



2024 MCSL Coaches Long Course Invitational Meet and Hall of Fame Induction Ceremony

Rockville Swim and Fitness Center

July 9, 2024



Event 1 Boys 12 & Under 200 LC Meter IM

Record: 1:03.31 7/24/2021 Andrew Vanas

| Lane | Name | Age | Team | Seed | Time |
|------|---------------------|-----|------|------|---------|
| 1 | Nadelhaft, Daniel | 12 | G | | 1:13.65 |
| 2 | Tempelhoff, Grayson | 12 | HA | | 1:13.58 |
| 3 | Pica, Zander | 12 | D | | 1:12.15 |
| 4 | Ahuja, Riaan | 12 | MS | | 1:09.62 |
| 5 | Sunjaya, Brian | 11 | ARH | | 1:11.25 |
| 6 | Greer, Tomas | 12 | WM | | 1:13.25 |
| 7 | Donley, Logan | 12 | CA | | 1:13.62 |
| 8 | McGuire, Jeffrey | 12 | C | | 1:13.75 |

Alternates

| | | | | | |
|---|-------------|----|----|--|---------|
| 1 | Hua, Jason | 12 | TH | | 1:14.38 |
| 2 | Fogel, Aden | 12 | D | | 1:14.53 |

Event 2 Girls 12 & Under 200 LC Meter IM

Record: 1:06.59 7/22/2017 Carly Sebring

| Lane | Name | Age | Team | Seed | Time |
|------|-------------------|-----|------|------|---------|
| 1 | Bhardwaj, Adya | 12 | TH | | 1:15.52 |
| 2 | Zettler, Grace | 11 | PO | | 1:14.53 |
| 3 | Patel, Meera | 12 | CLK | | 1:12.18 |
| 4 | Ryan, Jenna | 12 | SG | | 1:10.56 |
| 5 | Bell, Ainsley | 12 | TH | | 1:11.68 |
| 6 | Hutson, Catherine | 12 | RE | | 1:13.87 |
| 7 | Lindley, Elena | 12 | RH | | 1:15.37 |
| 8 | Chang, Sydney | 11 | SB | | 1:15.53 |

Alternates

| | | | | | |
|---|-----------------|----|-----|--|---------|
| 1 | Davey, Caroline | 12 | CCR | | 1:15.90 |
| 2 | Shu, Elaine | 12 | SB | | 1:16.03 |

Event 3 Boys 13-14 200 LC Meter IM

Record: 2:08.08 7/13/2021 Adriano Arioti

| Lane | Name | Age | Team | Seed | Time |
|------|----------------------|-----|------|------|---------|
| 1 | Schoch, Samuel | 14 | G | | 1:05.59 |
| 2 | Imi, Shou | 14 | RV | | 1:04.07 |
| 3 | Thiede, George | 14 | CCR | | 1:03.07 |
| 4 | Kominski, Tyler | 14 | TA | | 1:01.51 |
| 5 | Bartholomew, Lachlan | 14 | WM | | 1:02.09 |
| 6 | Nurit, Leopold | 14 | PO | | 1:03.40 |
| 7 | Liberty, Nicholas | 14 | NGV | | 1:04.84 |
| 8 | Chen, Kevin | 14 | GM | | 1:05.81 |

Alternates

| | | | | | |
|---|---------------|----|----|--|---------|
| 1 | Xu, Joseph | 13 | SB | | 1:06.23 |
| 2 | Avalos, Ethan | 14 | BE | | 1:06.52 |

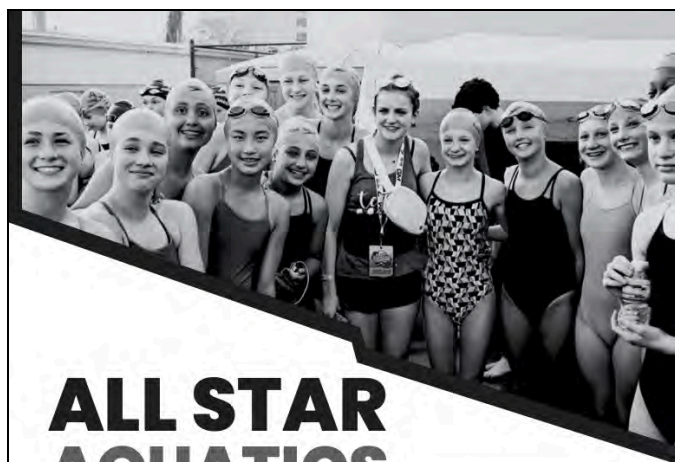
Event 4 Girls 13-14 200 LC Meter IM

Record: 2:20.04 7/10/2018 Carly Sebring

| Lane | Name | Age | Team | Seed | Time |
|------|-------------------|-----|------|------|---------|
| 1 | Wexler, Hannah | 13 | LF | | 1:11.39 |
| 2 | Roemer, Samantha | 14 | FM | | 1:10.78 |
| 3 | Groves, Caitlin | 14 | RF | | 1:09.63 |
| 4 | Bishop, Alexandra | 14 | WM | | 1:07.26 |
| 5 | Yeou, Jisoo | 14 | PO | | 1:08.40 |
| 6 | Rabah, Luana | 14 | PO | | 1:09.85 |
| 7 | Lakso, Brooke | 13 | NGV | | 1:10.95 |
| 8 | Hawman, Sora | 13 | FV | | 1:11.50 |

Alternates

| | | | | | |
|---|---------------|----|-----|--|---------|
| 1 | Chong, Finley | 14 | WCF | | 1:11.56 |
| 2 | Tansey, Anne | 13 | MCT | | 1:11.67 |



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Event 5 Men 15-18 200 LC Meter IM

Record: 2:03.98 7/11/2023 Adriano Arioti

| Lane | Name | Age | Team | Seed | Time |
|------|-----------------|-----|------|------|-------|
| 1 | Ament, Linus | 18 | MW | | 59.84 |
| 2 | Shafer, Lukas | 17 | KL | | 59.53 |
| 3 | Lee, Elliot | 18 | TH | | 58.16 |
| 4 | Kelly, Jordan | 18 | RS | | 58.09 |
| 5 | Mackesy, Evan | 18 | MCT | | 58.15 |
| 6 | Oehler, Griffin | 15 | WG | | 59.02 |
| 7 | Elkassam, Samir | 18 | CG | | 59.64 |
| 8 | Sun, Ashton | 18 | KFM | | 59.97 |

Alternates

| | | | | | |
|---|---------------|----|----|--|---------|
| 1 | Keeler, Chase | 17 | LM | | 1:00.09 |
| 2 | Li, Jason | 17 | SB | | 1:00.60 |



