



2024 MCSL All Star Relay Meet – Section II

Rockville Swim and Fitness Center

7/27/2024



Event #1 - Male 14&U 175M Relay Freestyle

Ln	Team	Division	Seed Time
1	Kenmont	I	1:59.06
2	North Creek	M	1:57.07
3	Arora Hills	K	1:54.34
4	Fallsmead	N	1:52.28
5	Somerset	J	1:53.93
6	Rock Creek	J	1:55.69
7	New Mark Commons	L	1:57.56
8	Twinbrook	O	2:11.78

Alternates

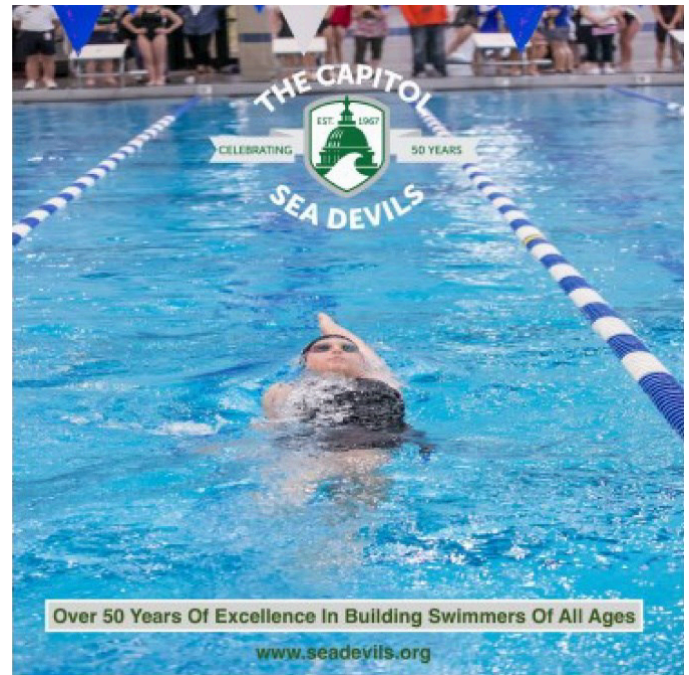
1	Glenmont	J	1:56.31
2	Carderock Springs	K	1:59.34

Event #2 - Female 14&U 175M Relay Freestyle

Ln	Team	Division	Seed Time
1	North Creek	M	2:02.88
2	Potomac Glen	J	1:58.93
3	Washingtonian Woods	I	1:58.16
4	West Hillandale	L	1:56.66
5	Poplar Run	O	1:57.26
6	Waters Landing	L	1:58.22
7	Carderock Springs	K	2:01.56
8	Fallsmead	N	2:07.12

Alternates

1	Rock Creek	J	1:59.99
2	Montgomery Square	J	2:00.22



ALL STAR AQUATICS

YEAR ROUND COMPETITIVE SWIMMING

- ✓ For Swimmers Aged 6-18
- ✓ Meet Participation Required
- ✓ Full-Year Commitment

RISING STARS PROGRAM

- ✓ For Swimmers Aged 5-12
- ✓ Introduce children to competitive swimming technique

www.AllStarAquatics.net



Swim Software You'll Love

Exceptional support
Everything you need
Easy-to-use

#1

Software for Summer Swim Teams

SwimTopia
SwimTopia.com

"SwimTopia is absolutely wonderful at helping us run our team. We have been using SwimTopia since the early years and have no regrets."

—Cristine Ceely, MCT Marlins

Over 65% of MCSL teams choose SwimTopia

Molly Carter



240.676.1656 Cell
301.424.0900 Office

MollyCarterHomes@gmail.com | MollyCarter.com
Your Neighborhood REALTOR®

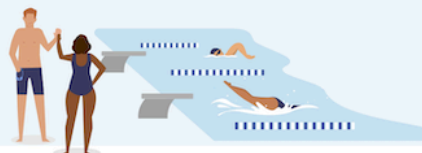
FULL SERVICE AGENT
PROFESSIONAL ADVICE START TO FINISH
PROVEN RESULTS



Proud Sponsor of the Montgomery County Swim League



Sponsored in Memory of
Mary Espe
The woman who taught me
to love all things water.



