



The Rockville-Montgomery Swim Club
and
**The City of Rockville Department of
Recreation and Parks**

Hosted by:



PRESENT

**The 47th Annual
Maryland State Long Course Swimming Championships**

May 29 – May 31, 2026

Sanction PVI-26-112

<p style="text-align: center;">MEET DIRECTOR</p> <p>Dave Greene (240) 314-8755 DGreene@rockvillemd.gov</p>	<p style="text-align: center;">MEET REFEREE</p> <p>Steve Kaiser steve.kaiser270@gmail.com</p>	<p style="text-align: center;">CLUB OFFICIALS CHAIR</p> <p>Mike Baird (240) 515 4698 Driab_ekim@yahoo.com</p>
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Potomac Valley Swimming: PVI-26-112. In granting this sanction it is understood and agreed that USA Swimming, Potomac Valley Swimming, the Rockville-Montgomery Swim Club, and the City of Rockville Department of Recreation and Parks shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 																									
FACILITY	<p style="text-align: center;">Rockville Swim & Fitness Center – Outdoor Fitness Pool 355 Martins Lane Rockville, MD 20850 (240) 314-8750</p> <ul style="list-style-type: none"> Competition will be held in the Outdoor Fitness Pool at the Rockville Swim & Fitness Center. The pool is an 8 lane, 50-meter pool. Limited Warmup/warm down may be available in the indoor 25 yard South pool and Outdoor Upper Rec Pool. Water depth of 13’ at the starting end and 4’ at the turning end of the competition course. The meet hosts shall ensure the required course dimensions. 																									
ENTRY DEADLINE	<p style="text-align: center;">Tuesday, May 19, 6:00 pm</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>																									
SCHEDULE	<p style="text-align: center;">Friday, May 29, 2026</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 10px;"> <thead> <tr> <th style="width: 25%;">Session</th> <th style="width: 40%;">Warm Up 1</th> <th style="width: 35%;">Events</th> </tr> </thead> <tbody> <tr> <td>13&Over</td> <td>2:00 pm – 2:50 pm</td> <td>3:00 pm</td> </tr> <tr> <td>11-12, 10&U</td> <td>6:10 pm – 6:40 pm</td> <td>6:50 pm</td> </tr> </tbody> </table> <p style="text-align: center;">Saturday & Sunday, May 30-May 31, 2026</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Session</th> <th style="width: 20%;">Warm Up 1</th> <th style="width: 20%;">Warm Up 2</th> <th style="width: 35%;">Events</th> </tr> </thead> <tbody> <tr> <td>15&O</td> <td>8:00am – 8:30am</td> <td>8:30am – 9:00am</td> <td>9:10am</td> </tr> <tr> <td>13-14</td> <td>12:30 pm – 1:00 pm</td> <td>1:00 pm – 1:30 pm</td> <td>1:40pm</td> </tr> <tr> <td>11-12, 10&U</td> <td>4:30pm – 4:55pm</td> <td>4:55pm – 5:20pm</td> <td>5:30pm</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Warm Up 1	Events	13&Over	2:00 pm – 2:50 pm	3:00 pm	11-12, 10&U	6:10 pm – 6:40 pm	6:50 pm	Session	Warm Up 1	Warm Up 2	Events	15&O	8:00am – 8:30am	8:30am – 9:00am	9:10am	13-14	12:30 pm – 1:00 pm	1:00 pm – 1:30 pm	1:40pm	11-12, 10&U	4:30pm – 4:55pm	4:55pm – 5:20pm	5:30pm
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ELIGIBILITY	<ul style="list-style-type: none"> • Open to all USA Swimming registered, invited swimmers. • No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i> Article 302. • Swimmers must have equaled or bettered the applicable qualifying time. Qualifying times must have been achieved on or after May 1, 2023. Qualifying times must have been achieved in USA Swimming sanctioned, observed, or approved meets.
SWIMMERS WITH A DISABILITY	<ul style="list-style-type: none"> • PVS and host clubs along with their Meet Directors are committed to the Inclusion Policy as adopted by the PVS BOD. Athletes with a disability are welcomed and are asked to provide advance written notice of desired accommodations/modifications to the Meet Director and Meet Referee. The athlete (or athlete’s coach) is also responsible for notifying the session Referee in writing of any desired accommodation/modifications prior to competition. NECESSARY ACCOMMODATIONS FORM
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing (touchpads primary) will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per PVS policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Dive-over starts may be used. • The Meet Director and the PVS Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.