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Event 8 Girls 8 & Under 50 LC Meter Freestyle

Record: 34.43 7/10/2012 Jill Berger

| Lane | Name | Age | Team | Seed | Time |
|------|--------------------|-----|------|------|-------|
| 1 | Radford, Gabrielle | 8 | DT | | 17.94 |
| 2 | Newell, Kiera | 8 | WG | | 17.70 |
| 3 | Chu, Chloe | 8 | MM | | 17.60 |
| 4 | Mense, Grace | 8 | OG | | 16.21 |
| 5 | Zhang, Emma | 8 | RV | | 17.18 |
| 6 | Obrien, Mackenzie | 8 | FR | | 17.68 |
| 7 | Moore, Leah | 8 | WG | | 17.90 |
| 8 | Smith, Sydney | 8 | C | | 18.03 |

Alternates

| | | | | | |
|---|---------------|---|-----|--|-------|
| 1 | Luna, Abigail | 8 | WTL | | 18.13 |
| 2 | Arora, Iris | 8 | IF | | 18.22 |

Event 9 Boys 9-10 100 LC Meter Freestyle

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

| Lane | Name | Age | Team | Seed | Time |
|------|-------------------|-----|------|------|-------|
| 1 | Worley, Nicholas | 10 | D | | 33.12 |
| 2 | Li, Jonathan | 9 | WCF | | 32.82 |
| 3 | Kopp, Joris | 10 | RE | | 32.19 |
| 4 | Xu, Jason | 10 | SB | | 31.91 |
| 5 | Romero-Zermeno, A | 10 | SB | | 32.16 |
| 6 | Begin, Wes | 10 | CG | | 32.76 |
| 7 | DeLuca, Taylor | 9 | NCC | | 33.10 |
| 8 | Duncan, Dallas | 10 | B | | 33.18 |

Alternates

| | | | | | |
|---|---------------|----|----|--|-------|
| 1 | Cohen, Hugh | 10 | PW | | 33.58 |
| 2 | Fout, Cameron | 10 | GP | | 33.65 |

Event 6 Women 15-18 200 LC Meter IM

Record: 2:16.11 7/19/2022 Sophie Duncan

| Lane | Name | Age | Team | Seed | Time |
|------|---------------------|-----|------|------|---------|
| 1 | Webb, Maria | 16 | QV | | 1:08.81 |
| 2 | Scofield, Campbell | 17 | MS | | 1:08.58 |
| 3 | Xiao, Alice | 16 | RV | | 1:08.40 |
| 4 | Simmons, Madeleine | 17 | SL | | 1:06.16 |
| 5 | Clattenburg, Hannah | 15 | B | | 1:08.14 |
| 6 | Sunjaya, Viona | 15 | ARH | | 1:08.44 |
| 7 | Rushton, Harper | 15 | SL | | 1:08.63 |
| 8 | Kincaid, Kellie | 16 | RH | | 1:08.83 |

Alternates

| | | | | | |
|---|----------------|----|----|--|---------|
| 1 | McGee, Zoe | 16 | WM | | 1:09.34 |
| 2 | Watkins, Celia | 16 | DT | | 1:09.61 |

Event 7 Boys 8 & Under 50 LC Meter Freestyle

Record: 32.73 7/14/2009 Timmy Ellett

| Lane | Name | Age | Team | Seed | Time |
|------|--------------------|-----|------|------|-------|
| 1 | Kichoukov, Trystan | 8 | CLK | | 17.15 |
| 2 | DeShayes, Zane | 8 | MCT | | 16.91 |
| 3 | Sharp, Lucas | 8 | WL | | 16.33 |
| 4 | Herbert, Brayden | 8 | MCF | | 15.80 |
| 5 | Duncan, Ethan | 8 | B | | 16.14 |
| 6 | Jing, Bryan | 8 | RV | | 16.62 |
| 7 | Smink, Edison | 8 | OM | | 16.95 |
| 8 | Halbe, Levi | 8 | CB | | 17.19 |

Alternates

| | | | | | |
|---|-----------------|---|----|--|-------|
| 1 | Dunmire, Wells | 8 | OG | | 17.33 |
| 2 | Stringer, Aidan | 8 | FV | | 17.37 |

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Event 10 Girls 9-10 100 LC Meter Freestyle

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

| Lane | Name | Age | Team | Seed Time |
|------|----------------------|-----|------|-----------|
| 1 | Gupta, Ira | 9 | BE | 34.41 |
| 2 | Bowen, Tessa | 10 | WG | 34.20 |
| 3 | Jayawardhane, Samara | 10 | PW | 33.46 |
| 4 | Sanders, Lily | 10 | RH | 32.65 |
| 5 | Drozd, Lesia | 10 | RV | 33.08 |
| 6 | Radford, Callie | 10 | DT | 34.08 |
| 7 | Rabah, Lara | 10 | PO | 34.22 |
| 8 | O'Connell, Fiona | 10 | WWD | 34.47 |

Alternates

| | | | | |
|---|------------------|----|-----|-------|
| 1 | Thorn, Juliet | 10 | MCT | 34.53 |
| 2 | Diener, Catalina | 9 | PR | 34.53 |

Event 11 Boys 11-12 100 LC Meter Freestyle

Record: 56.85 7/11/2023 Jeremiah Germosen

| Lane | Name | Age | Team | Seed Time |
|------|------------------------|-----|------|-----------|
| 1 | Vertriest, Xander | 12 | CS | 29.33 |
| 2 | Buns, Jacob | 12 | NWB | 29.31 |
| 3 | Zand, David | 12 | B | 28.76 |
| 4 | Thomas, Tripp | 12 | SG | 26.59 |
| 5 | Nishnianidze, Nickolas | 11 | QO | 27.69 |
| 6 | Fortunato, Chase | 12 | RF | 28.82 |
| 7 | Stenberg, Charles | 12 | B | 29.33 |
| 8 | Huaman, Nicolas | 12 | PO | 29.39 |

Alternates

| | | | | |
|---|-----------------------|----|----|-------|
| 1 | Yuryev, Clement | 12 | RS | 29.41 |
| 2 | Hernandez Fuentes, Jo | 12 | SG | 29.67 |



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Event 12 Girls 11-12 100 LC Meter Freestyle

Record: 58.71 7/11/2017 Erin Gemmell

| Lane | Name | Age | Team | Seed Time |
|------|-----------------|-----|------|-----------|
| 1 | Hoppe, Sophia | 12 | WHI | 30.21 |
| 2 | Kuzmenko, Alina | 12 | PL | 30.02 |
| 3 | Young, Sara | 11 | RV | 29.21 |
| 4 | Ryan, Jenna | 12 | SG | 29.03 |
| 5 | Bell, Ainsley | 12 | TH | 29.19 |
| 6 | Ahearn, Mara | 12 | HA | 29.75 |
| 7 | Han, Riley | 12 | MM | 30.06 |
| 8 | Chang, Sydney | 11 | SB | 30.44 |

