



# 2023 MCSL Coaches Invitational Long Course Meet and Hall of Fame Induction Ceremony

Rockville Municipal Swim Center  
7/11/2023

USA Swimming Approval: PVA-23-317



**Coaches Invitational Long Course Meet 2022**  
**MCSL at Rockville Municipal Swim Center**  
**Meet Program - Time Line**

**Event 1 Boys 12 & Under 200 LC Meter IM**

MCSL: 2:21.71 7/9/2019 Adriano Arioti			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Ahuja, Riaan	11 MS	1:14.69
2	Maready, Mason	12 OM	1:12.96
3	Xu, Joseph	12 SB	1:08.71
4	Fontana, Rafael	12 DT	1:06.22
5	Devinney, Jay	12 CG	1:08.43
6	Burimski, Dennis	12 WL	1:11.90
7	Ross, Stewart	12 CCR	1:13.94
8	Bachrach, Jacob	12 LF	1:15.03
<b>Alternates</b>			
1	Mastronikolas, Markos	12 CG	1:16.12
2	Cook, Talon	12 DT	1:16.15

**Event 2 Girls 12 & Under 200 LC Meter IM**

MCSL: 2:28.09 7/11/2017 Carly Sebring			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Muller, Quinn	12 CCR	1:15.41
2	Decatur, Audrey	12 K	1:14.68
3	Ryan, Jenna	11 SG	1:13.37
4	Hawman, Sora	12 FV	1:12.73
5	Zettler, Julia	12 PO	1:13.06
6	Wexler, Hannah	12 LF	1:14.44
7	Harms, Stella	12 RF	1:15.19
8	Lakso, Brooke	12 NGV	1:15.45
<b>Alternates</b>			
1	Patel, Meera	11 CLK	1:15.52
2	Zimmerman, Mallory	12 MM	1:15.65

**Event 3 Boys 13-14 200 LC Meter IM**

MCSL: 2:08.08 7/13/2021 Adriano Arioti			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Bartholomew, Lachlan	13 WM	1:05.38
2	Morgan, William	14 SL	1:03.46
3	duLac, Miles	14 G	1:02.14
4	Oehler, Griffin	14 WG	1:01.38
5	Dionne, Luc	14 OG	1:02.02
6	Dawson, Jack	14 SG	1:02.84
7	Hua, Ethan	14 TH	1:04.70
8	McLellan, Owen	14 C	1:05.53
<b>Alternates</b>			
1	Drews, Roman	14 MCT	1:05.57
2	Lombardo, Jonathan	14 TF	1:05.66

**Event 4 Girls 13-14 200 LC Meter IM**

MCSL: 2:20.04 7/10/2018 Carly Sebring			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Roemer, Samantha	13 FM	1:11.60
2	Li, Reyna	14 RV	1:11.25
3	Bishop, Alexandra	13 WM	1:10.83
4	Ji, KaiLi	13 IF	1:10.35
5	Groves, Caitlin	13 PO	1:10.43
6	Lacson, Aleah	14 MCT	1:11.00
7	Sunjaya, Viona	14 ARH	1:11.26
8	Bu, Catherine	14 TH	1:11.81
<b>Alternates</b>			
1	Day, Gabrielle	14 RH	1:11.90
2	Propper, Ella	14 PO	1:12.28

**Event 5 Men 15-18 200 LC Meter IM**

MCSL: 2:07.34 7/19/2022 Adriano Arioti			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Frank, John	16 CB	1:00.62
2	Barnett, Brig	15 FV	1:00.35
3	Mackesy, Evan	17 MCT	59.96
4	Arioti, Adriano	16 RV	55.68
5	Kelly, Jordan	17 RS	58.59
6	Marchionini, Quinn	16 FR	1:00.08
7	Bautz, Fletcher	18 TH	1:00.43
8	Wilbur, Brian	17 OM	1:00.69
<b>Alternates</b>			
1	Lowrey, Jake Paul-Steven	18 CLM	1:00.91
2	Eskin, Meyer	18 B	1:00.96

**Event 6 Women 15-18 200 LC Meter IM**

MCSL: 2:16.11 7/19/2022 Sophie Duncan			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Morgan, Healey	17 SL	1:08.87
2	Webb, Maria	15 QV	1:07.50
3	Qin, Amy	17 SB	1:07.38
4	Sun, Eleanor	18 WM	1:06.10
5	Simmons, Madeleine	16 SL	1:06.54
6	Li, Anna Wei	17 WCF	1:07.46
7	Bartholomew, Isla	16 WM	1:07.82
8	Mostofi, Addison	16 CCR	1:08.90
<b>Alternates</b>			
1	Fleck, Kristina	15 BE	1:09.14
2	Webb, Addison	15 MCT	1:09.25

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**Meet Program - Time Line**



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**Event 7 Boys 8 & Under 50 LC Meter Freestyle**

MCSL: 32.73 7/14/2009 Timmy Ellett

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Weinberg, Dean	8	MO	17.44
2	Herbert, Brayden	7	MCF	17.25
3	Musser, Graham	8	PA	17.14
4	Li, Jonathan	8	WCF	15.75
5	Le, Andy	8	WCF	16.50
6	Bu, Daniel	8	TH	17.14
7	Sandstrom, Damian	8	SG	17.38
8	Sanders, Roy	8	DT	17.57

