

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

Meet Announcement

Randolph Macon Academy Swim Meet

When: Thursday, January 28, 2010

Where: Randolph Macon Academy, 200 Academy Drive, Front Royal, Virginia 22630

Time: 4:30 PM

Participating Schools: Randolph Macon Academy, Fishburne Military 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: 3:35 – 4:25 PM – Warm-ups
3:35 – 4:00 PM – RMA
4:00 – 4:25 PM – Fishburne / RCS
4:30 PM – Meet Starts

Events:

Girls	Event	Boys
1	160 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	40 Free	8
	10 Minute Break	
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	160 Free Relay	18
19	100 Back	20
21	100 Breast	22
23	400 Free Relay	24

****Please note that the pool is a 20 yard pool and the 50 Free is now the 40 Free and the 200 Medley and Free Relays are now 160 Medley and Free Relays****

Transportation: RCS Bus

Meals: Refer to travel schedule

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

Travel Schedule:

1:05 – Early Dismissal

1:15 PM – Load bus

1:30 PM - Depart

2:30 PM Stop off in Fredericksburg to pick up a quick snack / drinks for meet

3:45 PM – Arrive at Randolph Macon Academy

4:00 PM – Warm-ups

4:30 PM – Meet

6:00 PM – Meet Ends

6:45 PM – Depart

7:30 PM – Stop for Dinner

8:15 PM – Resume Travel

9:45 – 10:15 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.