lanes. If there are still positions available after these teams are seeded, the teams with the next fastest times in the section will be invited either to fill a lane or stand as alternates. Only times swim by relay teams with no swim-ups in 25-meter pools in MCSL dual, relay or divisional meets in the current season will be used for selecting entries.

- ii. **Ties.** With the exception of events that are also swum in dual meets (in which the tie breaker will be the team with the next fastest swim in that season) when there is a tie for first place in a Division Relay Meet event, all teams involved will be invited to the All Star Relay Meet. If this results in more than eight teams being invited from that section there will be two heats run in the All Star Relay Meet in that event. If two heats are run, there will be a minimum of three teams swimming in the first heat with the remaining teams with the fastest time seeded in the second heat.
- iii. **Swimmers.** A white MCSL "Official Relay Entry Card" containing each swimmer's first and last name will be submitted to the clerk of course prior to the event. No substitutions are permitted after the entry cards are turned into the clerk of course.
- f. **No swim-ups.** Each swimmer must compete in his or her own age group.
- g. **Heats.** There will be one heat of every event. Lanes will be assigned by seeding.
- h. **Order of finish.** The order of finish for each event shall be determined by electronic timing in accordance with USA Swimming Rules.
- i. **Awards.** For each section, plaques for first place, medals for second and third, ribbons for fourth through eighth with duplicates for ties.
- j. **Interrupted meet.** The MCSL Board shall determine the postponement and rescheduling of the meet.

17. MCSL Individual All Star Meet

- a. **Teams are expected to provide volunteers** for this meet roughly in proportion to the number of entries they have in the meet. Failure to do so may result in the team being barred from the meet. This will be determined by the Chairman of the Competition Committee and endorsed by the majority of the MCSL Board.
- b. **Size of pool.** This meet must be held in a 25 meter pool with at least 8 lanes. The depth at the shallow end shall not be less than 4'0".
- c. **Events.** The order of events is the same as the order for dual meets without events 27, 28, 49 and 50 (the relay events).
- d. **Entries.**
 - i. **Eligibility.** A swimmer must have competed in at least two MCSL dual ("A") meets or one dual ("A") meet and the Divisional Championship Meet during the current season to be eligible to swim in the Individual All Star meet. Requests for a waiver of this requirement must be made in writing to the Rules Committee by the day after the Division Championship (divisional) meet.
 - ii. **Invitations.** Sixteen swimmers plus three alternates will be invited to swim in each event. Invitations are based on the swimmer's best time achieved in the event in dual meets and the Division Championship (divisional) meet during the current season.
 - iii. **Number of events per swimmer.** A swimmer may compete in a maximum of two events.
 - 1. **Seeding.** Seeding is at the discretion of the MCSL Board. All qualifying times are sorted by rank. Ties are broken to

determine who is entered in the meet by using the next best swim.

Example: Swimmer A has times of 15.10 and 15.25; swimmer B has times of 15.10 and 15.35. Swimmer A will be ranked higher than swimmer B.

2. Selection of events. If a swimmer has more than two equally ranked qualifying times, the events which have the lowest ratio of time to MCSL record will be selected and the other events dropped to give the swimmer the maximum of two entries. The times for the other swimmers will be re-ranked to reflect the scratching of these events. Before this automatic scratching process, swimmers may elect to scratch from individual events they do not wish to swim by notifying the MCSL Automation Chair. Such swimmer-initiated scratches must be submitted by the deadline posted on the MCSL web site. After this deadline, swimmers may only scratch from the entire meet. Early notification is important to allow the maximum number of swimmers to compete.
 3. No swims. If a swimmer fails to swim an event in which he or she is entered, he or she may be ineligible to swim subsequent events at the discretion of the meet referee and the MCSL Board.
- e. **No swim-ups.** Each swimmer must compete in his or her own age group.
 - f. **Heats.** There will be two heats of every event. Lanes will be assigned by seeding, with the fastest swimmers swimming in the second heat.
 - g. **Order of finish.** The order of finish for each event shall be determined by electronic timing in accordance with USA Swimming rules.
 - h. **Awards.** Plaques for first, second, and third; medals for fourth, fifth and sixth; ribbons for seventh through sixteenth; duplicates for ties.
 - i. **Interrupted Meet.** The MCSL Board shall determine the postponement and rescheduling of the meet.

18. Disqualifications (DQ's)

- a. **Use of Video** equipment for verifying or over-turning of Disqualifications or Order of finish is prohibited.
- b. **General.** MCSL Technical Rules in this handbook apply.
- c. **Documentation.** DQ cards are to follow the template provided by the MCSL. For individual events the DQ card shall contain the name of the swimmer and the swimmer's team. For relay events the DQ card shall contain the relay swimmer number (1-4) and the team name. The DQ card must be signed by the disqualifying official(s), the referee and the swimmer's coach or designated team representative. If a team wishes to have DQ's handled by a representative other than the coach, that representative must be identified to the referee at the start of the meet.
- d. **Timeliness.** The referee shall get the DQ card to the coach for signature before the next event begins. The DQ card then becomes part of the official record of the meet.
- e. **Relay take-offs.**
 - i. Dual confirmation of illegal take-offs is required; that is, both the side take-off judge and the lane take-off judge must record that a particular swimmer left early for a team to be disqualified. Both the

lane and side take-off judge shall sign the MCSL DQ slip for dual confirmed early take-off violations (see 18.c for additional signatures required). Swimmers must be in a forward starting position when the relay exchange takes place.

- ii. Running starts. Running starts are not permitted in relay races. The swimmer may take at most one step to bring his or her foot to their starting position at the exchange.
 - iii. Pushing. Swimmers on the deck must not push other swimmers into the water. Aside from the obvious safety issue, if an individual aids another swimmer by pushing them into the water at the start of a race or relay leg, that relay team should be disqualified for unsportsmanlike conduct.
 - iv. Jurisdiction. For dual meets and Divisionals, disqualifications for running starts or pushing falls under the jurisdiction of the starter, who also has responsibility for watching swimmers who take more than one step to bring them to their starting position during the start of a relay leg. For Relay Carnivals, the chief judge will also watch for running starts or pushing for starts or exchanges that occur on his or her end of the pool.
- f. **Failure to swim an event.** With the exception of MCSL Coaches' Invitational Long Course and Individual All Stars), a swimmer who misses an event will be disqualified from that event, but may swim his or her subsequent events. However, a swimmer may not swim an additional event because he or she missed an earlier event. At the MCSL Invitational meets, a swimmer who misses an event will be disqualified from that event and may be disqualified from subsequent events at the discretion of the meet referee and the MCSL Board.
- g. **The following is taken from the USA Swimming Rulebook.**
- 1. A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for the Relay Take-off judges when dual confirmation relay take-off judging, as provided in 102.13.6B, is used, the Referee, Stroke, Turn, or Relay Take-off judge upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification unless the meet is being conducted under World Aquatics procedures. (Note that if an official does not raise their hand, the Referee has the authority to disqualify a swimmer for a violation that he/she personally observes).
 - 2. The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him/her as to the reason for the disqualification. Failure to notify does not negate the disqualification. Note that the MCSL rule overrides this (see Guide for Officials 12.j in the MCSL Handbook).
 - 3. Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the Referee.
 - 4. The swimmer must remain and finish the race in the same lane in which they started.
 - 5. Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
 - 6. Obstructing or otherwise interfering with another swimmer shall disqualify the offender, subject to the discretion of the Referee.

7. Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which that swimmer is entered on that day or the next meet day, whichever is first. (In MCSL, the next meet day only applies in the event of a postponed or interrupted meet).
8. Dipping goggles in the water or splashing water on the swimmer's face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
9. Should a foul endanger the chance of success of a swimmer(s), the Referee may allow the affected swimmer(s) to re-swim the event. In case of collusion to foul another swimmer, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer committing the foul.
10. Grasping lane dividers to assist forward motion is not permitted. (In MCSL this may also include the side coping stone, ladder or any other object that assists in forward motion).
11. The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.
12. Time and/or place officially recorded for a swimmer shall not be nullified for violations occurring subsequent to such performance.

19. Protests and Penalties

- a. **Protests regarding turns, strokes and other swimming technicalities.** Protests involving judgment decisions by starters, stroke and turn judges and relay take-off judges must be considered and resolved by the referee at the meet. Only the team representative may present these types of protests. The team representative shall lodge the protest with the referee within 30 minutes after the scoring has been completed. The referee can overrule any starter, stroke and turn judge or relay take-off judge only on a point of rule interpretation or on a judgment decision pertaining to an action that the referee has personally observed.
- b. **Protests regarding other MCSL rules.** Protests arising during or after the meet dealing with issues other than swimming technicalities which cannot be satisfactorily settled by parties involved shall be referred within three days to the Chairperson of the Rules Committee.
- c. **Other protests.**
 - i. **Facilities and equipment.** Protests related to facilities and equipment that the home team proposes to use should be made at least 12 hours prior to the start of the meet by contacting the Chairperson of the Rules Committee.
 - ii. **Ineligible swimmer.** Protests involving an ineligible swimmer on a team roster can be made at any time during the season. An ineligible swimmer is one who does not meet MCSL rules (see especially "General–Eligibility of a Swimmer to Participate on a Team", above). If an ineligible swimmer is found to have been entered in an event after the event has been swum, the points earned by the ineligible swimmer shall be cancelled, the order of finish corrected and the meet score adjusted accordingly.