**Alternates**

1	Masiulis, Casen	8	WWD	17.72
2	Kennedy, Charlie	8	MM	18.05

**Event 8 Girls 8 & Under 50 LC Meter Freestyle**

MCSL: 34.43 7/10/2012 Jill Berger

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Young, Margie	8	RV	18.15
2	Gupta, Ira	8	BE	18.02
3	Robey, Abigail	8	RV	17.47
4	Marsh, Sydney	8	RF	16.91
5	Zhang, Emma	7	RV	17.22
6	Britton, Isabella	8	CB	17.55
7	Wang, Emma	8	CLM	18.06
8	Donahue, Eily	8	BE	18.16

**Alternates**

1	Boston, Flora	8	CB	18.19
2	Conley, Emily	8	KFM	18.22

**Event 9 Boys 9-10 100 LC Meter Freestyle**

MCSL: 1:05.65 7/12/2011 Timmy Ellett

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Yao, Ethan	10	SB	33.17
2	Bolgiano, Tyler	10	RE	32.20
3	Britton, Dexter	10	CB	31.91
4	Nishnianidze, Nickolas	10	QO	31.41
5	Hall, David	10	BE	31.64
6	Nedd, Noah	10	RH	32.02
7	Mehdzadeh, Ryan	10	MM	33.09
8	Truong, Owen	10	CLK	33.31

**Alternates**

1	Huang, Christopher	10	RV	33.35
2	Duncan, Dallas	9	B	33.42



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**MCSL at Rockville Municipal Swim Center**  
**Meet Program - Time Line**

### Event 10 Girls 9-10 100 LC Meter Freestyle

MCSL: 1:05.10 7/8/2014 Giulia Baroldi

Lane	Name	Age	Team	Seed Time
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#### Heat 1 of 1 Finals

1	Liang, Joy	10	SB	33.68
2	Young, Andrea	10	PW	33.02
3	McConnell, Caroline	10	RV	32.75
4	Young, Sara	10	RV	31.80
5	Quach, Giselle	10	ARH	32.12
6	Yun, Clara	10	CG	32.97
7	Robey, Annabel	10	RV	33.53
8	Chang, Sydney	10	SB	33.94

#### Alternates

1	Luna, Olivia	10	WTL	34.10
2	Santos, Alaina	10	HA	34.37

### Event 11 Boys 11-12 100 LC Meter Freestyle

MCSL: 57.35 7/13/2021 Andrew Vanas

Lane	Name	Age	Team	Seed Time
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#### Heat 1 of 1 Finals

1	Pica, Zander	11	D	29.89
2	Stone, William	12	WCF	29.28
3	Lee, Seine	12	TH	28.26
4	Germosen, Jeremiah	12	HA	26.90
5	Pino, Dylan	12	RS	28.13
6	Thomas, Tripp	11	SG	28.72
7	Joung, Justin	12	WL	29.46
8	Park, Jacob	12	PO	30.03

#### Alternates

1	Liu, Aiden	12	CG	30.20
2	McCullough, Connor	11	PW	30.37

### Event 12 Girls 11-12 100 LC Meter Freestyle

MCSL: 58.71 7/11/2017 Erin Gemmell

Lane	Name	Age	Team	Seed Time
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#### Heat 1 of 1 Finals

1	Regan, Madelyn	12	CA	30.21
2	Ryan, Jenna	11	SG	29.62
3	Bartholomew, Harper	12	WM	29.45
4	Mason, Izabella	12	MB	29.19
5	Hooker, Marion	12	CB	29.19
6	Hawman, Sora	12	FV	29.58
7	Muller, Quinn	12	CCR	29.85
8	Magro, Sienna	12	FV	30.41

#### Alternates

1	Zimmerman, Mallory	12	MM	30.44
2	Roscetti, Natalie	12	RF	30.45



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**Event 13 Boys 13-14 100 LC Meter Freestyle**

MCSL: 54.14 7/13/2021 Kyle Wang

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Liu, Brandon	14	PO	26.47
2	Tovornik, Jackson	13	MW	26.07
3	Mettler, Colton	14	QO	25.75
4	Vanas, Andrew	14	WWD	24.89
5	Ginsburg, Jonah	14	CG	25.33
6	Roscetti, Nicholas	13	RF	26.02
7	Conte, Antonio	14	DT	26.15
8	Bravo, Rodrigo	14	GM	26.47

**Alternates**

1	Stowell, Daniel	14	RV	26.63
2	Taylor, Chase	14	KL	26.76

**Event 14 Girls 13-14 100 LC Meter Freestyle**

MCSL: 55.87 7/9/2019 Erin Gemmell

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Saybolt, Elanor	14	WM	29.13
2	Cai, Anika	14	CG	28.78
3	Day, Gabrielle	14	RH	28.53
4	Clattenburg, Hannah	14	B	28.45
5	Belknap, Penelope	14	OG	28.51
6	Ji, KaiLi	13	IF	28.65
7	Gudana, Sophie	14	TW	28.93
8	Propper, Ella	14	PO	29.16

**Alternates**

1	Liu, Rachael	13	RV	29.31
2	Carswell, McKenna	14	QO	29.35

**Event 15 Men 15-18 200 LC Meter Freestyle**

MCSL: 1:53.64 7/14/2015 Brennan Novak

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Elkassem, Samir	17	CG	53.66
2	Fu, Ethan	18	RV	53.19
3	Wang, Kyle	16	RE	52.78
4	Elkassem, Nasim	17	CG	52.56
5	McKenzie, Malcolm	17	D	52.63
6	Watkins, Owen	17	DT	52.87
7	Begin, Brady	17	CG	53.49
8	Truong, Michael	18	CLK	54.09

