



## 2026 RAC Sandbox Meet

Hosted by Retriever Aquatic Club

**July 9-12, 2026**

Held at The UMBC Aquatic Complex

The University of Maryland Baltimore County

1000 Hilltop Circle

Baltimore, MD 21250

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

Sanction: 25/26-074

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 is an open meet. Assigned MDSI Teams: ACA, ACSS, AESC, ASC, BCSC, CAA, CGA, CUY, EST, FAST, FCY, FMSC, HFY, LBA, MAS, MBK, RAC, SPRC, SPY, YCM

Should the meet fill, priority will be given to teams attending last year.

Meet Administration	
Certified Meet Director	Certified Meet Entry Coordinator
Marie Bowman <a href="mailto:Marie.Bowman9@gmail.com">Marie.Bowman9@gmail.com</a>	Landon Davies 443.745.1456 <a href="mailto:landon.davies@gmail.com">landon.davies@gmail.com</a>
Meet Referee	USA Swimming Registered Operational Risk Director
Peter LaGow <a href="mailto:peterlagow@gmail.com">peterlagow@gmail.com</a>	Sarah Adams 410-908-8573 <a href="mailto:CoachSarahRAC@gmail.com">CoachSarahRAC@gmail.com</a>
Officials Contact	Administrative Official
<a href="#">Application to Officiate</a>	Landon Davies 443.745.1456 <a href="mailto:landon.davies@gmail.com">landon.davies@gmail.com</a>

Deadline and Meeting Summary		
Friday, June 26, 2026	5pm	Entry Deadline
Friday, July 10, 2026	7:30am	Coaches Meeting, if needed
Thursday, July 9, 2026	4:00pm	Scratch Deadline for Thursday events
Thursday, July 9, 2026	5:00pm	Scratch Deadline for Friday events
Friday, July 10, 2026	6:00pm	Scratch Deadline for Saturday events
Saturday, July 11, 2026	6:00pm	Scratch Deadline for Sunday events
Thursday, Friday, Saturday, Sunday	1 hour prior to each session start	Officials' Briefing Room 050
Thursday, Friday, Saturday, Sunday	½ hour prior to session start	Timers' Briefing Pool Deck by Admin Tent

Facility Information	
Facility Address	<p>The UMBC Aquatic Complex  The University of Maryland Baltimore County  1000 Hilltop Circle  Baltimore, MD 21250  <a href="#">Map Link</a></p> <p>Note: Parking is authorized in designated areas only. Vehicles parked in unauthorized spaces are subject to citation and towing.</p>
Pool Information	<ul style="list-style-type: none"> <li>• Competition Pool:</li> <li>• 8 lane 50 meter outdoor pool</li> <li>• Competition lanes are a minimum of 8'wide.</li> <li>• Water depth is 6'0" and 6'1" at the start end and the turn end of the pool</li> <li>• Warm-up Pool:</li> <li>• 8 25-yard lanes</li> <li>• Warm-up lanes are a minimum of 8' wide.</li> <li>• Water depth is 4'0" to 4'1.5" at the start end and 5'0" and 4'8" at the turn end</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 50-meter course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down.</li> <li>• The meet will be conducted using the Colorado Gen7 Timing system with Colorado Aquagrip touchpads with the Colorado Numeric LED scoreboard.</li> <li>• Backstroke ledges will be available for use during all backstroke events.</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 accessed from the indoor pool deck and will be clearly marked. No adults will be allowed in these locker rooms.</li> <li>• Restrooms for spectators and volunteers are located in the track area</li> <li>• Athletes, coaches, officials and volunteers enter via the outdoor pool gate.</li> <li>• No spectator chairs on the pool deck.</li> <li>• Athletes may enter the facility 30 minutes prior to the start of warm ups.</li> <li>• ALL swimmers and spectators attending this meet are guests of the University of Maryland Baltimore County and are required to adhere to the following:</li> <li>• Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times.</li> <li>• NO ONE is permitted on the basketball courts AT ANY TIME.</li> <li>• Use of the indoor track for seating, vendor sales and concessions is at the discretion of UMBC. Coaches will be notified of availability prior to the start of the meet.</li> <li>•</li> </ul>
Medical Assistance and Supervision	<ul style="list-style-type: none"> <li>• Lifeguards will be on duty. UMBC is equipped with AED devices. Swimmers will be supervised by their coaches.</li> </ul>
Parking	<ul style="list-style-type: none"> <li>• Parking is authorized in designated areas only. Vehicles parked in unauthorized spaces are subject to citation and towing. Parking is available in the Administrative Drive Garage. Specific parking details will be provided via email prior to the meet.</li> </ul>

