These rankings and Division assignments are preliminary and subject to change. Changes may be made as a result of new teams entering the League or existing teams leaving. In the past new teams have been placed in the last Division. However, if a new team entering the League is an established team and has a record of times swum, that team may be placed in a Division that more closely approximates the strength of the new team. The final composition of divisions will not be known until the league determines the number of teams that will swim during the 2023 season.

Division assignments are determined by a computerized swim-off. The median of the top 3 times from each team for each event from every dual meet is computed. Using these 3 times, each team is then swum against all other teams. Placement for the subsequent year is based on the number of wins, with ties broken by total points scored. No allowance is made for aging up or other potential changes.

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Division A			Division H		
Rockville	52975	Wins 87	Northwest Branch	36905	Wins 46
Stonebridge	48256	Wins 86	Tanterra	36459	Wins 45
Country Glen	46981	Wins 84	Olney Mill	35972	Wins 43
Stonegate	46595	Wins 84	Potomac Woods	35876	Wins 42
Flower Valley	47476	Wins 83	Calverton	34919	Wins 40
Potomac	45732	Wins 83	Palisades	34674	Wins 40
Division D			Division I		
Division B			Division I		
Clarksburg Village	45245	Wins 81	North Chevy Chase	35050	Wins 39
Chevy Chase Recreation Association	45419	Wins 80	Germantown	33655	Wins 38
River Falls	44919	Wins 79	Garrett Park	34209	Wins 37
Wildwood Manor	43425	Wins 78	Clopper Mill Kingsview	33694	Wins 35
Darnestown	43502	Wins 76	Washingtonian Woods	33761	Wins 34
Bethesda	43172	Wins 74	Arora Hills		
Division C			Division J		
Franklin Knolls	42525	Wins 73	Glenmont	32116	Wins 34
Tallyho	42467	Wins 73	Rock Creek	32057	Wins 34
Woodcliffe	42467	Wins 73		32037	Wins 30.5
			Carderock Springs		
Old Farm	41940	Wins 73	King Farm	31933	Wins 30.5
Damascus	43151	Wins 72	Poolesville	30244	Wins 28
Mohican	42539	Wins 71	Somerset	33435	Wins 34
Division D			Division K		
Hallowell	42504	Wins 70	Potomac Glen	29796	Wins 27
Bannockburn	42298	Wins 70	Montgomery Square	28712	Wins 27
Woodley Gardens	41614	Wins 67	Lake Marion	27756	Wins 25
Seven Locks	41039	Wins 65	New Mark Commons	27050	Wins 24
Cedarbrook					Wins 23
	40608	Wins 65	Quail Valley	27253	
Merrimack Park	40795	Wins 63	Lakelands	29609	Wins 28
Division E			Division L		
Connecticut Belair	39694	Wins 62	Long Branch	24401	Wins 20
Glenwood	40697	Wins 61	Plantations	24444	Wins 19.5
Mill Creek Towne	38526	Wins 61	Twin Farms	25608	Wins 19
Old Georgetown	39088	Wins 59.5	Waters Landing	25155	Wins 18.5
Robin Hood	39307	Wins 59	Whetstone	25876	Wins 18
Manchester Farm	39695	Wins 58	Norbeck Grove	27898	Wins 22
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Division F			Division M		
Quince Orchard	38987	Wins 58	Eldwick	23811	Wins 14
Kentlands	38905	Wins 56.5	James Creek	23276	Wins 14
Manor Woods	38353	Wins 55	Fallsmead	23791	Wins 13
Forest Knolls	37615	Wins 52	West Hillandale	23552	Wins 12
Tilden Woods	36872	Wins 52	Willows Of Potomac	23273	Wins 11
Westleigh	37971	Wins 51	North Creek	24168	Wins 16
District C			Division N		
Division G			Division N		
Rockshire	36973	Wins 51	Hillandale	22474	Wins 9
Daleview	37703	Wins 50	Diamond Farm	21272	Wins 8
Kenmont	37564	Wins 50	Middlebridge	21897	Wins 7
Little Falls	37409	Wins 49	Norbeck Hills	20114	Wins 6
Inverness Recreation Club	37025	Wins 48	Ashton	20874	Wins 5
Regency Estates	36975	Wins 48	Flower Hill	22867	Wins 11
			Division O		
				10016	Wins 4
			Clarksburg Town Center	18816	
			Twinbrook	16258	Wins 2
			Kemp Mill	12713	Wins 1
			Tanglewood	11601	Wins 0
			Parkland		