



2024 MCSL All Star Relay Meet – Section I

Rockville Swim and Fitness Center

7/27/2024



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

| Ln | Team | Division | Seed Time |
|------------|---------------------------|----------|-----------|
| 1 | Potomac | B | 1:47.89 |
| 2 | Northwest Branch | F | 1:46.95 |
| 3 | Clarksburg Village | C | 1:46.51 |
| 4 | River Falls | A | 1:42.72 |
| 5 | Bannockburn | E | 1:45.57 |
| 6 | Daleview | H | 1:46.90 |
| 7 | Hallowell | D | 1:47.64 |
| 8 | Inverness Recreation Club | G | 1:51.47 |
| Alternates | | | |
| 1 | Stonebridge | A | 1:44.33 |
| 2 | Stonegate | A | 1:44.40 |

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

| Ln | Team | Division | Seed Time |
|------------|--------------------|----------|-----------|
| 1 | Clarksburg Village | C | 1:55.76 |
| 2 | Merrimack Park | E | 1:54.56 |
| 3 | Potomac Woods | H | 1:53.51 |
| 4 | Rockville | A | 1:47.56 |
| 5 | Flower Valley | B | 1:52.15 |
| 6 | Robin Hood | D | 1:54.31 |
| 7 | Manor Woods | F | 1:55.27 |
| 8 | Palisades | G | 1:59.38 |
| Alternates | | | |
| 1 | Potomac | B | 1:52.46 |
| 2 | Darnestown | B | 1:52.64 |

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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.


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

| Ln | Team | Division | Seed Time |
|------------|------------------------------|----------|-----------|
| 1 | Quince Orchard | H | 1:49.06 |
| 2 | Mill Creek Towne | C | 1:46.22 |
| 3 | Forest Knolls | G | 1:45.75 |
| 4 | Rockville | A | 1:43.45 |
| 5 | Old Georgetown | E | 1:45.25 |
| 6 | Wildwood Manor | D | 1:45.95 |
| 7 | Chevy Chase Recreation Assoc | B | 1:47.76 |
| 8 | Manor Woods | F | 1:50.13 |
| Alternates | | | |
| 1 | Stonebridge | A | 1:44.91 |
| 2 | Country Glen | A | 1:45.34 |

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

| Ln | Team | Division | Seed Time |
|------------|------------------------------|----------|-----------|
| 1 | Forest Knolls | G | 1:56.66 |
| 2 | Manor Woods | F | 1:54.33 |
| 3 | Chevy Chase Recreation Assoc | B | 1:49.31 |
| 4 | Wildwood Manor | D | 1:46.83 |
| 5 | Potomac | B | 1:49.07 |
| 6 | River Falls | A | 1:52.25 |
| 7 | Glenwood | C | 1:55.37 |
| 8 | Daleview | H | 1:59.97 |
| Alternates | | | |
| 1 | Country Glen | A | 1:52.99 |
| 2 | Rockville | A | 1:53.34 |



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

| Ln | Team | Division | Seed Time |
|------------|---------------------------|----------|-----------|
| 1 | Inverness Recreation Club | G | 1:20.58 |
| 2 | Manchester Farm | C | 1:19.51 |
| 3 | Regency Estates | D | 1:17.94 |
| 4 | Rockville | A | 1:14.32 |
| 5 | Old Georgetown | E | 1:16.54 |
| 6 | Tanterra | F | 1:18.81 |
| 7 | Darnestown | B | 1:19.68 |
| 8 | Potomac Woods | H | 1:26.43 |
| Alternates | | | |
| 1 | Stonegate | A | 1:15.39 |
| 2 | Cedarbrook | F | 1:19.13 |

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

| Ln | Team | Division | Seed Time |
|------------|--------------------|----------|-----------|
| 1 | Clarksburg Village | C | 2:25.78 |
| 2 | Cedarbrook | F | 2:23.30 |
| 3 | Regency Estates | D | 2:19.82 |
| 4 | Stonebridge | A | 2:16.40 |
| 5 | Rockville | A | 2:18.81 |
| 6 | Bethesda | B | 2:20.50 |
| 7 | Seven Locks | E | 2:25.71 |
| 8 | Calverton | G | 2:27.70 |
| Alternates | | | |
| 1 | Potomac | B | 2:20.76 |
| 2 | Stonegate | A | 2:22.27 |

