



# **MCSL All Stars Relay Meet Section II**

## **Divisions H – O**

Rockville Swim and Fitness Center

July 26, 2025



**MCSL Championship Series**

**MCSL Relays:**           **1:41.06**   **7/10/2011**   **RV**

Lane	Team	Seed Time
1	Ashton	2:06.94
2	Rockshire	1:56.76
3	Fallsmead	1:53.45
4	Inverness Recreation	1:48.97
5	Germantown	1:52.69
6	Clopper Mill Kingsview	1:55.50
7	Potomac Woods	1:57.72
8	Twinbrook	2:07.54

1	Arora Hills	1:53.00
2	Calverton	1:53.48

**MCSL Relays: 1:45.26 7/25/2015 SG**

Lane	Team	Seed Time
1	Norbeck Hills	2:05.51
2	King Farm	1:59.46
3	Willows of Potomac	1:57.62
4	Potomac Woods	1:54.58
5	Rock Creek	1:57.40
6	Poplar Run	1:58.41
7	West Hillandale	2:00.33
8	Twin Farms	2:06.01

1	Calverton	1:57.68
2	Waters Landing	1:57.89

**MCSL Relays:** 1:42.22 7/27/2024 RV

Lane	Team	Seed Time
1	Quail Valley	1:56.62
2	Lake Marion	1:52.59
3	Little Falls	1:51.34
4	Norbeck Grove	1:49.64
5	Tilden Woods	1:50.25
6	Washingtonian Woods	1:51.66
7	Twin Farms	1:55.12
8	Middlebridge	2:11.18

1	Poolesville	1:51.73
2	Glenmont	1:52.15

**MCSL Relays:**           **1:46.18**    **7/28/2018**   **SG**

Lane	Team	Seed Time
1	Poplar Run	2:13.06
2	Fallsmead	2:05.33
3	Little Falls	2:01.07
4	Calverton	1:56.75
5	North Creek	2:00.16
6	Glenmont	2:03.21
7	Willows of Potomac	2:07.28
8	Quail Valley	2:16.87

1	Rock Creek	1:58.89
2	Kenmont	2:01.33

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**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	Flower Hill	1:34.50
2	Clopper Mill Kingsview	1:25.72
3	Little Falls	1:22.47
4	Willows of Potomac	1:21.70
5	King Farm	1:22.25
6	Inverness Recreation	1:25.44
7	Clarksburg Town	1:32.84
8	Poplar Run	1:38.00

**Alternates**

1	Montgomery Square	1:23.50
2	West Hillandale	1:25.89

**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	Quail Valley	2:43.25
2	Waters Landing	2:38.66
3	Carderock Spring	2:34.06
4	Germantown	2:24.90
5	Inverness Recreation	2:26.71
6	West Hillandale	2:36.38
7	Poplar Run	2:42.31
8	Twin Farms	2:47.44

**Alternates**

1	Calverton	2:29.48
2	Rock Creek	2:31.21



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**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	Twinbrook	2:25.32
2	Twin Farms	2:13.37
3	Garrett Park	2:11.56
4	Arora Hills	2:01.21
5	Potomac Woods	2:08.40
6	West Hillandale	2:11.75
7	New Mark Commons	2:14.28
8	Clarksburg Town	2:25.93

**Alternates**

1	Montgomery Square	2:11.38
2	Washingtonian Woods	2:12.70

**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	Quail Valley	2:10.88
2	Twin Farms	1:57.70
3	Glenmont	1:56.37
4	Calverton	1:51.37
5	Lake Marion	1:54.81
6	Kenmont	1:56.90
7	Waters Landing	1:58.62
8	Twinbrook	2:20.62

**Alternates**

1	Rock Creek	1:56.50
2	Tilden Woods	1:57.09

**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	Whetstone	2:21.03
2	Lake Marion	2:15.57
3	Little Falls	2:12.60
4	Tilden Woods	2:11.34
5	Arora Hills	2:11.39
6	Norbeck Grove	2:12.84
7	Poplar Run	2:20.19
8	Hillandale	2:25.89

**Alternates**

1	Glenmont	2:13.00
2	Rock Creek	2:13.50

**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	Twinbrook	1:21.66
2	Lake Marion	1:17.07
3	Washingtonian Woods	1:13.90
4	Inverness Recreation	1:08.51
5	Fallsmead	1:13.81
6	Poolesville	1:15.07
7	Rockshire	1:19.20
8	Ashton	1:25.29

**Alternates**

1	Somerset	1:11.63
2	Rock Creek	1:13.47

**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	Norbeck Hills	1:20.62
2	West Hillandale	1:17.10
3	Potomac Woods	1:16.67
4	Poplar Run	1:11.28
5	King Farm	1:13.93
6	Somerset	1:16.69
7	Waters Landing	1:17.87
8	Twin Farms	1:22.79

