

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

Meet Announcement

Virginia Episcopal School Meet Announcement

When: Friday, January 22, 2010

Where: Randolph College, Physical Education and Recreation Building
2500 Rivermont Avenue, Lynchburg, Virginia 24503

Time: 7:00 PM

Participating Schools: Virginia Episcopal School, The Covenant School, RCS

Eligibility: Swimmers 8th through 12th grade are eligible to participate and score in this meet. 7th grade swimmers are only eligible to participate as exhibition swimmers.

Meet Schedule: 6:15 PM – Warm-ups
7:00 PM – Meet Starts

Events:

Girls	Event	Boys
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
	10 Minute Break	
9	100 Fly	10
11	100 Free	12
13	500 Free	14
15	200 Free Relay	16
17	100 Back	18
19	100 Breast	20
21	400 Free Relay	22

Transportation: RCS Bus

Meals: Refer to travel schedule

Uniform: RCS Warm-ups, t-shirt, team suit, team cap, goggles.

Travel Schedule:

3:15 PM – Arrive at school / Load bus

3:30 PM - Depart

4:30 PM Stop off in Farmville to pick up a quick snack / drinks for meet

5:45 PM – Arrive at Randolph College

6:15 PM – Warm-ups

7:00 PM – Meet

8:30 PM – Meet Ends

8:45 PM – Stop for dinner / depart

9:15 PM – Resume travel

11:15 – 11:45 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.