

## Arlington Knights of Columbus Holy Mackerels (AKC)

Team Reps: Derek Khlopin [khlopin@yahoo.com](mailto:khlopin@yahoo.com)  
Lisa Moneymaker [lisamoneymaker@yahoo.com](mailto:lisamoneymaker@yahoo.com)

Computer: John Welch [johnfwelchjr@yahoo.com](mailto:johnfwelchjr@yahoo.com)  
Mike Morgan [morganvpi@yahoo.com](mailto:morganvpi@yahoo.com)

Pool: 5115 Little Falls Road Arlington VA 22207  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
No lights  
250 swimmers

Website: <https://holymackerels.swimtopia.com/>



## Armfield Farm Stingrays (AF)

Team Reps: Warren Crowder [wcmapper@aol.com](mailto:wcmapper@aol.com)  
Turnell Sims [turnell@verizon.net](mailto:turnell@verizon.net)

Computer: Julie Tiss [jtiss65@gmail.com](mailto:jtiss65@gmail.com)  
Beth Earle [blizute@gmail.com](mailto:blizute@gmail.com)  
Jodi King [jodiking@verizon.com](mailto:jodiking@verizon.com)

Pool: 3567 Armfield Farm Drive  
Chantilly VA 20151  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
136 swimmers

Website: <http://www.teamunify.com/Home.jsp?tabid=0&team=reccslafs>



## Ashburn Farm Barracudas (ABF)

Team Rep: Carrie Jackman [carriejackman@rocketmail.com](mailto:carriejackman@rocketmail.com)  
Joe Campbell [josephmcampbell@yahoo.com](mailto:josephmcampbell@yahoo.com)

Computer: Kim Coon [abfbarracudas@gmail.com](mailto:abfbarracudas@gmail.com)

Pool: Summerwood Pool  
43641 Golden Meadow Circle  
Ashburn VA 20147  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
204 swimmers

Website: <https://ashburnfarmbarracudas.shutterfly.com>



## Ashburn Village AquaJets (AV)

Team Reps: Matt Bayly [teamrep2016@avaquajets.com](mailto:teamrep2016@avaquajets.com)  
coachmatt@avaquajets.com  
Kristina Hart [khart@ashburnvillage.org](mailto:khart@ashburnvillage.org)

Computer: Kelly Wenner [kpwenner@gmail.com](mailto:kpwenner@gmail.com)

Pool: Lakes Recreation Center  
44078 Cheltenham Circle  
Ashburn VA 20147  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
250 swimmers

Website: <http://www.avaquajets.com/Home.jsp?team=reccslajst>



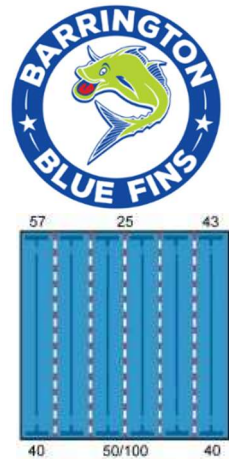
## Barrington Blue Fins (BAR)

Team Reps: Steve Van Beek [stevevanbeek@gmail.com](mailto:stevevanbeek@gmail.com)  
Beth Van Beek [bethvanbeek@gmail.com](mailto:bethvanbeek@gmail.com)

Computer: Derrick Shields [dshields@shieldsnet.com](mailto:dshields@shieldsnet.com)

Pool: 9376 Braymore Circle Fairfax  
Station VA 22039  
25 yards / 6 lanes  
Backstroke flags: 5 yards  
115 swimmers

Website: [barringtonbluefins.org](http://barringtonbluefins.org)



## Broadlands Piranhas (BL)

Team Rep: Stephanie Callaghan [calla912@yahoo.com](mailto:calla912@yahoo.com)  
Tracie Buckley [dcosbuckley@gmail.com](mailto:dcosbuckley@gmail.com)  
[CSLBoardTeamRep@broadlandsswimteam.org](mailto:CSLBoardTeamRep@broadlandsswimteam.org)

Computer: Christine, Karen & Sandy  
[piranhascorers@broadlandsswimteam.org](mailto:piranhascorers@broadlandsswimteam.org)  
Christine Brooks [christinenkids@gmail.com](mailto:christinenkids@gmail.com)  
Karen McKeivitt [karen.mckevitt@mac.com](mailto:karen.mckevitt@mac.com)  
Sandy Geerdes [Sandygeerdes@gmail.com](mailto:Sandygeerdes@gmail.com)