- d. **Method of protest.** All protests must be submitted on the protest form available from the MCSL web site. If a protest does not include all requested information, the Rules Committee at its discretion may deny the protest without further consideration.
- e. **Decision.** After consideration of the facts provided and other facts that the Committee may gather, the Committee shall take appropriate action.

20. Records

- a. **Records kept.** MCSL shall keep a record for the fastest time swum for each MCSL event, including events swum at the divisional relay meets (Relay Carnival) and the Coaches' Invitational Long Course meet
- b. **Requirements and conditions.**
 - i. A record time can be achieved only by a swimmer swimming in his or her own age group. Times achieved by swimmers swimming in an older age group are not eligible.
 - ii. The lane in which the record time is achieved must have at least three timers or be equipped with an automatic timing device operated in accordance with MCSL rules.
 - iii. If one or more watches fail, back-up times shall be used in the order designated by the head timer prior to the event
 - iv. Relay lead off splits. A record can be achieved by a swimmer who swims the first leg of a relay under the following conditions:
 - 1. 3 additional timers need to be provided.
 - 2. The time must meet all the requirements and conditions for a record.
 - 3. Times achieved by a swimmer who swims the first leg of a relay cannot be used to qualify for the Individual All Star Meet or the Coaches' Invitational Long Course meet.
- c. **Submitting records.**
 - i. The referee, head timer and the three timers on the lane must verify the record time by signing the lane/timer sheet or entry card.
 - ii. Within one week of the day on which the record time was swum, the host team must submit the signed lane/timer sheet or entry card to the MCSL Records Chairperson.
 - iii. Records achieved at the Coaches' Invitational Long Course, Invitational All Star or Relay All Star meets shall be submitted to the meet manager.
- d. **Recognition.** Swimmers achieving an MCSL record will receive a certificate and a patch.

Guide for Officials

1. Timers

- a. Timers should assure that their watches are functioning properly at all times during the meet by:
 - i. Checking their watch for accuracy at the starter's "time check"
 - ii. Checking their watch occasionally during each event to make certain it is operating.
- b. Timers should look at the starting device and start their watches at the sight of the flash - not by the sound (unless a solely audible device is used). Timers should feel free at the start of a race to move to a position from which they can clearly see the starting device.
- c. Before the end of each race, timers should position themselves at the end of the pool directly overlooking the finish line in order to observe closely the swimmer's finish.
- d. The watch should be stopped when any part of the swimmer's body touches the solid wall at the end of the pool (or the touch pad if automatic timing equipment is being used). It is not the responsibility of the timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
- e. If during an event a timer discovers that he or she has failed to properly start or stop the watch or that the watch is not functioning properly, the timer should immediately raise his or her hand and notify the head timer or the assistant head timer.
- f. The official time used will be the time of two watches that agree or the middle time if none agree, and will be recorded to the hundredths (e.g. 1:35.79). If times from only two watches are available, the average should be recorded to the hundredth of a second (thousandths should be dropped, i.e. 1:25.435 to 1:25.43).

2. Head Timers

- a. The head timer shall start two watches and visually check the timers to ensure that no timer needs a replacement watch.
- b. The head timer shall time each race and, generally, shall time the winner except when needed for another lane. However, if a record is being contested, the head timer will time that lane and not substitute.
- c. The head timer shall see that at least one alternate timer is available during the meet for use where needed.
- d. The head timer shall instruct timers to clear their watches before the start of each race.
- e. The Head Timer shall collect all lane/timer sheets and shall check and approve the official time reported at each lane for each event.
- f. The head timer shall assure that at least three timers are available at any lane in which a record is likely to be contended or broken.
- g. If valid times are available from less than three watches on a lane, the head timer shall have the assistant head timer verify the validity of the available times by initialing the card or lane/timer sheet and presenting the card or lane/timer sheet to the referee for his initials.
- h. The head timer shall prepare the proper forms for record claims when appropriate, secure confirmations from lane timers and submit the form for approval by the referee.

3. Head Scorer

- a. The head scorer receives the cards or lane/timer sheets from the head timer and checks that the official time is indicated correctly (the middle of three times, two times which agree or see rule 10.a (“General–Official Time”) if less than three times are available).
- b. The head scorer reads the official times in lane order to the computer operator and then passes the cards or lane/timer sheets to the computer operator.
- c. The head scorer may be asked as a courtesy to check pool and team records, but it is not necessary to check for All Star nominating times or MCSL records since they will be flagged by the computer program.

4. Computer Operator

- a. The computer operator must be thoroughly familiar with the MCSL Automation Training Handbook. Detailed guidelines for running the meet will be found there.
- b. The computer operator attends the scratch meeting to receive any changes in the meet which have occurred as a result of the scratch meeting. Such changes will be entered into the computer before the start of the meet.
- c. The computer operator enters times as read by an automation assistant in each event. At the conclusion of the event, he or she prints out the results to be checked by the scorer/automation assistant or verifier.
- d. At the conclusion of the meet the home team is responsible for printing two copies of the results and placing the result on disk (or other compatible device) to be turned into the Division Automation Liaison or communicating the results to the Division Automation Liaison electronically.

5. Scorer/Automation Assistant

- a. The “scorer” is an automation assistant provided by the visiting team to review results printed out by the computer.
- b. At the conclusion of each event, the scorer compares the cards or lane/timer sheets to the printout from the computer. When errors are found, the printout is returned to the computer operator for correction.
- c. When the results have been certified correct, the printout and ribbon labels (if produced by computer) are passed to the ribbon writers.
- d. Each team typically provides an additional automation assistant/verifier to help verify middle times, relay names and results.

6. Ribbon Writers/Awards

- a. Each team is responsible for providing a ribbon “writer” at the scoring table.
- b. If labels are produced by computer, the ribbon writer’s job is to attach the correct label to the appropriate finish ribbon and then place the ribbon in the appropriate team ribbon box.
- c. If computer generated labels are not produced at the meet, the ribbon writer must transcribe the information from the results printout to the appropriate finish ribbon.
- d. If it is known in advance that computer generated labels will not be available, the home team should prepare ribbons before the start of the meet by writing the meet date, event number, distance and stroke on ribbons for each event.

7. Take-Off Judges

Note: *Take-off Judges determine whether a swimmer in a relay team leaves the side of the pool before the prior relay swimmer touches the wall.* Relay starts for all swimmers after the first are governed by different rules from those at the initial start. The outbound swimmer can lean, be off balance, and can be in motion in anticipation of the incoming swimmer's finish. The only requirement is that some portion of the outgoing swimmer's foot is still in contact with the take-off surface when the incoming swimmer touches the end of the pool. Take-off judges for a relay event should watch the feet of the outgoing swimmer leave the deck or wall and then look to see if the incoming swimmer has touched the wall. If the incoming swimmer has not touched the wall, it is an early take-off. Write an X through any early exchanges on the relay take-off slip. Do not raise your hand or otherwise communicate that a take-off infraction has occurred.

- a. Dual confirmation shall be required to confirm an illegal take-off.
- b. Placement of take-off judges for relays. The Take-off judging configuration shall consist of four (4) Take-Off Judges at each end of the pool requiring relay exchanges with two of the judges positioned on the side of the pool (Side Take-off judges) and two of the judges positioned in the middle of the pool (Lane Take-off judges). The Lane Take-off judges shall be positioned between lanes three (3) and four (4). The Side Take-off judge closest to lane one (1) and the Lane Take-off judge closest to lane three (3) have jurisdiction over lanes one (1) through three (3) and the Side Take-off judge closest to lane six (6) and Lane Take-off judge closest to lane four (4) have jurisdiction over lanes four (4) through six (6). Additionally, any two Take-off judges with jurisdiction over the same relay exchanges (observing take-offs for the same lanes) may not be from the same team. Take-off judges shall station themselves (after the first swimmer has started) alongside the next swimmer so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as the latter leaves the deck or wall.
- c. Lane and side take-off judges shall independently record infractions in writing without the use of hand signal during the race. The judge shall use forms provided to record whether each relay exchange observed was legal or illegal. If a team has committed an illegal take-off, the judge shall so inform the referee at the end of the event. Judges must not confer with each other or with timers during the event regarding their calls.
- d. The take-off judge must not, in any way, signal or advise the swimmer when to depart, nor affect the swimmer's take-off in any fashion.

8. Stroke and Turn Judges

- a. The duties of the stroke and turn judges shall be to determine whether the swimmers perform their strokes, turns and finishes in accordance with the prescribed rules (those in the current USA Swimming Rules and Regulations, except where modified by MCSL rules).
- b. Each stroke and turn judge must be thoroughly familiar with all of the applicable rules.
- c. A disqualification for illegal techniques should be called whenever a stroke and turn judge observes a violation of the rules, even though it may have no effect on the outcome of the race. Conversely, a disqualification should not be called if the stroke and turn judge has reasonable doubt that he or she actually has seen the presumed fault. If a disqualification is

observed, the stroke and turn judge shall indicate this by raising his or her hand immediately without waiting for the race to finish.

- d. Disqualifications shall be reported to the referee at the end of each event.
- e. The stroke and turn judge should not review or discuss a potential disqualification prior to his or her decision with anyone except the referee.

