



MCSL All Stars Relay Meet Section I

Divisions A–G

Rockville Swim and Fitness Center

July 26, 2025



MCSL Championship Series

Event 1 Boys 14 & Under 175 SC Meter Freestyle Relay Graduated**MCSL Relays:** 1:41.06 7/10/2011 RV

Jeffrey Qin, Devin Troung, John Jeang, Darius Trou

Lane	Team	Seed Time
1	Palisades	1:50.75
2	Glenwood	1:48.00
3	Mohican	1:45.95
4	Woodcliffe	1:42.34
5	Darnestown	1:42.70
6	Rockville	1:46.53
7	Westleigh	1:48.13
8	Northwest Branch	1:51.32

Alternates

1	Manchester Farm	1:46.35
2	Stonebridge	1:46.93

Event 2 Girls 14 & Under 175 SC Meter Freestyle Relay Graduated**MCSL Relays:** 1:45.26 7/25/2015 SG

Nina Allen, Tia Thomas, Shannon Lamb, Sophia Diaz

Lane	Team	Seed Time
1	Merrimack Park	1:56.89
2	Old Farm	1:52.07
3	Connecticut Belair	1:51.84
4	Rockville	1:45.81
5	Stonegate	1:45.89
6	Country Glen	1:52.02
7	Regency Estates	1:52.28
8	Mill Creek Towne	1:57.83

Alternates

1	Hallowell	1:51.90
2	Clarksburg Village	1:53.21



*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 ensuring 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

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.

Event 3 Mixed 15-18 200 SC Meter Freestyle Relay**MCSL Relays:** 1:42.81 7/27/2019 QO

Catherine & Anastasia Belyakov, Cole Greenberg, G

Lane	Team	Seed Time
1	Old Georgetown	1:47.01
2	Quince Orchard	1:46.01
3	Rockville	1:45.82
4	Chevy Chase Recreation	1:45.10
5	Franklin Knolls	1:45.66
6	Country Glen	1:45.95
7	Wildwood Manor	1:46.06
8	Forest Knolls	1:48.94

Alternates

1	Manor Woods	1:47.70
2	Bannockburn	1:47.71

Event 4 Mixed 13-14 200 SC Meter Freestyle Relay**MCSL Relays:** 1:46.18 7/28/2018 SG

Aidan Dewey, Sydney Allen, Nina Allen, Jason Herna

Lane	Team	Seed Time
1	Tanterra	1:55.44
2	Glenwood	1:53.20
3	Hallowell	1:52.02
4	Country Glen	1:48.84
5	Chevy Chase Recreation	1:51.83
6	Wildwood Manor	1:52.38
7	Olney Mill	1:55.19
8	Merrimack Park	1:58.49

Alternates

1	River Falls	1:52.53
2	Stonegate	1:53.25





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 5 Mixed 8 & Under 100 SC Meter Freestyle Relay

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

Timmy Ellet, Maya Drill, Cameron Darnell, Nicole

Lane	Team	Seed Time
1	Connecticut Bela	1:17.88
2	Robin Hood	1:17.03
3	Regency Estates	1:13.94
4	Stonegate	1:09.39
5	Clarksburg Village	1:13.51
6	Country Glen	1:15.76
7	Forest Knolls	1:17.66
8	Olney Mill	1:27.15

Alternates

1	Potomac	1:16.03
2	Darnestown	1:16.84

Event 6 Mixed 9-10 200 SC Meter Freestyle Relay

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

Harrison Quach, Amy Lamb, Caleb Vu, Nina Allen

Lane	Team	Seed Time
1	Westleigh	2:24.51
2	Northwest Branch	2:19.45
3	Rockville	2:15.34
4	Woodcliffe	2:10.27
5	Bethesda	2:12.00
6	Mohican	2:17.54
7	Regency Estates	2:23.19
8	North Chevy Chase	2:25.65

Alternates

1	Stonegate	2:16.18
2	Tanterra	2:18.82



Event 7 Mixed 11-12 200 SC Meter Freestyle Relay

MCSL Relays: 1:53.08 7/29/2017 SG

Maria Sawadogo, Harrison Quach, Jason Hernandez-Fu

Lane	Team	Seed Time
1	Bethesda	2:03.39
2	Glenwood	2:02.58
3	Manchester Farm	2:02.06
4	Rockville	1:55.96
5	Stonebridge	1:59.40
6	Connecticut Belair	2:02.42
7	Kentlands	2:03.38
8	North Chevy Chase	2:10.59

Alternates

1	Regency Estates	2:03.64
2	Woodcliffe	2:03.76

Event 8 Boys 18 & Under 200 SC Meter Medley Relay

MCSL Relays: 1:43.47 7/20/2024 CG

Charlie Begin, Harrison Quach, Samir Elkassem, Nas

Lane	Team	Seed Time
1	Quince Orchard	1:52.34
2	Bethesda	1:50.83
3	Old Georgetown	1:49.71
4	Franklin Knolls	1:48.13
5	Rockville	1:48.85
6	Wildwood Manor	1:50.51
7	Manchester Farm	1:51.71
8	Forest Knolls	1:56.50