Hospitality	<ul style="list-style-type: none"> <li>There will be a hospitality area open to all coaches and officials in room 050</li> </ul>
Concessions	If available, information will be provided to teams attending.
Vendor	If available, information will be provided to teams attending.

Meet Fees: Checks payable to UMBC	
Athlete Surcharge	\$20.00 per swimmer
Individual Event Fee	\$10.00 per event entry
Relay Event Fee	\$40.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> <li>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.</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 timing, marshal and administrative staff assisting with the conduct of the meet.</li> <li>This will be a full scratch meet for individual events and relay events as described under USA Swimming scratch rules 207.11.6.</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</li> </ul>

	<p>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.</p> <ul style="list-style-type: none"> <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>• Upon approval of the facility, 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>
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>
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 located by the outdoor pool gate.</li> </ul>

	<ul style="list-style-type: none"> <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>
Officials	<ul style="list-style-type: none"> <li>• This meet is anticipated to be an officials' qualifying meet for N2 (all positions) and N3 (all positions) evaluations. For additional information about the National Officials Certification Program, please visit <a href="https://www.usaswimming.org/officials/national-certification-evaluation">https://www.usaswimming.org/officials/national-certification-evaluation</a> . If requesting an evaluation, please submit your <a href="#">application to officiate</a> by June 12 (Friday) so that the evaluators have plenty of time to review your session history.</li> <li>• There will be a need for officials. Retriever Aquatic Club 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>• Official briefings will be held at the date and time listed in the Deadline and Meeting Summary.</li> <li>• <a href="#">Officials Signup Link</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> <li>• Clubs will be asked to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>• Swimmers must provide their own timer/counter for events swum in session 1 and 1500 freestyle</li> </ul>

Meet Information	
Format	<ul style="list-style-type: none"> <li>• This will be a full scratch meet for individual events and relay events described under USA Swimming scratch rules 207.11.6. A. <ul style="list-style-type: none"> <li>○ A no-show in the preliminary heats will result in the athlete being removed from all individual and relay events for the remainder of that day.</li> <li>○ Swimmers may pay a re-entry fee for each preliminary event in which he or she failed to compete. The re-entry fee is \$10.00</li> <li>○ A no-show in finals will result in the athlete being barred from all further competition.</li> <li>○ Declared false starts will be accepted for any preliminary events and timed finals heats.</li> <li>○ Finals Scratch Procedures: USA Swimming Rules 207.11.6(D) will be followed.</li> <li>○ A swimmer who declares his/her intention to scratch but fails to return to the scratch table 30 minutes after their last event WILL BE SEEDED into the event.</li> <li>○ Although alternates (and those finishing below alternates) will not be penalized, it is STRONGLY ENCOURAGED that any swimmers finishing below the top sixteen (16) finishers for the 15 &amp; O and top eight (8) finishers for the 11-14 events and have no intention of returning for finals SCRATCH.</li> <li>○ The relevant Maryland Swimming penalty shall be applied to any swimmer registered with Maryland Swimming, Inc (\$50.00) who fails to show for a final on the last day of the meet. Other competitors in individual events are encouraged to scratch if they do not intend to return for the final session. Exceptions for Failure to compete: USA Swimming Rules 207.11.6(E) will be in effect.</li> <li>○ The scratch deadlines are listed in the Deadline and Meeting Summary above.</li> <li>○ Scratch deadlines for the final events will be announced following the announcement of the top finalists.</li> <li>○ 11-14 will be A Finals only. 15 &amp; O will be Consolation and Final heats.</li> </ul> </li> <li>• 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.</li> <li>• If there are any weather or facility issues, a coaches' meeting will be held to discuss any changes necessary.</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>• Age groups will be 10 &amp; U, 11-12, 13-14, and 15 &amp; O.</li> <li>• Minimum qualifying time standards are "BB" Long Course 2024-2028 USA Swimming Motivational times.</li> </ul>

