



## EST Mid-Winter Invitational



January 9-11, 2026

Held at Rosenberg Aquatic Center, 8600 McDonogh Road, Owings Mills, MD 21117

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.

Sanction #25/26-031

In granting this sanction it is understood and agreed that USA Swimming and Maryland Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event. USA Swimming Article 202.4.10

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and the Maryland Swimming Code of Conduct ([www.mdswim.org](http://www.mdswim.org)) will govern this meet.

THIS MEET IS A CLOSED INVITATIONAL. Any interested teams should contact Trevor Rill at [coachtrevor@eagleswimteam.com](mailto:coachtrevor@eagleswimteam.com) for an invitation.

MD Invited Teams: EST-MD, MAC-MD, BAY-MD

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Trevor Rill 443-223-0649 <a href="mailto:coachtrevor@eagleswimteam.com">coachtrevor@eagleswimteam.com</a>	Trevor Rill PO BOX 215 Glyndon, MD, 21071 443-544-7150 <a href="mailto:coachtrevor@eagleswimteam.com">coachtrevor@eagleswimteam.com</a>
Meet Referee	USA Swimming Registered Operational Risk Director
Robert Kwong <a href="mailto:districtchamps.official@gmail.com">districtchamps.official@gmail.com</a>	Jen Rothenburger <a href="mailto:ejrothenberger@gmail.com">ejrothenberger@gmail.com</a>
Officials Contact	Administrative Official
Greg Matanoski <a href="mailto:Gmatanoski@gmail.com">Gmatanoski@gmail.com</a>  Sign-Up Link: <a href="#">Mid-winter Sign up Officials</a>	Bryan Saxton <a href="mailto:Saxtonbk@gmail.com">Saxtonbk@gmail.com</a>

Deadline and Meeting Summary		
Monday, Dec. 29, 2025	12:00 PM	Entry deadline
Friday, Jan 9, 2026	5:00 PM	Officials Briefing- Hospitality (Session 1)
Friday, Jan. 9, 2026	5:20 PM	Positive Check-in for 1650 Free & 11-12 400 IM
Saturday, Jan. 10, 2026	9:00 AM	Officials Briefing- Hospitality (Session 2)
Saturday, Jan. 10, 2026	Approx. 1:00 PM	Officials Briefing- Hospitality (Session 3)
Sunday, Jan. 11, 2026	9:00 AM	Officials Briefing- Hospitality (Session 4)
Sunday, Jan. 11, 2026	Approx. 1:00 PM	Officials Briefing- Hospitality (Session 5)
All Sessions	30 Min Before Session Starts	Timers Briefing- Dryland Room
Facility Information		
Facility Address	<ul style="list-style-type: none"> <li>Rosenberg Aquatic Center 8600 McDonogh Road Owings Mills, MD 21117</li> </ul>	
Pool Information	<ul style="list-style-type: none"> <li>Competition Pool: <ul style="list-style-type: none"> <li>8 25-yard lanes</li> <li>Competition lanes are 7'4" wide</li> <li>Water depth is 5'6" - 8' deep</li> </ul> </li> <li>Warm-Up Pool: <ul style="list-style-type: none"> <li>12 20-yard lanes</li> <li>Warm-Up lanes are 6'4" wide</li> <li>Water depth is 3'6" - 5'6" deep</li> </ul> </li> <li>The competition course has not been certified in accordance with 104.2.2C(4)</li> <li>The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down.</li> <li>A Daktronics Timing System will be used</li> </ul>	
Facility Information	<ul style="list-style-type: none"> <li>All swimmers and meet personnel on deck must have credentials to be on deck.</li> <li>Locker rooms are located near the shallow end of the pool deck. When entering the building, go right, and then left past the Life Fitness Center. No adults will be allowed in the locker rooms.</li> <li>Restrooms for spectators and volunteers are in the main lobby by the Life Fitness Center.</li> <li>Athletes and spectators will be allowed to enter the building through the main entrance.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Athletes may enter the pool either through the pool entrance or the locker room.</li> <li>• Spectators may observe the meet from our spectator balcony located on the second floor.</li> </ul>
Medical Assistance and Supervision	<ul style="list-style-type: none"> <li>• All sessions will have at least one lifeguard on duty. We will also have first aid and an AED available for emergencies. For all other instances, please call McDonogh Security (443-544-7111).</li> </ul>
Parking	<ul style="list-style-type: none"> <li>• Both parking lots (Woods &amp; Eagle) will be available for parking unless dictated by the Meet Director. Visiting teams are encouraged to park in the Woods parking lot located in front of the Rollins-Luetkemeyer Athletics Center.</li> </ul>
Hospitality	<ul style="list-style-type: none"> <li>• There will be a hospitality area open to all coaches and officials in our upper dryland room.</li> </ul>
Concessions	<ul style="list-style-type: none"> <li>• Concessions will be available in the lobby.</li> </ul>
Vendor	<ul style="list-style-type: none"> <li>• There will be no vendors at this meet.</li> </ul>