**Alternates**

1	Quach, Harrison	17	CG	54.30
2	Bautz, Fletcher	18	TH	54.33

**Coaches Invitational Long Course Meet 2022**  
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**Meet Program - Time Line**

**Event 16 Women 15-18 200 LC Meter Freestyle**

MCSL: 1:57.45 7/19/2022 Erin Gemmell			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Schwieters, Julie	16 RV	59.90
2	Morgan, Healey	17 SL	59.46
3	Eliason, Sarah	17 RV	59.03
4	Webb, Addison	15 MCT	58.08
5	Dworak, Andrea	16 FO	58.72
6	Simmons, Madeleine	16 SL	59.19
7	Harrison, Elena	18 RF	59.77
8	Conze, Maren	18 GP	1:00.06
<b>Alternates</b>			
1	Rook, Maggie	18 PL	1:00.19
2	Mostofi, Addison	16 CCR	1:00.34

**Event 17 Boys 8 & Under 50 LC Meter Backstroke**

MCSL: 39.77 7/8/2014 Ashton Yiyang Sun			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Wilmot, James	8 RE	21.74
2	Sandstrom, Damian	8 SG	21.63
3	Kennedy, Charlie	8 MM	20.72
4	DeLuca, Taylor	8 NCC	19.33
5	Woo, Elliot	8 RF	20.00
6	Duncan, Ethan	7 B	21.32
7	Masiulis, Casen	8 WWD	21.68
8	Sharp, Lucas	7 WL	21.96
<b>Alternates</b>			
1	Santos Pineiro, Tiago	8 BE	22.08
2	Van Loon, Sebastian	7 NMC	22.56

**Event 18 Girls 8 & Under 50 LC Meter Backstroke**

MCSL: 40.44 7/10/2007 Eliya Harnood			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Yang, Chloe	8 RV	22.06
2	Conley, Emily	8 KFM	21.83
3	Bur, Milena	8 CB	21.70
4	Robey, Abigail	8 RV	20.71
5	Young, Margie	8 RV	21.39
6	Newell, Kiera	7 WG	21.80
7	Wang, Joyce	8 IF	22.03
8	Starr, Serena	8 MO	22.21
<b>Alternates</b>			
1	Immaneni, Ishani	8 GER	22.39
2	Webb, Sophie	8 QV	22.64

**Event 19 Boys 9-10 50 LC Meter Backstroke**

MCSL: 33.31 7/11/2017 Adriano Arioti			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Mehdizadeh, Ryan	10 MM	18.12
2	Brock, Paxton	10 WL	18.02
3	Kopp, Joris	9 RE	17.78
4	Nishnianidze, Nickolas	10 QO	16.91
5	DeLuca, Avery	10 NCC	17.72
6	Rawson, Rory	10 MO	17.84
7	Truong, Owen	10 CLK	18.06
8	Wu, Mason	10 IF	18.13
<b>Alternates</b>			
1	Berger, Colby	10 SL	18.14
2	Li, Marcus	9 CLK	18.15

**Event 20 Girls 9-10 50 LC Meter Backstroke**

MCSL: 35.09 7/14/1998 Laura Eull			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Young, Andrea	10 PW	18.55
2	Carrick, Julia	9 FV	17.88
3	Liang, Isabella	10 MCF	17.50
4	Chan, Elizabeth	10 RV	16.81
5	Young, Sara	10 RV	17.21
6	Kessous, Eden	10 SG	17.75
7	Hidalgo, Elise	10 G	18.13
8	Melluzzo, Samantha	10 CB	18.56
<b>Alternates</b>			
1	Li, MingZe	10 TH	18.68
2	Mays, Grace	10 PL	18.75

**Event 21 Boys 11-12 100 LC Meter Backstroke**

MCSL: 1:04.76 7/14/2015 Brett Feyerick			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Ahuja, Riaan	11 MS	34.22
2	Mulla, Daniel	12 FM	33.87
3	Xu, Joseph	12 SB	32.59
4	Devinney, Jay	12 CG	30.20
5	Maready, Mason	12 OM	32.58
6	Yo, Caleb	12 WCF	33.26
7	Stone, William	12 WCF	34.14
8	Huicy, Nicholas	12 HA	34.78
<b>Alternates</b>			
1	Zhou, Jarret	12 CLK	35.19
2	Hammond, Dylan	12 NO	35.50



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**Event 22 Girls 11-12 100 LC Meter Backstroke**

MCSL: 1:05.04 7/14/2015 Phoebe Bacon			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Patel, Meera	11 CLK	34.09
2	Magro, Sienna	12 FV	33.83
3	Bartholomew, Harper	12 WM	33.56
4	Thomas, Ellery	12 CCR	32.16
5	Diaz, Juli	11 RV	33.13
6	Groves, Charlotte	11 PO	33.63
7	Zettler, Julia	12 PO	33.88
8	Schur, Gracie	12 CG	34.12
<b>Alternates</b>			
1	Harms, Stella	12 RF	34.52
2	Zhang, Mia	12 MCF	34.53

**Event 23 Boys 13-14 100 LC Meter Backstroke**

MCSL: 59.15 7/14/2009 Jack Conger			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Conley, Pdraig	14 KFM	30.25
2	Penn, Charles	14 PA	29.77
3	Mettler, Colton	14 QO	28.52
4	Jungbluth, Alexander	14 CA	27.13
5	Oehler, Griffin	14 WG	27.43
6	Drews, Roman	14 MCT	29.60
7	Tovornik, Jackson	13 MW	29.78
8	Arluck, Alex	14 IF	30.41
<b>Alternates</b>			
1	Burger, Seth	14 PO	30.67
2	Vaonakis, Phoenix	14 GP	30.88

