2017 MCSL All Star Relay Meet Section I



July 29th, 2017

Rockville Swim & FitnessCenter

MCSL Hall of Fame

MCSL is delighted to announce its 2017 Hall of Fame Honorees. These individuals will be inducted into the Hall of Fame during the 2018 Coaches Invitational Long Course Meet.

COACHES
Brian Camp

SWIMMERS
Margaret Chapman
Sharon Flaherty
Eric Judkins
Karen Fangmeyer Swarthout
Connie Smink

Eligibility Criteria Considered in Choosing Inductees

To be inducted into the MCSL Hall of Fame, nominees must:

All categories:

- Have contributed to the MCSL at a level beyond their team. (While individuals who have made
 outstanding contributions to their individual teams deserve recognition, that recognition should be at the
 team level. MCSL encourages teams to create their own team Hall of Fames.)
- Have contributed to the MCSL over time--at least several seasons.

Parent Reps/Board Members/Officials:

- Not be currently on the board or active in the League.
- Have done at least one of the following:
 - Had a significant impact on the league by streamlining procedures; introducing or adapting new technology; improving league guidance; improving meet management, including championship meets; training League officials, or in some other way positively affecting League operations.
 - o Represented MCSL significantly at local, regional, or national swimming events.

Outstanding Swimmers:

- Have graduated from the MCSL at least five years before nomination.
- Achieved at least one of the following:
 - Held an MCSL record or currently have a record in at least two age groups;
 - O Have multiple Individual All Star or Coaches Long Course wins;
 - Be an Olympic Trial Qualifier or National Record Holder; or
 - o Post-MCSL, achieve a NCAA Top 16 finish or swim at a Division 1AA school.

Outstanding Coaches

- Shall be coaching in the MCSL for at least 10 years
- Shall have multiple years coaching with one or more League teams.
- Shall be recognized for effectiveness in developing many swimmers or several teams.
- Shall contribute to the growth of local age group swimming in line with League objectives, enhancing the
 quality of MCSL swimming through professional aquatic career.

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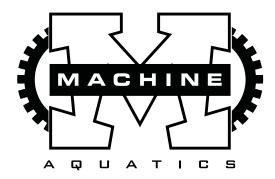
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For young swimmers not yet able to swim a length of the pool, these classes are limited to three with the instructor in the water. Swimmers learn proper breathing, head position, body position, and leg and arm movements in backstroke and freestyle.

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 $\overline{45}$ 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.

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1:47.50

Event 1 Boys 14 & Under 175 SC Meter Freestyle Graduated I	Event 1	Bovs 14 &	Under 175	SC Meter	Freestyle	Graduated I
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MC	CSL Relay: 1:41.06 7/10)/2011 RV	
Jeffr	ey Qin, Devin Truong, Jo	hn Jeang, Darius	Truo
Lane	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Palisades (G)		1:52.73
2	Westleigh (F)		1:47.19
3	Old Georgetw (E)		1:45.72
4	Rockville (A)		1:41.81
5	Stonegate (A)		1:43.29
6	Conn. Belair (B)		1:46.28
7	Northwest BR (C)		1:49.71
8	Glenwood (D)		1:52.84
Alte	rnates		
1	Franklin Knolls (E)	В	1:45.82
2	Quince Orchard (B)	В	1:46.65

Event 2 Girls 14 & Under 175 SC Meter Freestyle Graduated I

MCSL Relay: 1:45.26 7/25/2015 SG

3 Tallyho (A)

Nina Allen, Tia Thomas, Shannon Lamb, Sophia Diaz

Time Timen, The Thomas, Shamon Lamb, Sopina Diaz				
Lan	e Team	Relay	Seed Time	
Heat	t 1 of 1 Finals			
1	Robin Hood (F)		1:52.32	
2	King Farm (E)		1:50.95	
3	Tilden Woods (B)		1:50.19	
4	Tallyho (A)		1:46.13	
5	Stonegate (A)		1:48.34	
6	Kentlands (D)		1:50.77	
7	Potomac Wood (C)		1:51.45	
8	Merrimack PK (G)		1:52.94	
Alte	rnates			
1	Rockville (A)	В	1:48.65	
2	Wildwood Manor (C)	В	1:52.18	
3	River Falls (E)	В	1:52.37	