9. Chief Judge

USA Swimming defines a chief judge as follows: *“An overall ‘Chief Judge’ may assign and supervise the activities of all Stroke and Turn Judges and Take-off Judges and may report their decisions. If desired, any judging category may have a designated ‘Chief’. Any ‘Chief’ may act as liaison for the judges and may serve simultaneously in one of the judging positions and shall assign those judges within the ‘Chief’s’ category.”*

Any person appointed to be Chief Judge shall be MCSL certified as a referee, be experienced (at least two years’ experience as a Stroke and Turn judge) and be willing to supervise the activities of others.

- a. **For MCSL, a Chief Judge shall be responsible for the following:**
 - i. Work with the referee to determine Stroke and Turn Judge placement, jurisdiction, and rotation. The Referee may delegate authority to the Chief Judge to conduct the Stroke & Turn Judge briefing and make deck assignments.
 - ii. Other duties for the Chief Judge as the Referee sees fit.
- b. **During the meet the Chief Judge will be positioned at the opposite end of the pool from the Referee** and shall handle any stroke and turn infractions that are called by the Stroke and Turn Judges at the Chief Judge’s end of the pool. Handling an infraction means that the chief judge will ask the Stroke and Turn Judge what they saw, why it is an infraction, and where they were positioned. Once the Chief Judge has approved the disqualification, he or she will take it to the Referee for final approval and sign off.
- c. **The Chief Judge may fill in for a Stroke and Turn Judge in an emergency.**
- d. **The Chief Judge works under direct supervision of the Referee.** The Chief Judge will not make Stroke and Turn calls, or any other call or judgment independent of the Referee, except as noted in the next item below. If the Chief Judge observes an infraction, the Chief Judge should talk to the Referee.
- e. **During Relay Carnivals,** the Chief Judge shall observe relay exchanges to ensure that swimmers entering the water from the deck take no more than one step to bring them to their starting position and also to ensure that no individual aids another swimmer by pushing them into the water at the start of a relay leg. The Chief Judge shall raise his/her hand if he/she observes a violation of these rules. This applies to relay exchanges for swimmers entering the water from the deck at the end of the pool where the Chief Judge is positioned.

MCSL recommends using a Chief Judge for Divisional and All Star meets.

MCSL does not recommend using a Chief Judge at dual “A” meets.

10. Administrative Referee/Official

- a. MCSL does not use an Administrative Referee or an Administrative Official.

11. Starter

Rules for the forward start, the in-water start, the back start and false starts are given in the section *Rules for Starts and False Starts*.

- a. An electronic starting horn with an electronic strobe signal is the preferred starting device.
- b. The Starter shall stand within approximately five meters of the starting end of the pool. The starting unit shall be in the general vicinity of the start end backstroke flags. The visual starting signal shall be clearly visible to all of the swimmers and timers. The starting signal shall be audible to all starting positions.
- c. Upon signal from the Referee, the Starter assumes full control of the swimmers until a fair start has been achieved.
- d. Optional instructions include:
 - i. Event, stroke and distance
 - ii. For backstroke starts, the command, "Place your feet"
 - iii. "Stand" command to release swimmers if field is unsettled
- e. At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles (four or five) to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their starting positions and remain there. In backstroke and medley relay events, at the Referee's first long whistle the swimmers shall promptly enter the water and at the second long whistle shall return without undue delay to the starting end.
- f. When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
- g. On the Starter's command "**Take Your Marks**", the swimmers shall immediately assume their starting position with at least one foot at the edge of the pool. When all swimmers are stationary, the Starter shall give the starting signal.

Other responsibilities of the starter:

- h. During relay exchanges, the Starter is responsible for ensuring that swimmers entering the water from the deck take no more than one step to bring them to their starting position. Running starts are not permitted. The Starter shall also ensure that no individual aids another swimmer by pushing them into the water at the start of a race or relay leg. This applies to all starts and relay exchanges for swimmers entering the water from the deck during dual meets and Divisionals. During Relay Carnivals, the Starter shall observe starts and relay exchanges for swimmers entering the water from the deck that take place on his/her side of the pool (the Starter does not need to observe in-water relay exchanges). The Starter shall raise his/her hand if he/she witnesses a violation of these rules.
- i. The Referee may ask the Starter to record the order of finish.

12. Referee

- a. The referee is the final arbiter of all decisions and questions during the conduct of the meet. The rulings of the referee during the meet shall be final, subject only to the protest procedures described elsewhere in this handbook.
- b. The Referee shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide on all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can override any meet

- official on a point of rule interpretation, or on a judgement decision pertaining to an action which the Referee has personally observed.
- c. The referee must be thoroughly familiar with all applicable USA Swimming rules, the MCSL rules, all meet procedures, the duties of all officials and the requirements for conduct of the meet.
 - d. Before the outset of the meet, the referee shall determine that the prescribed number and kinds of officials are available, are familiar with the requirements of their positions and are appropriately placed or located for performing their functions.
 - e. The referee will conduct a scratch meeting pursuant these rules for dual meets and for Divisionals.
 - f. Before the meet begins, the referee shall have all timers perform a check of their watches with the aid of the starter.
 - g. The referee shall determine that the requisite take-off judges and stroke and turn judges have been assigned, equipped as necessary, briefed on their duties and are ready for the start. The referee shall request silence for the start and signal the starter to take charge.
 - h. The referee shall observe starts, strokes, turns, finishes, swimming techniques and other factors relative to the conduct of each event and may disqualify any competitor for any violation of the rules he or she observes. A starting violation must be confirmed by both the starter and the referee.
 - i. The referee shall give decisions, whenever necessary, on any question of compliance with the applicable prescribed rules, any question of unsportsmanlike conduct, failure to meet the required competitive conditions, interference by persons or natural causes, or other problems raised in the conduct of the meet. Flagrant violations of rules pertaining to unsportsmanlike conduct shall be reported by the referee to the Chairperson of the MCSL Rules Committee for appropriate action.
 - j. The referee shall review all disqualifications by stroke and turn judges or take-off judges and if he or she concurs, sign the DQ slips and see that they are officially recorded in the meet results. The Referee shall ensure that that for individual events the disqualified swimmer's name and team and for relay events the swimmer number (1-4) and team are recorded on the DQ slip. The referee must have the DQ slip signed by the designated person from the affected team as an acknowledgement of notification (not necessarily agreement, however) before the next event begins. In the event the team designee declines to sign the slip, the referee may make such a notation.
 - k. The referee shall sign the lane/timer sheet certifying an MCSL record has been achieved.
 - l. The referee shall record a sweep of the finish for each event. The referee's sweep shall not be used by the referee to change the order of finish when valid watch times are available as described in rule 10. The referee may delegate responsibility for conducting sweeps to the starter, if the starter is comfortable doing so.

13. Clerk of Course

- a. The clerk of course shall be provided with an area clearly marked "Clerk of Course" to which all contestants should report as soon as their event is called.
- b. In dual meets, the clerk of course shall be provided with a dual meet entry report and with time sheets or cards arranged by events, one for each lane. The timer sheets or cards will be given to the timers at the beginning of the meet.

- c. All scratches and substitutions pursuant to these rules shall be entered on the entry list during the scratch meeting by the clerk of course. Corresponding changes on the lane/timer sheets or time cards may be made after the meet starts, but must be completed before the swimmers are released by the clerk of course.
- d. The clerk of course should arrange with the announcer to call the events so that an adequate time interval is provided for check-in before each event is swum. In most cases, a two event interval should be adequate.
- e. When competitors for an event report, the clerk of course should inform them of their assigned lanes and help them get to the required places, as necessary. It is particularly important to ensure that swimmers in the 25 meter events, in which the timers are at the opposite end of the pool, are in their proper areas - it is helpful to have assistant(s) to aid with these events.
- f. The dual meet entry report, as corrected by the clerk of course during the scratch meeting shall be retained by the home team until the end of the current MCSL season.

14. Team Representative

- a. The team representative and coach should be familiar with all MCSL rules.
- b. The team representative will ensure that his or her team is represented at all MCSL Board meetings.
- c. The MCSL recommends that team representatives should not officiate on the deck at MCSL meets. In those instances where circumstances require the team representative to function as a deck official, or where the team representative cannot be present at a meet, the team representative is responsible for designating a substitute and for informing the referee and representative from the opposing team(s) of this substitution. From that point, all references in this handbook to the duties of team representative will fall on the designated acting representative. Furthermore, in those instances where the "permanent" representative is present but acting in another capacity, the "permanent" representative will not engage in any activities that are appropriate for a team representative but inappropriate for an official (e.g. consultation with coaches).
- d. The team representative is responsible for maintaining sportsmanlike behavior during the conduct of the meet.
- e. The team representative must ensure that all swimmers on the team roster are eligible to compete in MCSL meets and have the current roster available at all meets.
- f. The team representative must be familiar with the material covered in the MCSL Meet Management Handbook ("Green Book").
- g. It is important that the team representative double check All Star qualifying nominations, particularly in the results of the dual meet which precedes the Coaches' Invitational Long Course meet.
- h. The team representative is responsible for the ethics and behavior of parents pertaining to MCSL participation.

Checklist for Meet Managers

Please refer to the MCSL Meet Management Handbook ("Green Book") as it contains valuable information about running MCSL meets.

MCSL Technical Rules

1. MCSL Starting Rules

Note: Towels draped over the pool edge are permitted at the start. Towels should be removed from the pool edge before the swimmer returns to the starting end; however, failure to remove a towel is not a valid reason for the swimmer's disqualification.