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

Event #3 - Mixed 15-18 200M Relay Freestyle

Ln	Team	Division	Seed Time
1	Flower Hill	N	2:01.44
2	Washingtonian Woods	I	1:52.53
3	New Mark Commons	L	1:51.43
4	Norbeck Grove	K	1:50.01
5	Glenmont	J	1:51.41
6	Rock Creek	J	1:51.47
7	North Creek	M	1:53.43
8	Lake Marion	K	1:52.56
Alternates			
1	Little Falls	I	1:53.25
2	Poolesville	I	1:53.37

Event #4 - Mixed 13-14 200M Relay Freestyle

Ln	Team	Division	Seed Time
1	Fallsmead	N	2:02.43
2	Somerset	J	2:01.27
3	Kenmont	I	2:01.17
4	Glenmont	J	1:56.87
5	Rock Creek	J	2:01.13
6	Norbeck Grove	K	2:01.26
7	North Creek	M	2:02.13
8	Waters Landing	L	2:03.03
Alternates			
1	Germantown	I	2:02.52
2	West Hillandale	L	2:03.62

Event #5 - Mixed 8&U 100M Relay Freestyle

Ln	Team	Division	Seed Time
1	Quail Valley	M	1:36.95
2	Waters Landing	L	1:26.00
3	Little Falls	I	1:22.87
4	Potomac Glen	J	1:18.50
5	Rock Creek	J	1:21.94
6	Long Branch	K	1:25.20
7	Fallsmead	N	1:28.78
8	Poplar Run	O	1:43.12
Alternates			
1	Glenmont	J	1:23.78
2	New Mark Commons	L	1:26.47

MONTGOMERY STROKE & TURN CLINIC

SUNDAY EVENING SWIM CLINICS



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

WWW.MSTCSWIM.COM

Event #6 - Mixed 9-10 200M Relay Freestyle

Ln	Team	Division	Seed Time
1	Quail Valley	M	2:44.13
2	Rock Creek	J	2:38.81
3	Carderock Springs	K	2:36.20
4	Washingtonian Woods	I	2:21.53
5	West Hillandale	L	2:35.15
6	Poplar Run	O	2:37.34
7	Somerset	J	2:41.56
8	Flower Hill	N	2:45.12
Alternates			
1	Norbeck Grove	K	2:42.77
2	Plantations	K	2:43.01

Event #7 - Mixed 11-12 200M Relay Freestyle

Ln	Team	Division	Seed Time
1	Fallsmead	N	2:17.84
2	North Creek	M	2:14.68
3	Montgomery Square	J	2:13.71
4	Potomac Glen	J	2:10.12
5	Poolesville	I	2:10.75
6	Poplar Run	O	2:14.19
7	Arora Hills	K	2:15.12
8	West Hillandale	L	2:28.78
Alternates			
1	Somerset	J	2:14.00
2	Clopper Mill Kingsview	I	2:14.75

WWW.AMSCSWIMMING.COM

RMSC
ROCKVILLE - MONTGOMERY SWIM CLUB

INDIVIDUAL PROGRESS TEAM UNITY
NATIONALLY RECOGNIZED 5 PRACTICE SITES

The Greatest Stroke Instruction and Training Anywhere

TOLLEFSON SWIMMING

Beginning Swimmers Stroke Classes
For young swimmers not yet able to swim a length of the pool, these classes are limited to three with the instructor in the water. Swimmers learn proper breathing, head position, body position, and leg and arm movements in backstroke and freestyle.

Intermediate and Advanced Swimmers Stroke and Technique Classes
These classes are for all swimmers able to swim the length of the pool in freestyle and backstroke. With a class limit of six, students are hand-selected for placement assuring maximum progress. Swimmers learn intermediate and advanced techniques in the four competitive strokes as well as starts, turns, and finishes.

Training/Endurance Classes
These are 45 or 90 minute practice sessions for intermediate and advanced swimmers. Swimmers practice skills learned in stroke class to increase strength, speed, and endurance and will swim from 900 to 4,000 yards in each class.

Competitive Swimming
Team Tollefson provides fun and competition for advanced swimmers of all ages. As a part of Potomac Valley Swimming and USA Swimming, Team Tollefson swimmers practice and compete throughout the year.

Plus... Adult Swim Classes, Triathlon Training, Red Cross Life Guard Classes

For more information contact us at 301-949-5136
email jtollefson@tolleffsonswimming.com
www.tolleffsonswimming.com

SwimLabs
Swim School KIDS | COMPETITIVE | TRIATHLETE

REGISTER TODAY!