**Event 24 Girls 13-14 100 LC Meter Backstroke**

MCSL: 1:02.84 7/11/2017 Phoebe Bacon			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Chu-Roxas, Aimee	14 EW	33.38
2	Yoder, Claire	14 PA	33.16
3	Chen, Elizabeth	14 SB	32.10
4	Rushton, Harper	14 SL	31.63
5	Inman, Madeline	14 DA	32.00
6	Roemer, Samantha	13 FM	32.34
7	Clattenburg, Hannah	14 B	33.22
8	Harms, Sofia	14 RF	33.51
<b>Alternates</b>			
1	Shive, Leah	14 RF	33.51
2	Saybolt, Elanor	14 WM	33.55

**Event 25 Men 15-18 200 LC Meter Backstroke**

MCSL: 2:01.04 7/10/2012 Jack Conger			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Case, James	18 FR	58.90
2	Marchionini, Quinn	16 FR	58.72
3	McMillan, Max	17 B	58.28
4	Colson, Sean	18 FO	57.75
5	Good, Asher	18 WM	58.15
6	Lowrey, Jake Paul-Steven	18 CLM	58.30
7	Barnett, Brig	15 FV	58.82
8	Begin, Charlie	15 CG	58.91
<b>Alternates</b>			
1	Potter, Noah	16 OG	58.96
2	Sun, Ashton Yiyang	17 KFM	59.03

**Event 26 Women 15-18 200 LC Meter Backstroke**

MCSL: 2:15.87 7/13/2021 Sophie Duncan			
Lane	Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>			
1	Goetcheus, Liza	18 C	1:06.02
2	Venditti, Livia	17 CG	1:05.33
3	Linck, Elizabeth	16 SG	1:04.33
4	Hinds, Virginia	15 CCR	1:02.08
5	Thomas, Nadia	16 MM	1:02.40
6	Conze, Maren	18 GP	1:05.10
7	Watkins, Celia	15 DT	1:05.59
8	Soubier, Rachel	18 CB	1:07.30
<b>Alternates</b>			
1	Dworak, Andrea	16 FO	1:07.76
2	Pollitt, Addison	16 OG	1:07.88



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Meet Program - Time Line**

**2023 MCSL Hall of Fame Inductee**

**Eric Friedland**

Swimmer  
Tilden Woods


Eric wants to thank everyone for this incredible honor. The MCSL and Tilden Woods have given so much to him over the years and he would not be the person he is today without them. They gave him lifelong friends, tons of fond memories, and a lifetime love for the sport. His swimming career started in 1996 with a 25 fly at a Tilden Woods B meet. His coach at the time Luis Emilio, helped create a community that made swimming fun and exciting, creating generations of people who love swimming. Luckily, after Luis moved on, Jenn Barnes & Nick Kaufman continued to expand upon his legacy and Eric believes that the TW teams that he formed part of from the late 90s well into the 2010s were as great an MCSL team and experience as has ever existed in our wonderful league.

Eric's career included multiple MCSL records, Coaches Long Course and All-Star wins, but when he looks back at his career two races stand out in his memories. These races happened to both be relays - while swimming is mostly an individual sport, being a part of a team is always more important. The first race was the 18 and under crescendo at all-star relays. This relay consisted of Timmy Ellett, Noah Burgett, Eric Friedland, Garrett Powell, and Nozomi Horikawa and is one of the longest standing MCSL relay records. Eric doesn't believe that this group of amazing athletes would have been brought together if it wasn't for that fun environment that Luis, Nick, Jenn, and the other amazing TW coaches helped foster. Another thing that made that relay special was that Eric wouldn't have even been able to have the magical opportunity to participate in that relay if it wasn't for his best friend JP Perez. JP swam on that relay during the relay carnival while Eric was away at Olympic Trials and as a truly selfless friend, he gave his spot to Eric for all-star relays.

The next relay that Eric wants to mention is the Open 200 medley relay. This relay consisted of Robby Dicker, Eric Friedland, Solen Le Gal and JP Perez. Tilden Woods and Hollowell had a huge rivalry in this relay that consisted of a year long's worth of good nature trash talking. The Hollowell team was stacked including another MCSL hall of famer Brady Fox and to be honest, Tilden Woods should not have won that relay but they came together as friends and teammates to touch out Hollowell. I am lucky to call those teammates some of my best friends to this date.

After graduating from the MCSL, Eric went on to swim for the University of Texas, where he became a 7x DI All American, An individual National Champion in the 200 Breast, and a team National Champ. As well as a 2x semi-finalist at Olympic Trials.

In summary, the MCSL community is truly one of a kind and should be cherished by everyone, it's no surprise that Montgomery County has produced multiple Olympians and NCAA champions. Please continue to bring joy and spread the love of swimming to all future generations.

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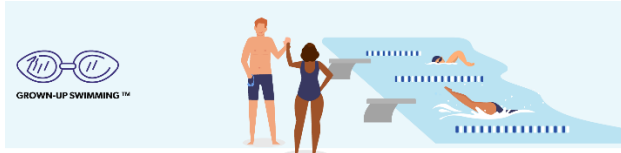
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**Meet Program - Time Line**



## 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](http://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

## 2023 MCSL Hall of Fame Inductee

### Jason Blanken

Swimmer and Coach

Calverton, Regency Estates, River Falls

Jason Blanken's swimming career began when his parents moved into a townhouse on a dead-end street in the Tanglewood neighborhood in Silver Spring. New to the neighborhood they walked down to the pool and asked to join. Turned away they drove 1 mile down the road to Calverton Swim Club where they were immediately attracted to the long course pool, sand volleyball courts, and family atmosphere. Little did they know that this decision would mold Jason's life for years to come.

