



# 2nd Annual QOSA Intrasquad Meet

April 4, 2026



Facility	<p align="center"><b>Quince Orchard Swim &amp; Tennis Club</b></p> <p align="center">16601 Roundabout Drive Gaithersburg, MD 20878</p> <ul style="list-style-type: none"> <li>● 8-lane 25 meter pool</li> </ul>
Entry Procedure	<p>Select events on <a href="#">Captyn</a>. <a href="#">How to Sign Up for Swim Meets on Captyn</a></p>
Entry Deadline	<p align="center"><b>March 29, 2026 - 11:59 PM</b></p> <ul style="list-style-type: none"> <li>● Entries will be accepted on a first-come, first served basis.</li> <li>● <b>No late entries will be accepted.</b></li> </ul>
Fees	<p><b>Meet Entry Fee: \$40</b></p> <ul style="list-style-type: none"> <li>● Able to enter up to 5 events</li> <li>● Includes meet t-shirt</li> <li>● Meet Fees will be charged to card on file through Captyn</li> </ul>
Schedule	<p align="center"><b>Saturday, April 4, 2026</b></p> <p>Warm Ups:</p> <ul style="list-style-type: none"> <li>● 11&amp;Older - 8:00-8:25 am</li> <li>● 10&amp;Under: 8:25-8:45 am</li> </ul> <p>Events: 9:00 am</p>
Eligibility	<p><b>Open to all QOSA swimmers who can safely complete a length of the pool under 1 minute.</b></p> <ul style="list-style-type: none"> <li>● Lessons</li> <li>● Clinic</li> <li>● Swim Team Prep</li> <li>● Competitive Team</li> </ul> <p>An athlete may only compete in his/her own age division. Athletes shall compete at the age attained on the first day of the meet.</p>
Officials	<p>Certified MCSL / PVS Officials should email Coach Kyle to volunteer. <a href="mailto:kyle.brown@ccacc-dc.org">kyle.brown@ccacc-dc.org</a></p>
Volunteers	<p>Automation, Timers (3 per lane), Head Timer, Lane Checkers will be required <a href="#">Sign Up to Volunteer Here</a></p>

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Saturday, April 4, 2026

11&Older Warm Up: 8:00-8:25 am

10&Under Warm Up: 8:25-8:45 am

Events: 9:00 am

<b>Boys</b>	<b>Events</b>	<b>Girls</b>
1	12&Under 100M Individual Medley	2
3	13-14 100M Individual Medley	4
5	15&Over 100M Individual Medley	6
7	8&Under 25M Freestyle	8
9	9-10 50M Freestyle	10
11	11-12 50M Freestyle	12
13	13-14 50M Freestyle	14
15	15-18 100M Freestyle	16
17	8&Under 25M Backstroke	18
19	9-10 25M Backstroke	20
21	11-12 50M Backstroke	22
23	13-14 50M Backstroke	24
25	15&Over 100M Backstroke	26
	<b>10 Minute Intermission</b>	
29	8&Under 25M Breaststroke	30
31	9-10 25M Breaststroke	32
33	11-12 50M Breaststroke	34
35	13-14 50M Breaststroke	36
37	15&Over 100M Breaststroke	38
39	8&Under 25M Butterfly	40
41	9-10 25M Butterfly	42
43	11-12 50M Butterfly	44
45	13-14 50M Butterfly	46
47	15&Over 50M Butterfly	48