Kids & Adult Learn to Swim, Competitive & Triathlete

- Warm water Endless Pools
- Excellent instructors
- Competitive private lessons for experienced swimmers, using video analysis
- Team Nights, providing up to 24 swimmers the opportunity to get video analysis AND allow team building activities in the waiting area before and during the event

SwimLabs Montgomery County
353 Muddy Branch Rd., Gaithersburg, MD 20878
(240) 801-4518 | swimlabs.com

Event #8 - Male 18&U 200M Relay Medley

Ln	Team	Division	Seed Time
1	Flower Hill	N	2:05.12
2	Twin Farms	M	1:59.35
3	Lake Marion	K	1:57.59
4	Rock Creek	J	1:56.12
5	Long Branch	K	1:57.01
6	Kenmont	I	1:59.28
7	New Mark Commons	L	2:01.00
8	Glenmont	J	1:57.71
Alternates			
1	Norbeck Grove	K	1:59.40
2	Somerset	J	1:59.76



**The finest swimming
in the Nation's Capital**

LOCATIONS/CONTACT INFORMATION:

Georgetown Prep (Rockville)
office@nationscapitalswimming.com

NCAP North (Lakewood)
(serving Germantown, Gaithersburg,
and North Rockville)
kwashburn@krswimming.com

Holton Arms (Bethesda)
office@nationscapitalswimming.com

American University
office@nationscapitalswimming.com



www.nationscapitalswimming.com



**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

Event #9 - Female 18&U 200M Relay Medley

Ln	Team	Division	Seed Time
1	Poplar Run	O	2:26.69
2	Norbeck Grove	K	2:15.02
3	New Mark Commons	L	2:12.35
4	Whetstone	L	2:09.72
5	Clopper Mill Kingsview	I	2:11.22
6	Glenmont	J	2:14.08
7	Quail Valley	M	2:20.94
8	Diamond Farm	N	2:27.94
Alternates			
1	Little Falls	I	2:13.32
2	Kenmont	I	2:13.62

Event #10 - Male 14&U 100M Relay Medley

Ln	Team	Division	Seed Time
1	West Hillandale	L	1:21.81
2	Arora Hills	K	1:16.53
3	Somerset	J	1:14.14
4	Fallsmead	N	1:12.27
5	Little Falls	I	1:14.01
6	Kenmont	I	1:15.87
7	Quail Valley	M	1:20.91
8	Upper County	O	1:31.94
Alternates			
1	King Farm	J	1:16.53
2	Rock Creek	J	1:16.76

Event #12 - Male 8&U 100M Relay Medley

Ln	Team	Division	Seed Time
1	Waters Landing	L	2:06.97
2	Kenmont	I	1:45.88
3	Somerset	J	1:39.81
4	Potomac Glen	J	1:33.38
5	Carderock Springs	K	1:35.26
6	Fallsmead	N	1:40.47
7	Twinbrook	O	1:48.28
8	Quail Valley	M	2:12.00
Alternates			
1	King Farm	J	1:40.70
2	Rock Creek	J	1:45.19

Event #13 - Female 8&U 100M Relay Medley

Ln	Team	Division	Seed Time
1	Lakelands	M	2:01.01
2	Washingtonian Woods	I	1:50.34
3	Willows of Potomac	L	1:45.71
4	Long Branch	K	1:41.40
5	Montgomery Square	J	1:43.01
6	West Hillandale	L	1:48.46
7	Little Falls	I	1:56.31
8	Norbeck Hills	N	2:03.27
Alternates			
1	Plantations	K	1:58.04
2	Arora Hills	K	1:59.25

**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)

Event #11 - Female 14&U 100M Relay Medley

Ln	Team	Division	Seed Time
1	Clarksburg Town Center	N	1:24.63
2	Plantations	K	1:21.22
3	West Hillandale	L	1:17.63
4	Potomac Glen	J	1:15.21
5	Waters Landing	L	1:16.54
6	Washingtonian Woods	I	1:18.50
7	Quail Valley	M	1:22.15
8	Montgomery Square	J	1:18.14
Alternates			
1	Clopper Mill Kingsview	I	1:21.25
2	Rock Creek	J	1:21.47


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**
Where Champions are Made.

