

# 4<sup>th</sup> ANNUAL STARS & STRIPES DEVELOPMENTAL SWIM MEET

Sunday June 28, 2026

Warm-Up: 7:30 am — Start Time: 8:30 am

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**Purpose:** The purpose of the Stars & Stripes Swim Meet is to promote the growth and development of swimming throughout the Suburban Swim League. This meet is set up to allow the less experienced swimmer to compete as an individual at a level comparable to his or her own in the hopes of generating the experience needed to be competitive at a time trial meet.

**Eligibility:** Swimmers must be 12 years old or younger as of the Suburban Swim League cut-off date, May 30, 2026. To enter an event, the swimmer's time must be slower than the cut off time. The cut-off times are determined by the 16th place qualifier of last year's Championships. Swimmers are not eligible to swim within any age group other than their own.

**Entries:** Swimmers may enter up to three (3) events. Team Manager entry files are preferred. If Team Manager is not used, entries should be completed on the sheet below. Entries should be submitted via email to Bryan Stambaugh, [udodpparrotthead@gmail.com](mailto:udodpparrotthead@gmail.com). All entry times must be submitted for a 25-yard pool.

**Deadline:** All entries must be received by 11:59 pm, **Monday, June 22, 2026**. No late entries will be accepted. After the entries are received, you will receive an email to confirm entries. After the 24-hour window has expired, psych sheets will be sent out to the coaches and entries will be considered final. If swimmers show up on the day of the meet, but were not entered previously, we will try our best to add them unofficially during the scratch meeting.

**Rules:** The 2026 Suburban Swim League rules will be in effect.

**Officials & Timers:** Each team entering 4 or more swimmers in the meet is responsible for providing either two timers or one official. Please list those volunteers on the entry form or in the email. Officials and timers will be admitted free of charge. We will only be admitting those officials and timers for free who have volunteered per an entry form or email. Officials will be given a meet program.

**Coaches:** Coaches and Swimmers will be admitted free of charge. Designated coaches will also be given a meet program.

**Awards:** Ribbons will be awarded to those swimmers who place in the top six places of each event. Heat winner ribbons will be awarded as well. Heat winner ribbons are not awarded to the top six finishers of an event. Ribbons will be distributed to the coaches following the meet. If a coach cannot stay, he or she must contact Oaklands to set up a time to pick up that team's ribbons. There will be an additional special award for the winner of a *hot heat* which will be selected and announced at random once a heat has started.

**Fees:**

- **Swimmer Entry Fee:** \$1.00 per event per swimmer.
  - Fees will be collected on the day of the meet.
  - Please make checks out to Oaklands Swim Club
- **Admission:** \$1.00 for those over six years old
- **Programs:** \$1.00

**Entries and Questions To:**

Bryan Stambaugh, [bryan.stambaugh@ncs.k12.de.us](mailto:bryan.stambaugh@ncs.k12.de.us) 302-983-6786

**Order of Events:** This meet will run the events in **REVERSE** order after the IM Event.

<b>Event Numbers</b>	<b>Stroke/Distance</b>
Event #1 and 2	12 and under 100 IM
Event #3 and 4	6 and under 25 breast
Event #5 and 6	8 and under 25 breast
Event #7 and 8	10 and under 25 breast
Event #9 and 10	12 and under 50 breast
Event # 11 and 12	6 and under 25 back
Event #13 and 14	8 and under 25 back
Event #15 and 16	10 and under 25 back
Event #17 and 18	12 and under 50 back
Events #19 and 20	6 and under 25 fly
Event #21 and 22	8 and under 25 fly
Event #23 and 24	10 and under 25 fly
Event #25 and 26	12 and under 50 fly
Event #27 and 28	6 and under 25 free
Event #29 and 30	8 and under 25 free
Event #31 and 32	10 and under 50 free
Event #33 and 34	12 and under 50 free

**Entry times:** Swimmers must have a timer **SLOWER** than the **yard** time listed for each event. Swimmers must swim in their own age group.

**6 and under**

<i>Event</i>	<i>Time</i>	<i>Event</i>	<i>Time</i>
Girl's 25 Free	31.55	Boy's 25 Free	33.18
Girl's 25 Fly	29.12	Boy's 25 Fly	41.76
Girl's 25 Back	37.34	Boy's 25 back	46.91
Girl's 25 Breast	28.31	Boy's Event	29.24

**7+8 old**

<i>Event</i>	<i>Time</i>	<i>Event</i>	<i>Time</i>
Girl's 25 Free	19.29	Boy's 25 Free	18.58
Girl's 25 Fly	29.12	Boy's 25 Fly	41.76
Girl's 25 Back	25.94	Boy's 25 Back	24.58
Girl's 25 Breast	28.31	Boy's 25 Breast	29.24

**9+10 old**

<i>Event</i>	<i>Time</i>	<i>Event</i>	<i>Time</i>
Girl's 50 Free	37.48	Boy's 50 Free	35.96
Girl's 25 Fly	19.70	Boy's 25 Fly	18.64
Girl's 25 Back	21.60	Boy's 25 Back	21.14
Girl's 25 Breast	23.72	Boy's 25 Breast	23.39

**11 +12 old**

<i>Event</i>	<i>Time</i>	<i>Event</i>	<i>Time</i>
Girl's 100 IM	1:25.29	Boy's 100 IM	1:27.36
Girl's 50 Free	33.14	Boy's 50 Free	32.55
Girl's 50 Fly	38.71	Boy's 50 Fly	43.67
Girl's 50 Back	39.28	Boy's 50 back	44.13
Girl's 50 Breast	43.67	Boy's 50 Breast	45.62

## Entry Form

(Team Manager entries are preferable – email to udodpparrothead@gmail.com)

Team Name: \_\_\_\_\_ Coach(es): \_\_\_\_\_

	Last Name	First Name	Age	M/F	Event	Time	Event	Time	Event	Time	Total Events
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
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25											
26											
27											

**Total:** \_\_\_\_\_

Officials:		
Timers:		

Total # of events: \_\_\_\_\_ x \$1.00/event= \_\_\_\_\_

Make checks payable to Oaklands Swim Club