Alternates

| | | | | |
|---|-------------------|----|-----|-------|
| 1 | Croghan, Gillan | 12 | CCR | 30.81 |
| 2 | Velasquez, Amelia | 12 | OM | 30.84 |

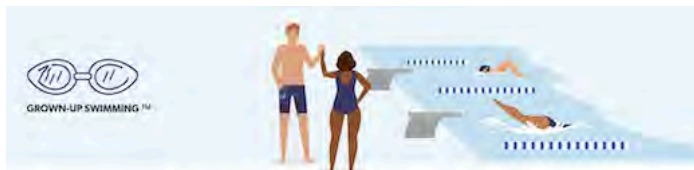
Event 13 Boys 13-14 100 LC Meter Freestyle

Record: 54.03 7/11/2023 Andrew Vanas

| Lane | Name | Age | Team | Seed Time |
|------|---------------------|-----|------|-----------|
| 1 | Andrews, David | 14 | PO | 26.56 |
| 2 | Schestopol, Abraham | 14 | CCR | 26.45 |
| 3 | Fisher, Patrick | 14 | MW | 25.84 |
| 4 | Germosen, Jeremiah | 13 | HA | 25.38 |
| 5 | Roscetti, Nicholas | 14 | RF | 25.44 |
| 6 | Greer, Christian | 14 | WM | 26.32 |
| 7 | Bailey, Matthew | 14 | SL | 26.53 |
| 8 | Nurit, Leopold | 14 | PO | 26.59 |

Alternates

| | | | | |
|---|-------------------|----|-----|-------|
| 1 | Nedd, Christopher | 14 | RH | 26.69 |
| 2 | Ross, Stewart | 13 | CCR | 26.84 |



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

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Event 14 Girls 13-14 100 LC Meter Freestyle

Record: 55.87 7/9/2019 Erin Gemmell

| Lane | Name | Age | Team | Seed Time |
|------|---------------------|-----|------|-----------|
| 1 | Zettler, Julia | 13 | PO | 29.21 |
| 2 | Schur, Gracie | 13 | CG | 28.90 |
| 3 | Roemer, Samantha | 14 | FM | 28.33 |
| 4 | Bartholomew, Harper | 13 | WM | 27.34 |
| 5 | Ji, KaiLi | 14 | PO | 27.53 |
| 6 | Roscetti, Natalie | 13 | RF | 28.53 |
| 7 | Tansey, Anne | 13 | MCT | 28.97 |
| 8 | Hawman, Sora | 13 | FV | 29.25 |

Alternates

| | | | | |
|---|----------------|----|-----|-------|
| 1 | Liu, Ashley | 14 | PO | 29.31 |
| 2 | Thomas, Ellery | 13 | CCR | 29.32 |

Event 15 Men 15-18 200 LC Meter Freestyle

Record: 1:53.62 7/11/2023 Brady Begin

| Lane | Name | Age | Team | Seed Time |
|------|------------------|-----|------|-----------|
| 1 | Begin, Charlie | 16 | CG | 53.41 |
| 2 | Kojanov, Mikhail | 17 | TW | 53.31 |
| 3 | Begin, Brady | 18 | CG | 52.90 |
| 4 | Wang, Kyle | 17 | RE | 51.54 |
| 5 | Watkins, Owen | 18 | DT | 51.84 |
| 6 | Lopez, Joshua | 17 | CA | 53.26 |
| 7 | Brooks, Andrejs | 17 | NCC | 53.34 |
| 8 | Vanas, Andrew | 15 | WWD | 53.53 |

Alternates

| | | | | |
|---|------------------|----|----|-------|
| 1 | Elkassam, Nasim | 18 | CG | 54.31 |
| 2 | Bishop, Anderson | 17 | WM | 54.32 |

Event 16 Women 15-18 200 LC Meter Freestyle

Record: 1:57.45 7/19/2022 Erin Gemmell

| Lane | Name | Age | Team | Seed Time |
|------|---------------------|-----|------|-----------|
| 1 | Nishnianidze, Anna | 16 | QO | 59.72 |
| 2 | Morgan, Healey | 18 | SL | 59.10 |
| 3 | Clattenburg, Hannah | 15 | B | 58.53 |
| 4 | Dworak, Andrea | 17 | FO | 56.57 |
| 5 | Simmons, Madeleine | 17 | SL | 58.38 |
| 6 | Qin, Amy | 18 | SB | 59.00 |
| 7 | Bartholomew, Isla | 17 | WM | 59.51 |
| 8 | Eliason, Sarah | 18 | RV | 59.76 |

Alternates

| | | | | |
|---|-----------------|----|----|---------|
| 1 | Saybolt, Elanor | 15 | WM | 1:00.00 |
| 2 | Gotting, Lauren | 17 | PO | 1:00.32 |

Event 17 Boys 8 & Under 50 LC Meter Backstroke

Record: 39.77 7/8/2014 Ashton Yiyang Sun

| Lane | Name | Age | Team | Seed Time |
|------|---------------------|-----|------|-----------|
| 1 | Jing, Bryan | 8 | RV | 21.16 |
| 2 | Pekkanen, John | 8 | LF | 20.68 |
| 3 | Smink, Edison | 8 | OM | 20.26 |
| 4 | Sharp, Lucas | 8 | WL | 19.26 |
| 5 | Band, Harrison | 8 | FM | 19.72 |
| 6 | Berger, Blake | 8 | SL | 20.59 |
| 7 | Van Loon, Sebastian | 8 | NMC | 20.69 |
| 8 | Young, Shane | 7 | CS | 22.25 |

Alternates

| | | | | |
|---|---------------|---|----|-------|
| 1 | Wu, Alexander | 8 | RV | 22.25 |
| 2 | Bolten, Eli | 8 | SO | 22.44 |

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Event 18 Girls 8 & Under 50 LC Meter Backstroke

Record: 40.44 7/10/2007 Eliya Harnood

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Li, Vivian | 8 | CG | 22.42 |
| 2 | Chu, Chloe | 8 | MM | 22.19 |
| 3 | Young, Anna | 8 | LB | 21.50 |
| 4 | Newell, Kiera | 8 | WG | 20.21 |
| 5 | Smith, Sydney | 8 | C | 20.26 |
| 6 | Reilly, Kate | 8 | RH | 21.71 |
| 7 | Seeto, Ellie | 8 | WCF | 22.41 |
| 8 | Wilkerson, Clarke | 8 | BE | 22.44 |

