



2026 MARYLAND LONG COURSE LAST CHANCE MEET

Hosted by **FOX SWIM CLUB**

July 17-19, 2026

Held at Henry A Roseberg Jr. Aquatic Center, McDonogh School,
8600 McDonogh Road, Owings Mills, Maryland 21117

Held under the sanction of USA Swimming, Inc. issued by Maryland Swimming, Inc.
Sanction # 25/26-075

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

In applying for this sanction, the host, Fox Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming and Maryland Swimming.

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.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Rob Fox 240-529-5774 rob@foxswimming.com	Rob Fox 240-529-5774 rob@foxswimming.com
Meet Referee	USA Swimming Registered Operational Risk Director
Brian Montgomery bdmonty2000@gmail.com	Greg Courtois Shane Hebert
Officials Contact	Administrative Official
Sign Up Link	Carron Dunker 443-690-0019 carron@foxswimming.com

Deadline and Meeting Summary		
Tuesday, July 7, 2026	8:00 pm	Initial Entry Deadline
Tuesday, July 14, 2026	8:00 pm	Updated Entry Deadline
Saturday, July 18, 2026	7:45 am	Coaches Meeting, if needed
All Sessions	1 hour prior to session start	Officials' Briefing Hospitality Room
All Sessions	½ hour prior to session start	Timer's Briefing On-deck Dryland Room

Facility Information	
Facility Address	Henry A Roseberg Jr. Aquatic Center McDonogh School 8600 McDonogh Road Owings Mills, Maryland 21117 Directions
Pool Information	<p>The pool at McDonogh School is a 50m x 25yd pool with a moveable bulkhead. Competition will be held in 8 lanes, 50-meters, running from wall to bulkhead.</p> <ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 8 50-meter lanes ○ Competition lanes are 7'4" wide. ○ Water depth is 5'6"-9' deep. • The competition course has not been certified in accordance with 104.2.2C(4) • The meet will be swum in a 50-meter course. Lane configurations for competition will be determined upon receipt of entries. Lanes will not be available for continuous warm-up/down; however, breaks may be built into the timeline to allow for warm-up/down. • A Daktronics Timing System will be used
Facility Information	<ul style="list-style-type: none"> • 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 and should proceed directly to their team area. • Swimmers will be seated on the deck. Swimmers should not bring chairs to the meet. • Spectators may observe the meet from our spectator balcony located on the second floor. • Swimmers may enter the building for their session 20 minutes prior to their warm-up time.

	<ul style="list-style-type: none"> • Spectators requiring accommodations should contact Rob Fox, Meet Director, prior to the start of the meet.
Medical Assistance and Supervision	<ul style="list-style-type: none"> • Lifeguards and AED device are available to athletes participating in the meet.
Parking	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • There will be a hospitality area open to all coaches and officials. The hospitality room is located on the pool deck in the upper dryland training room.
Concessions	<ul style="list-style-type: none"> • There will not be concessions available.
Vendor	<ul style="list-style-type: none"> • There may be a vendor available at the meet. If a vendor is available, the information will be communicated to teams attending the meet prior to the start of the meet.

Meet Fees: Checks payable to Fox Swim Club	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$8.00 per individual event
Deck Entries	\$10 per event (provided there is space in the meet)

Organization Regulations	
Rules	<ul style="list-style-type: none"> • The Meet Referee will be in charge of 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.

	<ul style="list-style-type: none"> • If positive check-in is required for Friday events, the MDSI Scratch Rule is in effect for this meet. Swimmers who fail to check-in will not be seeded in the event and will not be able to swim. • 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 Marshal shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • 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. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas.
Racing Starts	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> 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.
Deck Access	<ul style="list-style-type: none"> There will be a check-in process for all coaches, officials, and approved meet staff. The check-in table will be located at the admin table on the pool deck. 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.
Officials	<ul style="list-style-type: none"> There will be a need for officials. Fox Swim Club and Eagle Swim Team welcome and encourage 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
Volunteers	<ul style="list-style-type: none"> Volunteers will be determined by the meet host and will be communicated to the teams attending the meet prior to meet. Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. Swimmers must provide their own timer for all individual events on Friday. Swimmers entered in the 800-meter and 1500-meter freestyle will also need to provide their own counters. Swimmers 13 & over will need to provide their own timer for the 400-meter Freestyle and 400-meter Individual Medley events.

Meet Information	
Format	<ul style="list-style-type: none"> Timed Finals. Events will be swum slowest to fastest unless otherwise indicated. Upon request by the Meet Director, the Technical Planning Chair may split or combine sessions in order to run a more effective meet. The order of events may not be changed. Participating teams will be notified of any changes.
Eligibility	<ul style="list-style-type: none"> Open to swimmers registered with Maryland Swimming, Inc. only. All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to the entry deadline.

