

**Richmond Christian School
Department of Athletics
Co-ed Varsity/ JV Swimming**

Meet Announcement

**Seton School vs. Wakefield School, Highland School, Richmond Christian School,
Quantico MHS, and Notre Dame Academy**

When: Saturday, December 12th, 2009

Where: Freedom Aquatic Center, Manassas, Virginia

Address: 9100 Freedom Center Boulevard, Manassas, Virginia 20110

Time: 2:00 PM

Participating Schools: Seton School, Highland School, RCS, Quantico MHS,
and Notre Dame Academy

Eligibility: Varsity Level Meet: All swimmers may participate provided they are not
in the 7th grade who will have to swim as “Exhibition” swimmers should
they choose to come.

Meet Schedule: 1:00- 2:00 – Warm-ups
1:00 – 1:20 – Seton School
1:20 – 1:40 – Wakefield / Highland
1:40 – 2:00 – RCS / QMHS / Notre Dame
2:10 – Meet Starts

Events:

Order of Events:

Boys	Event	Girls
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	Diving (after swimming)	10
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24

Transportation: RCS Bus

Meals: Refer to travel schedule

Uniform: RCS Team suit, cap – For travel / deck clothes, please wear your swim team shirt and/or RCS gear.

Volunteers: If anyone is USA Swimming or NFHS Strokes and Turns qualified, we need to provide 1 judge.

Travel Schedule:

11:00 AM – Arrive at school / load bus

11:10 AM – Depart

12:10 PM – Stop off in Fredericksburg to pick up a quick snack / drinks for meet

1:00 PM – Arrive at the Freedom Aquatic Center

1:40 PM – Warm-ups

2:00 PM – Meet

4:30 PM – Meet Ends

5:00 PM – Depart Manassas

5:30 PM – Stop for dinner

6:15 PM – Resume travel

7:30 / 8:00 PM – Arrive at school

- Return times are estimates. The meet could go longer or shorter than expected. Either way, swimmers are typically advised to call their parents when we are within 30 minutes of the school.