Meet Fees: Checks payable to Eagle Swim Team	
Athlete Surcharge	\$25.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	N/A

Organization Regulations	
Rules	<ul style="list-style-type: none"> <li>• The Meet Referee will oversee the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc.</li> <li>• This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. MDSI Rules shall also apply.</li> <li>• USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet.</li> <li>• All 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 MAAPP is a condition of the participation in the conduct of this competition.</li> <li>• Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races.</li> <li>• No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the</li> </ul>

	<p>timing, marshal and administrative staff assisting with the conduct of the meet.</p> <ul style="list-style-type: none"> <li>• This is a no penalty scratch meet. If you wish to scratch an athlete, please let the admin table know prior to the start of the session. NOTE: Entry fees for scratched athletes will not be reimbursed.</li> <li>• Swimmers entering the meet must be registered with MDSI by the entry deadline date. Per MDSI rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete. No Deck Registrations will be permitted.</li> <li>• Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms, or locker rooms.</li> <li>• Operation of a drone, or any other flying apparatus, 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.</li> <li>• Videotaping or picture taking on deck, by any meet volunteer, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The MDSI Certified meet photographer and anyone else specifically given pre-authorization by the Meet Director or Referee.</li> <li>• Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet.</li> <li>• Tech Suits are banned for all 12 &amp; Under swimmers (USA Swimming Rule 102.8.1.F).</li> <li>• Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.</li> </ul>
Safety	<ul style="list-style-type: none"> <li>• The Maryland Swimming, Inc. safety program is in effect for this meet.</li> <li>• All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet.</li> <li>• No running or horseplay will be tolerated.</li> <li>• Swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.</li> </ul>
Racing Starts	<ul style="list-style-type: none"> <li>• Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start, and a backstroke start or must start each race from within the water.</li> <li>• 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.</li> </ul>

Health Guidelines	<ul style="list-style-type: none"> <li>• All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness.</li> <li>• At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.</li> </ul>
Deck Access	<ul style="list-style-type: none"> <li>• There will be a check-in process for all coaches, officials, and approved meet staff.</li> <li>• The check-in table will be in the lobby by the pool entrance.</li> <li>• Credentials must be presented showing current fully certified USA Swimming membership. Meet staff must be listed on an approved list provided to the host team.</li> <li>• No one without proper clearance may be allowed in the competition areas without approval of the meet host.</li> </ul>
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> <li>• The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li> <li>• If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance.</li> <li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li> </ul>
Officials	<ul style="list-style-type: none"> <li>• There will be a need for officials. Eagle Swim Team welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet.</li> <li>• The Maryland Swimming Officials uniform policies, available at <a href="http://www.mdswim.org">www.mdswim.org</a>, shall apply to this meet.</li> <li>• Officials briefings will be held in the hospitality room.</li> <li>• Sign-Up Link: <a href="#">Mid-winter Sign up Officials</a></li> </ul>
Volunteers	<ul style="list-style-type: none"> <li>• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.</li> </ul>