Event 3 Mixed 15-18 200 SC Meter Freestyle Relay

MCSL Relay: 1:43.00 7/30/2016 RV

Bouke Edskes, Jason Tang, Grace Sun, Elaina Gu

Lane	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Frankln Knll (E)		1:52.23
2	Glenwood (D)		1:48.65
3	Potomac Wood (C)		1:47.52
4	Tilden Woods (B)		1:46.61
5	Rockville (A)		1:47.12
6	Germantown (A)		1:48.22
7	Lake Marion (F)		1:50.46
8	Garrett Park (G)		1:53.00
Alte	rnates		
1	Stonebridge (D)	В	1:48.96
2	Darnestown (D)	В	1:48.99
3	Woodcliffe (B)	В	1:49.13

Event 4 Mixed 13-14 200 SC Meter Freestyle Relay

MCSL Relay: 1:48.24 7/30/2016 PW Caroline Howley, Trent Schlosser, Megan Sharkey, J

Cuioi	ine moviej, mene bem	obser, megan snar	nej, o
Lane	Team	Relay	Seed Time
Heat	1 of 1 Finals		
1	Old Georgetw (E)		1:58.32
2	Little Falls (G)		1:56.07
3	Conn. Belair (B)		1:54.71
4	Tallyho (A)		1:48.66
5	Stonegate (A)		1:51.13
6	Kentlands (D)		1:55.21
7	Northwest BR (C)		1:57.13
8	Robin Hood (F)		1:58.63
Alter	rnates		
1	Rockville (A)	В	1:51.14
2	Country Glen (A)	В	1:54.12
3	Bethesda (A)	В	1:55.00

Event 5 Mixed 8 & Under 100 SC Meter Freestyle Relay

MCSL Relay: 1:07.52 8/1/2009 TW

Timmy Ellett, Maya Drill, Cameron Darnell, Nicole

Lane	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Wildwood Mnr (C)		1:20.36
2	Cedarbrook (B)		1:20.32
3	Westleigh (F)		1:19.13
4	Rockville (A)		1:15.47
5	Quince Orchd (B)		1:16.97
6	Kentlands (D)		1:19.37
7	Damascus (E)		1:20.34
8	Olney Mill (G)		1:24.11
Alte	rnates		
1	Stonegate (A)	В	1:20.33
2	Franklin Knolls (E)	В	1:20.44
3	Old Georgetown (E)	В	1:21.29

Event 6 Mixed 9-10 200 SC Meter Freestyle Relay

MCSL Relay: 2:08.59 7/25/2015 SG

Harrison Quach, Amy Lamb, Caleb Vu, Nina Allen

Lane	Team	Relay	Seed Time
Heat	1 of 1 Finals		
1	Kentlands (D)		2:24.72
2	Flower Vally (C)		2:22.88
3	Conn. Belair (B)		2:19.49
4	Old Georgetw (E)		2:17.20
5	Rockville (A)		2:18.90
6	Clrksbrg Vlg (F)		2:22.26
7	Frankln Knll (E)		2:23.06
8	Palisades (G)		2:29.34
Alter	nates		
1	King Farm (E)	В	2:23.43
2	Stonegate (A)	В	2:23.66
3	Lake Marion (F)	В	2:24.01

Event 7	Mixed 11	-12 200 SC Mete	er Freestyle Relay
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MO	CSL Relay: 1:53.41 7/	1/2017 SG	
Mari	ia Sawadogo, Harrison (Quach, Jason Hern	andez-Fu
Lan	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Robin Hood (F)		2:04.20
2	Tilden Woods (B)		2:01.08
3	Tallyho (A)		1:59.92
4	Stonegate (A)		1:53.41
5	Potomac Wood (C)		1:57.46
6	King Farm (E)		2:00.40
7	Stonebridge (D)		2:02.60
8	Garrett Park (G)		2:07.38
Alte	rnates		
1	Germantown (A)	В	2:01.13
2	Country Glen (A)	В	2:01.26
3	Woodcliffe (B)	В	2:02.90