Jason joined the Calverton Chargers in 1992 at the age of 6 and competed there until he graduated at the age of 18 in 2004. Throughout the course of his career, he competed in ten Coaches Long Course meets, ten Individual Allstar meets, and nine Allstar Relay meets – winning multiple events and setting a handful of league records along the way. At one point during his swimming career, he held 6 MCSL records between individual and long course events and his 11-12 50 Free record of 26.68 stood for 17 years from 1998-2015. As a high school swimmer Jason competed for Paint Branch High School where he was a two-time first team All-County member and two-time Washington Post All-Met swimmer. This past fall he was inducted into the Paint Branch Athletic Hall of Fame.

Jason's coaching career began in the summer of 2004 after years of lamenting that he "would never work with children". Under Calverton legend Tony Murray he learned how valuable and rewarding the MCSL coaching experience could be. Make sure you always lead by example, make "fun" your priority, and make the smallest improvements the biggest of deals for every swimmer on your team. Jason has carried that model with him through three years assistant coaching under Tony at Calverton, to five years head coaching at Regency Estates, and now into his twelfth-year coaching at River Falls. Outside of MCSL he has been the head coach at Bethesda-Chevy Chase High School for the past fifteen years, winning multiple division and region titles, the 2020 Girls 4A State championship, and the 2020 Washington Post All-Met Coach of the Year Award.

Jason is honored to be the first member of the MCSL Hall of Fame to be inducted as a swimmer and a coach. He would like to thank everyone --- coaches and fellow coaches, teammates, swimmers, and parent reps --- for allowing him to be a part of your community and to share his passion for the sport with you each and every day over the past 30+ years. He would like to give a special thank you to his mom Mary for the countless hours spent on the pool deck, driving in the car between practices and meets, baking banana bread before every big swim meet, and always reminding him to "sleep slow and swim fast". He would also like to congratulate his fellow 2023 inductees and wish good luck to all the swimmers and coaches here tonight and beyond.

## Sign up as a free agent or start a team today!

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**MCSL at Rockville Municipal Swim Center**  
**Meet Program - Time Line**

## 2023 MCSL Hall of Fame Inductee

**Dave Mengerling**  
 Board Member  
 Old Georgetown

Our families' journey in the MCSL started early one summer Saturday morning in 1990 when the OGC coach called to inquire if our son Jonathan could swim in an A-Meet that day as one of the regular 8&U couldn't make it. He was 6 and just getting his feet wet in the sport of swimming and is still Coaching today some 33 years later. Both Jonathan and Daniel went on from the MCSL to swim at the Division 1 level at Clemson University. Both our boys enjoyed the camaraderie, activities and competition both as a team and individuals which is one of the unique qualities of MCSL and summer swimming.

In support of their swimming and the team we immediately began to volunteer. We started as timers and I moved on to become a Stroke & Turn, Starter and eventually Referee. I was an age group swimmer in Arlington growing up and remained interested in the sport so knew some of the ropes so to speak. My wife Debi eventually became the Team Rep at OGC and remained in that position until our boys graduated from the league. Debi was also a member of the MCSL board for several years in charge of Awards.

After a few years learning the various official positions on the deck I started working the Coaches Long Course and All-Star Meets in addition to the A/B meets during the season. As a result I got to know some of the folks on the Board at that time and was approached to become a member in 1996. I joined up the next year and went through the gambit of all MCSL Board Positions including President from 2009-2011, well after our boys had graduated from the league. I also ran and/or assisted with Officials Training during my period on the board concentrating on Referee and Stroke & Turn Judge. I was a member of the competition and rule committees throughout until I stepped down after the 2021 season. I also assisted in making sure the championship meets were staffed, equipment was available and the pool properly set up for competition.

We enjoyed our time as a family in the league as well as my time as member of the MCSL Board. It was a rewarding experience getting to know and encourage many of the family volunteers and Coaches over the years while working with other members of the board to make the league as fair and equitable as possible. The MCSL is one of the best run, highly competitive, summer leagues in the country. Thousands of swimmers, coaches and parents experience in swimming begin with this league. It takes a lot of work and hours behind the scenes to keep it running well so be sure to thank those volunteers at your local pools and on the MCSL Board for their efforts. Don't forget to volunteer yourself as well in support of your own swimmers and team. Please do all you can to keep a good thing going. Getting young people and their parents to buy in to the team concept and to support activities around their teams are increasingly important these days in my opinion.

Enjoy the rest of the meet, your season and summer!



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**Locations/Contact Information**

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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.

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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.

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## 2023 MCSL Hall of Fame Inductee

### Marty Cohen

Board Member  
Mill Creek Towne

Marty Cohen started his journey with MCSL in 1986 when his children joined the Mill Creek Towne Swim Team. His children quickly moved into year-round swimming and Marty became a certified MCSL and USA Swimming official. Marty joined the MCSL Executive Board in September of 1991 and, beginning in the late 1990's, also served as Officials Chairman for Potomac Valley Swimming. Marty served on the MCSL Board for 30 years until he stepped down from the Board at the end of the 2021 season.