Meet Information	
Format	<ul style="list-style-type: none"> <li>• This is a timed final meet. This will also be a positive check-in meet for all sessions and events.</li> <li>• All events will be seeded to slowest to fastest except for the 400 IM, 500 Free, and 1650 Free.</li> </ul>

	<ul style="list-style-type: none"> <li>• The 400 IM, 500 Free, and 1650 Free will be seeded Fastest to Slowest.</li> <li>• The 1650 and 11-12 400 IM will be swum mixed gender.</li> </ul>
Eligibility	<ul style="list-style-type: none"> <li>• All swimmers must be registered with USA Swimming, Inc.</li> <li>• Swimmers must be registered prior to the entry deadline.</li> <li>• There will be no on deck registration available at this meet.</li> <li>• A swimmer's age on the first day of the meet will determine their age for the entire meet.</li> <li>• Swimmers must be at least 9 years old by the first day of the meet except those wishing to compete in the 1650 Free &amp; 400 IM.</li> <li>• Those wishing to compete in the Open 1650 Free &amp; 400 IM must be at least 11 years old by the first day of the meet.</li> <li>• All entries must be submitted with Short Course Yard Times. No converted times will be accepted.</li> <li>• This is a No Time Standards Meet.</li> </ul>
Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• Eagle Swim Team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</li> <li>• Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Entry Director, Meet Director, and Meet Referee by the entry deadline, including the need for any personal assistants required and/or registered service animals.</li> <li>• Failure to provide advance notice may limit the ability to accommodate all requests.</li> </ul>
Entry Procedures	<ul style="list-style-type: none"> <li>• Entry Deadline: Mon, Dec 29, 2025 @ 12:00 pm</li> <li>• No Times (NT) <b>will</b> be accepted.</li> <li>• The conforming time standard will be SCY times.</li> <li>• Non-conforming times <b>will not</b> be accepted.</li> <li>• Converted times <b>will not</b> be accepted.</li> <li>• A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline.</li> <li>• The host team's entries shall be processed first, then entries will be processed in the order in which they were received until the timeline limit is reached. Entries thereafter shall be returned immediately.</li> <li>• There <b>will not</b> be deck entries allowed.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers may swim a maximum of four (4) individual events per session, with a maximum of nine (9) events for the meet.</li> <li>• No 8 &amp; Under swimmers may participate in the meet.</li> <li>• The meet host has the right to limit the heats of the 400 IM and the 500 Free.</li> <li>• The 1650 and the 11-12 400 IM will be limited to five (5) heats per event.</li> </ul>
Entry Verification	<ul style="list-style-type: none"> <li>• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.</li> </ul>
Proof of Time	<ul style="list-style-type: none"> <li>• Proof of time is not required</li> </ul>

Meet Procedures	
Seeding	<ul style="list-style-type: none"> <li>The conforming time standard for this meet is short course yards. Swimmers in events 400 and below will be seeded from slowest to fastest.</li> </ul>
Positive Scratch	<ul style="list-style-type: none"> <li>No penalty positive scratch. A scratch sheet will be given to coaches and will be required for all events.</li> <li>Deadline for positive scratches for the session will be 30 minutes after the start of the warm-up session.</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>There will be no team, or individual scores kept for this meet.</li> </ul>
Awards	<ul style="list-style-type: none"> <li>There will be no awards given for this meet.</li> </ul>
Warm-Ups	<ul style="list-style-type: none"> <li>The meet host will provide a complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue.</li> <li>Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.</li> </ul>
Results	<ul style="list-style-type: none"> <li>Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet.</li> <li>All meet results will be posted to meet mobile</li> </ul>