EVENT RULES	<ul style="list-style-type: none"> All events are timed finals. SCY entry times are conforming times for this meet. LCM entry times are non-conforming times and will be seeded after SCY qualifying entries. Bonus entries will be seeded last. No deck entries will be accepted. 13-14 and 15 & over swimmers may enter no more than six (6) individual events for the meet with a maximum of two (2) events on Friday and no more than three (3) individual events per day Saturday and Sunday. 10 & under and 11-12 swimmers may enter no more than six (6) individual events for the meet with a maximum of one (1) event on Friday and no more than three (3) individual events per day Saturday and Sunday. <p>400 FREE'S AND 400 IM'S:</p> <ul style="list-style-type: none"> 400 Freestyle/400 Individual Medley may need to be limited after receipt of entries to top 40 seeds per gender for 15 and over events, top 32 seeds per gender in 13-14 and 11-12's events at the discretion of the meet director. Anyone removed from a 400 event will be notified by the meet director and will be allowed to select a replacement event (non-400). <p>13-14 AND 15&O 50 BREAST, 50 BACK AND 50 FLY:</p> <ul style="list-style-type: none"> Must be qualified for the 100 of the corresponding stroke or as bonus event. Enter using 100 time, mark as Bonus Event if time does not meet qualifying standard. <p>BONUS EVENTS:</p> <ul style="list-style-type: none"> Athletes who qualify for 1 or more events may enter 1 bonus event. 400 meter events may not be entered as bonus events. Bonus event entries should be marked in the event file with "Bonus" After entries are received, bonus events will be first removed if adjustments are necessary to reduce the timeline. <p>MIXED GENDER RELAYS:</p> <ul style="list-style-type: none"> Relay Teams must meet the qualifying standard. Each club may enter up to two relay teams for each mixed gender relay event. Swimmers must already be entered in the meet in an individual event. Mixed gender relay teams must consist of 2 males and 2 females.
POSITIVE CHECK IN	<ul style="list-style-type: none"> All events will be pre-seeded.
WARM-UP	<ul style="list-style-type: none"> The prescribed PVS warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> All events will be seeded slowest to fastest
SCORING	<ul style="list-style-type: none"> None
AWARDS	<ul style="list-style-type: none"> None
PROGRAMS	<ul style="list-style-type: none"> Meet programs will not be sold, however the meet will be available on Meet Mobile.
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
PUBLICATION OF RESULTS	<ul style="list-style-type: none"> By entering this meet, participants (and their parents or guardians, if applicable) acknowledge and consent to the posting of official meet results on the Potomac Valley Swimming (PVS) website. Athlete birthdates will not be included in any posted results. Meet results may be accessed by third-party organizations or applications that use publicly available swimming data for purposes such as rankings, recruitment, or goal tracking.
MEDICAL ASSISTANCE	<ul style="list-style-type: none"> Medical assistance will be provided by the facility staff. If you require medical assistance, please notify a facility lifeguard or a member of the meet staff.
OFFICIALS	<ul style="list-style-type: none"> Officials will be identified in advance and coordinated by the Meet Referee, Steve Kaiser

	<p>(steve.kaiser270@gmail.com) Officials interested in volunteering should contact the Meet Referee.</p> <ul style="list-style-type: none"> • Officials who have volunteered for this meet should check in at the recording table prior to the start of warm-ups. A comprehensive officials briefing will precede each session during warm-ups. • Walk-on officials can be accommodated.
TIMERS	<ul style="list-style-type: none"> • Three timers per lane. Each participating club will be responsible for providing its share of timers. Lane assignments will be made in advance.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet Director (Dave Greene, DGreene@rockvillemd.gov). • Include in the subject of the email, 2026 Maryland State LC Championship Meet - ****, with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file, report of entries by name, report of entries by event. • In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by PVS and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	<p style="text-align: center;">Individual event fee: \$12.00 Relay event fee: \$5.00</p> <ul style="list-style-type: none"> • Make checks payable to RMSC Parents Club. Checks may be mailed to: 355 Martins Lane Rockville, MD 20850 • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the PVS Administrative Office at the conclusion of the meet.