Event 8 Boys Open 200 SC Meter Medley Relay

MCSL Relay: 1:47.68 7/25/2015 UC

Bouke Edskes, Ryan O'Leary, Brandon Cu, Samuel Tar

Lane	e Team	Relay	Seed Time
Heat	1 of 1 Finals		_
1	Merrimack PK (G)		1:56.81
2	Glenwood (D)		1:53.70
3	Woodcliffe (B)		1:50.78
4	Tallyho (A)		1:49.03
5	Rockville (A)		1:49.25
6	Woodley Gar (C)		1:53.03
7	Lake Marion (F)		1:55.69
8	King Farm (E)		1:58.77
Alte	rnates		
1	Stonegate (A)	В	1:49.31
2	Germantown (A)	В	1:49.86
3	Cedarbrook (B)	В	1:52.48

Event 9 Girls Open 200 SC Meter Medley Relay

MCSL Relay: 2:00.79 7/31/2010 B

Malena Lair Ferrari, Callie Fosburgh, Danielle Sch

Lane	Team	Relay	Seed Time
Heat	1 of 1 Finals		
1	Little Falls (G)		2:11.07
2	Woodley Gar (C)		2:07.75
3	Stonegate (A)		2:06.82
4	Tilden Woods (B)		2:04.33
5	Darnestown (D)		2:06.62
6	Woodcliffe (B)		2:07.19
7	River Falls (E)		2:08.72
8	Robin Hood (F)		2:11.88
Alter	rnates		
1	Tallyho (A)	В	2:07.63
2	Kentlands (D)	В	2:08.09
3	Wildwood Manor (C)	В	2:08.26

Event 10 Boys 14 & Under 100 SC Meter Medley Graduated R

MCSL Relay: 1:01.86 7/31/2010 RV

John Jeang, Harrison Gu, Darius Truong, Sanjay Wij

JUIII (Jeang, marrison Gu, Dariu	s 11 uong, Sanjay w	IJ
Lane	Team	Relay	Seed Time
Heat	1 of 1 Finals		
1	Mill Creek T (C)		1:11.94
2	Regency Est (B)		1:10.43
3	Clrksbrg Vlg (F)		1:06.85
4	Rockville (A)		1:05.15
5	Stonegate (A)		1:06.44
6	Old Georgetw (E)		1:08.05
7	Stonebridge (D)		1:11.46
8	Clpr Mill Kv (G)		1:15.93
Alter	rnates		
1	Tallyho (A)	В	1:07.59
2	Franklin Knolls (E)	В	1:08.65
3	Westleigh (F)	В	1:10.14

Event 11 Girls 14 & Under 100 SC Meter Medley Graduated R

MCSL Relay: 1:04.30 7/25/2015 SG

Nina Allen, Cassandra Sanidad, Tia Thomas, Sophia

Lan	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Robin Hood (F)		1:13.35
2	Conn. Belair (B)		1:12.19
3	River Falls (E)		1:10.34
4	Tallyho (A)		1:07.66
5	Stonegate (A)		1:10.29
6	Kentlands (D)		1:11.35
7	Wildwood Mnr (C)		1:12.25
8	Palisades (G)		1:14.66
Alte	rnates		
1	Rockville (A)	В	1:11.51
2	Bethesda (A)	В	1:11.84
3	King Farm (E)	В	1:12.55

Event 12 Boys 8 & Under 100 SC Meter Medley Relay

MCSL Relay: 1:18.80 7/31/2010 RV

Nick Karayianis, Darius Truong, Alan Li, Anthony Q

Lane	Team	Relay See	d Time
Heat	1 of 1 Finals		
1	Tallyho (A)		1:35.92
2	Little Falls (G)		1:35.00
3	Clrksbrg Vlg (F)		1:32.87
4	Rockville (A)		1:27.80
5	Darnestown (D)		1:30.03
6	Woodley Gar (C)		1:34.21
7	River Falls (E)		1:35.56
8	Cedarbrook (B)		1:42.25
Alter	nates		
1	Lake Marion (F)	В	1:39.19
2	Olney Mill (G)	В	1:40.43
3	Flower Valley (C)	В	1:40.82

1:41.71

Stonegate (A)