Note: Starting in the water should be allowed if requested by the swimmer or coach before the race.

a. The Start

- i. The Referee issues a short series of whistle chirps after the last swimmer has touched to alert the next heat to get ready. When the Referee is ready to continue, the Referee blows a single long whistle blast. This signals the swimmers to step up to their starting position (if they haven't already done so) or into the water with one hand in contact with the deck.
 - ii. When the swimmers and officials are ready, Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
 - iii. On the Starter's command "***Take Your Marks***", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. When all swimmers are stationary, the Starter shall give the starting signal.
 - iv. When a swimmer does not respond promptly to the command "***Take Your Marks***" or false starts before the starting signal is given, the Starter shall immediately release all swimmers with command "Stand up" on which the swimmers may stand up.
 - v. A swimmer shall be disqualified for an illegal starting position at the start if the swimmer moves from a legal starting position to an illegal starting position immediately prior to or after the "take your marks" command provided that the illegal starting position exists when the signal to start the race is given. Enforcement of the correct starting position is the responsibility of the Starter or the Stroke and Turn Judges.
- b. **The In-water Forward Start** - Swimmers shall start in the water with at least one hand on the wall or on the deck. To initiate the start, the swimmer shall push off the wall, but shall not push off the pool bottom. At least one of the swimmers' feet shall be in contact with the wall after the "***Take Your Marks***" command. A backstroke start may not be used. Towels may not be used for in-water forward starts. Swimmers may start in the water but the swimmer or coach should notify the Referee of their intentions before the event.
- c. **The Back Start.**
- i. The Referee issues a short series of whistle chirps after the last swimmer has touched to alert the next heat to get ready. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the

second long whistle shall return without undue delay to their starting position.

- ii. The swimmers shall line up in the water facing the starting end, with both hands placed on the edge, on the gutter, or on one assistant's legs no higher than mid-calf. The heels of the person providing such assistance shall not extend beyond the edge of the pool. The swimmer's feet may be placed in any position on the vertical surface of the pool. Standing on, or curling toes over, the edge of the pool, the gutter or a skimmer is not permitted at any time. To initiate the start, the swimmer shall push off the wall, but shall not push off the pool bottom.

d. False Starts:

Note: A false start may be charged to any swimmer who fails to maintain his/her feet and/or hands in a legal position after appropriate warning.

- i. Any swimmer initiating a start before the starting signal may be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting area shall be relieved from their starting positions with the "stand up" command.
- ii. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- iii. If the recall signal is activated, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- iv. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- v. In backstroke or medley relay events a false start may be charged to any swimmer who fails to maintain his/her feet and/or hands in a legal position after the first warning.
- vi. If a swimmer is disqualified for a false start and the starting signal is not given, the swimmer shall be permitted to swim the event as an exhibition swim.

e. Starting Protocol for Hearing Impaired or Deaf Swimmers.

- i. **Swimmers who are deaf or hard of hearing require a visual starting signal, i.e., a strobe light and/or Starter's arm signals.** The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the swimmer who is deaf or hard of hearing. Standard Starter's arm signals are shown in the following figures. A recall rope is required in the event of a recall, provided the meet host is notified by the entry deadline that a swimmer who is deaf or hard of hearing will be participating.
- ii. **Strobe Light Location** — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke

starts, the light should be positioned so that the swimmers don't have to turn their heads to look backwards.

- iii. The following figures provide suggested arm gestures for starting an event with a swimmer that is deaf or hard of hearing.

Forward Start: Starting protocol for hearing impaired or deaf swimmers (adapted from USA Swimming Rule Book)

1.	2.	3.	4.
1. Twist hand at chin level -- short whistles 2. Arm Overhead -- long whistle, swimmer steps up to starting position 3. Arm moves to shoulder level -- signal to "Take Your Marks" 4. Arm moves to side of body -- starting signal			



How to release swimmers from "Take Your Marks"

Arm raised overhead with palm up (at any time after "Take Your Marks" and prior to starting signal) – swimmer released from "Take Your Marks" command.

Back Start: Starting protocol for hearing impaired or deaf swimmers

1.	2.	
1. Twist hand at chin level (short whistles)	2. Arm overhead -- swimmers enter water Drop arm to side while swimmers enter water (1st long whistle)	
3.	4.	5.
3. Arm overhead -- swimmers return to backstroke start position (2nd long whistle)	4. Arm moves to shoulder level -- signal to "Take your Marks"	5. Arm moves to side -- Starting signal

All rule infractions contained in the following section fall under the jurisdiction of the stroke and turn judge, unless otherwise noted.

2. Breaststroke

- a. Start – The forward start shall be used.
- b. Stroke – After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water.

The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- c. Kick – After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

- d. Turns and Finish – At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

3. Butterfly

- a. Start – The forward start shall be used.
- b. Stroke – After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn (in MCSL use the far end

backstroke flags). By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

- c. Kick - All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- d. Turns - At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- e. Finish – At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface. **Additionally, once some part of the head of the swimmer has passed the final backstroke flags, immediately prior to reaching for the finish, the swimmer may be completely submerged.**

4. Backstroke

- a. Start - The back start shall be used.
- b. Stroke – Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on their back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn (in MCSL use the far end backstroke flags). By that point, the head must have broken the surface of the water.
- c. Turns – Upon completion of each length, some part of the swimmer must touch the wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past vertical toward the breast before the touch is completed provided such rotation is accomplished by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however kicking and gliding actions are permitted. The swimmer must have returned to a position on the back upon leaving the wall.
- d. Finish – Upon the finish of the race, the swimmer must touch the wall while on the back. **Additionally, once some part of the head of the swimmer has passed the final backstroke flags, immediately prior to reaching for the finish, the swimmer may be completely submerged.**

5. Freestyle

- a. Start – The forward start shall be used.

- b. Stroke – In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn (in MCSL use the far end backstroke flags). By that point, the head must have broken the surface.
- c. Turns – Upon completion of each length the swimmer must touch the wall.
- d. Finish – The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance. **Additionally, once some part of the head of the swimmer has passed the final backstroke flags, immediately prior to reaching for the finish, the swimmer may be completely submerged.**

6. Individual Medley

- a. The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.
- b. Start – The forward start shall be used.
- c. Stroke – The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.
- d. Turns
 - i. Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke after leaving the wall. (This does not apply for Individual Medley in MCSL since there are no intermediate turns in Individual Medley events).
 - ii. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - iii. Butterfly to backstroke – The swimmer must touch as described in 3.e above. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - iv. Backstroke to breaststroke – The swimmer must touch the wall while on the back. Once a legal touch has been made the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - v. Breaststroke to freestyle – The swimmer must touch as described in 2.d above. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.
- e. Finish – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

7. Relays

- a. Freestyle Relay – Four swimmers on each team swim the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- b. Medley Relay – Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules

pertaining to each stroke used as described in 6. (Individual Medley) shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

c. Rules pertaining to relay races:

- i. No swimmer shall swim more than one leg in any relay event.
- ii. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- iii. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-water start is required or such start is approved by the Referee.
- iv. Each relay team member shall leave the water promptly upon finishing his/her leg, except the last member.
- v. In relay exchanges, the team of a swimmer whose feet have lost touch with the deck or whose body has lost contact with the wall (for in-water relay exchanges) before his/her preceding teammate touches the wall shall be disqualified. This rule falls under the jurisdiction of the relay take-off judges for dual meets, division relay carnival meets, and division championship meets.
- vi. A swimmer may not take more than one step during the forward start of his/her relay leg to get to their starting position. Moving the second foot to the same position as the first foot is not considered as having taken a second step. This rule falls under the jurisdiction of the starter for dual meets and division championship meets, and the starter and chief judge for division relay carnival meets.
- vii. The 175 meter graduated freestyle relay shall be swum in the following order: 2 lengths 9-10 year olds, 2 lengths 11-12 year olds, 2 lengths 13-14 year olds, and 1 length 8 and under.
- viii. The 250 meter crescendo freestyle relay shall be swum in the following order: 1 length 8 and under, 2 lengths 11-12 year olds, 4 lengths 15-18 year olds, 2 lengths 13-14 year olds, and 1 length 9-10 year olds. Except at the All Star Relay meet, the 250 meter crescendo freestyle relay shall start in the shallow end with an in-water forward start.
- ix. All 100 meter medley events shall start in the shallow end. The mixed 8 and under freestyle relay shall start in the deep end. There must be two in-water starts for each 100 meter relay. All swimmers starting their leg of a relay in the shallow end must use an in-water start. This rule does not apply to the All Star Relay meet.
- x. The 14 & Under Graduated Medley Relay is comprised of one swimmer from each of the 8 & under, 9-10, 11-12 and 13-14 age groups. Each swimmer swims one 25M length of back, breast, fly or free. Any age group may swim any relay leg, but all four age groups must be represented.
- xi. For pools with no shallow end (4 feet or deeper at both ends), a "shallow" end must be designated.



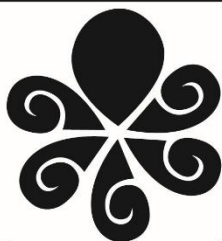
**INDOOR BLACKLIGHT MINI GOLF
FUN FOR ALL AGES!**



**LASER MAZE • ARCADE
MINI BOWLING • BIRTHDAY PARTIES
CORPORATE EVENTS • FIELD TRIPS**



**Monster Mini Golf - Gaithersburg, MD
9116 Gaither Road - Off Shady Grove Rd.
301-330-6464**



Sport Fair

The Swimmer's Outfitter

71 Years Serving the Washington Area
Swimming Community

speedo


arena 

swim 

JOLYN

5010 Langston Blvd Arlington, VA
703 524 9500

www.sportfairusa.com



DOLFIN
LIVE IN WATER

**DESIGNED WITH
FIERCE
COMPETITORS
IN MIND**

Contact sgreeby@dolphinswimwear.com for more information.