Pool: 43008 Waxpool Road  
Broadlands VA 20148  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
226 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccslblva>

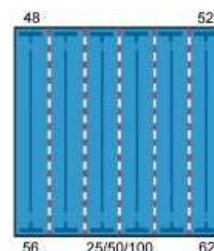


## Burke Centre Penguins (BCP)

Team Rep: Lisa Goggins [lisaggns@aol.com](mailto:lisaggns@aol.com)  
Computer: Rob Jones [robjones@verizon.net](mailto:robjones@verizon.net)  
Kay Jones [kaysjones@gmail.com](mailto:kaysjones@gmail.com)

Pool: Burke Centre Commons Pool  
5701 Roberts Parkway  
Burke VA 22015  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
220 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccobcpva>



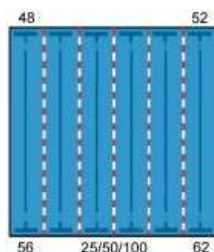
## Burke Centre Stingers (BCS)

Team Rep: Alicia Kelly Field [stingerteamrep@gmail.com](mailto:stingerteamrep@gmail.com)  
Jen Roberts [stingerteamrep@gmail.com](mailto:stingerteamrep@gmail.com)

Computer: Miriam Beima [jbeima@erols.com](mailto:jbeima@erols.com) (A-meets)  
Missy Longo [mlongo@actionnet.com](mailto:mlongo@actionnet.com) (B-meets)

Pool: Burke Centre Commons Pool  
5701 Roberts Parkway  
Burke VA 22015  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
220 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccobcs>



## Cascades Rapids (CAS)

Team Reps: Chris Murphy [Ryan11701@aol.com](mailto:Ryan11701@aol.com)  
Trish Kaczmarczyk [trishkaczmarczyk@gmail.com](mailto:trishkaczmarczyk@gmail.com)  
Maureen Murphy [Maureen.murphy@salliemae.com](mailto:Maureen.murphy@salliemae.com)

Computer: Katy Touve [katy@touve.net](mailto:katy@touve.net)  
Lu Ryan [ljklnryan@gmail.com](mailto:ljklnryan@gmail.com)

Pool: Potomac Lakes Pool aka Stone House Pool aka Stephen Frazier Pool  
20670 Fernbank Court  
Sterling VA 20165  
25 meters / 8 lanes  
Backstroke flags: 5 meters  
No lights  
213 swimmers

Website: <http://cascadesrapids.org/>



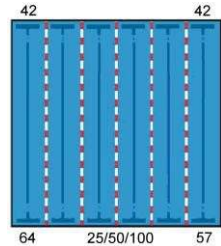
## Chantilly Highlands Dolphins (CHD)

Team Rep: Sally Burns [sally\\_burns@verizon.net](mailto:sally_burns@verizon.net)  
Rob Markin [lamarbins@hotmail.com](mailto:lamarbins@hotmail.com)

Computer: Allen (Qi) Zhang [chd.hytek.lead@gmail.com](mailto:chd.hytek.lead@gmail.com)

Pool: 3225 Kinross Circle  
Oak Hill VA 20171  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
156 swimmers

Website: <http://www.chdolphins.net>



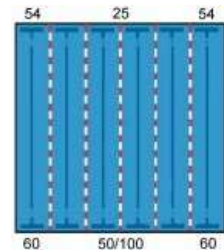
## Chantilly National Golf & Country Club Bluefins (CNC)

Team Rep: Karl Spinnenweber [karlspin@earthlink.net](mailto:karlspin@earthlink.net)

Computer: Robin Lott [robinlott2@gmail.com](mailto:robinlott2@gmail.com)  
Val Denizard [odyssey66@verizon.net](mailto:odyssey66@verizon.net)

Pool: 14901 Braddock Road  
Centreville VA 20120  
25 meters / 6 lanes A-meets / 7 lanes B-meets  
Backstroke flags: 5 yards 100 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccscnbva>



## Chase Club Sharks (CC)

Team Rep: Rachel Perry [bijoux4u@gmail.com](mailto:bijoux4u@gmail.com)