Alternates

| | | | | |
|---|---------------|---|----|-------|
| 1 | Atallah, Noor | 8 | PA | 22.56 |
| 2 | Miller, Eden | 8 | FR | 22.65 |

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Event 19 Boys 9-10 50 LC Meter Backstroke

Record: 33.31 7/11/2017 Adriano Arioti

| Lane | Name | Age | Team | Seed Time |
|------|------------------|-----|------|-----------|
| 1 | McCarthy, Oliver | 10 | WM | 18.26 |
| 2 | DeLuca, Taylor | 9 | NCC | 17.60 |
| 3 | Begin, Wes | 10 | CG | 17.40 |
| 4 | Li, Marcus | 10 | CLK | 16.53 |
| 5 | Kopp, Joris | 10 | RE | 17.26 |
| 6 | Yu, Bernard | 10 | RV | 17.60 |
| 7 | Killen, Shane | 10 | WWD | 17.82 |
| 8 | Le, Andy | 9 | WCF | 18.50 |

Alternates

| | | | | |
|---|---------------|----|----|-------|
| 1 | Shah, Bennett | 10 | C | 18.53 |
| 2 | Roome, Daniel | 10 | SL | 18.57 |

Event 20 Girls 9-10 50 LC Meter Backstroke

Record: 35.09 7/14/1998 Laura Eull

| Lane | Name | Age | Team | Seed Time |
|------|------------------|-----|------|-----------|
| 1 | Rabah, Lara | 10 | PO | 18.62 |
| 2 | O'Connell, Fiona | 10 | WWD | 18.47 |
| 3 | Almassian, Laleh | 10 | KL | 17.76 |
| 4 | Carrick, Julia | 10 | FV | 17.28 |
| 5 | Rankin, Rosalie | 10 | MCT | 17.41 |
| 6 | Zhang, Josie | 10 | SB | 18.38 |
| 7 | McKinley, Maeve | 10 | FV | 18.50 |
| 8 | Kaplan, Harper | 10 | SL | 18.75 |

Alternates

| | | | | |
|---|---------------------|----|----|-------|
| 1 | Trepkowski, Sabrina | 10 | H | 18.97 |
| 2 | Halbe, Liesel | 10 | CB | 19.10 |

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Event 24 Girls 13-14 100 LC Meter Backstroke

Record: 1:02.84 7/11/2017 Phoebe Bacon

| Lane | Name | Age | Team | Seed | Time |
|------|---------------------|-----|------|------|-------|
| 1 | Kraft, Allison | 14 | MCT | | 33.03 |
| 2 | Wolffington, Annika | 14 | DT | | 32.78 |
| 3 | Wexler, Hannah | 13 | LF | | 32.13 |
| 4 | Bartholomew, Harper | 13 | WM | | 31.46 |
| 5 | Thomas, Ellery | 13 | CCR | | 31.52 |
| 6 | Schur, Gracie | 13 | CG | | 32.50 |
| 7 | Magro, Sienna | 13 | FV | | 32.90 |
| 8 | Zhang, Mia | 13 | MCF | | 33.19 |

Alternates

| | | | | | |
|---|----------------|----|-----|--|-------|
| 1 | Chong, Finley | 14 | WCF | | 33.28 |
| 2 | Morton, Olivia | 14 | C | | 33.43 |

Event 21 Boys 11-12 100 LC Meter Backstroke

Record: 1:04.76 7/14/2015 Brett Feyerick

| Lane | Name | Age | Team | Seed | Time |
|------|------------------------|-----|------|------|-------|
| 1 | Tempelhoff, Grayson | 12 | HA | | 34.15 |
| 2 | Zand, David | 12 | B | | 33.58 |
| 3 | Hua, Jason | 12 | TH | | 32.96 |
| 4 | Ahuja, Riaan | 12 | MS | | 31.60 |
| 5 | Pica, Zander | 12 | D | | 32.46 |
| 6 | McCullough, Connor | 12 | OF | | 33.10 |
| 7 | Nishnianidze, Nickolas | 11 | QO | | 33.87 |
| 8 | Hernandez Fuentes, Jo | 12 | SG | | 34.34 |

Alternates

| | | | | | |
|---|------------------|----|----|--|-------|
| 1 | McGuire, Jeffrey | 12 | C | | 34.58 |
| 2 | Sumrow, Logan | 11 | KL | | 34.72 |

Event 22 Girls 11-12 100 LC Meter Backstroke

Record: 1:05.04 7/14/2015 Phoebe Bacon

| Lane | Name | Age | Team | Seed | Time |
|------|-------------------|-----|------|------|-------|
| 1 | Liang, Isabella | 11 | RV | | 34.08 |
| 2 | Ahearn, Mara | 12 | HA | | 33.67 |
| 3 | Patel, Meera | 12 | CLK | | 32.69 |
| 4 | Diaz, Juli | 12 | RV | | 32.13 |
| 5 | Groves, Charlotte | 12 | RF | | 32.37 |
| 6 | Maki, Reagan | 12 | PR | | 33.47 |
| 7 | Johnson, Alexis | 12 | TA | | 33.68 |
| 8 | Schestopol, Celia | 12 | CCR | | 34.40 |

Alternates

| | | | | | |
|---|------------------|----|----|--|-------|
| 1 | Tretyakov, Irene | 12 | DF | | 35.16 |
| 2 | Robey, Annabel | 11 | RV | | 35.27 |

Event 23 Boys 13-14 100 LC Meter Backstroke

Record: 59.15 7/14/2009 Jack Conger

| Lane | Name | Age | Team | Seed | Time |
|------|---------------------|-----|------|------|-------|
| 1 | Fisher, Patrick | 14 | MW | | 29.90 |
| 2 | Iavarone, Christian | 14 | CLK | | 29.82 |
| 3 | Mulla, Daniel | 13 | FM | | 29.65 |
| 4 | Fontana, Rafael | 13 | DT | | 29.08 |
| 5 | Devinney, Jay Cole | 13 | CG | | 29.22 |
| 6 | Lee, Seine | 13 | TH | | 29.76 |
| 7 | Ericson, Selim | 13 | NWB | | 29.82 |
| 8 | Maready, Mason | 13 | OM | | 30.34 |

Alternates

| | | | | | |
|---|--------------------|----|----|--|-------|
| 1 | Adebiyi, Alexander | 14 | SG | | 30.38 |
| 2 | Xu, Joseph | 13 | SB | | 30.63 |



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Event 25 Men 15-18 200 LC Meter Backstroke