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The 47th Annual
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May 29 – May 31, 2026
Friday, May 29

13&O Girls and Boys – Warm up at 2:00 pm – 2:50 pm, First event at 3:00 pm

LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
*4:47.69	*4:41.39	*5:21.49	1	15&O 400M Free	2	*4:57.99	*4:20.79	*4:27.79
*5:08.69	*4:54.09	*5:36.09	3	13-14 400M Free	4	*5:21.69	*4:41.49	*5:00.99
%100 Br	%100 Br	%100 Br	5	15&O 50M Breast	6	%100 Br	%100 Br	%100 Br
%100 Br	%100 Br	%100 Br	7	13-14 50M Breast	8	%100 Br	%100 Br	%100 Br
%100 Bk	%100 Bk	%100 Bk	9	15&O 50M Back	10	%100 Bk	%100 Bk	%100 Bk
%100 Bk	%100 Bk	%100 Bk	11	13-14 50M Back	12	%100 Bk	%100 Bk	%100 Bk
%100 Fl	%100 Fl	%100 Fl	13	15&O 50M Fly	14	%100 Fl	%100 Fl	%100 Fl
%100 Fl	%100 Fl	%100 Fl	15	13-14 50M Fly	16	%100 Fl	%100 Fl	%100 Fl
29.49	28.99	26.09	17	15&O 50M Free	18	23.69	26.29	26.59
31.59	30.29	27.29	19	13-14 50M Free	20	25.99	28.89	29.69

%- 13-14 and 15&O 50 Breast, 50 Back and 50 Fly must be qualified for the 100 of the corresponding stroke. Enter using qualified 100 time or as Bonus Event

*- 400 free/400 im may need to be limited after receipt of entries to top 40 seeds per gender for 15 and over events, top 32 seeds per gender in 13-14 and 11-12's events at the discretion of the meet director. Anyone removed from a 400 event will be notified by the meet director and will be allowed to select a replacement event (non-400)

12&U – Warm up at 6:10 pm – 6:40 pm, First event at 6:50 pm

LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
3:03.99	2:58.69	2:40.99	21	10&U 200M Free	22	2:39.59	2:57.19	3:03.99
*5:36.99	*5:18.49	*6:03.99	23	11-12 400M Free	24	*6:00.99	*5:15.89	*5:36.69
3:34.19	3:22.09	3:01.99	25	10&U 200M IM	26	3:01.99	3:22.09	3:35.09
3:26.39	3:17.69	2:58.09	27	11-12 200M Breast	28	2:57.69	3:17.29	3:27.59
3:05.49	2:52.49	2:35.39	29	11-12 200M Back	30	2:36.69	2:53.99	3:02.09
3:14.19	3:12.09	2:52.99	31	11-12 200M Fly	32	2:47.99	3:06.49	3:11.99

*- 400 free/400 im may need to be limited after receipt of entries to top 40 seeds per gender for 15 and over events, top 32 seeds per gender in 13-14 and 11-12's events at the discretion of the meet director. Anyone removed from a 400 event will be notified by the meet director and will be allowed to select a replacement event (non-400)

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May 29 – May 31, 2026
Saturday, May 30

15&O Warm up 1 at 8:00 am – 8:30 am, Warm up 2 at 8:30 am – 9:00 am, First Event at 9:10 am

LCM		SCY	MIXED	EVENT				
2:00.99		1:49.99	33	15&O Mixed 200 Med Relay				
LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
2:35.09	2:34.79	2:19.39	34	15&O 200M Fly	35	2:05.99	2:19.89	2:21.29
1:10.59	1:09.29	1:02.39	36	15&O 100M Back	37	57.39	1:03.79	1:04.79
2:54.09	2:51.19	2:34.19	38	15&O 200M Breast	39	2:20.59	2:36.09	2:37.99
1:03.59	1:02.39	56.19	40	15&O 100M Free	41	51.19	56.89	58.29
2:34.49	2:32.39	2:17.29	42	15&O 200M IM	43	2:04.99	2:18.79	2:22.09

13-14 Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:00 pm – 1:30 pm First event at 1:40 pm

LCM		SCY	MIXED	EVENT				
2:07.99		1:56.99	44	13-14 Mixed 200M Med Relay				
LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
2:59.69	2:48.79	2:31.99	45	13-14 200M Fly	46	2:21.99	2:37.69	2:51.09
1:17.49	1:14.39	1:06.99	47	13-14 100M Back	48	1:04.19	1:11.29	1:15.79
3:12.09	3:02.09	2:43.99	49	13-14 200M Breast	50	2:35.39	2:52.49	3:03.09
1:06.89	1:06.19	59.59	51	13-14 100M Free	52	55.99	1:02.19	1:04.99
2:48.59	2:39.89	2:23.99	53	13-14 200M IM	54	2:16.49	2:31.59	2:41.69

10&U, 11-12 Warm up 1 at 4:30 pm – 4:55 pm, Warm up 2 at 4:55 pm – 5:20 pm, First event at 5:30 pm