Computer: Sheilah Lee [sheilahlee@yahoo.com](mailto:sheilahlee@yahoo.com)

Pool: 5492 Ashleigh Road  
Fairfax VA 22030  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
103 swimmers

Website: <http://www.chaseclubsharks.com>



## Chinquapin Wahoos (C)

Team Rep: Janice McClaury [janicemclaury@gmail.com](mailto:janicemclaury@gmail.com)  
Lolo Lasida [swim.mail@lasida.com](mailto:swim.mail@lasida.com)  
Marissa Solis [solis.marissa@gmail.com](mailto:solis.marissa@gmail.com)  
Suzanne Doggett [swdoggett76@gmail.com](mailto:swdoggett76@gmail.com)  
Lisa Thomas [derikandlisa@aol.com](mailto:derikandlisa@aol.com)



Computer: Lolo Lasida [swim.mail@lasida.com](mailto:swim.mail@lasida.com)

Pool: Old Town Pool  
1609 Cameron Street  
Alexandria VA 22314  
25 yards / 8 lanes  
Backstroke flags: 5 yards  
180 swimmers

Website: <http://teamwahoos.org>

## CountrySide Waves (CY)

Team Reps: Becky Belogay [bhbelogay@hotmail.com](mailto:bhbelogay@hotmail.com)

Computer: Kim Fedei [klfedei@gmail.com](mailto:klfedei@gmail.com)  
George Stiles [gstiles1969@gmail.com](mailto:gstiles1969@gmail.com)



Pool: 46020 Algonkian Parkway  
Potomac Falls VA 20165  
25 meters / 8 lanes  
Backstroke flags: 5 yards  
178 swimmers

Website: <http://www.countrysidewaves.org/>

## Fort Myer Squids (FM)

Team Rep: Deb Ramos [kauffman96@yahoo.com](mailto:kauffman96@yahoo.com)

Computer: Steve Maguire [maguire1166@gmail.com](mailto:maguire1166@gmail.com)  
Lee Berner [leeberner@gmail.com](mailto:leeberner@gmail.com)  
Paul Sherman [paul@techwiremedia.com](mailto:paul@techwiremedia.com)



Pool: 214 Jackson Avenue  
Fort Myer VA 22211  
25 meters / 6 lanes

Backstroke flags: 5 yards  
No lights  
173 swimmers

Website: <http://www.fortmyersquids.com/>

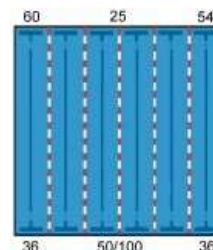
## Franklin Farm Froggers (FF)

Team Reps: Scott Aukema [scott.aukema@gmail.com](mailto:scott.aukema@gmail.com) (A-meets)  
Beth Malara, [beth\\_e\\_malara@yahoo.com](mailto:beth_e_malara@yahoo.com) (B-meets)

Computer: Randy Jones [randysjones@gmail.com](mailto:randysjones@gmail.com)

Pool: Still Pond Pool  
12700 Franklin Farm Road  
Oak Hill VA 20171  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
230 swimmers

Website: <http://gofroggers.net>



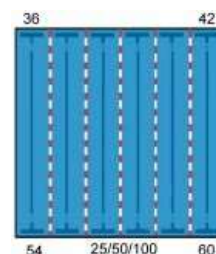
## Franklin Glen Gators (FG)

Team Rep: Chantile Stovall [chan\\_stovall@hotmail.com](mailto:chan_stovall@hotmail.com)  
Cathy Lahr [CCLahr1@feps.edu](mailto:CCLahr1@feps.edu)

Computer: Linda Bracewell [lbracewell@verizon.net](mailto:lbracewell@verizon.net)  
Patsy Deyo [patsy@deyo.us](mailto:patsy@deyo.us)  
Michelle Head [michelle.head@gmail.com](mailto:michelle.head@gmail.com)

Pool: 13398 Springhaven Drive  
Fairfax VA 22033  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
188 swimmers

Website: <http://www.fggators.com>



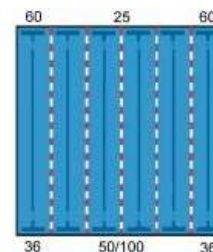
## Glen Cove Pirates (GC)

Team Rep: Caroline Taylor [carolinetayloratc@gmail.com](mailto:carolinetayloratc@gmail.com)