During his tenure on the Board, Marty held the positions of Secretary, Treasurer, Vice President, and President. Marty also served on the Competition, Rules, and Clinics committees. He chaired the Competition Committee, the Committee responsible for running MCSL's All Star and Coaches Long Course Meets, for 20 of the 30 years he served on the Board, worked collaboratively with other members of the Board in developing and writing much of the current MCSL Rules for Competition, and, for much of his tenure on the Board was one of the primary trainers of MCSL Referees. Marty was also responsible for leading the effort to enter into a long-term agreement with the City of Rockville that guarantees use of the Rockville Swim & Fitness Center for MCSL's league-wide meets and, together with Dave Mengerling, oversaw the procurement and installation of the new Competition Pool scoreboard.

Marty is honored to have served the MCSL community which, as one of the largest youth sports organizations in Montgomery County, provides an unparalleled opportunity to experience the benefits of hard work, good sportsmanship, and teamwork.

Although no longer serving on the MCSL Board, Marty can still be found at MCSL meets watching his youngest grandson swim for the Hallowell Hurricanes and waiting for his youngest granddaughter to join her big brother.





**Coaches Invitational Long Course Meet 2022**  
**MCSL at Rockville Municipal Swim Center**  
**Meet Program - Time Line**

**Event 27 Boys 8 & Under 50 LC Meter Breaststroke**

MCSL: 44.05 7/12/2011 Darius Truong

Lane Name	Age Team	Seed Time
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**Heat 1 of 1 Finals**

1	Liu, Caden	8 RV	24.69
2	Woo, Elliot	8 RF	24.14
3	Corcoran, Kyle	8 CCR	23.83
4	Musser, Graham	8 PA	21.69
5	Le, Andy	8 WCF	23.53
6	Rawson, Fritz	8 MO	24.14
7	Santos Pineiro, Tiago	8 BE	24.53
8	Tinsley, Chase	8 CA	24.72

**Alternates**

1	Griffith, Caleb	7 DA	24.74
2	Parlock, Isaac	8 KL	24.75

**Event 28 Girls 8 & Under 50 LC Meter Breaststroke**

MCSL: 46.90 7/17/2018 Audrey Lee

Lane Name	Age Team	Seed Time
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**Heat 1 of 1 Finals**

1	Farber, Aly	8 MO	23.91
2	Donahue, Eily	8 BE	23.83
3	Yang, Chloe	8 RV	23.66
4	Zhong, Ashley	8 WCF	22.89
5	Zhang, Emma	7 RV	22.90
6	Wang, Emma	8 CLM	23.82
7	Russell, Quinn	8 MO	23.84
8	Wang, Joyce	8 IF	24.22

**Alternates**

1	DeLuca, Noa	8 NCC	24.53
2	Obrien, Mackenzie	7 FR	24.65

**Event 29 Boys 9-10 50 LC Meter Breaststroke**

MCSL: 38.16 7/11/2017 Eric Sanidad

Lane Name	Age Team	Seed Time
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**Heat 1 of 1 Finals**

1	Huang, Christopher	10 RV	20.47
2	Wu, Evan	10 SB	19.66
3	Rawson, Rory	10 MO	19.19
4	Sunjaya, Brian	10 ARH	17.92
5	Hall, David	10 BE	19.05
6	Pino, Brandon	10 RS	19.41
7	Chen, Joseph	10 CLM	20.16
8	Britton, Dexter	10 CB	20.59

**Alternates**

1	Zhang, Eric	10 RV	20.70
2	Friend, Jack	10 RF	20.71

**Event 30 Girls 9-10 50 LC Meter Breaststroke**

MCSL: 36.88 7/11/2017 Emma Lantry

Lane Name	Age Team	Seed Time
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**Heat 1 of 1 Finals**

1	Carrick, Julia	9 FV	20.24
2	Zettler, Grace	10 PO	20.22
3	Robey, Annabel	10 RV	19.97
4	Hidalgo, Elise	10 G	19.40
5	Yun, Clara	10 CG	19.78
6	Averill, Karina	10 ARH	20.06
7	Scott, Lucy	10 PA	20.22
8	Mignone-Sankoorikal, Ma	10 PO	20.68

**Alternates**

1	Russell, Piper	10 MO	20.89
2	Wang, Karen	10 MCF	20.95

**Event 31 Boys 11-12 100 LC Meter Breaststroke**

MCSL: 1:13.56 7/11/2017 Jason Hernandez-Fuer

Lane Name	Age Team	Seed Time
-----------	----------	-----------

**Heat 1 of 1 Finals**

1	Hodgdon, Nicholas	12 RC	38.50
2	Fry, Daniel	12 RH	38.09
3	Reilly, Dylan	12 SO	37.38
4	Joung, Justin	12 WL	35.58
5	Thomas, Tripp	11 SG	37.03
6	Bachrach, Jacob	12 LF	37.53
7	Burimski, Dennis	12 WL	38.14
8	Park, Jacob	12 PO	38.53

**Alternates**

1	Rampulla, Nate	12 RF	39.20
2	Liu, Aiden	12 CG	39.34

**Event 32 Girls 11-12 100 LC Meter Breaststroke**

MCSL: 1:14.25 7/11/2017 Joyce Wu

Lane Name	Age Team	Seed Time
-----------	----------	-----------

**Heat 1 of 1 Finals**

1	Dennis, Lucy	12 FR	39.20
2	Zhou, Elly	12 CG	38.70
3	Bartley, Leah	12 SG	38.10
4	Lakso, Brooke	12 NGV	37.56
5	Barish, Ayla	12 FV	37.90
6	Lindley, Elena	11 RH	38.65
7	Regan, Madelyn	12 CA	39.00
8	Lowell, Sylvie	12 CCR	39.33