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

| Ln | Team | Division | Seed Time |
|------------|------------------------------|----------|-----------|
| 1 | Tilden Woods | G | 2:08.62 |
| 2 | Mill Creek Towne | C | 2:05.89 |
| 3 | Chevy Chase Recreation Assoc | B | 2:03.91 |
| 4 | Rockville | A | 2:00.97 |
| 5 | Wildwood Manor | D | 2:02.83 |
| 6 | Stonebridge | A | 2:05.18 |
| 7 | Quince Orchard | H | 2:08.01 |
| 8 | Northwest Branch | F | 2:10.41 |
| Alternates | | | |
| 1 | River Falls | A | 2:05.88 |
| 2 | Potomac | B | 2:06.24 |

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

| Ln | Team | Division | Seed Time |
|------------|---------------------------|----------|-----------|
| 1 | Potomac | B | 1:09.65 |
| 2 | Daleview | H | 1:08.26 |
| 3 | Westleigh | F | 1:07.54 |
| 4 | Stonegate | A | 1:05.94 |
| 5 | Wildwood Manor | D | 1:07.45 |
| 6 | Clarksburg Village | C | 1:08.08 |
| 7 | Bannockburn | E | 1:08.31 |
| 8 | Inverness Recreation Club | G | 1:13.35 |
| Alternates | | | |
| 1 | River Falls | A | 1:06.66 |
| 2 | Rockville | A | 1:07.10 |

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

| Ln | Team | Division | Seed Time |
|------------|--------------------|----------|-----------|
| 1 | Potomac | B | 2:06.83 |
| 2 | Daleview | H | 2:04.00 |
| 3 | Tanterra | F | 2:02.50 |
| 4 | Stonegate | A | 1:55.60 |
| 5 | River Falls | A | 1:59.13 |
| 6 | Bannockburn | E | 2:02.77 |
| 7 | Glenwood | C | 2:04.18 |
| 8 | Connecticut Belair | D | 2:07.65 |
| Alternates | | | |
| 1 | Rockville | A | 2:01.66 |
| 2 | Stonebridge | A | 2:03.35 |

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

| Ln | Team | Division | Seed Time |
|------------|-----------------|----------|-----------|
| 1 | Manor Woods | F | 1:53.46 |
| 2 | Darnestown | B | 1:50.44 |
| 3 | Forest Knolls | G | 1:49.84 |
| 4 | Country Glen | A | 1:43.47 |
| 5 | Franklin Knolls | C | 1:48.94 |
| 6 | Old Georgetown | E | 1:50.01 |
| 7 | Wildwood Manor | D | 1:50.66 |
| 8 | Quince Orchard | H | 1:54.58 |
| Alternates | | | |
| 1 | Rockville | A | 1:45.37 |
| 2 | Tallyho | A | 1:49.54 |

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

| Ln | Team | Division | Seed Time |
|----|-----------------|----------|-----------|
| 1 | Potomac Woods | H | 1:14.07 |
| 2 | Old Georgetown | E | 1:12.69 |
| 3 | Robin Hood | D | 1:12.20 |
| 4 | Rockville | A | 1:07.40 |
| 5 | Flower Valley | B | 1:10.89 |
| 6 | Franklin Knolls | C | 1:12.38 |
| 7 | Cedarbrook | F | 1:13.63 |
| 8 | Palisades | G | 1:16.38 |

Alternates

| | | | |
|---|-------------|---|---------|
| 1 | Stonebridge | A | 1:10.89 |
| 2 | Stonegate | A | 1:10.90 |

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


| Ln | Team | Division | Seed Time |
|----|---------------------------|----------|-----------|
| 1 | Inverness Recreation Club | G | 1:42.34 |
| 2 | Potomac | B | 1:34.59 |
| 3 | Manchester Farm | C | 1:34.12 |
| 4 | Stonegate | A | 1:27.38 |
| 5 | Westleigh | F | 1:32.00 |
| 6 | Wildwood Manor | D | 1:34.21 |
| 7 | Seven Locks | E | 1:35.79 |
| 8 | Garrett Park | H | 1:45.00 |