Record: 2:01.04 7/10/2012 Jack Conger

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Waterman, Clayton | 17 | NCC | 58.50 |
| 2 | Bacon, Finn | 18 | TH | 57.64 |
| 3 | Oehler, Griffin | 15 | WG | 57.45 |
| 4 | Kojanov, Mikhail | 17 | TW | 57.29 |
| 5 | Begin, Charlie | 16 | CG | 57.43 |
| 6 | Mackesy, Evan | 18 | MCT | 57.47 |
| 7 | Sun, Ashton | 18 | KFM | 58.43 |
| 8 | Keeler, Chase | 17 | LM | 59.27 |

Alternates

| | | | | |
|---|-------------------|----|-----|-------|
| 1 | Friedman, Owen | 16 | OF | 59.40 |
| 2 | McDonough, Edward | 17 | NWB | 59.84 |


Event 26 Women 15-18 200 LC Meter Backstroke

Record: 2:15.87 7/13/2021 Sophie Duncan

| Lane | Name | Age | Team | Seed Time |
|------|------------------|-----|------|-----------|
| 1 | Cai, Anika | 15 | CG | 1:07.09 |
| 2 | Rushton, Harper | 15 | SL | 1:04.18 |
| 3 | Dworak, Andrea | 17 | FO | 1:02.96 |
| 4 | Venditti, Livia | 18 | CG | 1:02.53 |
| 5 | Hinds, Virginia | 16 | CCR | 1:02.75 |
| 6 | Thomas, Nadia | 17 | MM | 1:03.26 |
| 7 | Watkins, Celia | 16 | DT | 1:04.72 |
| 8 | Inman, Madeleine | 15 | DA | 1:07.34 |

Alternates

| | | | | |
|---|-----------------|----|-----|---------|
| 1 | Crown, Ella | 16 | CLM | 1:07.71 |
| 2 | Kincaid, Kellie | 16 | RH | 1:07.93 |



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Event 27 Boys 8 & Under 50 LC Meter Breaststroke

Record: 44.05 7/12/2011 Darios Truong

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Cofield, Rossi | 7 | SG | 24.19 |
| 2 | Purifoy, Nathan | 8 | NWB | 24.03 |
| 3 | Griffith, Caleb | 8 | DA | 22.82 |
| 4 | Duncan, Ethan | 8 | B | 21.76 |
| 5 | Gash, Sebastian | 8 | TB | 22.03 |
| 6 | Reilly, Sebastian | 8 | SO | 23.76 |
| 7 | Allender, August | 8 | FR | 24.10 |
| 8 | Woo, Connor | 8 | SB | 24.50 |

Alternates

| | | | | |
|---|-------------|---|-----|-------|
| 1 | Sun, Thiago | 8 | RV | 24.84 |
| 2 | Hou, Evan | 8 | PGL | 24.91 |

Event 28 Girls 8 & Under 50 LC Meter Breaststroke

Record: 46.90 7/17/2018 Audrey Lee

| Lane | Name | Age | Team | Seed Time |
|------|-------------------------|-----|------|-----------|
| 1 | Arora, Iris | 8 | IF | 25.53 |
| 2 | Freedman, Oakley | 8 | SG | 25.38 |
| 3 | Srikittipraphas, Avalyn | 8 | PGL | 24.09 |
| 4 | Zhang, Emma | 8 | RV | 21.26 |
| 5 | O'Brien, Mackenzie | 8 | FR | 22.47 |
| 6 | Tang, Maggie | 8 | WCF | 25.19 |
| 7 | Butler, Reese | 8 | G | 25.41 |
| 8 | Chang, Colbie | 8 | WG | 25.56 |

Alternates

| | | | | |
|---|------------------|---|----|-------|
| 1 | Bernal, Catalina | 8 | MW | 25.81 |
| 2 | Banashak, Willa | 7 | OG | 25.83 |

Event 29 Boys 9-10 50 LC Meter Breaststroke

Record: 38.16 7/11/2017 Eric Sanidad

| Lane | Name | Age | Team | Seed | Time |
|------|-----------------------|-----|------|------|-------|
| 1 | Musser, Graham | 9 | PA | | 20.81 |
| 2 | Roberts, Samuel | 10 | SB | | 20.27 |
| 3 | Li, Marcus | 10 | CLK | | 20.07 |
| 4 | Boyar, Grant | 10 | SG | | 19.10 |
| 5 | Joung, Jeremy | 10 | WL | | 20.00 |
| 6 | Elag, Mahmoud | 10 | RV | | 20.09 |
| 7 | Santos Pineiro, Tiago | 9 | BE | | 20.69 |
| 8 | Newell, Dylan | 10 | WG | | 20.81 |

Alternates

| | | | | |
|---|---------------|----|-----|-------|
| 1 | Killen, Shane | 10 | WWD | 20.84 |
| 2 | Bu, Daniel | 9 | TH | 20.87 |

Event 30 Girls 9-10 50 LC Meter Breaststroke

Record: 36.88 7/11/2017 Emma Lantry

| Lane | Name | Age | Team | Seed | Time |
|------|------------------------|-----|------|------|-------|
| 1 | Zhang, Josie | 10 | SB | | 20.47 |
| 2 | Allender, Mabel | 10 | FR | | 19.95 |
| 3 | Sanders, Lily | 10 | RH | | 19.22 |
| 4 | Moreira Aviles, Camila | 10 | CS | | 18.77 |
| 5 | Carrick, Julia | 10 | FV | | 19.13 |
| 6 | Pham, Emma | 10 | KL | | 19.38 |
| 7 | Radford, Callie | 10 | DT | | 20.44 |
| 8 | McKoy, Gabriella | 10 | WWD | | 20.53 |

Alternates

| | | | | |
|---|--------------|----|-----|-------|
| 1 | Wang, Emma | 9 | CLK | 20.53 |
| 2 | Rosen, Calla | 10 | RE | 20.97 |



Event 31 Boys 11-12 100 LC Meter Breaststroke

Record: 1:13.56 7/11/2017 Jason Hernandez-Fuentes

| Lane | Name | Age | Team | Seed | Time |
|------|--------------------|-----|------|------|-------|
| 1 | Han, Ewan | 12 | SB | | 38.63 |
| 2 | Fogel, Aden | 12 | D | | 37.40 |
| 3 | Joung, Joshua | 11 | WL | | 36.50 |
| 4 | Thomas, Tripp | 12 | SG | | 33.78 |
| 5 | Sunjaya, Brian | 11 | ARH | | 34.76 |
| 6 | Solazzo, Danny | 12 | CA | | 37.22 |
| 7 | Banks, Asa | 12 | NO | | 37.75 |
| 8 | Huang, Christopher | 11 | RV | | 38.70 |

Alternates

| | | | | |
|---|-------------|----|----|-------|
| 1 | Wu, Evan | 11 | SB | 38.98 |
| 2 | Hall, David | 11 | BE | 39.07 |