**Alternates**

1	Shu, Elaine	11 SB	40.21
2	McCarty, Natalie	12 WM	40.25

**Coaches Invitational Long Course Meet 2022**  
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**Event 33 Boys 13-14 100 LC Meter Breaststroke**

MCSL: 1:08.41 7/12/2011 Carsten Vissering

Lane Name	Age Team	Seed Time
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**Heat 1 of 1 Finals**

1	Bui, Olivier	14 B	33.76
2	Lombardo, Jonathan	14 TF	32.89
3	Dionne, Luc	14 OG	31.83
4	Dawson, Jack	14 SG	30.32
5	duLac, Miles	14 G	30.82
6	Hua, Ethan	14 TH	32.58
7	Li, Daniel	14 SB	33.25
8	Cohn, Naveh	14 OF	34.00

**Alternates**

1	Levy, Evan	14 TW	34.09
2	Chen, Kevin	13 GM	34.12

**Event 34 Girls 13-14 100 LC Meter Breaststroke**

MCSL: 1:12.99 7/9/2019 Joyce Wu

Lane Name	Age Team	Seed Time
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**Heat 1 of 1 Finals**

1	Morin, Gabrielle	13 DT	38.07
2	Shive, Leah	14 RF	37.50
3	Sunjaya, Viona	14 ARH	36.44
4	Li, Reyna	14 RV	35.56
5	Bu, Catherine	14 TH	35.77
6	Lacson, Aleah	14 MCT	36.71
7	Oskvig, Kari	13 PO	38.03
8	Potter, Addison	13 NWB	38.12

**Alternates**

1	Kar, Shreya	14 WL	38.26
2	Lee, Audrey	13 TH	38.39

**Event 35 Men 15-18 200 LC Meter Breaststroke**

MCSL: 2:18.92 7/19/2022 James Garner

Lane Name	Age Team	Seed Time
-----------	----------	-----------

**Heat 1 of 1 Finals**

1	Frank, John	16 CB	1:07.22
2	Matsuyama, Neo	18 SL	1:05.95
3	Wilbur, Brian	17 OM	1:05.35
4	Eskin, Meyer	18 B	1:04.62
5	Umhofer, Joe	17 WM	1:04.75
6	Kelly, Jordan	17 RS	1:05.66
7	Quach, Harrison	17 CG	1:06.15
8	Hong, Ryan	18 OG	1:07.25

**Alternates**

1	Doan, Jason	18 RV	1:07.70
2	Fu, Ethan	18 RV	1:07.72

**Event 36 Women 15-18 200 LC Meter Breaststroke**

MCSL: 2:34.10 7/10/2018 Catherine Belyakov

Lane Name	Age Team	Seed Time
-----------	----------	-----------

**Heat 1 of 1 Finals**

1	Fleck, Kristina	15 BE	1:17.13
2	Li, Anna Wei	17 WCF	1:15.58
3	House, Cameron	16 D	1:15.09
4	Sun, Eleanor	18 WM	1:14.53
5	O'Hara, Megan	16 MCT	1:14.77
6	Bartholomew, Isla	16 WM	1:15.45
7	Lantry, Emma	16 K	1:17.00
8	Weinberg, Brookelynn	18 SB	1:17.56

**Alternates**

1	Jackson, Nani	17 NMC	1:18.01
2	Morse, Victoria	15 CCR	1:18.32

**Event 37 Boys 8 & Under 50 LC Meter Butterfly**

MCSL: 36.64 7/11/2017 Kirk Morgan

Lane Name	Age Team	Seed Time
-----------	----------	-----------

**Heat 1 of 1 Finals**

1	Band, Harrison	7 FM	20.25
2	Duncan, Ethan	7 B	19.77
3	Wilmot, James	8 RE	19.13
4	Li, Jonathan	8 WCF	17.13
5	DeLuca, Taylor	8 NCC	18.82
6	Bu, Daniel	8 TH	19.57
7	Liu, Caden	8 RV	19.87
8	Sanders, Roy	8 DT	20.28

**Alternates**

1	Herbert, Brayden	7 MCF	20.33
2	Titovich, Alex	8 PL	20.40

**Event 38 Girls 8 & Under 50 LC Meter Butterfly**

MCSL: 38.18 7/15/1997 Nilasha Ghosh

Lane Name	Age Team	Seed Time
-----------	----------	-----------

**Heat 1 of 1 Finals**

1	Webb, Sophie	8 QV	20.82
2	Starr, Serena	8 MO	20.20
3	Boston, Flora	8 CB	19.85
4	Marsh, Sydney	8 RF	19.64
5	Zhong, Ashley	8 WCF	19.69
6	Gupta, Ira	8 BE	20.14
7	Hattis, Julia	8 WHI	20.23
8	Britton, Isabella	8 CB	20.85

**Alternates**

1	Oconnell, Tessa	8 MO	20.88
2	Lebruto, Emme	8 NWB	21.01



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**Event 39 Boys 9-10 50 LC Meter Butterfly**