**Alternates**

1	Long Branch	1:17.32
2	Washingtonian Woods	1:17.39

**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	Twinbrook	1:57.91
2	Washingtonian Woods	1:49.45
3	Clopper Mill Kingsview	1:43.72
4	Inverness Recreation	1:33.57
5	Little Falls	1:40.40
6	Willows of Potomac	1:45.56
7	Fallsmead	1:56.63
8	Clarksburg Town	2:06.38

**Alternates**

1	Tilden Woods	1:49.57
2	Lake Marion	1:54.00

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**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	Flower Hill	1:47.19
2	Waters Landing	1:44.38
3	Poplar Run	1:41.59
4	Little Falls	1:37.68
5	King Farm	1:40.39
6	West Hillandale	1:43.76
7	Norbeck Hills	1:46.22
8	Inverness Recreation	1:50.44

**Alternates**

1	Arora Hills	1:40.54
2	Kenmont	1:46.92


**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	Waters Landing	1:41.39
2	Twinbrook	1:30.97
3	Somerset	1:21.37
4	Germantown	1:17.51
5	Potomac Woods	1:20.34
6	Lake Marion	1:29.46
7	Ashton	1:35.15
8	James Creek	1:48.60

**Alternates**

1	Rock Creek	1:22.03
2	Poolesville	1:22.72



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***Mary Espe***The woman who taught me  
to love all things water.**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	Little Falls	1:30.26
2	Poplar Run	1:27.46
3	West Hillandale	1:22.59
4	Inverness Recreation	1:19.34
5	Washingtonian Woods	1:22.08
6	Lakelands	1:23.01
7	Quail Valley	1:29.72
8	James Creek	1:33.15

**Alternates**

1	King Farm	1:23.97
2	Tilden Woods	1:25.94

**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	Quail Valley	2:11.51
2	Twin Farms	2:04.97
3	Tilden Woods	2:03.27
4	Lake Marion	2:02.31
5	Glenmont	2:03.06
6	Norbeck Grove	2:04.03
7	Poolesville	2:07.01
8	Middlebridge	2:28.63

**Alternates**

1	Washingtonian Woods	2:05.75
2	Garrett Park	2:05.96



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### 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	Quail Valley	2:49.90
2	Clopper Mill Kingsview	2:41.41
3	Rockshire	2:37.06
4	Garrett Park	2:29.62
5	Washingtonian Woods	2:30.92
6	Fallsmead	2:40.89
7	Potomac Woods	2:41.71
8	Twinbrook	3:01.06

#### Alternates

1	Arora Hills	2:36.89
2	Germantown	2:39.21

### 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	Twin Farms	2:52.78
2	Waters Landing	2:39.75
3	Plantations	2:36.25
4	Potomac Woods	2:27.53
5	Arora Hills	2:27.96
6	Poplar Run	2:37.97
7	Garrett Park	2:41.25
8	Ashton	2:59.75

#### Alternates

1	Carderock Springs	2:31.62
2	Washingtonian Woods	2:33.16

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**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	Norbeck Hills	2:40.56
2	Montgomery Square	2:15.16
3	Tilden Woods	2:11.19
4	North Creek	2:10.87
5	Rock Creek	2:11.06
6	Garrett Park	2:11.62
7	Little Falls	2:21.75
8	Lakelands	2:52.28

**Alternates**

1	Washingtonian Woods	2:18.57
2	Long Branch	2:20.32

**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	Poplar Run	2:30.81
2	West Hillandale	2:26.50
3	Kenmont	2:24.68
4	Tilden Woods	2:19.81
5	Germantown	2:21.87
6	Waters Landing	2:25.03
7	Fallsmead	2:28.70
8	Quail Valley	2:51.32

**Alternates**

1	Rock Creek	2:21.46
2	Somerset	2:25.31

**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	Clarksburg Town	2:55.19
2	Waters Landing	2:42.06
3	Lake Marion	2:35.76
4	Washingtonian Woods	2:32.19
5	Inverness Recreation	2:32.66
6	Little Falls	2:38.50
7	Twin Farms	2:45.58
8	Middlebridge	3:12.07

**Alternates**

1	Rock Creek	2:33.00
2	Somerset	2:34.27

**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	Quail Valley	2:55.12
2	West Hillandale	2:49.39
3	Potomac Woods	2:45.34
4	Tilden Woods	2:42.25
5	Germantown	2:45.08
6	Norbeck Grove	2:48.71
7	Twin Farms	2:50.93
8	Middlebridge	3:19.31

**Alternates**

1	Rock Creek	2:42.56
2	Arora Hills	2:45.28

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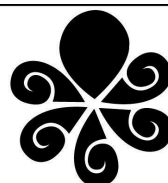
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