SWIM TEAM SERVICES

– SUITS – APPAREL – GEAR –

Online Team Website
Customization of Apparel
Team Fittings
Team Discounts

PPPSWIMSHOP.COM



2 Wormans Mill Ct
Frederick, MD 21701
301-698-1200
info@pppswimshop.com

speedo arena DOLFIN TYR

Records

1. MCSL Coaches Invitational Long Course Meet Records

#	Event	Time	Name	Team	Date
1	Male 11-12 200M Medley	2:21.71	Adriano Arioti	RV	7/9/2019
2	Female 11-12 200M Medley	2:28.09	Carly Sebring	DA	7/11/2017
3	Male 13-14 200M Medley	2:08.08	Adriano Arioti	RV	7/13/2021
4	Female 13-14 200M Medley	2:20.04	Carly Sebring	DA	7/10/2018
5	Male 15-18 200M Medley	2:03.98	Adriano Arioti	RV	7/11/2023
6	Female 15-18 200M Medley	2:16.11	Sophie Duncan	B	7/19/2022
7	Male 8&U 50M Freestyle	32.73	Timmy Ellett	TW	7/14/2009
8	Female 8&U 50M Freestyle	34.43	Jill Berger	LF	7/10/2012
9	Male 9-10 100M Freestyle	1:05.65	Timmy Ellett	TW	7/12/2011
10	Female 9-10 100M Freestyle	1:05.10	Giulia Baroldi	PGL	7/8/2014
11	Male 11-12 100M Freestyle	56.85	Jeremiah Germosen	HA	7/11/2023
12	Female 11-12 100M Freestyle	58.71	Erin Gemmell	PW	7/11/2017
13	Male 13-14 100M Freestyle	54.03	Andrew Vanas	WWD	7/11/2023
14	Female 13-14 100M Freestyle	55.87	Erin Gemmell	PW	7/9/2019
15	Male 15-18 200M Freestyle	1:53.62	Brady Begin	CG	7/11/2023
16	Female 15-18 200M Freestyle	1:57.45	Erin Gemmell	PW	7/19/2022
17	Male 8&U 50M Backstroke	39.77	Ashton Yiyang Sun	KFM	7/8/2014
18	Female 8&U 50M Backstroke	40.44	Eliya Harnood	GER	7/10/2007
19	Male 9-10 50M Backstroke	33.31	Adriano Arioti	RV	7/11/2017
20	Female 9-10 50M Backstroke	35.09	Laura Eull	CG	7/14/1998
21	Male 11-12 100M Backstroke	1:04.76	Brett Feyerick	TH	7/14/2015
22	Female 11-12 100M Backstroke	1:05.04	Phoebe Bacon	TH	7/14/2015
23	Male 13-14 100M Backstroke	59.15	Jack Conger	FV	7/14/2009
24	Female 13-14 100M Backstroke	1:02.84	Phoebe Bacon	TH	7/11/2017
25	Male 15-18 200M Backstroke	2:01.04	Jack Conger	FV	7/10/2012
26	Female 15-18 200M Backstroke	2:13.94	Virginia Hinds	CCR	7/9/2024

MCSL Coaches Invitational Long Course Meet Records (Continued)

27	Male 8&U 50M Breaststroke	44.05	Darius Truong	RV	7/12/2011
28	Female 8&U 50M Breaststroke	45.29	Star White	SG	7/9/2025
29	Male 9-10 50M Breaststroke	38.16	Eric Sanidad	SG	7/11/2017
30	Female 9-10 50M Breaststroke	36.88	Emma Lantry	K	7/11/2017
31	Male 11-12 100M Breaststroke	1:11.97	Brian Sunjaya	ARH	7/8/2025
32	Female 11-12 100M Breaststroke	1:14.25	Joyce Wu	KFM	7/11/2017
33	Male 13-14 100M Breaststroke	1:07.50	Jack Dawson	SG	7/11/2023
34	Female 13-14 100M Breaststroke	1:12.99	Joyce Wu	KFM	7/9/2019
35	Male 15-18 200M Breaststroke	2:16.80	Luc Dionne	OG	7/8/2025
36	Female 15-18 200M Breaststroke	2:34.10	Catherine Belyakov	NO	7/10/2018
37	Male 8&U 50M Butterfly	36.64	Kirk Morgan	SL	7/11/2017
38	Female 8&U 50M Butterfly	38.18	Nilasha Ghosh	FH	7/15/1997
39	Male 9-10 50M Butterfly	32.09	Timmy Ellett	TW	7/12/2011
40	Female 9-10 50M Butterfly	31.82	Hailey Hammond	LF	7/10/2018
41	Male 11-12 100M Butterfly	1:03.04	Rafael Fontana	DT	7/11/2023
42	Female 11-12 100M Butterfly	1:04.95	Sara Young	RV	7/8/2025
43	Male 13-14 100M Butterfly	57.26	Adriano Arioti	RV	7/13/2021
44	Female 13-14 100M Butterfly	1:01.55	Erin Gemmell	PW	7/9/2019
45	Male 15-18 100M Butterfly	53.94	Jack Conger	FV	7/10/2012
46	Female 15-18 100M Butterfly	1:00.66	Sarah Eliason	RV	7/11/2023



Your Swim Journey

Personalized Development. Every Level. Every Step.

Ages: 5 & Up

CHECK OUT OUR YEAR ROUND:

Competitive Swim Team & Developmental Swim Programs



Competitive Swim Team

with Small Group Practices Catered to your Swimmer's Level



Transition Into Competitive Swimming

with Drop-In Group Practices and Intraclub Swim Meets



Pre-Competitive Swim Development

with Private Swim Lessons and Small Group Classes

LEARN MORE | JOIN ENSA



www.ENSAClub.net

ENSA@enllc.net | 301-879-7000

Programs designed and led by a:
Certified USA Swimming & ASCA Coach
ACE Certified Fitness Instructor & Youth Fitness Specialist

2. 2026 MCSL All Star Nominating Times

Boys	Ev#	Event	Ev#	Girls
1:20.00	1	12U 100M Individual Medley	2	1:21.00
1:12.60	3	13-14 100M Individual Medley	4	1:17.60
1:07.00	5	15-18 100M Individual Medley	6	1:14.00
20.25	7	8U 25M Freestyle	8	20.55
35.80	9	9-10 50M Freestyle	10	36.35
31.40	11	11-12 50M Freestyle	12	32.70
28.40	13	13-14 50M Freestyle	14	31.00
58.00	15	15-18 100M Freestyle	16	1:04.60
26.55	17	8U 25M Backstroke	18	25.45
20.10	19	9-10 25M Backstroke	20	20.40
38.10	21	11-12 50M Backstroke	22	39.00
34.30	23	13-14 50M Backstroke	24	36.30
1:08.00	25	15-18 100M Backstroke	26	1:15.00
29.60	29	8U 25M Breaststroke	30	29.40
22.25	31	9-10 25M Breaststroke	32	22.25
43.30	33	11-12 50M Breaststroke	34	43.40
38.20	35	13-14 50M Breaststroke	36	41.20
1:16.25	37	15-18 100M Breaststroke	38	1:25.00
26.85	39	8U 25M Butterfly	40	25.20
18.70	41	9-10 25M Butterfly	42	18.60
36.30	43	11-12 50M Butterfly	44	37.20
32.00	45	13-14 50M Butterfly	46	34.10
29.20	47	15-18 50M Butterfly	48	33.00

3. MCSL Individual Event Records

#	Event	Time	Name	Team	Date
1	Male 12&U 100M Medley	1:03.31	Andrew Vanas	WWD	7/24/2021
2	Female 12&U 100M Medley	1:06.59	Carly Sebring	DA	7/22/2017
3	Male 13-14 100M Medley	58.04	Andrew Vanas	WWD	7/30/2023
4	Female 13-14 100M Medley	1:03.08	Carly Sebring	DA	7/28/2019
5	Male 15-18 100M Medley	55.68	Adriano Arioti	RV	6/17/2023
6	Female 15-18 100M Medley	1:00.82	Phoebe Bacon	TH	7/28/2019
7	Male 8&U 25M Freestyle	15.16	Timmy Ellett	TW	7/4/2009
8	Female 8&U 25M Freestyle	15.48	Megan Sharkey	PW	6/19/2010
9	Male 9-10 50M Freestyle	29.47	Adriano Arioti	RV	7/15/2017
10	Female 9-10 50M Freestyle	29.58	Giulia Baroldi	PGL	7/27/2014
11	Male 11-12 50M Freestyle	25.60	Andrew Vanas	WWD	7/31/2021
12	Female 11-12 50M Freestyle	27.39	Carly Sebring	DA	7/22/2017
13	Male 13-14 50M Freestyle	24.13	Selim Ericson	NWB	7/27/2025
14	Female 13-14 50M Freestyle	26.33	Carly Sebring	DA	7/14/2018
15	Male 15-18 100M Freestyle	50.03	Adriano Arioti	RV	7/13/2024
16	Female 15-18 100M Freestyle	54.59	Erin Gemmell	PW	7/23/2022
17	Male 8&U 25M Backstroke	18.09	Darius Truong	RV	6/25/2011
18	Female 8&U 25M Backstroke	18.58	Karla Wilson	MW	7/31/1982
19	Male 9-10 25M Backstroke	15.58	Brett Feyerick	TH	7/28/2013
20	Female 9-10 25M Backstroke	15.78	Phoebe Bacon	TH	7/28/2013
21	Male 11-12 50M Backstroke	28.47	Brett Feyerick	TH	7/26/2015
22	Female 11-12 50M Backstroke	29.91	Phoebe Bacon	TH	7/18/2015
23	Male 13-14 50M Backstroke	26.44	Adriano Arioti	RV	7/31/2021
24	Female 13-14 50M Backstroke	28.23	Phoebe Bacon	TH	7/31/2016
25	Male 15-18 100M Backstroke	53.20	Adriano Arioti	RV	7/15/2023
26	Female 15-18 100M Backstroke	56.71	Phoebe Bacon	TH	7/28/2019