Alternates

| | | | |
|---|-------------|---|---------|
| 1 | Stonebridge | A | 1:30.40 |
| 2 | Rockville | A | 1:32.97 |

Alternates

| | | | |
|---|--------------|---|---------|
| 1 | Stonegate | A | 1:33.14 |
| 2 | Country Glen | A | 1:34.78 |



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

| Ln | Team | Division | Seed Time |
|----|---------------------------|----------|-----------|
| 1 | Bannockburn | E | 1:41.35 |
| 2 | Flower Valley | B | 1:37.60 |
| 3 | Regency Estates | D | 1:32.34 |
| 4 | Rockville | A | 1:26.59 |
| 5 | Woodley Gardens | F | 1:28.18 |
| 6 | Franklin Knolls | C | 1:34.25 |
| 7 | Inverness Recreation Club | G | 1:39.02 |
| 8 | Olney Mill | H | 1:47.91 |

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

| Ln | Team | Division | Seed Time |
|----|-----------------|----------|-----------|
| 1 | Bannockburn | E | 1:19.81 |
| 2 | Cedarbrook | F | 1:16.96 |
| 3 | Mohican | C | 1:15.50 |
| 4 | Stonebridge | A | 1:11.25 |
| 5 | Woodcliffe | B | 1:14.56 |
| 6 | Daleview | H | 1:16.90 |
| 7 | Regency Estates | D | 1:17.10 |
| 8 | Forest Knolls | G | 1:20.95 |

Alternates

| | | | |
|---|-----------|---|---------|
| 1 | Rockville | A | 1:13.28 |
| 2 | Stonegate | A | 1:15.09 |



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

| Ln | Team | Division | Seed Time |
|------------|--------------------|----------|-----------|
| 1 | North Chevy Chase | G | 1:21.22 |
| 2 | Cedarbrook | F | 1:18.57 |
| 3 | Kentlands | D | 1:18.31 |
| 4 | Rockville | A | 1:13.32 |
| 5 | Flower Valley | B | 1:17.51 |
| 6 | Mill Creek Towne | C | 1:18.47 |
| 7 | Seven Locks | E | 1:18.58 |
| 8 | Potomac Woods | H | 1:22.16 |
| Alternates | | | |
| 1 | Clarksburg Village | C | 1:18.78 |
| 2 | Stonegate | A | 1:19.07 |

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

| Ln | Team | Division | Seed Time |
|------------|------------------|----------|-----------|
| 1 | Quince Orchard | H | 1:59.65 |
| 2 | Wildwood Manor | D | 1:57.24 |
| 3 | Old Georgetown | E | 1:56.34 |
| 4 | Rockville | A | 1:52.85 |
| 5 | Forest Knolls | G | 1:55.63 |
| 6 | Mill Creek Towne | C | 1:56.50 |
| 7 | Darnestown | B | 1:57.59 |
| 8 | Northwest Branch | F | 1:59.88 |
| Alternates | | | |
| 1 | Tilden Woods | G | 1:56.25 |
| 2 | Stonebridge | A | 1:56.35 |




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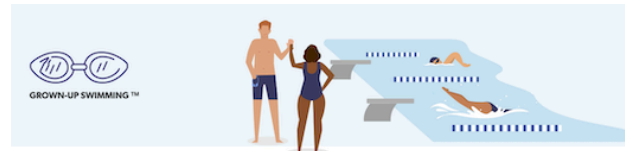
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| | |
|-------------------------------|-------------------------|
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| 25 Breaststroke | 50 Breaststroke |
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| | 4 x 50 Medley Relay* |