Alternates

1	Country Glen	1:51.49
2	Stonebridge	1:51.71

Event 9 Girls 18 & Under 200 SC Meter Medley Relay

MCSL Relays: 1:59.12 7/19/2025 WM

Lexie Bishop, Isla Bartholomew, Zoe McGee, Harper

Lane	Team	Seed Time
1	Northwest Branch	2:08.46
2	Mill Creek Towne	2:06.65
3	Rockville	2:05.00
4	Wildwood Manor	1:59.12
5	Chevy Chase Recreation	2:03.63
6	Stonegate	2:05.46
7	Damascus	2:06.93
8	Tallyho	2:08.25

Alternates

1	Potomac	2:06.71
2	Country Glen	2:07.40

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

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

John Jeang, Harrison Gu, Darius Truong, Sanjay Wi

Lane	Team	Seed Time
1	North Chevy Chase	1:11.78
2	Darnestown	1:07.78
3	Stonebridge	1:07.31
4	Woodcliffe	1:06.22
5	Clarksburg Village	1:06.77
6	Westleigh	1:07.46
7	Tanterra	1:09.50
8	Connecticut Belair	1:11.95

Alternates

1	Stonegate	1:08.00
2	Rockville	1:08.25

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

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

Nina Allen, Cassandra Sanidad, Tia Thomas, Sophia

Lane	Team	Seed Time
1	Merrimack Park	1:15.88
2	Darnestown	1:11.84
3	Regency Estates	1:08.53
4	Stonegate	1:05.59
5	Rockville	1:07.20
6	Hallowell	1:11.27
7	Old Farm	1:11.97
8	Palisades	1:16.50

Alternates

1	Clarksburg Village	1:10.31
2	Old Georgetown	1:11.58

Event 12 Boys 8 & Under 100 SC Meter Medley Relay

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

Nick Karayianis, Darius Truong, Alan Li, Anthony

Lane	Team	Seed Time
1	Forest Knolls	1:39.39
2	Hallowell	1:34.13
3	Darnestown	1:32.13
4	Stonegate	1:22.06
5	Wildwood Manor	1:25.76
6	Robin Hood	1:34.13
7	Franklin Knolls	1:36.39
8	Olney Mill	1:44.84

Alternates

1	Stonebridge	1:27.09
2	Potomac	1:32.97

Event 13 Girls 8 & Under 100 SC Meter Medley Relay

MCSL Relays: 1:19.90 7/28/2018 PO

Marlowe Bellerjeau, Kiara Kambeyanda, Caitlin Grov

Lane	Team	Seed Time
1	Olney Mill	1:38.56
2	Cedarbrook	1:33.90
3	Rockville	1:28.52
4	Regency Estates	1:24.01
5	Stonegate	1:27.82
6	Old Georgetown	1:31.83
7	Manchester Farm	1:35.02
8	Woodcliffe	1:44.91

Alternates

1	Franklin Knolls	1:32.69
2	Clarksburg Village	1:35.80



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



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 14 Boys 9-10 100 SC Meter Medley Relay**MCSL Relays:** 1:07.41 7/30/2016 CG**Nasim Elkassem, Samir Elkassem, Brady Begin, Thoma**

Lane	Team	Seed Time
------	------	-----------

1	North Chevy Chase	1:19.44
2	Westleigh	1:16.63
3	Manchester Farm	1:13.85
4	Bethesda	1:12.22
5	Mohican	1:12.52
6	River Falls	1:14.96
7	Bannockburn	1:16.69
8	Northwest Branch	1:21.21

Alternates

1	Rockville	1:15.37
2	Woodcliffe	1:15.91

Event 15 Girls 9-10 100 SC Meter Medley Relay**MCSL Relays:** 1:06.40 7/25/2015 SG**Nina Allen, Miranda Sanidad, Sydney Allen, Amy Lam**

Lane	Team	Seed Time
------	------	-----------

1	Kentlands	1:19.63
2	Regency Estates	1:15.64
3	Stonegate	1:14.19
4	Rockville	1:10.81
5	Bethesda	1:12.64
6	Mohican	1:15.39
7	Northwest Branch	1:16.89
8	Palisades	1:22.52

Alternates

1	Woodcliffe	1:14.28
2	Tanterra	1:16.28



ALL STAR AQUATICS

YEAR ROUND COMPETITIVE SWIMMING

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

RISEING STARS PROGRAM

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

www.AllStarAquatics.net

**Event 16 Mixed 15-18 200 SC Meter Medley Relay****MCSL Relays:** 1:50.65 7/29/2023 SB**Amy Qin, Young Cho, Jason Li, Ashley Woo**