LCM	SCM	SCY	MIXED	EVENT				
2:33.29		2:19.89	55	11-12 Mixed 200 Med Relay				
2:51.39		2:35.09	56	10&U Mixed 200 Med Relay				
LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
33.79	32.69	29.39	57	11-12 50M Free	58	29.39	32.69	33.59
39.39	37.39	33.69	59	10&U 50M Free	60	33.59	37.29	39.39
1:37.49	1:32.39	1:23.19	61	11-12 100M Breast	62	1:23.59	1:32.59	1:36.59
1:52.59	1:45.89	1:35.39	63	10&U 100M Breast	64	1:35.39	1:45.89	1:54.59
39.79	37.69	33.89	65	11-12 50M Back	66	34.09	37.89	40.19
45.79	43.69	39.29	67	10&U 50M Back	68	39.49	43.89	46.79
1:25.99	1:22.19	1:13.99	69	11-12 100M Fly	70	1:14.29	1:22.49	1:26.29
1:52.99	1:42.89	1:32.39	71	10&U 100M Fly	72	1:32.99	1:43.29	1:52.59
2:39.89	2:35.39	2:19.99	73	11-12 200M Free	74	2:18.99	2:34.29	2:39.39

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May 29 – May 31, 2026
Sunday, May 31

15&O Warm up 1 at 8:00 am – 8:30 am, Warm up 2 at 8:30 am – 9:00 am, First Event at 9:10 am

LCM		SCY	MIXED	EVENT				
1:52.99		1:39.99	75	15&O Mixed 200 Free Relay				
LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
1:08.99	1:08.99	1:02.09	76	15&O 100M Fly	77	56.49	1:02.79	1:02.19
2:31.19	2:30.29	2:15.39	78	15&O 200M Back	79	2:05.09	2:18.89	2:19.79
1:22.49	1:20.19	1:12.19	80	15&O 100M Breast	81	1:04.99	1:12.19	1:14.69
2:15.39	2:14.69	2:01.29	82	15&O 200M Free	83	1:51.99	2:04.39	2:05.49
*5:28.99	*5:26.39	*4:53.99	84	15&O 400M IM	85	*4:30.59	*5:00.39	*5:00.89

13-14 Warm up 1 at 12:30 pm – 1:00 pm, Warm up 2 at 1:00 pm – 1:30 pm First event at 1:40 pm

LCM		SCY	MIXED	EVENT				
2:01.99		1:46.99	86	13-14 Mixed 200 Free Relay				
LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
1:15.19	1:13.99	1:06.59	87	13-14 100M Fly	88	1:02.99	1:09.99	1:12.49
2:47.29	2:37.69	2:21.99	89	13-14 200M Back	90	2:15.99	2:30.99	2:37.99
1:28.59	1:24.99	1:16.49	91	13-14 100M Breast	92	1:11.79	1:19.69	1:25.39
2:24.49	2:21.89	2:07.79	93	13-14 200M Free	94	2:00.99	2:14.29	2:18.99
*5:56.49	*5:42.99	*5:08.99	95	13-14 400M IM	96	*4:51.99	*5:24.09	*5:35.09

10&U, 11-12 Warm up 1 at 4:30 pm – 4:55 pm, Warm up 2 at 4:55 pm – 5:20 pm, First event at 5:30 pm

LCM		SCY	MIXED	EVENT				
2:13.99		1:57.39	97	11-12 Mixed 200 Free Relay				
2:31.99		2:13.39	98	10&U Mixed 200 Free Relay				
LCM	SCM	SCY	GIRLS	EVENT	BOYS	SCY	SCM	LCM
1:12.99	1:10.39	1:03.39	99	11-12 100M Free	100	1:04.39	1:11.49	1:12.19
1:26.09	1:22.49	1:14.29	101	10&U 100M Free	102	1:13.99	1:22.19	1:26.49
45.59	42.89	38.59	103	11-12 50M Breast	104	38.59	42.89	45.09
54.09	48.99	44.09	105	10&U 50M Breast	106	44.59	49.49	54.09
1:24.49	1:21.09	1:12.99	107	11-12 100M back	108	1:12.99	1:21.09	1:24.99
1:38.29	1:33.79	1:24.49	109	10&U 100M Back	110	1:24.49	1:33.79	1:39.59
37.69	35.79	32.19	111	11-12 50M Fly	112	32.99	36.69	37.79
45.79	42.29	38.09	113	10&U 50M Fly	114	38.39	42.69	46.79
3:01.39	2:54.49	2:37.19	115	11-12 200M IM	116	2:37.39	2:54.79	3:00.49