	<ul style="list-style-type: none"> <li>• Minimum qualifying times for 10&amp;U 200s Stroke and 400 IM are 11-12 “BB” Long Course 2024-2028 USA Swimming Motivational times.</li> <li>• There will be no qualifying time standards for relay events.</li> </ul>
Swimmers with Disabilities	<ul style="list-style-type: none"> <li>• Retriever Aquatic Club 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 June 26, 5pm. Entries are processed in the Meet Management software by the Meet Entry Director on a first come first served basis with MDSI LSC teams receiving priority. Entries from non MDSI LSC teams will be accepted until the session limits are met, as long as no MDSI entries are sacrificed to accommodate non MD LSC entries received prior to the meet entry submission deadline</li> <li>• Entries will be accepted using USA Swimming’s <b>On-Line Meet Entry (OME)</b> system <ul style="list-style-type: none"> <li>○ OME will open on <b>May 15 at 5pm</b></li> </ul> </li> <li>• Entries will be processed using <b>OME only</b>. In exceptional circumstances, emailed entries may be processed at the discretion of the entry coordinator. Any emailed entries must be received before the entry deadline and will be processed after all OME entries are in and OME has closed.</li> <li>• Entry fees will <b>not</b> be paid using OME. <b>Entry fees will be paid by check to UMBC.</b></li> <li>• Teams needing assistance with OME entries should contact the Meet Entry Coordinator.</li> <li>• No Times (NT) will not be accepted, except for relays.</li> <li>• The conforming time standard will be LCM times.</li> <li>• Non-conforming times will not be accepted.</li> <li>• Converted times will not 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 will not be deck entries allowed.</li> <li>• Maryland Swimming, Inc. entries received prior to the entry deadline receive priority over out of LSC entries.</li> </ul>
Entry Limitations	<ul style="list-style-type: none"> <li>• Swimmers may enter a maximum of 3 individual events per day, plus 2 relays per day, except for the Friday distance session which has 1 event maximum. Swimmers may swim a total of 9 individual events for the meet.</li> <li>• Bonus Events</li> </ul>

	<ul style="list-style-type: none"> <li>o All swimmers who have qualified for between one (1) and five (5) events and have entered those events may compete in three (3) additional events.</li> <li>o All swimmers who have qualified for six (6) events and have entered those events may compete in two (2) additional events.</li> <li>o All swimmers who have qualified for seven (7) events and have entered those events may compete in one (1) additional event.</li> <li>o Bonus swims cannot be for events over 200 meters.</li> <li>o NTs will not be accepted for bonus events</li> <li>o <b>All Bonus events must be marked as such in the entry file.</b></li> <li>o <b>Entries must be submitted with Long Course Meter Times.</b></li> <li>o Entries made with no times will be rejected, except for relay entries.</li> <li>o In the event that the meet or session is oversubscribed, bonus events will be eliminated first.</li> </ul> <ul style="list-style-type: none"> <li>● The following seeding rules will be used to seed the applicable events IF NEEDED to limit session length:             <ol style="list-style-type: none"> <li>1. Bonus events will be eliminated</li> <li>2. Events 400 meters and longer will be combined at the discretion of the meet referee.                 <ol style="list-style-type: none"> <li>a. The 800 free events will be limited to the fastest 3 heats (24 swimmers in each event).</li> <li>b. 400 meter events will be limited to the fastest 6 heats (48 swimmers in each event).</li> <li>c. The 1500 free events will be limited to the fastest 3 heats (24 swimmers in each event).</li> </ol> </li> <li>3. All events 200 meters or less will be limited to the fastest 8 heats (64 swimmers in each event) for the 13 &amp; over events and the fastest 6 heats (48 swimmers in each event) for the 12 &amp; under events, with the exception of the 100 meter freestyle, which may be limited to the fastest 10 heats.</li> <li>4. Relays will be combined at the discretion of the meet referee.</li> </ol> </li> </ul>
Entry Verification	<ul style="list-style-type: none"> <li>● OME will verify entries entered through OME</li> </ul>
Proof of Times	<ul style="list-style-type: none"> <li>● OME will verify proof of times for OME entries</li> <li>● Entry list with PROOF OF TIME must be included with emailed meet entry files. Entries received without proof of times will not be accepted.</li> </ul>