301-948-3116
ext. 123 or 124

QOswim.com

Event #14 - Male 9-10 100M Relay Medley

Ln	Team	Division	Seed Time
1	Fallsmead	N	1:30.64
2	Carderock Springs	K	1:28.72
3	Germantown	I	1:27.37
4	Washingtonian Woods	I	1:16.06
5	Kenmont	I	1:24.81
6	Somerset	J	1:27.54
7	Willows of Potomac	L	1:29.03
1	Lakelands	M	1:32.82
Alternates			
1	Clarksburg Town Center	N	1:31.97
2	Arora Hills	K	1:32.53

KIDS AFTER HOURS
KIDS AFTER HOURS
KIDS AFTER HOURS
KIDS AFTER HOURS
KIDS AFTER HOURS
KIDS AFTER HOURS

IT'S ALWAYS TIME FOR FUN

- ★ We accept all State and County Vouchers & Subsidies
- ★ Before/After care 7:00am - 6:30pm
- ★ Locations all over Montgomery County

CHECK US OUT!
kidsafterhours.com

KIDS AFTER HOURS
 Before/After Care & Summer Camp

Early engagement is a game changer

Hey parents, we've got you!
 It's hard to know where to start. Between meeting application deadlines, visiting schools and securing scholarships, planning for college is a complex, multi-year process. We recommend beginning your Class 101 journey in 9TH/10TH GRADE. When it comes to maximizing college and scholarship opportunities, the earlier the better!

We help you connect all of the dots.

- Developing a College List
- Visiting Colleges
- Improving Grades
- ACT / SAT / PSAT Test Prep
- Upgrading Your Resume
- Crafting College Essays
- Managing Applications & Deadlines
- Exploring Scholarship Opportunities
- Pursuing Financial Aid (FAFSA)
- Transitioning to College

Give your student an edge on the competition.

Jason Pfaff, Owner / College Planner
 Phone: (240) 621-2965
 North Bethesda, MD
 Email: jpfaff@class101.com
Class101.com/northbethesdam/

CLASS 101
 College Planning

Empower students. Serve families. Inspire greatness.

CAPITAL SPORT & SWIM

**BIG ENOUGH TO SERVE YOU...
 SMALL ENOUGH TO CARE!**

TEAM DEALER FOR:
SPEEDO TYR DOLFIN ADIDAS

**SHOW YOUR SPIRIT WITH
 CUSTOM TEAMWEAR**

IN HOUSE SCREEN PRINTING

WORKING WITH TEAMS FOR 25 YEARS!

DON'T FORGET WE CARRY LACROSSE & FIELD HOCKEY

10558 METROPOLITAN AVE. PHONE: (301) 949-7366
KENSINGTON, MD 20895 E-MAIL: cssmd@verizon.net

capitalsportandswim.com

Like us on Facebook

Event #15 - Female 9-10 100M Relay Medley

Ln	Team	Division	Seed Time
1	Lakelands	M	1:31.19
2	West Hillandale	L	1:24.69
3	Clopper Mill Kingsview	I	1:22.03
4	Carderock Springs	K	1:16.52
5	Washingtonian Woods	I	1:18.14
6	Lake Marion	K	1:24.40
7	Rock Creek	J	1:25.96
8	Clarksburg Town Center	N	1:38.89

Alternates

1	Plantations	K	1:27.72
2	King Farm	J	1:30.35

Event #16 - Mixed 15-18 200M Relay Medley

Ln	Team	Division	Seed Time
1	Clarksburg Town Center	N	2:14.57
2	New Mark Commons	L	2:05.71
3	Lake Marion	K	2:04.09
4	Glenmont	J	2:03.07
5	Long Branch	K	2:03.35
6	Clopper Mill Kingsview	I	2:05.52
7	Twin Farms	M	2:09.25
8	Middlebridge	O	2:30.97

Alternates

1	Poolesville	I	2:05.82
2	Rock Creek	J	2:06.15

Event #17 - Male 11-12 200M Relay Medley

Ln	Team	Division	Seed Time
1	Ashton	N	3:00.22
2	Clopper Mill Kingsview	I	2:46.65
3	Arora Hills	K	2:43.83
4	Montgomery Square	J	2:31.99
5	Potomac Glen	J	2:35.47
6	Twin Farms	M	2:44.69
7	Twinbrook	O	2:55.94
8	Eldwick	L	3:03.72

Alternates

1	Rock Creek	J	2:36.72
2	King Farm	J	2:45.20

Event #18 - Female 11-12 200M Relay Medley

Ln	Team	Division	Seed Time
1	Poplar Run	O	2:43.47
2	Kenmont	I	2:41.66
3	Poolesville	I	2:37.82
4	Waters Landing	L	2:31.75
5	Somerset	J	2:32.25
6	Fallsmead	N	2:39.22
7	Germantown	I	2:41.76
8	Plantations	K	2:44.32