	<ul style="list-style-type: none"> • There will be no on-deck registration available at this meet. • A swimmer's age on the first day of the meet will determine their age for the entire meet. • Swimmers must slower than the 2026 Speedo Maryland Long Course Championship minimum qualifying times. • NT will be accepted. • Non-conforming times will be accepted and seeded in the appropriate heat. • Converted times will not be accepted. Please do not convert times. • If a swimmer achieves a state cut after the meet entry deadline, the swimmer must scratch that event and a refund will be given for that event or they may elect to transfer that entry to another event. • NOTE: In the event that a swimmer will age up prior to the 2026 Speedo Maryland Long Course Championship, the swimmer will be given the option of swimming in the next age group at this meet. • NOTE: In the event a swimmer has swum faster than the state time prior to January 1, 2025 but has not achieved that time since, the swimmer may swim using a LCM time that is slower than the state cut or use a converted time slower than the state cut. • NOTE: In the event a swimmer's converted time is faster than the state cut but they have not swum faster than the cut in LCM or SCY, the coach may enter the swimmer with a time .01 slower than the maximum time allowed.
Swimmers with Disabilities	<ul style="list-style-type: none"> • Fox Swim Club 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	<ul style="list-style-type: none"> • Initial entry deadline is Tuesday, July 7, 2026 at 8:00 pm. • Updated entry files may be submitted by Tuesday, July 14, 2026 at 8:00 pm. • No Times (NT) will be accepted. • The conforming time standard will be long course meters (LCM). • Non-conforming times will be accepted and seeded in the appropriate heat. • Converted times will not be accepted. Please do not convert times. • A completed and signed entry summary sheet and payment in full must be received by the Meet Entry Coordinator prior to the entry deadline. • 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. • There will be deck entries allowed as space and time permit.
Entry Limitations	<ul style="list-style-type: none"> • Swimmers may enter a maximum of 4 individual events per day and a total of 10 individual events for the meet.
Entry Verification	<ul style="list-style-type: none"> • An email will be sent to the person submitting the entries confirming receipt of the entry file within 48 hours of receipt.

Meet Procedures	
Seeding	<ul style="list-style-type: none"> • The conforming time standard for this meet is long course meters. Non-conforming times will be seeded in the appropriate heat. • Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated.
Positive Check-in	<ul style="list-style-type: none"> • If necessary, check-in for Friday events will be located on the pool deck at the admin table. If necessary, positive check-in will close at 3:30 pm and swimmers that fail to check-in will not be seeded in the event(s). • Teams will be notified prior to the meet if there will be a positive check-in required for Friday events.
Scoring	<ul style="list-style-type: none"> • There will be no team or individual scores kept for this meet.
Awards	<ul style="list-style-type: none"> • There will be no awards given for this meet.
Warm-Ups	<ul style="list-style-type: none"> • 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. • Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns.
Results	<ul style="list-style-type: none"> • Results will be posted on the Maryland Swimming, Inc. website and emailed to participating teams within 24 hours of the conclusion of the meet. • The meet results will be available on Meet Mobile.



Order of Events & Qualifying Times

Session 1: Distance Session				
Friday, July 17, 2026				
Warm-up: 5:00pm			Session Start: 5:45pm	
Girls Slower Than			Boys Slower Than	
1	10 & under 6:05.89 11-12 5:23.29	12 & Under 400 Freestyle	10 & under 5:59.59 11-12 5:21.89	2
3	14 & under 10:20.99 15 & over 9:59.99	11 & Over 800 Freestyle	14 & under 10:05.99 15 & over 9:27.29	4
5	14 & under 19:48.09 15 & over 19:36.29	11 & Over 1500 Freestyle	14 & under 19:15.89 15 & over 18:19.89	6

Swimmers must provide their own times and counters for all events in session 1.