Meet Procedures	
Seeding	<ul style="list-style-type: none"> <li>● Events will be conducted in the 10&amp;U, 11-12, 13-14 &amp; 15 &amp; O Age Groups.</li> <li>● All Events will be conducted as at Trials &amp; Finals format with the exceptions noted below.</li> <li>● The 15 &amp; O age group will have a consolation heat and a Championship heat in the finals session.</li> <li>● The 13-14 and 11-12 groups will have a Championship heat in the finals session.</li> </ul>

	<ul style="list-style-type: none"> <li>• All 10 &amp; U individual and relay events will be swum as timed finals during preliminaries.</li> <li>• All 11-12, 13-14, and 15 &amp; O relay events will be swum as timed finals during the finals sessions</li> <li>• Preliminary events will be swum slowest to fastest with the top 3 heats circle seeded with the exception of the following <b>TIMED FINAL EVENTS</b> <ul style="list-style-type: none"> <li>o 12 - under Events: <ul style="list-style-type: none"> <li>▪ 5 &amp; 6 400 Freestyle will be swum fastest to slowest alternating Girls &amp; Boys</li> <li>▪ 17 &amp; 18 200 Backstroke, 57 &amp; 58 200 Breaststroke, 105 &amp; 106 200 Butterfly will be swum slowest to fastest in event order with the top 8 seeded athletes swimming at Finals</li> <li>▪ 111 &amp; 112 400 IM will be swum fastest to slowest in event order with the top 8 seeded athletes swimming at Finals</li> <li>▪ 143 &amp; 144 400 IM (10u) will be swum fastest to slowest in event order.</li> </ul> </li> <li>o 13-14 Events: <ul style="list-style-type: none"> <li>▪ 1 &amp; 2 800 Freestyle swum fastest to slowest alternating Men &amp; Women</li> <li>▪ 45 &amp; 46 400 IM and 93 &amp; 94 400 Freestyle will be swum fastest to slowest in event order with the top 8 seeded athletes swimming at Finals</li> </ul> </li> <li>o 15 &amp; Over Events: <ul style="list-style-type: none"> <li>▪ 3 &amp; 4 800 Freestyle swum fastest to slowest alternating Men &amp; Women</li> <li>▪ 43 &amp; 44 400 IM and 91 &amp; 92 400 Freestyle will be swum fastest to slowest in event order with the top 8 seeded athletes swimming at Finals</li> <li>▪ 109 &amp; 110 1500 Freestyle will be swum fastest to slowest in event order alternating Men &amp; Women with the top 8 seeded athletes swimming at Finals</li> </ul> </li> </ul> </li> </ul>
Positive Check-in	<ul style="list-style-type: none"> <li>• Check-in will be located next to the scoring tent and will be required for all events on Thursday as well as the 1500. Positive check-in must occur before the scratch deadline for the session in which the event occurs</li> </ul>
Scoring	For 13 -14 and 12 and under age groups, scoring will be on an eight (8) place basis. Individual events: 20-17- 16-15-14-13-12-11. Relay events receive double these point values. For 15 & Over events, scoring will be on a sixteen (16) place basis. Individual events: 20-17-16-15-14-13-12-11-9-7- 6-5-4-3-2-1. Relay events receive double these point values
Awards	<ul style="list-style-type: none"> <li>• High point awards for the top male and female swimmer in each age group will be awarded.</li> <li>• Team Awards for the top three teams.</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> </ul>