Alternates

1	New Mark Commons	L	2:44.72
2	Carderock Springs	K	2:46.27

Event #19 - Male 13-14 200M Relay Medley

Ln	Team	Division	Seed Time
1	Poolesville	I	2:20.78
2	Quail Valley	M	2:18.43
3	North Creek	M	2:16.76
4	Somerset	J	2:09.32
5	Waters Landing	L	2:15.13
6	Kenmont	I	2:16.87
7	Rock Creek	J	2:19.43
8	Flower Hill	N	2:26.06

Alternates

1	Lakelands	M	2:23.72
2	Clopper Mill Kingsview	I	2:24.94



Celebrating 25+ years of excellence

WWW.FAST92.ORG

We are all about long term development and steady progress.

Where you start is not as important as where you finish.

We look for great kids then turn them into great swimmers.

Developing champion swimmers since 1992

- Low swimmer to coach ratios
- Stroke Development at all levels
- Novice to National
- Progressive training to eliminate injury
- Non - competitive group options

Contact us at

FAIRLANDSWIM@COMCAST.NET

(301) 526 - 6597

Event #20 - Female 13-14 200M Relay Medley

Ln	Team	Division	Seed Time
1	Fallsmead	N	2:35.71
2	West Hillandale	L	2:34.69
3	Somerset	J	2:32.24
4	Rock Creek	J	2:17.62
5	Glenmont	J	2:22.94
6	Germantown	I	2:33.28
7	Lakelands	M	2:35.28
8	Twinbrook	O	2:59.90
Alternates			
1	Hillandale	M	2:37.19
2	Montgomery Square		2:39.25

Event #22 - Female 18&U 250M Relay Freestyle

Ln	Team	Division	Seed Time
1	Diamond Farm	N	3:00.99
2	Long Branch	K	2:50.52
3	Rock Creek	J	2:49.12
4	Montgomery Square	J	2:44.12
5	Washingtonian Woods	I	2:47.01
6	North Creek	M	2:49.78
7	Waters Landing	L	2:54.72
8	Twinbrook	O	3:31.03
Alternates			
1	Little Falls	I	2:49.75
2	Clopper Mill Kingsview	I	2:50.52

JOE FLAHERTY'S DOLPHINS

Swim Lessons, Clinics, & Team Training
All Year Round!

JFD will contribute to the overall development of young people through building up confidence, determination and cooperation with which to face the challenges of life.

- ✓ Ages 3 to adult
- ✓ Flexible scheduling - 7 days a week
- ✓ Siblings of all ages/levels may practice at the same time!
- ✓ Multiple pool locations in Montgomery County

We have trained several swimmers who went on to Olympic Trials, and one who went on to Olympic Gold!

★ Recent Accomplishments ★

JFD swimmers set multiple PVS & MCSL records, made a junior national cut, and had several top 5 national 10 & under event rankings. Our head coach was inducted into the MCSL Hall of Fame in 2014.

Call or Email Us Today
301-916-1852
16512 Roundabout Drive, Gaithersburg, MD 20878
 EMAIL: jfdschedules@gmail.com | FAX: (301)-916-2952
JFDolphins.com

- * *Year Round Programs for All Ages & Skills*
- * *Perfect Your Strokes For Next Summer season*
- * *Excellent Coach to Swimmer Ratio*
- * *All Star Coaches focused on technique*

Great Luck to all MCSL Swimmers!!

Visit us at:

FINSSWIMMING.COM

Email: FINS@finsswimming.com

Call: 301-830-3975

Event #21 - Male 18&U 250M Relay Freestyle

Ln	Team	Division	Seed Time
1	New Mark Commons	L	2:42.06
2	Fallsmead	N	2:39.53
3	King Farm	J	2:34.93
4	Rock Creek	J	2:32.57
5	North Creek	M	2:33.25
6	Little Falls	I	2:35.62
7	Arora Hills	K	2:40.15
8	Twinbrook	O	3:24.06
Alternates			
1	Glenmont	J	2:35.69
2	Montgomery Square	J	2:38.09



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 Gatherings
- Lifeguard Training, CPR/AED and First Aid Courses

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



www.rockvillemd.gov • 240-314-8750