MCSL Individual Event Records (continued)

27	Male Open 200M Relay Medley	See MCSL Relay Records Event 8			
28	Female Open 200M Relay Medley	See MCSL Relay Records Event 9			
29	Male 8&U 25M Breaststroke	19.37	Darius Truong	RV	7/23/2011
30	Female 8&U 25M Breaststroke	20.09	Star White	SG	7/12/2025
31	Male 9-10 25M Breaststroke	17.18	David Fitch	PO	7/27/2014
32	Female 9-10 25M Breaststroke	17.23	Emma Lantry	K	7/30/2017
33	Male 11-12 50M Breaststroke	32.44	Brian Sunjaya	ARH	6/21/2025
34	Female 11-12 50M Breaststroke	33.45	Joyce Wu	KFM	7/22/2017
35	Male 13-14 50M Breaststroke	29.78	Jack Dawson	SG	7/1/2023
36	Female 13-14 50M Breaststroke	32.62	Joyce Wu	KFM	7/28/2019
37	Male 15-18 100M Breaststroke	59.56	Carsten Vissering	OG	7/26/2015
38	Female 15-18 100M Breaststroke	1:09.46	Jaycee Yegher	DT	7/31/2016
39	Male 8&U 25M Butterfly	16.07	Darius Truong	RV	7/31/2011
40	Female 8&U 25M Butterfly	16.91	Star White	SG	7/19/2025
41	Male 9-10 25M Butterfly	14.82	Adriano Arioti	RV	7/30/2017
42	Female 9-10 25M Butterfly	14.77	Carly Sebring Hailey Hammond	DA LF	7/11/2015 7/29/2018
43	Male 11-12 50M Butterfly	27.28	Andrew Vanas	WWD	7/31/2021
44	Female 11-12 50M Butterfly	29.20	Carly Sebring	DA	7/22/17
45	Male 13-14 50M Butterfly	25.39	Andrew Vanas	WWD	7/30/23
46	Female 13-14 50M Butterfly	27.49	Carly Sebring	DA	7/28/19
47	Male 15-18 50M Butterfly	23.93	Adriano Arioti	RV	7/28/24
48	Female 15-18 50M Butterfly	27.06	Phoebe Bacon	TH	7/20/19
49	Male 14&U 175M Relay Freestyle	See MCSL Relay Records Event 1			
50	Female 14&U 175M Relay Freestyle	See MCSL Relay Records Event 2			

4. MCSL Relay Records

#	Event	Time	Names	Team	Date
1	Male 14&U 175M Relay Freestyle	1:41.06	Jeffrey Qin, Devin Troung, John Jeang, Darius Troung	RV	7/10/2011
2	Female 14&U 175M Relay Freestyle	1:45.02	Scout Seeley, Eva Garcia, Jenna Ryan, Star White	SG	7/26/2025
3	Mixed 15-18 200M Relay Freestyle	1:42.81	Catherine & Anastasia Belyakov, Cole Greenberg, Gabriel Laracuente	QO	7/27/2019
4	Mixed 13-14 200M Relay Freestyle	1:46.18	Aidan Dewey, Sydney Allen, Nina Allen, Jason Hernandez-Fuentes	SG	7/28/2018
5	Mixed 8&U 100M Relay Freestyle	1:06.90	RP Cofield, Olivia Cofield, Liam Sandstrom, Star White	SG	7/26/2025
6	Mixed 9-10 200M Relay Freestyle	2:08.59	Harrison Quach, Amy Lamb, Caleb Vu, Nina Allen	SG	7/25/2015
7	Mixed 11-12 200M Relay Freestyle	1:53.08	Maria Sawadogo, Harrison Quach, Jason Hernandez-Fuentes, Amy Lamb	SG	7/29/2017
8	Male 18&U 200M Relay Medley	1:43.47	Charlie Begin, Harrison Quach, Samir Elkassem, Nasim Elkassem	CG	7/20/2024
9	Female 18&U 200M Relay Medley	1:59.12	Lexie Bishop, Isla Bartholomew, Zoe McGee, Harper Bartholomew	WM	7/19/2025
10	Male 14&U 100M Relay Medley	1:01.86	John Jeang, Harrison Gu, Darius Truong, Sanjay Wijesekera,	RV	7/31/2010
11	Female 14&U 100M Relay Medley	1:03.69	Jenna Ryan, Eva Garcia, Nova Wilson, Star White	SG	7/26/2025
12	Male 8&U 100M Relay Medley	1:17.62	Lynx Wilson, RP Cofield, Liam Sandstrom, Grady Seeley	SG	7/26/2025

MCSL Relay Records (continued)

#	Event	Time	Names	Team	Date
13	Female 8&U 100M Relay Medley	1:19.37	Lily Moulton, Sophia Hu, Emilia Leffler, Grace Wilmot	RE	7/26/2025
14	Male 9-10 100M Relay Medley	1:07.41	Nasim Elkassem, Samir Elkassem, Brady Begin, Thomas Bean	CG	7/30/2016
15	Female 9-10 100M Relay Medley	1:06.40	Nina Allen, Miranda Sanidad, Sydney Allen, Amy Lamb	SG	7/25/2015
16	Mixed 15-18 200M Relay Medley	1:50.65	Amy Qin, Young Cho, Jason Li, Ashley Woo	SB	7/29/2023
17	Male 11-12 200M Relay Medley	2:08.33	Brett Feyerick, Ben Long Zuo, Cameron Barclay, Josh Wolfson	TH	7/25/2015
18	Female 11-12 200M Relay Medley	2:09.46	Isabella Liang, Annabel Robey, Elizabeth Chan, Sara Young	RV	7/26/2025
19	Male 13-14 200M Relay Medley	1:55.07	Brandon Cu, Ryan O'Leary, Jason Tang, Samuel Tarter	UC	7/27/2013
20	Female 13-14 200M Relay Medley	2:05.65	Laura Garcia, Natalie Kronfli, Natalya Ares, Bridget Dromerick	IF	8/1/2009
21	Male 18&U 250M Relay Freestyle	2:14.69	Timmy Ellett, Noah Burgett, Eric Friedland, Garrett Powell, Nozomi Horikawa	TW	8/1/2009
22	Female 18&U 250M Relay Freestyle	2:26.79	Amelia Martin, Dana Clocker, Phoebe Bacon, Karis Elise Noboa, Catherine Bu	TH	7/27/2019

5. 2025 Division Standings

Division Team	Dual Meets Won	Relay Score	Rk	Divs Score	Rk	Final Pts	Rk	Pre-Seas Rk
Division A								
Rockville	5	228	1	1064.5	1	60	1	1
Stonegate	4	204	2	885	2	48	2	3
Stonebridge	3	186	3	780	3	36	3	2
Wildwood Manor	2	138	4	730	4	24	4	4
River Falls	1	104	5	577.5	6	8	5	6
Potomac	0	100	6	582	5	4	6	5
Division B								
Country Glen	4	180	2	890	1	52	1	2
Darnestown	4	187	1	798	4	42	2	1
Woodcliffe	3	178	3	820.5	2	40	3	3
Bethesda	3	158	4	812	3	34	4	4
Flower Valley	1	121	6	700	5	10	5	5
Chevy Chase Rec	0	128	5	598.5	6	2	6	6
Division C								
Glenwood	4	198	1	786	2	50	1	5
Regency Estates	2	194	2	891	1	40	2	6
Clarksburg Village	4	140	5	774.5	3	38	3	4
Tallyho	2	150	3	734.5	5	22	4	2
Franklin Knolls	1	142	4	737.5	4	18	5	1
Bannockburn	2	130	6	703.5	6	12	6	3
Division D								
Mohican	4	181	2	912.5	1	52	1	4
Manchester Farm	4	207	1	875.5	2	50	2	3
Robin Hood	3	168	3	841.5	3	36	3	2
Old Farm	2	136	5	704	4	22	4	1
Tanterra	2	144	4	635	6	16	5	6
Seven Locks	0	124	6	655.5	5	4	6	5
Division E								
Hallowell	4	170	4	799	2	44	1	5
Northwest Branch	3	190	1	793.5	3	40	2	1
Old Georgetown	2	176	2	870.5	1	39	3	6
Connecticut Belair	3	176	2	757	4	33	4	2
Manor Woods	2	122	6	712.5	5	16	5	3
Woodley Gardens	1	132	5	692.5	6	8	6	4
Division F								
Kentlands	5	182	1	916.5	1	60	1	1
Forest Knolls	4	180	2	768.5	5	36	2	5
Merrimack Park	2	156	4	803	2	32	3	3
Westleigh	2	174	3	769	4	26	4	2
Damascus	2	140	5	775.5	3	26	4	4
Cedarbrook	0	126	6	582.5	6	0	6	6
Division G								
Palisades	5	196	1	832	1	60	1	5
Olney Mill	4	192	2	768	3	44	2	2
Mill Creek Towne	2	150	4	777	2	32	3	3
North Chevy Chase	3	186	3	756	5	28	4	4
Daleview	1	144	5	715.5	6	8	5	1
Quince Orchard	0	96	6	767.5	4	8	5	6
Division H								
Tilden Woods	4	167	2	853	1	51	1	5
Rock Creek	3	180	1	834	2	44	2	4
Calverton	4	142	5	821.5	3	37	3	2
Garrett Park	3	144	4	739	4	30	4	3
Somerset	1	142	5	696.5	5	11	5	6
Inverness Rec Club	0	167	2	681	6	7	6	1