Event 32 Girls 11-12 100 LC Meter Breaststroke

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

| Lane | Name | Age | Team | Seed | Time |
|------|-----------------|-----|------|------|-------|
| 1 | Garcia, Eva | 11 | SG | | 39.28 |
| 2 | Kuzmenko, Alina | 12 | PL | | 38.41 |
| 3 | Bhardwaj, Adya | 12 | TH | | 38.03 |
| 4 | Shu, Elaine | 12 | SB | | 37.25 |
| 5 | Lindley, Elena | 12 | RH | | 37.32 |
| 6 | Yun, Clara | 11 | CG | | 38.11 |
| 7 | Hoppe, Sophia | 12 | WHI | | 39.18 |
| 8 | Hidalgo, Elise | 11 | G | | 39.31 |

Alternates

| | | | | |
|---|-----------------|----|----|-------|
| 1 | Chan, Elizabeth | 11 | RV | 39.47 |
| 2 | Plaza, Eva | 12 | D | 39.59 |

Event 33 Boys 13-14 100 LC Meter Breaststroke

Record: 1:07.50 7/11/2023 Jack Dawson

| Lane | Name | Age | Team | Seed | Time |
|------|----------------------|-----|------|------|-------|
| 1 | Faucette, Samuel | 14 | GP | | 33.39 |
| 2 | Chen, Kevin | 14 | GM | | 32.66 |
| 3 | Bartholomew, Lachlan | 14 | WM | | 32.57 |
| 4 | Greer, Christian | 14 | WM | | 31.81 |
| 5 | Kominski, Tyler | 14 | TA | | 32.25 |



| | | | | |
|------------|---------------------|----|-----|-------|
| 6 | Iimi, Shou | 14 | RV | 32.62 |
| 7 | Iavarone, Christian | 14 | CLK | 33.07 |
| 8 | Tofilon, Matthew | 14 | G | 33.48 |
| Alternates | | | | |
| 1 | Joung, Justin | 13 | WL | 33.78 |
| 2 | House, Nathan | 14 | D | 33.87 |

Event 34 Girls 13-14 100 LC Meter Breaststroke

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

| Lane | Name | Age | Team | Seed | Time |
|------|------------------|-----|------|------|-------|
| 1 | Luo, Angelina | 13 | RV | | 37.30 |
| 2 | Morin, Gabrielle | 14 | DT | | 36.75 |
| 3 | Harms, Stella | 13 | RF | | 36.46 |
| 4 | Lakso, Brooke | 13 | NGV | | 35.24 |
| 5 | Yeou, Jisoo | 14 | PO | | 35.99 |
| 6 | Potter, Addison | 14 | NWB | | 36.56 |
| 7 | Zhou, Elly | 13 | CG | | 36.96 |
| 8 | Barish, Ayla | 13 | FV | | 37.47 |

Alternates

| | | | | |
|---|---------------|----|----|-------|
| 1 | Gilbert, Anne | 13 | RF | 37.72 |
| 2 | Oskvig, Kari | 14 | PO | 37.75 |



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Event 35 Men 15-18 200 LC Meter Breaststroke

Record: 2:18.21 7/11/2023 Joe Umhofer

| Lane | Name | Age | Team | Seed | Time |
|------|--------------------|-----|------|------|---------|
| 1 | Peppelman, John | 17 | WM | | 1:06.69 |
| 2 | Dionne, Luc | 15 | OG | | 1:06.01 |
| 3 | Wallace, Nathaniel | 18 | FO | | 1:04.56 |
| 4 | Umhofer, Joseph | 18 | WM | | 1:03.82 |
| 5 | Kelly, Jordan | 18 | RS | | 1:04.32 |
| 6 | Wilbur, Brian | 18 | OM | | 1:05.70 |
| 7 | duLac, Miles | 15 | G | | 1:06.52 |
| 8 | Vanas, Andrew | 15 | WWD | | 1:06.72 |

Alternates

| | | | | |
|---|-----------------|----|----|---------|
| 1 | Quach, Harrison | 18 | CG | 1:06.88 |
| 2 | Qian, Ethan | 17 | RV | 1:07.06 |

Event 36 Women 15-18 200 LC Meter Breaststroke

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

| Lane | Name | Age | Team | Seed | Time |
|------|-------------------|-----|------|------|---------|
| 1 | Fleck, Kristina | 16 | BE | | 1:16.15 |
| 2 | Moore, Mimi | 17 | NWB | | 1:15.22 |
| 3 | Sunjaya, Viona | 15 | ARH | | 1:14.83 |
| 4 | Bartholomew, Isla | 17 | WM | | 1:14.46 |
| 5 | House, Cameron | 17 | D | | 1:14.78 |
| 6 | Katz, Rachel | 18 | QO | | 1:15.18 |
| 7 | O'Hara, Megan | 17 | MCT | | 1:15.69 |
| 8 | James, Helen | 16 | SL | | 1:16.15 |

Alternates

| | | | | |
|---|-----------------|----|-----|---------|
| 1 | Yanes, Giselle | 17 | NO | 1:17.76 |
| 2 | Morse, Victoria | 16 | CCR | 1:17.92 |

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Event 37 Boys 8 & Under 50 LC Meter Butterfly

Record: 36.64 7/11/2017 Kirk Morgan

| Lane | Name | Age | Team | Seed Time |
|------|--------------------|-----|------|-----------|
| 1 | Gash, Sebastian | 8 | TB | 19.39 |
| 2 | Reilly, Sebastian | 8 | SO | 18.56 |
| 3 | DeShayes, Zane | 8 | MCT | 17.62 |
| 4 | Band, Harrison | 8 | FM | 17.00 |
| 5 | Herbert, Brayden | 8 | MCF | 17.44 |
| 6 | Kichoukov, Trystan | 8 | CLK | 17.96 |
| 7 | Berger, Blake | 8 | SL | 18.97 |
| 8 | Yue, Evan | 8 | PGL | 19.75 |

Alternates

| | | | | |
|---|----------------------|---|----|-------|
| 1 | Castro-Munoz, Matteo | 8 | FH | 20.25 |
| 2 | Dunmire, Wells | 8 | OG | 20.38 |

Event 38 Girls 8 & Under 50 LC Meter Butterfly

Record: 38.18 7/15/1997 Nilasha Ghosh

| Lane | Name | Age | Team | Seed Time |
|------|-------------------------|-----|------|-----------|
| 1 | Luna, Abigail | 8 | WTL | 20.32 |
| 2 | Barry, Evelyn | 8 | TA | 19.95 |
| 3 | Reilly, Kate | 8 | RH | 19.81 |
| 4 | Mense, Grace | 8 | OG | 17.26 |
| 5 | Seeto, Ellie | 8 | WCF | 18.78 |
| 6 | Srikittipraphas, Avalyn | 8 | PGL | 19.94 |
| 7 | Tang, Maggie | 8 | WCF | 20.08 |
| 8 | Payson, Mila | 8 | TA | 20.39 |

