

Arlington Knights of Columbus Holy Mackerels (AKC)

Team Reps: Pete Marsh seerymarsh@verizon.net
Skye Donovan jdonovan@marymount.edu

Computer: John Welch johnfwelchjr@yahoo.com
Mike Morgan computers@holymackerels.com

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

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



Armfield Farm Stingrays (AF)

Team Reps: Aida Rivera-Gines aida139@gmail.com
Amy Dalton aldalton12@gmail.com

Computer: Beth Earle blizute@gmail.com

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

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



Ashburn Farm Barracudas (ABF)

Team Rep: Deborah Youmans debyoumans@gmail.com
Jennifer Coppola jennycoppola@yahoo.com
John Sheridan johndsheridan@gmail.com

Computer: Kim Coon & Tiana Christensen
barracudas.meet.managers@gmail.com

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

www.ashburnfarmbarracudas.org



Ashburn Village AquaJets (AV)

Team Reps: Kristina Hart khart@ashburnvillage.org

Computer: Tom Char tomschar@hotmail.com
Jeff Bennion derfowins@gmail.com

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

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



Barrington Blue Fins (BAR)

Team Reps: Steve Van Beek stevevanbeek@gmail.com
Beth Van Beek bethvanbeek@gmail.com

Computer: Joel Hill bluefinscomputer@gmail.com

Pool: 9376 Braymore Circle Fairfax Station VA 22039

25 yards / 6 lanes
Backstroke flags: 5 yards
115 swimmers

barringtonbluefins.org



Burke Centre Penguins (BCP)

Team Rep: Lisa Goggins lisaggn@aol.com

Computer: Jerritt Askvig bcpcomputers@gmail.com
Jerrit.askvig@gmail.com

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

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



Burke Centre Stingers (BCS)

Team Rep: Alicia Kelly Field Amkelly@childrensnational.org
202-997-6015 stingerteamrep@gmail.com

Computer: Miriam Beima jbeima@erols.com

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

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



Cascades Rapids (CAS)

Team Reps: Meredith Pilaro mkpilaro@gmail.com
Jacob Sultan sultan.jacob@gmail.com

Computer: Andra Sparrenberger a.sparrenberger@gmail.com
Sean Lyons alyons18@hotmail.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
250 swimmers

<http://cascadesrapids.org/>



Chantilly Highlands Dolphins (CHD)

Team Rep: Rob Markin lamarbins@hotmail.com
chdteamrep@gmail.com
Erica Giovanini erica.giovanini@gmail.com

Computer: Kevern Spurlin chd.hytek.lead@gmail.com

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

<http://www.chdolphins.net>



Chantilly National Country Club Bluefins (CNC)



Team Rep: Amy Seibel amylemon@msn.com
Computer: Mark Bartlett chantillynational.hytech@gmail.com

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

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

Chase Club Sharks (CC)



Team Rep: Sheila Lee sheilahlee@yahoo.com
Tracy Mason traymay5@gmail.com
Computer: Dave & Christine Kelly daveandtaye@gmail.com

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

<http://www.chaseclubsharks.com>

Chinquapin Wahoos (C)



Team Rep: Kelly Davis kellydavo@hotmail.com
Stephanie Meyer s_meyer32@hotmail.com
Marissa Puckett Blais marissa.puckett@gmail.com
Lolo LaSida swim.mail@lasida.com
Computer: Lolo Lasida swim.mail@lasida.com
Wendy Montes de Oca wendy.l.montesdeoca@gmail.com

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

<http://teamwahoos.org>

Countryside Waves (CY)



Team Reps: Lauren Donaldson ldonaldson2006@gmail.com

Computer: Kim Fedei klfedei@gmail.com
George Stiles gstiles1969@gmail.com

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

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

Fort Myer Squids (FM)



Team Rep: Deb Ramos kauffman96@yahoo.com

Computer: Lim and Nga uvl.yln@gmail.com

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

Backstroke flags: 5 yards
No lights
173 swimmers

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

Franklin Farm Froggers (FF)



Team Reps: Jason Flickinger frogger.aleaguerep@gmail.com (A-meets)
Brent Newell frogger.bleaguerep@gmail.com (B-meets)

Computer: Randy Jones froggerITcrew@gmail.com

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

<http://gofroggers.net>

Franklin Glen Gators (FG)



Team Rep: Yousif Hassan yousif.hassan@outlook.com

Computer: Katie Schuman kschuman1972@gmail.com

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

<http://www.fggators.com>

Glen Cove Pirates (GC)



Team Rep: Caroline Taylor carolinetayloratc@gmail.com
540-664-6541

Computer: Erik Martin erik.m.martin@gmail.com

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

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

Hayden Village Villains (HV)



Team Rep: Lynda Falkenstein rainsonglta2000@yahoo.com

Computer: Rich McCoy rsm_24@msn.com

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

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

ManorGate Marlins (MG)

Team Rep: Joseph Lintott josephlintott@hotmail.com

Computer: Valerie Loveday valoveday@gmail.com
Chang Yoon alfyoon@yahoo.com
Tanja Lovelace tanjalovelace@gmail.com

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

<http://manorgatemarlins.com>



Saratoga Stingrays (SAR)

Team Rep: Deb Gross debsk8r@hotmail.com

Theresa Poquis tbpoquis@gmail.com

Computer: Mike Poquis mpoquis@gmail.com
Mike Asbery masbery@verizon.net

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

www.saratogastingrays.org



Sequoia Farms Stingrays (SF)

Team Rep: Tim Neun tneun9@gmail.com

Computer: Tara Carey 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: Steve Garcia stevengarcia@gmail.com
CSLteamrep@gostingrays.com

Computer: John Haley & Stephanie Holt
CSLComputerOps@gostingrays.com

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: Jen Heffern srst.teamrep@gmail.com
 Deb Balint srst.teamrep@gmail.com

Computer: Svetlana LaBarbera 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>

CSL Executive Committee

President	BAR Steve Van Beek	stevanbeek@gmail.com
Vice President	OPEN	
Treasurer	FF Ken Killer	buckeye1998@gmail.com
Secretary	GC Caroline Taylor	carolinetayloratc@gmail.com 540-664-6541
Rules/Officials	Gordon Smith	571-239-3524 gordondsmith@verizon.net
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Hy-Tek Committee Chair	SAR Mike Asbury	masbury@verizon.net
Insurance	BAR Steve Van Beek	