2025 Division Standings (continued)

Division Team	Dual Meets Won	Relay Score	Rk	Divs Score	Rk	Final Pts	Rk	Pre-Seas Rk
Division I								
Little Falls	5	234	1	960.5	1	60	1	6
Potomac Woods	4	204	2	870.5	3	44	2	2
Poolesville	3	156	3	899.5	2	40	3	3
Kenmont	1	146	4	665	4	18	4	1
Potomac Glen	1	68	6	626	5	10	5	5
Carderock Springs	1	122	5	597.5	6	8	6	4
Division J								
Germantown	5	182	2	910.5	1	58	1	2
Washingtonian Wds	4	204	1	880	2	50	2	3
King Farm	2	148	3	776	3	30	3	4
Glenmont	2	106	6	692.5	5	16	4	1
Montgomery Square	2	145	4	659.5	6	16	4	6
Arora Hills	0	129	5	706.5	4	10	6	5
Division K								
Long Branch	4	138	5	789.5	3	38	1	4
West Hillandale	3	176	1	771	4	36	2	5
Clopper Mill Kngvw	4	152	4	731	5	32	3	1
North Creek	1	158	3	837.5	1	32	3	6
Lake Marion	1	174	2	797	2	30	5	2
Plantations	2	136	6	675	6	12	6	3
Division L								
Rockshire	5	148	3	878	1	56	1	4
Waters Landing	4	222	1	863	2	50	2	1
Willows of Potomac	1	160	2	794	3	26	3	6
New Mark Commons	2	140	4	785.5	4	24	4	5
Lakelands	3	134	5	592	6	20	5	3
Norbeck Grove	0	132	6	706.5	5	4	6	2
Division M								
Twin Farms	5	214	1	942	1	60	1	3
Fallsmead	3	172	2	818	2	42	2	2
Flower Hill	3	116	5	705	4	28	3	1
Hillandale	2	112	6	759	3	24	4	4
James Creek	1	154	3	700	5	16	5	5
Diamond Farm	1	118	4	660	6	10	6	6
Division N								
Quail Valley	5	216	1	966	1	60	1	1
Ashton	4	162	4	810	3	40	2	5
Norbeck Hills	2	172	3	812.5	2	34	3	4
Clarksburg Town Ctr	2	188	2	774.5	4	28	4	2
Whetstone	2	88	5	625	5	18	5	3
Eldwick	0	84	6	616	6	0	6	6
Division O								
Poplar Run	6	202	2	1182	1	70	1	4
Twinbrook	5	224	1	1159	2	62	2	1
Middlebridge	4	170	3	1137	3	48	3	3
Kemp Mill	3	112	4	807	4	36	4	2
Upper County	2	94	5	726	5	24	5	5
Parkland	1	50	6	422	6	12	6	7
Tanglewood	0	0	7	220	7	0	7	6

6. 2026 Division Assignments and Seedings

Section I			Section II		
Division A			Division I		
1	RV	Rockville	1	PL	Poolesville
2	SG	Stonegate	2	QO	Quince Orchard
3	SB	Stonebridge	3	SO	Somerset
4	CG	Country Glen	4	WWD	Washingtonian Woods
5	WCF	Woodcliffe	5	CS	Carderock Springs
6	WM	Wildwood Manor	6	IF	Inverness Rec Club
Division B			Division J		
1	BE	Bethesda	1	K	Kenmont
2	MO	Mohican	2	MS	Montgomery Square
3	RF	River Falls	3	GM	Glenmont
4	DT	Darnestown	4	RS	Rockshire
5	G	Glenwood	5	WHI	West Hillandale
6	FV	Flower Valley	6	PGL	Potomac Glen
Division C			Division K		
1	MCF	Manchester Farm	1	LB	Long Branch
2	CLK	Clarksburg Village	2	WTL	Waters Landing
3	B	Bannockburn	3	KFM	King Farm
4	RH	Robin Hood	4	CLM	Clopper Mill Kingsview
5	RE	Regency Estates	5	PLT	Plantations
6	FR	Franklin Knolls	6	ARH	Arora Hills
Division D			Division L		
1	TH	Tallyho	1	LM	Lake Marion
2	PO	Potomac	2	WLP	Willows of Potomac
3	CB	Connecticut Belair	3	TF	Twin Farms
4	KL	Kentlands	4	NO	North Creek
5	HA	Hallowell	5	LLD	Lakelands
6	NWB	Northwest Branch	6	NMC	New Mark Commons
Division E			Division M		
1	OG	Old Georgetown	1	QV	Quail Valley
2	MW	Manor Woods	2	FM	Fallsmead
3	WG	Woodley Gardens	3	FH	Flower Hill
4	CCR	Chevy Chase Rec Assn	4	NGV	Norbeck Grove
5	OF	Old Farm	5	H	Hillandale
6	TA	Tanterra	6	JC	James Creek

2026 Division Assignments (continued)

Section I			Section II		
Division F			Division N		
1	SL	Seven Locks	1	A	Ashton
2	MM	Merrimack Park	2	NH	Norbeck Hills
3	WL	Westleigh	3	DF	Diamond Farm
4	FO	Forest Knolls	4	CTC	Clarksburg Town Center
5	TW	Tilden Woods	5	W	Whetstone
6	PA	Palisades	6	PR	Poplar Run
Division G			Division O		
1	OM	Olney Mill	1	TB	Twinbrook
2	DA	Damascus	2	MB	Middlebridge
3	MCT	Mill Creek Towne	3	EW	Eldwick
4	D	Daleview	4	KM	Kemp Mill
5	LF	Little Falls	5	UC	Upper County
6	GER	Germantown	6	P	Parkland
Division H					
1	NCC	North Chevy Chase			
2	CA	Calverton			
3	C	Cedarbrook			
4	RC	Rock Creek			
5	GP	Garrett Park			
6	PW	Potomac Woods			

In odd numbered years, Section I is composed of Divisions A-G and Section II is composed of Divisions H through O. In even numbered years, Section I is composed of Divisions A-H and Section II is composed of Divisions I through O.

The Sections currently determine which Divisions are entered into the first or second session of the All Star Relay Meet. Since these meets have 8 lanes, a Section with less than 8 divisions will send an extra team or teams to the All Star Relay Meet.



Spots are filling up FAST!
Register Today to hold your camper's spot!

SUMMER 2026



Find out which program
is right for your camper!

One week sessions
June 22nd thru August 14th



6 AMAZING programs
for elementary school
& Middle school age campers

Rockville • Silver Spring • Kensington • Potomac
Bethesda • Chevy Chase • Burtonsville



MCSL Administrative Information

1. Dual Meet Dates and Home Teams for Divisions A – N

Date	6/13/2026	6/20/2026	6/27/2026	7/4/2026	7/11/2026
Team 1	Home vs 5	Away at 3	Home vs 4	Away at 6	Home vs 2
Team 2	Home vs 4	Away at 5	Home vs 6	Home vs 3	Away at 1
Team 3	Away at 6	Home vs 1	Home vs 5	Away at 2	Home vs 4
Team 4	Away at 2	Home vs 6	Away at 1	Home vs 5	Away at 3
Team 5	Away at 1	Home vs 2	Away at 3	Away at 4	Home vs 6
Team 6	Home vs 3	Away at 4	Away at 2	Home vs 1	Away at 5

Division O, which previously consisted of seven teams, has a modified version of the schedule above. See the MCSL website for division- or team-specific calendars.



JUST TRYAN IT
Supporting Families Fighting Childhood Cancer

BETHESDA, MD
KIDS TRIATHLON
At Landon School



WEIGHS OVER 6,500 POUNDS! USED ON OPEN-PIT MINING TRUCKS. CAN CARRY UP TO 240 TONS OF MATERIAL. THIS TIRE WAS ACTUALLY FROM THE MARCO MISSION MINE. CONTAINS ENOUGH RUBBER TO COVER A NORMAL HIGHWAY.

**Meet Riley
THE FACE OF
THE RACE**



Support families fighting cancer in the Greater Washington DC area.

Sunday, September 27, 2026

Kids ages 6-14, all abilities welcome to race. Teens and adults over 14 invited to volunteer!

Registration is open to the first 500 racers.

SCAN TO RACE, VOLUNTEER OR LEARN MORE!