MCSL: 32.09 7/12/2011 Timmy Ellett

Lane Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>		
1 Washburn, Robert	10 DT	16.51
2 Xu, Jason	9 SB	16.34
3 Brock, Paxton	10 WL	15.96
4 Sunjaya, Brian	10 ARH	15.51
5 Bolgiano, Tyler	10 RE	15.90
6 Kopp, Joris	9 RE	16.31
7 Friend, Jack	10 RF	16.46
8 Romero-Zermeno, Alexar	9 SB	16.60

**Alternates**

1 Yao, Ethan	10 SB	16.75
2 Herbert, Dawson	10 MCF	16.78

**Event 40 Girls 9-10 50 LC Meter Butterfly**

MCSL: 31.82 7/10/2018 Hailey Hammond

Lane Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>		
1 Zettler, Grace	10 PO	16.69
2 Liang, Isabella	10 MCF	16.28
3 Chan, Elizabeth	10 RV	16.03
4 Quach, Giselle	10 ARH	15.93
5 McConnell, Caroline	10 RV	15.96
6 Liang, Joy	10 SB	16.12
7 Chang, Sydney	10 SB	16.62
8 Kessous, Eden	10 SG	16.72

**Alternates**

1 Mays, Grace	10 PL	17.06
2 Melluzzo, Samantha	10 CB	17.11

**Event 41 Boys 11-12 100 LC Meter Butterfly**

MCSL: 1:03.17 7/16/2013 Danny Calder

Lane Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>		
1 Mulla, Daniel	12 FM	32.06
2 Fry, Daniel	12 RH	31.13
3 Pino, Dylan	12 RS	30.12
4 Germosen, Jeremiah	12 HA	29.21
5 Fontana, Rafael	12 DT	29.44
6 Lee, Seine	12 TH	30.53
7 Ross, Stewart	12 CCR	31.57
8 Pica, Zander	11 D	32.81

**Alternates**

1 Rampulla, Nate	12 RF	33.27
2 Ericson, Selim	12 NWB	33.48

**Event 42 Girls 11-12 100 LC Meter Butterfly**

MCSL: 1:06.34 7/14/2015 Phoebe Bacon

Lane Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>		
1 Wexler, Hannah	12 LF	32.92
2 Huang, Iliza	12 CLK	32.83
3 Thomas, Ellery	12 CCR	32.35
4 Diaz, Juli	11 RV	31.76
5 Schur, Gracie	12 CG	32.03
6 Decatur, Audrey	12 K	32.50
7 Zhou, Elly	12 CG	32.89
8 Mason, Izabella	12 MB	32.95

**Alternates**

1 Johnson, Alexis	11 TA	33.07
2 Chen, Alexa	12 EW	33.13

**Event 43 Boys 13-14 100 LC Meter Butterfly**

MCSL: 57.26 7/13/2021 Adriano Ariotti

Lane Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>		
1 Taylor, Chase	14 KL	28.45
2 Morgan, William	14 SL	27.90
3 Anderson, Sean	14 PGL	27.69
4 Vanas, Andrew	14 WWD	25.94
5 Jungbluth, Alexander	14 CA	26.15
6 Levy, Evan	14 TW	27.90
7 Ginsburg, Jonah	14 CG	27.97
8 Kim, Lucas	14 SB	28.69

**Alternates**

1 Roscetti, Nicholas	13 RF	28.75
2 Liu, Brandon	14 PO	28.76

**Event 44 Girls 13-14 100 LC Meter Butterfly**

MCSL: 1:01.55 7/9/2019 Erin Gemmell

Lane Name	Age Team	Seed Time
<b>Heat 1 of 1 Finals</b>		
1 Rushton, Harper	14 SL	31.40
2 Inman, Madeline	14 DA	31.23
3 Bishop, Alexandra	13 WM	30.87
4 Cai, Anika	14 CG	29.70
5 Carswell, McKenna	14 QO	30.51
6 Groves, Caitlin	13 PO	31.22
7 Harms, Sofia	14 RF	31.26
8 Chen, Elizabeth	14 SB	31.62

**Alternates**

1 O'Donnell, Audrey	13 W	31.81
2 Egwim, Tiffany	14 SG	31.82

**Coaches Invitational Long Course Meet 2022**  
**MCSL at Rockville Municipal Swim Center**  
**Meet Program - Time Line**

**Event 45 Men 15-18 100 LC Meter Butterfly**

MCSL: 53.94 7/10/2012 Jack Conger

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Colson, Sean	18	FO	26.40
2	Kaiser, Michael	17	RE	26.26
3	Elkasssem, Nasim	17	CG	25.95
4	Ariotti, Adriano	16	RV	24.63
5	Koenig, Parker	18	OG	25.94
6	Watkins, Owen	17	DT	26.18
7	McKenzie, Malcolm	17	D	26.31
8	Mackesy, Evan	17	MCT	26.61

**Alternates**

1	Potter, Noah	16	OG	26.63
2	Li, Jason	16	SB	26.69

**Event 46 Women 15-18 100 LC Meter Butterfly**

MCSL: 1:00.68 7/9/2019 Phoebe Bacon

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 1 Finals**

1	Hinds, Virginia	15	CCR	29.58
2	Qin, Amy	17	SB	29.37
3	Fenton, Bella	18	CG	29.13
4	Eliason, Sarah	17	RV	28.63
5	Harrison, Elena	18	RF	28.95
6	Schwieters, Julie	16	RV	29.32
7	Webb, Maria	15	QV	29.56
8	Linck, Elizabeth	16	SG	29.63

**Alternates**

1	Scofield, Campbell	16	MS	29.97
2	Goetcheus, Liza	18	C	30.08

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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

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**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

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