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

| Ln | Team | Division | Seed Time |
|------------|-----------------|----------|-----------|
| 1 | Garrett Park | H | 2:26.57 |
| 2 | Manchester Farm | C | 2:23.45 |
| 3 | Westleigh | F | 2:18.47 |
| 4 | Bannockburn | E | 2:15.12 |
| 5 | Stonegate | A | 2:15.72 |
| 6 | Woodcliffe | B | 2:20.82 |
| 7 | Tilden Woods | G | 2:23.84 |
| 8 | Wildwood Manor | D | 2:27.19 |
| Alternates | | | |
| 1 | Stonebridge | A | 2:19.02 |
| 2 | River Falls | A | 2:23.47 |

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

| Ln | Team | Division | Seed Time |
|------------|------------------------------|----------|-----------|
| 1 | Potomac Woods | H | 2:33.20 |
| 2 | Glenwood | C | 2:26.59 |
| 3 | Old Georgetown | E | 2:25.69 |
| 4 | Stonegate | A | 2:13.12 |
| 5 | Chevy Chase Recreation Assoc | B | 2:22.06 |
| 6 | Tanterra | F | 2:26.25 |
| 7 | Robin Hood | D | 2:31.86 |
| 8 | Palisades | G | 2:34.53 |
| Alternates | | | |
| 1 | Rockville | A | 2:13.53 |
| 2 | Stonebridge | A | 2:16.16 |

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

| Ln | Team | Division | Seed Time |
|------------|------------------------------|----------|-----------|
| 1 | Old Farm | E | 2:09.27 |
| 2 | Manor Woods | F | 2:05.65 |
| 3 | River Falls | A | 2:02.26 |
| 4 | Wildwood Manor | D | 1:59.94 |
| 5 | Potomac | B | 2:00.03 |
| 6 | Glenwood | C | 2:02.68 |
| 7 | Garrett Park | H | 2:07.50 |
| 8 | Inverness Recreation Club | G | 2:11.75 |
| Alternates | | | |
| 1 | Chevy Chase Recreation Assoc | B | 2:02.07 |
| 2 | Rockville | A | 2:02.53 |

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

| Ln | Team | Division | Seed Time |
|------------|------------------|----------|-----------|
| 1 | Calverton | G | 2:23.16 |
| 2 | Mill Creek Towne | C | 2:15.66 |
| 3 | Wildwood Manor | D | 2:12.57 |
| 4 | Potomac | B | 2:07.15 |
| 5 | River Falls | A | 2:08.08 |
| 6 | Merrimack Park | E | 2:15.15 |
| 7 | Northwest Branch | F | 2:17.26 |
| 8 | Olney Mill | H | 2:26.25 |
| Alternates | | | |
| 1 | Country Glen | A | 2:10.03 |
| 2 | Rockville | A | 2:11.07 |

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

| Ln | Team | Division | Seed Time |
|------------|--------------------|----------|-----------|
| 1 | Darnestown | B | 2:26.82 |
| 2 | Daleview | H | 2:25.20 |
| 3 | Northwest Branch | F | 2:25.08 |
| 4 | Rockville | A | 2:21.53 |
| 5 | Bannockburn | E | 2:23.21 |
| 6 | Wildwood Manor | D | 2:25.12 |
| 7 | Clarksburg Village | C | 2:26.09 |
| 8 | Tilden Woods | G | 2:29.21 |
| Alternates | | | |
| 1 | Tallyho | A | 2:23.69 |
| 2 | Stonegate | A | 2:24.32 |

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

| Ln | Team | Division | Seed Time |
|-------------|------------------------------|----------|-----------|
| Heat 1 of 2 | | | |
| 3 | Palisades | G | 2:45.67 |
| 4 | Franklin Knolls | C | 2:42.31 |
| 5 | Daleview | H | 2:43.13 |
| Heat 2 of 2 | | | |
| 2 | Northwest Branch | F | 2:40.59 |
| 3 | Darnestown | B | 2:36.35 |
| 4 | Rockville | A | 2:33.34 |
| 5 | Stonebridge | A | 2:33.82 |
| 6 | Merrimack Park | E | 2:36.74 |
| 7 | Mohican | C | 2:42.31 |
| Alternates | | | |
| 1 | Stonegate | A | 2:34.81 |
| 2 | Chevy Chase Recreation Assoc | B | 2:36.75 |



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- 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