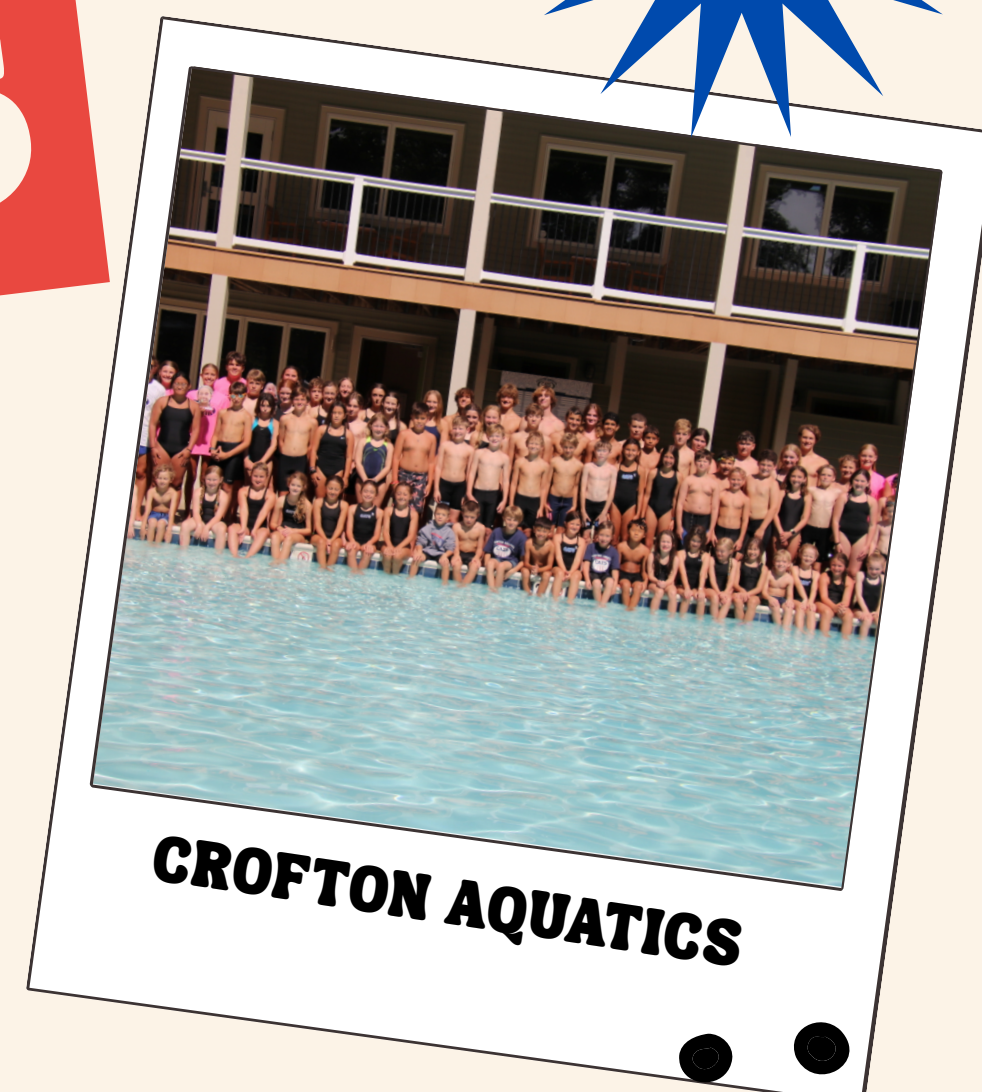
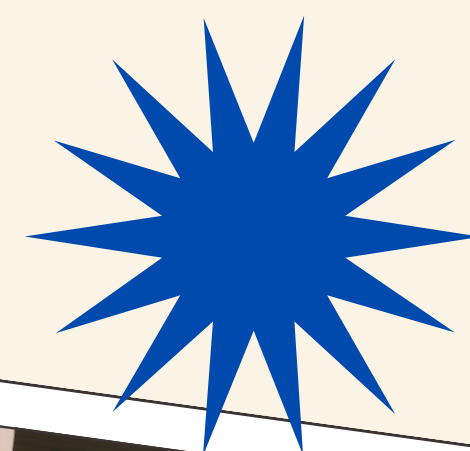


CROFTON AQUATICS OFFICIAL GASL MEET GUIDE 2026



Head Coaches: Braiden Severin (team) and Owen Ruddy (evening)
Assistant Coaches: Caroline Smith, Quincy Warner, Piper Zimmer
Team Managers: Julie Zimmer, Robert Eccles, Lauren Thompson

2026 CATS Schedule

Greater Annapolis Swim League (GASL) Division A

Sat. June 6- HOME- Time Trials

DUAL MEETS

Sat. June 13- AWAY meet at Harting Farm
Sat. June 20- AWAY meet at Hunt Meadow
Sat. June 27- HOME meet vs. Indian Hills
Wed. July 1- HOME meet vs. Davidsonville
Sat. July 11- AWAY meet at Hillsmere

FUN MEET

Mon. July 13- HOME- Cam Diamond Invitational
(CSTC tradition! Philanthropy meet for Johns Hopkins Children's Hospital, in memory of a CSTC child. Most local pools invited.)

CHAMPIONSHIP MEETS

Wed. July 15- Bronze Meet
Sat. July 18- Silver Meet (qualifying time required)
Sun. July 19- Gold Meet (qualifying time required)

Sun. July 19- End of Season Party @ 5pm
CSTC parking lot

GASL RULES WORTH KNOWING

- Swimmers can swim **up to 4 events** per dual meet.
- Qualifying times for Gold and Silver Meets must be achieved in a **dual meet**.
- Swimmers are permitted to **swim "up"** an age group but cannot swim "down" an age group. (Swimming "Up" an age group is most common in relays.)

GASL Dual Meet "Flow"

PREP

- Arrival
- Warm-Ups
- Team Cheer/Huddle
- Star Spangled Banner

EVENTS

- Mixed 8&U Freestyle Relay **NEW**
- Medley Relay (cross age groups*) **NEW**
- Individual Medley
- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Freestyle Relay (cross age groups*) **NEW**

***Cross Age Group Relays:** four swimmers: one swimmer from 9-10 age group, one from 11-12, one from 13-14, and one from 15-18. Boys and girls are separate.

***Medley Relay-** four swimmers each swim a different stroke. All swimmers swim 25 meters. Boys and girls are separate.

