



2026 EST & NAAC Dual Meet
Hosted by Eagle Swim Team
February 14-15, 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 #25/26-046

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) will govern this meet.

THIS MEET IS A CLOSED INVITATIONAL. Any interested teams should contact Trevor Rill at coachtrevor@eagleswimteam.com for an invitation.

Invited Teams: EST-MD, NAAC-MD

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Trevor Rill 443-223-0649 coachtrevor@eagleswimteam.com	Trevor Rill PO BOX 215 Glyndon, MD, 21071 443-544-7150 coachtrevor@eagleswimteam.com
Meet Referee	USA Swimming Registered Operational Risk Director
Robert Kwong districtchamps.official@gmail.com	Jenny Rothenburger ejrothenberger@gmail.com
Officials Contact	Administrative Official
Greg Matanoksi gmatanoski@gmail.com Sign-Up Link: https://forms.gle/34b2KN43GTXXBEP68	Bryan Saxton Saxtonbk@gmail.com

Deadline and Meeting Summary		
Friday, January 30, 2026	12:00 PM	Entry deadline
Saturday & Sunday, February 14/15, 2026	10 min before session starts	Coaches Meeting (If Needed)
Saturday & Sunday, February 14/15, 2026	1 hour before session starts	Officials Meeting Hospitality Room
Saturday & Sunday, February 14/15, 2026	20 min. after warm-ups start for each session	Positive Scratch Deadline
Saturday & Sunday, February 14/15, 2026	30 min. before session start for each session	Timers Briefing Lower Dryland Room
Facility Information		
Facility Address	Rosenberg Aquatic Center 8600 McDonogh Road Owings Mills, MD 21117	
Pool Information	- Competition Pool: 8 25-yard lanes - Competition lanes are 7'4" wide - Water depth is 5'6" - 8' deep - Warm-Up Pool: 12 20-yard lanes - Warm-Up lanes are 6'4" wide - Water depth is 3'6" - 5'6" deep - The competition course has not been certified in accordance with 104.2.2C(4) - 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. - A Daktronics Timing System will be used	
Facility Information	- All swimmers and meet personnel on deck must have credentials to be on deck. - 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. - Restrooms for spectators and volunteers are in the main lobby by the Life Fitness Center. - Athletes and spectators will be allowed to enter the building through the main entrance. - Athletes may enter the pool either through the pool entrance or the locker room. - Spectators may observe the meet from our spectator balcony located on the second floor.	

Medical Assistance and Supervision	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).
Parking	Both parking lots (Woods & 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.
Hospitality	There will be a hospitality area open to all coaches and officials in our upper dryland room.
Concessions	There will be no concessions at this meet.
Vendor	There will be no vendors at this meet.

Meet Fees: Checks payable to Eagle Swim Team	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	N/A

Organization Regulations	
Rules	- 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. - 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. - USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. - 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. - 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. - 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 timing, marshal and administrative staff assisting with the conduct of the meet. - The MDSI Scratch Rule is not in effect for this meet, unless indicated elsewhere in the meet notice. NOTE: There will be no refunds for scratched events. - 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. • 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. • 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. • 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. • 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. • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	• The Maryland Swimming, Inc. safety program is in effect for this meet. • 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. • No running or horseplay will be tolerated. • Swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	• 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. • 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.
Health Guidelines	• 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. • 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.
Deck Access	• There will be a check-in process for all coaches, officials, and approved meet staff. • The check-in table will be in the lobby by the pool entrance.

	• 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. • No one without proper clearance may be allowed in the competition areas without approval of the meet host.
Swimmers with Serious Medical Conditions	• 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. • 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. • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.
Officials	• 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. • The Maryland Swimming Officials uniform policies, available at www.mdswim.org, shall apply to this meet. • Official briefings will be held at the date and time listed in the Deadline and Meeting Summary. • Sign-Up Link: https://forms.gle/34b2KN43GTXXBEP68
Volunteers	• Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet.