Alternates

| | | | | |
|---|--------------------|---|----|-------|
| 1 | Li, Vivian | 8 | CG | 20.41 |
| 2 | Radford, Gabrielle | 8 | DT | 20.64 |

Event 39 Boys 9-10 50 LC Meter Butterfly

Record: 32.09 7/12/2011 Timmy Ellett

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Hoppe, Theodore | 10 | WHI | 16.87 |
| 2 | Yu, Bernard | 10 | RV | 16.24 |
| 3 | Romero-Zermeno, A | 10 | SB | 16.00 |
| 4 | Xu, Jason | 10 | SB | 15.84 |
| 5 | Li, Jonathan | 9 | WCF | 15.99 |
| 6 | Elag, Mahmoud | 10 | RV | 16.06 |
| 7 | Ahearn, Samuel | 10 | HA | 16.51 |
| 8 | Duncan, Dallas | 10 | B | 16.95 |

Alternates

| | | | | |
|---|--------------|----|---|-------|
| 1 | Bello, Bruce | 10 | B | 17.09 |
| 2 | Huth, Rhys | 10 | K | 17.16 |

Event 40 Girls 9-10 50 LC Meter Butterfly

Record: 31.82 7/10/2018 Hailey Hammond

| Lane | Name | Age | Team | Seed Time |
|------|----------------------|-----|------|-----------|
| 1 | Deal, Eudora | 10 | C | 17.14 |
| 2 | Thorn, Juliet | 10 | MCT | 16.97 |
| 3 | Rankin, Rosalie | 10 | MCT | 16.87 |
| 4 | Drozd, Lesia | 10 | RV | 16.40 |
| 5 | Pham, Emma | 10 | KL | 16.82 |
| 6 | Jayawardhane, Samara | 10 | PW | 16.88 |
| 7 | Almassian, Laleh | 10 | KL | 17.01 |
| 8 | Trepkowski, Sabrina | 10 | H | 17.20 |

Alternates

| | | | | |
|---|-------------------|----|-----|-------|
| 1 | Johnson, McKinley | 10 | HA | 17.32 |
| 2 | Mai, Vanessa | 10 | CLK | 17.37 |

Event 41 Boys 11-12 100 LC Meter Butterfly

Record: 1:03.04 7/11/2023 Rafael Fontana

| Lane | Name | Age | Team | Seed Time |
|------|--------------------|-----|------|-----------|
| 1 | Walsh, Jackson | 12 | GM | 32.40 |
| 2 | Vertriest, Xander | 12 | CS | 31.84 |
| 3 | Lin, Kent | 12 | MCF | 31.52 |
| 4 | McCullough, Connor | 12 | OF | 31.19 |
| 5 | Fortunato, Chase | 12 | RF | 31.34 |
| 6 | Nadelhaft, Daniel | 12 | G | 31.75 |
| 7 | Greer, Tomas | 12 | WM | 32.14 |
| 8 | Sanders, Kevin | 12 | RH | 32.76 |

Alternates

| | | | | |
|---|-----------------|----|----|-------|
| 1 | Schwartz, Ryker | 11 | SB | 32.84 |
| 2 | Bolgiano, Tyler | 11 | RE | 33.01 |

Event 42 Girls 11-12 100 LC Meter Butterfly

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

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Hutson, Catherine | 12 | RE | 32.84 |
| 2 | Peterson, Grace | 12 | SG | 32.56 |
| 3 | Johnson, Alexis | 12 | TA | 32.15 |
| 4 | Groves, Charlotte | 12 | RF | 31.85 |
| 5 | Diaz, Juli | 12 | RV | 32.01 |
| 6 | Young, Sara | 11 | RV | 32.32 |
| 7 | Han, Riley | 12 | MM | 32.59 |
| 8 | Davey, Caroline | 12 | CCR | 32.89 |

Alternates

| | | | | |
|---|-----------------|----|----|-------|
| 1 | Liang, Joy | 11 | SB | 33.18 |
| 2 | Liang, Isabella | 11 | RV | 33.39 |

Event 43 Boys 13-14 100 LC Meter Butterfly

Record: 57.26 7/13/2021 Adriano Arioti

| Lane | Name | Age | Team | Seed Time |
|------|--------------------|-----|------|-----------|
| 1 | Devinney, Jay Cole | 13 | CG | 28.70 |
| 2 | Mulla, Daniel | 13 | FM | 28.23 |
| 3 | Roscetti, Nicholas | 14 | RF | 27.96 |
| 4 | Germosen, Jeremiah | 13 | HA | 27.69 |
| 5 | Fontana, Rafael | 13 | DT | 27.90 |
| 6 | Ericson, Selim | 13 | NWB | 28.07 |
| 7 | Thiede, George | 14 | CCR | 28.65 |
| 8 | Lee, Seine | 13 | TH | 28.75 |

Alternates

| | | | | |
|---|---------------|----|-----|-------|
| 1 | Pino, Dylan | 13 | RV | 28.90 |
| 2 | Ross, Stewart | 13 | CCR | 28.96 |

Event 44 Girls 13-14 100 LC Meter Butterfly

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

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Rabah, Luana | 14 | PO | 31.26 |
| 2 | Mitin, Veronica | 14 | WCF | 30.96 |
| 3 | Groves, Caitlin | 14 | RF | 30.22 |
| 4 | Bishop, Alexandra | 14 | WM | 29.75 |
| 5 | Ji, KaiLi | 14 | PO | 30.06 |
| 6 | Ren, Samantha | 14 | GER | 30.94 |
| 7 | Mason, Izabella | 13 | PR | 31.22 |
| 8 | Liu, Ashley | 14 | PO | 31.35 |

Alternates

| | | | | |
|---|---------------|----|----|-------|
| 1 | Zhou, Elly | 13 | CG | 31.51 |
| 2 | Conrad, Addie | 14 | FR | 31.72 |

Event 45 Men 15-18 100 LC Meter Butterfly

Record: 53.94 7/10/2012 Jack Conger

| Lane | Name | Age | Team | Seed Time |
|------|----------------------|-----|------|-----------|
| 1 | Brooks, Andrejs | 17 | NCC | 26.16 |
| 2 | Watkins, Owen | 18 | DT | 26.03 |
| 3 | Potter, Noah | 17 | OG | 25.87 |
| 4 | Jungbluth, Alexander | 15 | CA | 25.37 |
| 5 | Wang, Kyle | 17 | RE | 25.50 |
| 6 | Elkassem, Samir | 18 | CG | 26.00 |
| 7 | Lee, Elliot | 18 | TH | 26.07 |
| 8 | Bacon, Finn | 18 | TH | 26.34 |