3 Quince Orchard (B)

Event 13	Girls 8 & Under	100 SC Meter	Medley Relay
EVELL 13	ATILIS O & UHUCL	TOU MELCI	vieulev Keiav

MO	CSL Relay: 1:22.48 7/	27/2013 SG	
Nina	Allen, Mandy Sanidad	Sydney Allen, Amy	y Lamb
Lane	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	River Falls (E)		1:37.75
2	Westleigh (F)		1:37.32
3	Stonebridge (D)		1:36.54
4	Palisades (G)		1:30.75
5	Rockville (A)		1:31.95
6	Stonegate (A)		1:37.09
7	Quince Orchd (B)		1:37.56
8	Potomac Wood (C)		1:40.25
Alte	rnates		
1	Kentlands (D)	В	1:39.58
2	Bethesda (A)	В	1:40.22

Event 14 Boys 9-10 100 SC Meter Medley Relay

MCSL Relay:	1:07.41	7/30/2016	CG	
				_

3 Damascus (E)

Nasim Elkassem, Samir Elkassem, Brady Begin, Thoma

Land	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Flower Vally (C)		1:19.23
2	Glenwood (D)		1:17.59
3	Old Georgetw (E)		1:14.93
4	Rockville (A)		1:12.88
5	Conn. Belair (B)		1:14.31
6	Quince Orchd (B)		1:16.15
7	Lake Marion (F)		1:18.20
8	Palisades (G)		1:23.57
Alte	rnates		
1	Germantown (A)	В	1:16.33
2	Tilden Woods (B)	В	1:18.50
3	Tallyho (A)	В	1:19.82

Event 15 Girls 9-10 100 SC Meter Medley Relay

MCSL Relay: 1:06.40 7/25/2015 SG

Nina Allen, Miranda Sanidad, Sydney Allen, Amy Lam

	,	,	•
Lane	e Team	Relay	Seed Time
Heat	1 of 1 Finals		
1	Northwest BR (C)		1:19.78
2	Clrksbrg Vlg (F)		1:19.16
3	Tallyho (A)		1:16.37
4	Old Georgetw (E)		1:16.15
5	Rockville (A)		1:16.22
6	Conn. Belair (B)		1:18.70
7	Kentlands (D)		1:19.27
8	Merrimack PK (G)		1:21.40
Alter	rnates		
1	Stonegate (A)	В	1:16.62
2	Bethesda (A)	В	1:16.75
3	Cedarbrook (B)	В	1:19.53

Event 16 Mixed 15-18 200 SC Meter Medley Relay

MCSL Relay: 1:54.66 7/3	0/2016 TW	
Nozomi Horikawa, Ashley Pic	epol, Timmy Ellett	t, Celi
Lane Team	Relay	Seed Time
Heat 1 of 1 Finals		
1 King Farm (E)		2:03.35
2 Potomac Wood (C)		1:59.90
3 Woodcliffe (B)		1:58.09

4	Darnestown (D)		1:57.44
5	Tilden Woods (B)		1:57.69
6	Germantown (A)		1:58.19
7	Lake Marion (F)		2:03.30
8	Little Falls (G)		2:03.37 _
Alte	rnates		
1	Rockville (A)	В	1:58.38

1:58.83

2:00.15

Event 17 Boys 11-12 200 SC Meter Medley Relay

MCSL Relay: 2:08.33 7/25/2015 TH

Brett Feyerick, Ben Long Zuo, Cameron Barclay, Jos

Lane	e Team	Relay	Seed Time
Heat	t 1 of 1 Finals		
1	Darnestown (D)		2:32.40
2	Frankln Knll (E)		2:23.58
3	Bethesda (A)		2:17.13
4	Stonegate (A)		2:12.31
5	Clrksbrg Vlg (F)		2:13.59
6	Tilden Woods (B)		2:22.15
7	Northwest BR (C)		2:27.56
8	Garrett Park (G)		2:34.84
Alte	rnates		
1	Germantown (A)	В	2:18.28
2	Regency Estates (B)	В	2:22.32
3	Woodcliffe (B)	В	2:24.34

Event 18 Girls 11-12 200 SC Meter Medley Relay

MCSL Relay: 2:11.84 8/1/2009 RV Elaina Gu, Jessica Chen, Scarlett Sun, Emily Zhang