Lane	Team	Seed Time
------	------	-----------

1	Old Georgetown	1:57.38
2	Wildwood Manor	1:57.00
3	Country Glen	1:56.56
4	Chevy Chase Recreation	1:55.34
5	Forest Knolls	1:56.32
6	Franklin Knolls	1:56.62
7	Rockville	1:57.07
8	Palisades	2:00.64

Alternates

1	Stonebridge	1:58.59
2	Stonegate	1:59.22

Event 17 Boys 11-12 200 SC Meter Medley Relay**MCSL Relays:** 2:08.33 7/25/2015 TH**Brett Feyerick, Ben Long Zuo, Cameron Barclay, Jos**

Lane	Team	Seed Time
------	------	-----------

1	Manor Woods	2:24.39
2	Kentlands	2:21.71
3	Rockville	2:12.09
4	Bethesda	2:11.39
5	Stonebridge	2:11.71
6	Westleigh	2:17.55
7	Manchester Farm	2:22.20
8	North Chevy Chase	2:30.00

Alternates

1	Glenwood	2:22.39
2	Clarksburg Village	2:24.08

Event 18 Girls 11-12 200 SC Meter Medley Relay**MCSL Relays:** 2:10.43 7/6/2025 RV**Isabella Liang, Annabel Robey, Elizabeth Chan, Sar**

Lane	Team	Seed Time
------	------	-----------

1	Kentlands	2:32.34
2	Glenwood	2:24.90
3	Stonegate	2:18.90
4	Rockville	2:10.43
5	Old Georgetown	2:18.59
6	Flower Valley	2:22.27
7	Manchester Farm	2:25.65
8	Daleview	2:37.08

Alternates

1	Stonebridge	2:23.20
2	Tallyho	2:25.93

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

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


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

A SMALL TEAM DELIVERING BIG RESULTS

TIBU

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 19 Boys 13-14 200 SC Meter Medley Relay

MCSL Relays: 1:55.07 7/27/2013 UC

Brandon Cu, Ryan O'Leary, Jason Tang, Samuel Tarte

Lane	Team	Seed Time
1	Mohican	2:06.42
2	Westleigh	2:04.59
3	Woodcliffe	2:02.13
4	Stonebridge	1:59.72
5	Glenwood	2:01.66
6	Country Glen	2:02.51
7	Hallowell	2:05.07
8	Olney Mill	2:15.65

Alternates

1	Potomac	2:02.62
2	River Falls	2:03.81

Event 20 Girls 13-14 200 SC Meter Medley Relay

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

Laura Garcia, Natalie Kronfli, Natalya Ares, Bridg

Lane	Team	Seed Time
1	Glenwood	2:17.15
2	Merrimack Park	2:12.16
3	Rockville	2:11.02
4	Chevy Chase Recr	2:08.90
5	Country Glen	2:08.96
6	Tanterra	2:11.44
7	Manor Woods	2:16.84
8	Olney Mill	2:18.03

Alternates

1	Flower Valley	2:13.03
2	Stonegate	2:13.63

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 21 Boys 18 & Under 250 SC Meter Freestyle Relay Crescendo**

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

Timmy Ellett, Noah Burgett, Eric Friedland, Garret

Lane	Team	Seed Time
1	Manchester Farm	2:28.07
2	Westleigh	2:26.76
3	Woodcliffe	2:22.65
4	Regency Estates	2:22.18
5	Darnestown	2:22.26
6	Stonebridge	2:23.22
7	Northwest Branch	2:26.83
8	Palisades	2:30.72

Alternates

1	Country Glen	2:24.14
2	Rockville	2:27.00

**TRAIN WITHOUT THE PAIN!**

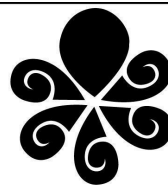
Rebound's experienced professionals understand the unique demands placed on the bodies of athletes. Whether it is a swimming-specific issue or any other sports related injury, we can help you train without the pain.

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

**Sport Fair**The Swimmer's Outfitter
5010 Langston Blvd Arlington, VA

**70 Years of Serving the Washington Area
Swimming Community**

Looking for a tech suit for your big race?
Our expert fitters can help you find the best fit for you!

**arena**

www.sportfairusa.com 703 524 9500

**JOLYN**

Visit the JOLYN display
at the MCSL

Coaches Long Course Meet

Event 22 Girls 18 & Under 250 SC Meter Freestyle Relay Crescendo

MCSL Relays: 2:26.79 7/27/2019 TH

Amelia Martin, Dana Clocker, Phoebe Bacon, Karis E

Lane	Team	Seed Time
1	Merrimack Park	2:41.78
2	Robin Hood	2:37.01
3	Regency Estates	2:35.97
4	Rockville	2:30.56
5	Stonegate	2:32.53
6	Old Georgetown	2:36.93
7	Darnestown	2:37.89
8	Mill Creek Towne	2:44.03

Alternates

1	Stonebridge	2:35.91
2	Glenwood	2:37.52

Please visit our sponsors & vendors on-site:

- Capitol Swim and Sport
- Joe Flaherty's Dolphins
- Jolyn



** 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



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