Alternates

| | | | | |
|---|-----------------|----|----|-------|
| 1 | Li, Jason | 17 | SB | 26.37 |
| 2 | Elkassem, Nasim | 18 | CG | 26.56 |

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Event 46 Women 15-18 100 LC Meter Butterfly

Record: 1:00.66 7/11/2023 Sarah Eliason

| Lane | Name | Age | Team | Seed Time |
|------|-------------------|-----|------|-----------|
| 1 | Cai, Anika | 15 | CG | 29.47 |
| 2 | Carswell, McKenna | 15 | QO | 29.40 |
| 3 | Hinds, Virginia | 16 | CCR | 29.12 |
| 4 | Eliason, Sarah | 18 | RV | 28.95 |
| 5 | Qin, Amy | 18 | SB | 29.03 |
| 6 | Webb, Maria | 16 | QV | 29.34 |
| 7 | Xiao, Alice | 16 | RV | 29.40 |
| 8 | Kaiser, Gabriela | 16 | RE | 29.63 |

Alternates

| | | | | |
|---|--------------------|----|----|-------|
| 1 | Scofield, Campbell | 17 | MS | 29.75 |
| 2 | Inman, Madeleine | 15 | DA | 29.82 |



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Bob Hincke, Board Member, Lake Marion

My parents started me swimming in the MCSL at age 9 and I swam for a year at Mohican. We moved the next year and I started swimming for a new team called Potomac Woods where we started in the last division of the league which, I believe at the time, was Division G. I swam there until I aged out at 17.

My parents were very active in helping the team so that's probably why, when my daughter was five years old and wanted to swim at Lake Marion, I volunteered to help. I began as a starter for Lake Marion, but switched over to being in charge of automation the next year. I took over the role of team rep in 1996 and continued in that role until my daughter aged out in 2006. During that time I also took on the role of division automation coordinator and joined the MCSL executive board in 2000.

During my time on the executive board from 2000 to 2021 I helped with automation at the league level and at the all-star meets. I also acted as webmaster during that time and oversaw the transition to a new website in 2012. During my 30 years working with automation for Lake Marion and then league wide automation I have communicated with countless number of team/league volunteers and have always found them to be willing and helpful. Thanks to all the volunteers and I encourage others to help as it is a very rewarding experience.

BTW, my mom continued helping Potomac Woods after I aged out and went on to serve on the executive board for 40+ years. Between the two of us we had a presence on the executive board for 50+ years.

Jeremy Fain, Swimmer, Daleview

Jeremy Fain joined the Daleview Swim Team when he was 6 years old and never left. Summers with MCSL were the best times of his childhood. Through his 13 years swimming for The Feet, he won All Stars 9 times and Coaches Long Course 3 times. In 1992, when he was 14, he won all three of his events at All Stars – 100 IM, 50 Free, and 50 Fly. He set the county record for 50m boys Freestyle at 24.99, the first time anyone had broken 25 seconds in the 50. That county record stood for 8 years.

Earlier that season, he set the meet record at Coaches Long Course with a 56.62 in the 13-14 boys 100m free – that record also stood for 8 years. Besides missing the 1995 All Stars meet to swim with RMSC at the Irish and English Junior Nationals, Jeremy was undefeated in the 100m Free from age 15 to 18. After graduating from MCSL, he was co-head coach of Daleview as they went undefeated and won the C division in 1997.

Jeremy began swimming year-round with RMSC at age 12 and swam varsity for Yale University where he earned a Bachelor of Science in Electrical Engineering. While attending Columbia University Business School for his MBA, Jeremy picked swimming back up and swam to a few national titles as well as a number of national top 10 times with Red Tide Masters out of New York City. In 2007, he co-founded Trident Swim Foundation, a charity that runs learn-to-swim and after-school competitive swim programs in New York City and Los Angeles. Their

programs have helped thousands of children to both learn to swim, and to succeed in school through the discipline and long term goal setting that swimming teaches to all of us. He is currently the co-founder and CEO of Cognitiv, a Deep Learning Advertising company.

Connie Smink, Swimmer and Coach, Old Georgetown

I began my long association and love for MCSL in 1960 at the age of 9 when I joined the Old Georgetown Swim team and swam until the age of 17. I began coaching the following year in 1969 at the age of 18 with the Pleasant View swim team. I never imagined that I would still be coaching over 54 years later.

During the course of my coaching career, I had the privilege to coach 4 different MCSL teams finally returning to Old Georgetown in 1997 where I was the head coach for 26 years until I retired in 2023.

I have always tried to instill a love of swimming that hopefully lasts a lifetime and to be an inspiration to other coaches and swimmers alike. My goal was always to help young swimmers develop their skills, confidence, leadership skills, respect for others and a sense of teamwork and community, not only in the pool but in their daily lives.

I may have retired from coaching in MCSL but my love of swimming continues and I still coach year-round with RMSC. I thank you for this honor to be inducted into the MCSL Coaches Hall of Fame.

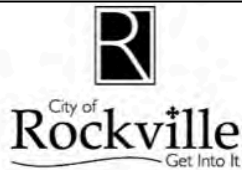
Cara Chuang, Swimmer and Coach, Rockville

Cara is humbled to be nominated for the MCSL coaching hall of fame and is grateful for all the wonderful coaches she's had the honor to swim under, work with, and coach alongside. The high caliber of Montgomery County's swimmers (as seen in the pool tonight) is a reflection of its coaches' abilities to not only train athletes, but to spark passion for this sport, and it has been a great pleasure for Cara to make her small contribution to its swimming programs.

MCSL ignited Cara's love for coaching from her first season coaching the Rockville Rays in 2010. Guiding the next generation of swimmers and helping build their character as they grow up has been incredibly touching - and incredibly fun! Cara loved it so much that she came back to coach the Rays (and then RMSC) even after entering the workforce as a full-time engineer.

She would like to thank all the parents and volunteers for sacrificing their time and energy to keep MCSL running. If the swimmers and coaches are the heart of the league, then volunteers are the arms, legs, mind, and body, enabling us to do what we love. Thank you for entrusting us with your children and doing all the behind-the-scenes and often underappreciated work that allows each summer to be a memorable one.

Cara is honored to be inducted alongside Connie, who Cara briefly swam under at the RMSC "MAC site" (as it was called at the time) just after moving to Maryland. Coaching an MCSL team has given Cara so many outstanding and unforgettable experiences and she is extremely thankful to be recognized tonight.



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