JUST TRYAN IT | justtryanit.org



2. Host Teams and Dates for Divisional & Relay Carnival Meets

Div	Divisionals Host	Relay Carnival Host	Date	Rain Date
A	Woodcliffe	Country Glen	Fri 7/3	Sun 7/5
B	River Falls	Darnestown	Sun 7/5	Mon 7/6
C	Regency Estates	Manchester Farm	Sun 6/28	
D	Kentlands	Potomac	Sun 7/5	Mon 7/6
E	Manor Woods	Tanterra	Sun 7/5	Mon 7/6
F	Westleigh	Palisades	Sun 6/28	Mon 6/29
G	Germantown	Damascus	Sun 7/5	Mon 7/6
H	North Chevy Chase	Potomac Woods	Sun 6/28	Sun 7/5
I	Poolesville	Poolesville	Sun 6/28	Sun 7/5
J	Kenmont	West Hillandale	Sun 7/5	Mon 7/6
K	Waters Landing	Cloppers Mill Kingsview	Sun 6/28	Sun 7/5
L	North Creek	Lake Marion	Sun 7/5	Mon 7/6
M	Flower Hill	Quail Valley	Sun 6/28	Mon 7/6
N	Poplar Run	Whetstone	Sun 6/28	Mon 6/29
O	Eldwick / Kemp Mill	Kemp Mill	Sun 6/28	Sun 7/5

3. MCSL Calendar 2026

MCSL Reps Meeting (in-person)	Thu, May 14, 2026 8:00pm
Coaches Clinic	Sun, May 17, 2026 7:00pm
MCSL Reps Meeting (Zoom)	Thu, June 11, 2026 8:00pm
First A Meet	Sat, June 13, 2026
Relay Carnival Window	Between June 21 and July 5, 2026
Long Course Scratches Due	Mon, June 29, 2026 9:00pm
Relay Carnival Rain Date	Mon, July 6, 2026
Long Course Meet	Tue, July 7, 2026 6:00pm
MCSL Reps Meeting (Zoom)	Thu, July 9, 2026 8:00pm
Divisional Championship Meet	Sat, July 18, 2026
All-Star Scratches Due	Mon, July 20, 2026 9:00pm
Relay All-Star Meet Section I	Sat, July 25, 2026 7:00am
Relay All-Star Meet Section II	Sat, July 25, 2026 10:00am
Individual All-Star Meet	Sun, July 26, 2026 8:00am

TOLLEFSON SWIMMING

Safety | Technique | Instruction | Training

- In-water instruction for beginning swimmers
- Stroke classes for refining technique at all levels
- Training & Endurance for intermediate & advanced swimmers
- Team TOLL - a year round USA Swimming/PVS competition team
- Locations at Georgetown Prep, St. Albans, and Wildwood Manor Pool



www.tollefsonswimming.com

tel: 301-949-5136 henry@tollefsonswimming.com

4. Officials Clinics

Clinics for Stroke & Turn Officials

New or Recertifying Stroke and Turn	Sun, May 31, 8:00am	In-person Olney
New or Recertifying Stroke and Turn	Wed, June 3, 7:00pm	Online
New or Recertifying Stroke and Turn	Sun, June 7, 8:00am	In-person Olney

This clinic is tailored for Stroke and Turn officials certifying for the first time. Those certifying for the first time should attend. Recertifying officials are welcome to attend.

Recertifying Stroke and Turn	Wed, May 27, 7:00pm	Online
Recertifying Stroke and Turn	Sun, May 31, 7:00pm	Online
Recertifying Stroke and Turn	Mon, Jun 8, 7:00pm	Online

This clinic is for recertifying Stroke and Turn judges. Registrations will be checked to ensure attendees are eligible to attend.

LAST CHANCE New or Recertifying Stroke and Turn	Wed, June 10, 7:00pm	Online
---	-------------------------	--------

This clinic is for both first time and recertifying Stroke and Turn judges. This is the last Stroke and Turn Clinic for the season.

Clinics for Starters

Starter Clinic	Wed, May 20, 7:00pm	Online
Starter Clinic	Mon, June 1, 7:00pm	Online
Starter Clinic	Tue, June 9, 7:00pm	Online

This clinic provides initial certification and recertification in the position of Starter.

Clinics for Referees

Advanced Referee Clinic	Mon, May 18, 7:00pm	Online
Advanced Referee Clinic	Thu, May 28, 7:00pm	Online

Attendees must be current or certification just expiring ('24' or later) in both Referee and S&T in order to be eligible to attend. This clinic will provide recertification for Referee and S&T. This clinic will also recertify Starters whose certification is current or just expiring ('24' or later). Registrations will be checked to ensure attendees are eligible to attend.

Referee	Thu, May 21, 7:00pm	Online
Referee	Thu, June 4, 7:00pm	Online
Referee	Sun, June 7, 7:00pm	Online

This clinic provides initial certification and recertification for Referees. Clinic content is tailored toward Referees certifying for the first time. Those certifying as Referee for the first time must be a certified S&T for at least two years. Registrations will be checked to ensure attendees are eligible to attend.



Order of Events: Relay Meet

#	Description	Swimmers start
1	Boys 175M Graduated Free	Start End - all swimmers
2	Girls 175M graduated Free	Start End - all swimmers
3	Mixed 15-18 200M Free	Start End - all swimmers
4	Mixed 13-14 200M Free	Start End - all swimmers
5	Mixed 8&U 100m Free	Start End – dive #1, #3 Opposite end – in water #2, #4
6	Mixed 9-10 200M Free	Start End - all swimmers
7	Mixed 11-12 200M Free	Start End - all swimmers
8	Boys Open 200M Medley	Start End - all swimmers
9	Girls Open 200M Medley	Start End - all swimmers
10	Boys 100M Graduated Medley	Start End – in water #1, #3 (back and fly) Opposite End – dive #2, #4 (breast and free)
11	Girls 100M Graduated Medley	Start End – in water #1, #3 (back and fly) Opposite End – dive #2, #4 (breast and free)
12	Boys 8&U 100M Medley	Start End – in water #1, #3 (back and fly) Opposite-End – dive #2, #4 (breast and free)
13	Girls 8&U 100M Medley	Start End – in water #1, #3 (back and fly) Opposite End – dive #2, #4 (breast and free)
14	Boys 9-10 100M Medley	Start End – in water #1, #3 (back and fly) Opposite End – dive #2, #4 (breast and free)
15	Girls 9-10 100M Medley	Start End – in water #1, #3 (back and fly) Opposite End – dive #2, #4 (breast and free)
16	Mixed 15-18 200M Medley	Start End - all swimmers
17	Boys 11-12 200M Medley	Start End - all swimmers
18	Girls 11-12 200M Medley	Start End - all swimmers
19	Boys 13-14 200M Medley	Start End - all swimmers
20	Girls 13-14 200M Medley	Start End - all swimmers
21	Boys 250M Crescendo Free	Start End – in water - #1 Opposite End – dive #2, #3, #4, #5
22	Girls 50M Crescendo Free	Start End – in water - #1

JOE FLAHERTY'S DOLPHINS



Coaches' Training

PROGRAMS TAILORED FOR

Head, Assistant, Pre-Team, & Team Reps

We can come to your pool, or you can come to us over winter break, spring break or in August.

JFD Awards

★ **Counsilman Creative Coaching Award**

Presented by the American Swim Coaches Association to JFD at the World's Coaches Convention

★ **Small Business Award**

From the Montgomery County Workforce Development Board for our Coaches Training Programs

System's Achievements

- ★ Division "A" 22 out of 25 years
- ★ 6 MCSL Championships
- ★ Undefeated "B TEAM" 16 Consecutive years
- ★ 254 Meet and 90 pre-team swimmers
- ★ O division to B division in 5 years

***Learn what Coach Flaherty shared at the
World's Coaches Convention!***

Call or Email Us Today

301-916-1852

16512 Roundabout Drive, Gaithersburg, MD 20878

EMAIL: jfdschedules@gmail.com | FAX: (301)-916-2952

JFDolphins.com

YOUR SKIN DESERVES BETTER.

(SORRY LADIES, THIS
ONE'S FOR THE BOYS)

Deflects UV to
prevent burns

Won't cause
breakouts

Water resistant
(80 minutes)



Hydrating Daily
Mineral Face SPF



SHOP NOW

10% OFF

WITH CODE OUTSIDE10

skinmetal

skinmetal.com | @skin.metal



IT GOES BY FASTER THAN YOU THINK.

Capture this season
before it's gone

A team-written, living yearbook.



SwimStory
swim-story.com

Enrolling for summer 2026
\$400 pilot • \$500 annual

ShadowLand laser adventures

**Birthday Parties
Corporate Outings
Youth Group Events
Individuals & Walk-ins**

ShadowLand laser adventures



**One FREE laser
ADVENTURE**



This coupon is valid for One Free Single Play laser adventure. Coupon is valid only in the Gaithersburg MD Location. Coupon is not valid for Birthday Party or Group packages and can not be combined with any other discounts or coupons. Coupon Expires 12-31-26

BOOK YOUR EVENT TODAY!

ShadowLand laser adventures



\$25 Off



This coupon is valid for \$25 off a group outing of 15 or more participants. Coupon is valid only in the Gaithersburg MD Location. Coupon is not valid for Birthday Party packages and can not be combined with any other discounts or coupons. Coupon Expires 12-31-26

www.ShadowlandAdventures.com

ShadowLand laser adventures



\$50 Off



This coupon is valid for \$50 off a group outing of 40 or more participants. Coupon is valid only in the Gaithersburg MD Location. Coupon is not valid for Birthday Party packages and can not be combined with any other discounts or coupons. Coupon Expires 12-31-26