

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

**Meet Announcement  
4<sup>th</sup> Annual Candy Cane Kick-Off  
Trinity Episcopal School's JV Invitational Swim Meet**

**When:** Saturday, December 5<sup>th</sup>, 2009

**Where:** ACAC Aquatic Center (please enter from the front of ACAC)

**Time:** 2:00 PM

**Participating Schools:** Trinity, Collegiate, Norfolk Academy, St. Catherine's, St. Christopher's, Richmond Christian School

**Eligibility:** All swimmers may participate provided they are not in the 12<sup>th</sup> grade. 12<sup>th</sup> graders should make an effort to come and help time so parents can watch their children swim.

**Meet Schedule:** 1:00- 2:00 – Warm-ups  
1:00 – 1:20 – Trinity / Collegiate  
1:20 – 1:40 – St. Catherine's / St. Christopher's  
1:40 – 2:00 – RCS / Norfolk Academy  
2:10 – Meet Starts

**Events:**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	200 Mixed* Breaststroke Relay (exh)	1
3	200 Medley Relay (scoring)	4
5	200 FR	6
7	100 IM	8
9	50 FR	10
11	50 FL	12
13	100 FR	14
	TEN MINUTE BREAK	
15	200 Free Relay (scoring)	16
17	50 BK	18
19	50 BR	20
21	400 Free Relay – Mixed* (exh)	21
23	100 Free Relay – Candy Cane Crawl (exh)	24

**Transportation:** POV

**Meals:** None

**Uniform:** RCS Team suit, cap – For 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 judges. 12<sup>th</sup> grade swimmers should plan on volunteering for timer slots.