

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

Meet Announcement

St. Catherine's & St. Christopher's School Swim Meet

When: Saturday, January 9, 2010

Where: Kenny Center, St. Catherine's School

Time: 12:00 PM

Participating Schools: St. Catherine's, St. Christopher's, Hampton Roads Academy, Cape Henry Collegiate, St. Margaret's School, St. Gertrude's, Benedictine, Blessed Sacrament-Huguenot, Richmond Christian

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: 10:45 – Arrive at St. Catherine's
 10:50-11:50 AM – Warm-ups
 10:50 – 11:10 – St. Christopher's / St. Catherine's
 11:10 – 11:30 – St. Gertrude's / Benedictine, BSH, RCS
 11:30 – 11:50 – Cape Henry Coll. / St. Margaret's / HRA
 12:00 PM – Meet Starts

Events:

9	Diving	10
Girls	Event	Boys
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
105	100 IM (Ex)	106
7	50 Free	8
	10 Minute Break	
11	100 Fly	12
111	50 Fly (Ex)	112
13	100 Free	14
15	500 Free	16
17	200 Free Relay	18
	10 Minute Break	
19	100 Back	20

21	100 Breast	22
23	400 Free Relay	24

Transportation: POV

Meals: None. They do have concessions for purchase

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

St. Catherine's Address: 6001 Grove Avenue, Richmond, Virginia 23226

Parking: Please park in the lots off of Maple Avenue south of the Kenny Center or in the lot at the corner of Grove and Maple Avenues. Those parked on Maple Avenue will be towed.