## Order of Events & Qualifying Times

Session 1- Timed Finals				
Thursday, July 9, 2026				
Warm-up: 3:30pm      Session Start: 4:30pm				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
1	11:50.79	13-14 800 Free	11:09.19	2
3	11:25.09	15 & O 800 Free	10:44.39	4
5	10 & U 7:01.69 11- 12 6:04.79	12 & U 400 Free	10 & U 6:52.49 11-12 5:53.89	6

Session 2- Prelims				
Friday, July 10, 2026				
Warm-up: 6:30am      Session Start: 8:00am				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
7	n/a	10 & U 200 Freestyle Relay	n/a	8
15	3:13.29	10 & U 200 Backstroke	3:08.49	16
19	1:31.59	15 & O 100 Breaststroke	1:23.09	20
25	55.49	10 & U 50 Breaststroke	54.39	26
27	2:37.09	15 & O 200 Freestyle	2:25.39	28
33	3:25.69	10 & U 200 Freestyle	3:14.99	34
35	1:18.29	15 & O 100 Butterfly	1:11.29	36
41	1:55.39	10 & U 100 Butterfly	1:52.89	42
43	6:15.79	15 & O 400 IM	5:47.99	44
47	n/a	10 & U 200 Medley Relay	n/a	48

Session 3- Prelims				
Friday, July 10, 2026				
Warm-up: 11:30am      Session Start: 12:30pm				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
17	3:13.29	11-12 200 Backstroke	3:08.49	18
21	1:34.99	13-14 100 Breaststroke	1:27.09	22
23	46.19	11-12 50 Breaststroke	45.89	24
29	2:42.79	13-14 200 Freestyle	2:32.29	30
31	2:53.09	11-12 200 Freestyle	2:46.39	32
37	1:20.99	13-14 100 Butterfly	1:14.59	38
39	1:30.49	11-12 100 Butterfly	1:27.29	40
45	6:28.19	13-14 400 IM	6:02.79	46

Session 4- Finals		
Friday, July 10, 2026		
Warm-up: 4:30pm      Session Start: 5:30pm		
#	Event	#
9	11-12 200 Freestyle Relay	10
11	13-14 200 Freestyle Relay	12
13	15 & O 200 Freestyle Relay	14
17	11-12 200 Backstroke	18
19	15 & O 100 Breaststroke	20
21	13-14 100 Breaststroke	22
23	11-12 50 Breaststroke	24
27	15 & O 200 Freestyle	28
29	13-14 200 Freestyle	30
31	11-12 200 Freestyle	32
35	15 & O 100 Butterfly	36
37	13-14 100 Butterfly	38
39	11-12 100 Butterfly	40
43	15 & O 400 IM	44
45	13-14 400 IM	46
49	11-12 200 Medley Relay	50
51	13-14 200 Medley Relay	52
53	15 & O 200 Medley Relay	54

Session 5- Prelims				
Saturday, July 11, 2026				
Warm-up: 6:30am      Session Start: 8:00am				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
55	3:39.89	10 & U 200 Breaststroke	3:31.59	56
59	2:57.49	15 & O 200 IM	2:43.59	60
65	3:48.89	10 & U 50 200 IM	3:43.69	66
67	33.49	15 & O 50 Freestyle	30.59	68
73	40.89	10 & U 50 Freestyle	39.79	74
75	2:54.39	15 & O 200 Butterfly	2:39.49	76
81	48.09	10 & U 50 Butterfly	46.39	82
83	1:20.69	15 & O 100 Backstroke	1:13.69	84
89	1:48.09	10 & U 100 Backstroke	1:44.49	90
91	5:29.89	15 & O 400 Freestyle	5:10.19	92
95	n/a	10 & U 400 Medley Relay	n/a	96