## ORDER OF EVENTS

**Friday, January 9<sup>th</sup>**  
**13 & Over Friday Distance Session**  
*Warm-Ups @ 5:00 pm*

MIXED	EVENT	MIXED
1	MIXED 11-12 400 IM	1
2	MIXED 11 & OVER 1650 FREE	2

**ALL SWIMMERS IN THE 400 IM MUST PROVIDE THEIR OWN TIMER**  
**ALL SWIMMERS IN THE 1650 FREE MUST PROVIDE THEIR OWN COUNTER AND TIMER**  
**BOTH EVENTS WILL BE RESTRICTED TO 5 HEATS**

**Saturday, January 10<sup>th</sup>**  
**9-12 Saturday Morning Session**  
*Warm-Ups @ 9:00 am*

GIRLS	EVENT	BOYS
3	9-12 200 INDIVIDUAL MEDLEY	4
5	9-12 100 FREESTYLE	6
7	9-12 50 BREASTROKE	8
9	9-12 100 BACKSTROKE	10
11	9-12 50 BUTTERFLY	12
13	9-12 500 FREESTYLE	14

**ALL SWIMMERS IN THE 500 FREE MUST PROVIDE THEIR OWN TIMER AND COUNTER**

**Saturday, January 10<sup>th</sup>**  
**13 & Over Afternoon Session**  
*Warm-Ups @ Conclusion of Morning Session*

GIRLS	EVENT	BOYS
15	13 & OVER 200 INDIVIDUAL MEDLEY	16
17	13 & OVER 100 FREE	18
19	13 & OVER 200 BREASTROKE	20
21	13 & OVER 50 BUTTERFLY	22
23	13 & OVER 100 BACKSTROKE	24
25	13 & OVER 200 BUTTERFLY	26
27	13 & OVER 50 FREESTYLE	28



**Sunday, January 11<sup>th</sup>**  
**9-12 Sunday Morning Session**  
*Warm-Ups @ 9:00 am*

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
29	9-12 200 FREESTYLE	30
31	9-12 50 BACKSTROKE	32
33	9-12 100 INDIVIDUAL MEDLEY	34
35	9-12 100 BUTTERFLY	36
37	9-12 50 FREESTYLE	38
39	9-12 100 BREASTROKE	40

**Sunday, January 11<sup>th</sup>**  
**13 & Over Sunday Afternoon Session**  
*Warm-Ups @ Conclusion of Morning Session*

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
41	13 & OVER 200 FREESTYLE	42
43	13 & OVER 100 BREASTROKE	44
45	13 & OVER 50 BACKSTROKE	46
47	13 & OVER 100 BUTTERFLY	48
49	13 & OVER 200 BACKSTROKE	50
51	13 & OVER 50 BREASTROKE	52
53	13 & OVER 400 INDIVIDUAL MEDLEY	54

**ALL SWIMMERS IN THE 400 INDIVIDUAL MEDLEY MUST PROVIDE THEIR OWN TIMER**

2026 EST SPEEDO Mid-Winter Invite

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **EAGLE SWIM TEAM**):

EAGLE SWIM TEAM

ATTN: Trevor Rill

PO BOX 215

GLYNDON, MD, 21071

Email to: [coachtrevor@eagleswimteam.com](mailto:coachtrevor@eagleswimteam.com)

Team Name	
Club Code	
Head Coach	
Head Coach Cell Phone Number	
Head Coach Email Address	
Team Mailing Address	

Item	Total Number	Cost Per	Total
Individual Entries		\$10.00 per event	
Swimmer Surcharge		\$25.00 per swimmer	
Relay Entries		N/A	
Total Fees Due			

**Waiver, Acknowledgement and Liability Release:**

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Maryland Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Eagle Swim Team, McDonogh School, The Rosenberg Aquatic Center, Maryland Swimming, Inc. and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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**SIGNATURE (Coach or Club Representative)**

**CLUB**

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**TITLE**

**DATE**