Lane	e Team	Relay	Seed Time
Heat	1 of 1 Finals		
1	Kentlands (D)		2:25.15
2	Woodcliffe (B)		2:21.14
3	Wildwood Mnr (C)		2:15.35
4	Stonegate (A)		2:12.28
5	Potomac Wood (C)		2:14.94
6	Damascus (E)		2:18.21
7	Merrimack PK (G)		2:23.72
8	Clrksbrg Vlg (F)		2:36.41
Alte	rnates		
1	Tallyho (A)	В	2:20.83
2	Country Glen (A)	В	2:21.84
3	King Farm (E)	В	2:25.12

Event 19 Boys 13-14 200 SC Meter Medley Relay

MCSL Relay: 1:55.07 7/27/2013 UC					
Bran	don Cu, Ryan O'Leary,	Jason Tang, Samu	el Tarte		
Lan	e Team	Relay	Seed Time		
Heat	t 1 of 1 Finals				
1	Little Falls (G)		2:11.38		
2	Westleigh (F)		2:09.72		
3	Daleview (D)		2:04.81		
4	Tallyho (A)		1:57.24		
5	Stonegate (A)		2:01.81		
6	Woodcliffe (B)		2:06.13		
7	Mill Creek T (C)		2:11.13		
8	Frankln Knll (E)		2:15.57		
Alternates					
1	Rockville (A)	В	2:02.05		
2	Germantown (A)	В	2:05.45		
3	Country Glen (A)	В	2:06.43		

Event 20 Girls 13-14 200 SC Meter Medley Relay

Laura Garcia, Natalie Kronfli, Natalya Ares, Bridg

MCSL Relay: 2:05.65 8/1/2009 IF

Lane Team Relay Seed Time Heat 1 of 1 Finals 1 Little Falls (G) 2:16.97 _ 2 Hallowell (F) 2:14.93 Woodley Gar (C) 3 2:13.02 _ Wildwood Mnr (C) 4 2:10.69 5 Conn. Belair (B) 2:12.70 2:13.78 6 Stonegate (A) 7 River Falls (E) 2:15.28 _ 8 Glenwood (D) 2:20.19 _ Alternates 1 Mill Creek Towne (C) В 2:13.66

Event 21 Boys 18 & Under 250 SC Meter Freestyle Crescendo

В

В

2:13.81

2:13.82

MCSL Relay: 2:14.69 8/1/2009 TW

Rockville (A)

Tallyho (A)

3

Timmy Ellett, Noah Burgett, Eric Friedland, Garret

Lane	Team	Relay	Seed Time	
Heat	1 of 1 Finals			
1	Glenwood (D)		2:30.27	
2	Clrksbrg Vlg (F)		2:27.98	
3	Conn. Belair (B)		2:25.26	
4	Tallyho (A)		2:20.68	
5	Rockville (A)		2:21.06	
6	Frankln Knll (E)		2:25.34	
7	Northwest BR (C)		2:28.40	
8	Little Falls (G)		2:35.22	
Alternates				
1	Stonegate (A)	В	2:22.45	
2	Quince Orchard (B)	В	2:26.13	
3	Old Georgetown (E)	В	2:27.28	
	• • • •			

Event 22	Girls 18 &	Under 2	50 SC Meter	Freestyle	Crescendo

MCSL Relay: 2:28.02 7/25/2015 SG Sophia Diaz. Tia Thomas, Melanie Doan, Shannon Lam

Sopnia Diaz, 11a 1 nomas, Meianie Doan, Snannon Lam						
Lan	e Team	Relay	Seed Time			
Heat	t 1 of 1 Finals					
1	Damascus (E)		2:39.66			
2	Potomac Wood (C)		2:37.43			
3	Kentlands (D)		2:35.32			
4	Rockville (A)		2:32.15			
5	Tallyho (A)		2:33.15			
6	Tilden Woods (B)		2:36.21			
7	Robin Hood (F)		2:38.25			
8	Palisades (G)		2:41.08			
Alternates						
1	Stonegate (A)	В	2:36.34			
2	Stonebridge (D)	В	2:37.13			
3	Bethesda (A)	В	2:38.85			