Session 6- Prelims				
Saturday, July 11, 2026				
Warm-up: 11:30am      Session Start: 12:30pm				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
57	3:39.89	11-12 200 Breaststroke	3:31.59	58
61	3:03.09	13-14 200 IM	2:49.79	62
63	3:15.59	11-12 200 IM	3:08.99	64
69	34.59	13-14 50 Freestyle	31.79	70
71	35.89	11-12 50 Freestyle	34.79	72
77	3:01.69	13-14 200 Butterfly	2:46.79	78
79	38.79	11-12 50 Butterfly	38.69	80
85	1:23.29	13-14 100 Backstroke	1:17.69	86
87	1:32.69	11-12 100 Backstroke	1:29.59	88
93	5:41.79	13-14 400 Freestyle	5:23.49	94

Session 7- Finals		
Saturday, July 11, 2026		
Warm-up: 4:30pm      Session Start: 5:30pm		
#	Event	#
57	11-12 200 Breaststroke	58
59	15 & O 200 IM	60
61	13-14 200 IM	62
63	11-12 200 IM	64
67	15 & O 50 Freestyle	68
69	13-14 50 Freestyle	70
71	11-12 50 Freestyle	72
75	15 & O 200 Butterfly	76
77	13-14 200 Butterfly	78
79	11-12 50 Butterfly	80
83	15 & O 100 Backstroke	84
85	13-14 100 Backstroke	86
87	11-12 100 Backstroke	88
91	15 & O 400 Freestyle	92
93	13-14 400 Freestyle	94
97	11-12 400 Medley Relay	98
99	13-14 400 Medley Relay	100
101	15 & O 400 Medley Relay	102

Session 8- Prelims				
Sunday, July 12, 2026				
Warm-up: 6:30am      Session Start: 8:00am				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
103	n/a	10 & U 400 Freestyle Relay	n/a	104
107	3:15.99	10 & U 200 Butterfly	3:10.19	108
113	3:17.29	15 & O 200 Breaststroke	3:00.59	114
119	2:03.89	10 & U 100 Breaststroke	1:59.19	120
121	1:12.79	15 & O 100 Freestyle	1:06.69	122
127	1:32.99	10 & U 100 Freestyle	1:30.59	128
129	2:53.39	15 & O 200 Backstroke	2:39.99	130
135	49.69	10 & U 50 Backstroke	49.29	136
143	6:56.79	10 & U 400 IM	6:46.59	144
109	21:52.49	15 & O 1500 Freestyle	20:33.39	110

Session 9- Prelims				
Sunday, July 12, 2026				
Warm-up: 11:30am      Session Start: 12:30pm				
#	Girls/Women Faster Than	Event	Boys/Men Faster Than	#
105	3:15.99	11-12 200 Butterfly	3:10.19	106
115	3:24.59	13-14 200 Breaststroke	3:08.29	116
117	1:42.19	11-12 100 Breaststroke	1:39.59	118
123	1:15.39	13-14 100 Freestyle	1:09.79	124
125	1:19.49	11-12 100 Freestyle	1:16.19	126
131	2:59.49	13-14 200 Backstroke	2:48.79	132
133	41.59	11-12 50 Backstroke	41.09	134
111	6:56.79	11-12 400 IM	6:46.59	112

Session 10- Finals		
Sunday, July 12, 2026		
Warm-up: 4:30pm      Session Start: 5:30pm		
#	Event	#
105	11-12 200 Butterfly	106
109	15 & O 1500 Freestyle	110
111	11-12 400 IM	112
113	15 & O 200 Breaststroke	114
115	13-14 50 200 Breaststroke	116
117	11-12 100 Breaststroke	118
121	15 & O 100 Freestyle	122
123	13-14 100 Freestyle	124
125	11-12 100 Freestyle	126
129	15 & O 200 Backstroke	130
131	13-14 200 Backstroke	132
133	11-12 50 Backstroke	134
137	15 & O 400 Freestyle Relay	138
139	13-14 400 Freestyle Relay	140
141	11-12 400 Freestyle Relay	142

## 2026 RAC Sandbox Meet

### Summary of Fees/Release Form

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

Retriever Aquatic Club  
1000 Hilltop Circle, Baltimore, MD 21250  
coachsarahRAC@gmail.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		\$40.00 per relay	
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. Retriever Aquatic Club, UMBC, 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**