Computer: Bob Lockey [blokey67@gmail.com](mailto:blokey67@gmail.com)  
David Painter [david.l.painter.civ@mail.mil](mailto:david.l.painter.civ@mail.mil)

Pool: 5471 Brigantine Way  
Fairfax VA 22032  
25 yards / 6 lanes  
Backstroke flags: 5 yards  
89 swimmers

Website: <http://www.teamunify.com/recgcp>



## Hayden Village Villains (HV)

Team Rep: Lynda Falkenstein [rainsonglta2000@yahoo.com](mailto:rainsonglta2000@yahoo.com)  
Computer: Christie Katz [christie@haydenvillageswim.com](mailto:christie@haydenvillageswim.com)  
Yvonne Kan [hvj.kan@gmail.com](mailto:hvj.kan@gmail.com)  
Rich McCoy [rsm\\_24@msn.com](mailto:rsm_24@msn.com)  
[infotech@haydenvillageswim.com](mailto:infotech@haydenvillageswim.com)

Pool: 5587 Rockpointe Drive  
Clifton VA 20124  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
139 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccslhvv>



## ManorGate Marlins (MG)

Team Rep: Joseph Lintott [josephlintott@hotmail.com](mailto:josephlintott@hotmail.com)  
Computer: Valerie Loveday [valoveday@gmail.com](mailto:valoveday@gmail.com)  
Shawna Garrett [slgarrett78@gmail.com](mailto:slgarrett78@gmail.com)  
Tanja Lovelace [tanjalovelace@gmail.com](mailto:tanjalovelace@gmail.com)

Pool: 14300 Green Trails Blvd  
Centreville VA 20121  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
No lights  
202 swimmers

Website: <http://manorgatemarlins.com>



## Saratoga Stingrays (SAR)

Team Rep: Deb Gross [sarteamrepmm@gmail.com](mailto:sarteamrepmm@gmail.com)  
[debsk8r@hotmail.com](mailto:debsk8r@hotmail.com)  
Computer: Heather Manzano [manzanoeh@msn.com](mailto:manzanoeh@msn.com)  
Diane Tucker [Dlanttucker@outlook.com](mailto:Dlanttucker@outlook.com)  
Mike Asbery [masbery@verizon.net](mailto:masbery@verizon.net)

Pool: 8070 Edinburgh Drive  
Springfield VA 22153  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
72 swimmers

Website: [www.saratogastingrays.org](http://www.saratogastingrays.org)





## Sequoia Farms Stingrays (SF)

Team Rep: Peg Alessi [pegalessi@yahoo.com](mailto:pegalessi@yahoo.com)

Computer: Robin Loper [sfstcomputer@gmail.com](mailto:sfstcomputer@gmail.com)

Pool: 5562 Sequoia Farms Drive  
Centreville VA 20120  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
107 swimmers

Website: <http://www.sfstingrays.com/>



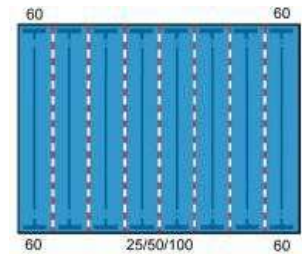
## South Riding Stingrays (SRD)

Team Rep: David Penland [dppenland@fcps.edu](mailto:dppenland@fcps.edu)  
Erin Walter [erinwalter78@gmail.com](mailto:erinwalter78@gmail.com)

Computer: Robb Harrington [registration@gostingrays.com](mailto:registration@gostingrays.com)  
Stephanie Holt [hokieholt@comcast.net](mailto:hokieholt@comcast.net)

Pool: 42420 Unicorn Drive  
South Riding VA 20152  
25 meters / 8 lanes  
Backstroke flags: 5 yards  
156 swimmers

Website: <http://www.teamunify.com/recsrsva>



## Sugarland Run Dolphins (SR)

Team Rep: Abi Osborne [srst.teamrep@gmail.com](mailto:srst.teamrep@gmail.com)

Computer: Svetlana LaBarbera [srst.comp@gmail.com](mailto:srst.comp@gmail.com)

Pool: 200 Greenfield Court  
Sterling VA 20164  
25 yards / 8 lanes  
Backstroke flags: 5 yards  
140 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccslsrd>