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



Order of Events & Qualifying Times

Session 2: 13 & Over				
Saturday, July 18, 2026				
Warm-up: 7:00am			Session Start: 8:00am	
Girls Slower Than			Boys Slower Than	
7	2:42.29	13-14 200 Butterfly	2:33.29	8
9	2:35.59	15 & Over 200 Butterfly	2:22.89	10
11	1:05.49	13-14 100 Freestyle	1:02.29	12
13	1:03.79	15 & Over 100 Freestyle	57.39	14
15	2:41.99	13-14 200 Backstroke	2:33.59	16
17	2:35.49	15 & Over 200 Backstroke	2:22.69	18
19	33.09	13-14 50 Butterfly	31.69	20
21	30.89	15&O 50 Butterfly	27.99	22
23	1:26.39	13-14 100 Breaststroke	1:19.59	24
25	1:23.09	15 & Over 100 Breaststroke	1:15.59	26
27	2:41.29	13-14 200 Individual Medley	2:35.39	28
29	2:37.19	15 & Over 200 Individual Medley	2:24.09	30
31	35.99	13-14 50 Backstroke	33.99	32
33	33.79	15 & Over 50 Backstroke	30.79	34
35	13-14 5:01.69 15 & over 4:53.19	13 & Over 400 Freestyle*	13-14 4:52.99 15 & over 4:31.39	36

*Swimmers must provide their own timer for the 400-meter Freestyle events.

Session 3: 12 & Under				
Saturday, July 18, 2026				
Warm-up: 1:00pm			Session Start: 2:00pm	
Girls Slower Than			Boys Slower Than	
37	41.49	10 & Under 50 Butterfly	40.89	38
39	34.99	11 -12 50 Butterfly	35.89	40
41	3:17.59	10 & Under 200 Individual Medley	3:16.89	42
43	2:51.69	11 -12 200 Individual Medley	2:52.49	44
45	1:46.49	10 & Under 100 Breaststroke	1:44.69	46
47	1:32.79	11 -12 100 Breaststroke	1:31.69	48
49	43.39	10 & Under 50 Backstroke	42.99	50
51	37.19	11 -12 50 Backstroke	37.69	52
53	2:54.29	11-12 200 Backstroke	2:53.79	54
55	1:21.19	10 & Under 100 Freestyle	1:19.09	56
57	1:10.09	11 -12 100 Freestyle	1:10.29	58
59	2:59.29	11-12 200 Butterfly	2:53.59	60

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



Order of Events & Qualifying Times

Session 4: 13 & Over				
Sunday, July 19, 2026				
Warm-up: 7:00am			Session Start: 8:00am	
Girls Slower Than			Boys Slower Than	
61	1:13.99	13-14 100 Butterfly	1:08.99	62
63	1:10.79	15 & Over 100 Butterfly	1:02.49	64
65	39.19	13-14 50 Breaststroke	37.39	66
67	38.39	15 & Over 50 Breaststroke	33.89	68
69	2:22.79	13-14 200 Freestyle	2:17.49	70
71	2:17.59	15 & Over 200 Freestyle	2:06.29	72
73	1:15.59	13-14 100 Backstroke	1:11.39	74
75	1:12.79	15 & Over 100 Backstroke	1:06.49	76
77	3:06.89	13-14 200 Breaststroke	2:55.79	78
79	2:57.99	15 & Over 200 Breaststroke	2:42.89	80
81	30.09	13-14 50 Freestyle	28.49	82
83	29.19	15 & Over 50 Freestyle	26.29	84
85	13-14 5:47.69 15 & over 5:35.09	13 & Over 400 Individual Medley*	13-14 5:33.29 15 & over 5:10.99	86

*Swimmers must provide their own timer for the 400-meter Individual Medley events.

Session 5: 12 & Under				
Sunday, July 19, 2026				
Warm-up: 1:00 pm			Session Start: 2:00pm	
Girls Slower Than			Boys Slower Than	
87	6:10.99	12 & Under 400 Individual Medley	6:11.49	88
89	1:36.79	10 & Under 100 Butterfly	1:36.09	90
91	1:21.89	11 -12 100 Butterfly	1:20.39	92
93	2:57.49	10 & Under 200 Freestyle	2:51.89	94
95	2:32.39	11 -12 200 Freestyle	2:33.39	96
97	48.09	10 & Under 50 Breaststroke	48.19	98
99	42.09	11 -12 50 Breaststroke	41.99	100
101	3:21.09	11-12 200 Breaststroke	3:17.09	102
103	1:33.09	10 & Under 100 Backstroke	1:31.69	104
105	1:20.79	11 -12 100 Backstroke	1:22.09	106
107	35.19	10 & Under 50 Freestyle	35.19	108
109	31.69	11 -12 50 Freestyle	31.79	110

Warm-up and session start times are subject to change after processing of entries with the approval of Technical Planning.



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Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Fox Swim Club):

Fox Swim Club
ATTN: Rob Fox
448 W South Street
Frederick, MD 21701
Email to: rob@foxswimming.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
Swimmer Surcharge		\$20.00 per swimmer	
Individual Entries		\$8.00 per event	
Relay Entries		NA	
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. Fox Swim Club, Eagle Swim Team, McDonogh School, 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE