

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

Meet Announcement

Fredericksburg Academy vs. St. Margaret's, Randolph Macon Academy, Richmond Christian School, Fredericksburg Christian School, and Emmanuel Christian School

When: Saturday, January 16th, 2010

Where: Fredericksburg Academy, Fredericksburg, Virginia

Address: 10800 Academy Drive, Fredericksburg, Virginia 22408

Time: 5:00 PM

Participating Schools: Fredericksburg Academy, St Margaret's School, Randolph Academy, Richmond Christian School, Fredericksburg Christian School, Emmanuel Christian School

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

Meet Schedule: 3:45 – 4:45 – Warm-ups
3:45 – 4:15 – FA / FCS
4:15 – 4:45 – St. Margaret's / RMA / RCS / ECS
5:00 – 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.

Travel Schedule:

2:50 PM – Early Dismissal
3:00 – 3:15 PM – Depart
4:10 – 4:15 PM – Arrive at Fredericksburg Academy
4:15 PM – Warm-ups
5:00 PM – Meet
6:30 / 7:00 PM – Meet Ends
7:00 PM – Depart Fa
7:15 PM – Stop for dinner
7:45 PM – Resume travel
8:30- 9:00 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.