Meet Information	
Format	• This is a timed final meet. • Events will be swum slowest to fastest unless otherwise indicated. • All events will be swam mixed gender • Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions to run a more effective meet. The order of events may not be changed.
Eligibility	• All swimmers must be registered with USA Swimming, Inc. • All swimmers must be 9 years of age or older, and a swimmer's age on the first day of the meet will determine their age for the entire meet. • This is a No Time Standards Meet. However, in the spirit of the meet, athletes who have achieved MD Swimming Age Group or Senior Championship times are discouraged from entering those events. • Swimmers must be registered prior to the entry deadline. • There will be no on-deck registration available at this meet.
Swimmers with Disabilities	• Eagle Swim Team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. • 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. • Failure to provide advance notice may limit the ability to accommodate all requests.
Entry Procedures	• Entry Deadline: Fri, 1/30/26 @ 12:00 PM • All entries must be submitted with Short Course Yard Times. Converted times will not be accepted. • Teams can use a “No Time” (NT), but estimated times are strongly encouraged. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator before the entry deadline. • The host team’s entries will be processed first, then in the order they were received until the timeline limit is reached. Entries after that will be returned immediately. • There will not be deck entries allowed.
Entry Limitations	• Swimmers may swim a maximum of four (4) individual events per session.
Entry Verification	• An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.
Proof of Times	• Proof of times are not required, but any athlete entered with a NT are strongly encouraged to be entered with an estimated time.

Meet Procedures	
Seeding	• The conforming time standard for this meet is short course yards. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Positive Scratch	• Coaches will be given Positive Scratch sheets at the beginning of warm-ups for each session. These will be turned into the admin. table 20 min. after warm-ups begin for each session. There is no penalty for scratching or for “No Shows”.
Scoring	• There will be no team, or individual scores kept for this meet.
Awards	• Heat winner awards will be distributed.
Warm-Ups	• 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 before the meet and posted throughout the venue. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	• Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. • All meet results will be posted to meet mobile

ORDER OF EVENTS & QUALIFYING TIMES

Session 1

Saturday, February 14, 2026

Warm-up: 12:00 PM; Meet Start: 1:00 PM

Girls/Women	Event	Boys/Men
1	9 – 10 200 Freestyle	1
2	11 – 12 200 Freestyle	2
3	13 & Over 200 Freestyle	3
4	9 – 10 50 Breaststroke	4
5	11 – 12 50 Breaststroke	5
6	13 & Over 50 Breaststroke	6
7	11 – 12 200 Butterfly	7
8	13 & Over 200 Butterfly	8
9	9 – 10 200 IM	9
10	11 – 12 200 IM	10
11	13 & Over 200 IM	11
12	9 – 10 50 Backstroke	12
13	11 – 12 50 Backstroke	13
14	13 & Over 50 Backstroke	14
15	11 – 12 200 Breaststroke	15
16	13 & Over 200 Breaststroke	16
17	9 – 10 100 Butterfly	17
18	11 – 12 100 Butterfly	18
19	13 & Over 100 Butterfly	19

Session 2

Sunday, February 15, 2026

Warm-up: 9:00 AM; Meet Start: 10:00 AM

Girls/Women	Event	Boys/Men
20	9 – 10 100 Freestyle	20
21	11 – 12 100 Freestyle	21
22	13 & Over 100 Freestyle	22
23	9 – 10 50 Butterfly	23
24	11 – 12 50 Butterfly	24
25	13 & Over 50 Butterfly	25
26	11 – 12 200 Backstroke	26
27	13 & Over 200 Backstroke	27
28	9 – 10 100 Breaststroke	28
29	11 – 12 100 Breaststroke	29
30	13 & Over 100 Breaststroke	30
31	9 – 10 100 Backstroke	31
32	11 – 12 100 Backstroke	32
33	13 & Over 100 Backstroke	33
34	9 – 10 100 IM	34
35	11 – 12 100 IM	35
36	13 & Over 100 IM	36
37	9 – 10 50 Freestyle	37
38	11 – 12 50 Freestyle	38
39	13 & Over 50 Freestyle	39

2026 EST & NAAC DUAL MEET
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

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		\$20.00 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 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 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE