



STC Swim and Dive Invite #1

Kenny Center – St. Catherine's School

Saturday, December 7, 2019 @ 12:00 p.m.

(If Applicable: Diving Competition will take place before the meet at 9:30 AM)



Facility:

Kenny Center, St. Catherine's School, Richmond, Va
8 lane, 25 yard pool, Colorado Timing System

Participating Schools:

Fredericksburg Christian School, Mills E. Godwin, Norfolk Academy, Seton School, St. Anne's-Belfield School (Diving Only), St. Catherine's School, St. Christopher's School, and Williamsburg Christian Academy

Entries:

3 scored entries per individual event
2 scored relay team entries per relay event
Maximum of 4 entries per competitor, no more than 2 of which may be individual events.

Entry Format:

Entries should be submitted using Hy-Tek Team Manager software. No manual or hard copy entries will be accepted. Entry files should be emailed at least 48 hours before the meet to Bucka Watson, at watsonb@stcva.org. The computer entries must be accompanied by a "Meet Entry Report." This written description will serve as the official entry, so please be sure that your Team Manager entries match your written report. Include diving entries if applicable. Entries must include swimmer's first name, last name and grade. Entry files must designate each swimmer's sex.

Deadline:

Entries must be submitted by **Thursday, December 5th at 5:00pm. After that time, changes to individual events are limited to scratches.**

Schedule:

Swimming warm-ups: 10:30-10:50 am: St. Catherine's/St. Christopher's
10:50-11:10 am: Godwin (1-6) / FCS (7-8)
11:10-11:30 am: Norfolk Academy
11:30- 11:50 am: Seton School (1-7) / WCA (8)
***Swim warm-ups may be changed due to team size.**

Coaches Meeting at 11:45 am.

Meet starts at 12:00 pm.

Scoring:

3+ double dual meet scoring format. Individual 6-4-3-2-1-0. Relays: 8-4-2-0.

Exhibitions:

2 exhibition entries for the 500 free
Unlimited exhibition entries for all other events including relays

Events:

Women	Event	Men
9	Diving	10

Women	Swimming	Men
1	200 Medley Relay	2

3	200 Free	4
5	200 IM	6
7	50 Free	8
	10 Minute Break	
11	100 Fly	12
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

Meet Director: John Warren & Lang Meem
jdwarren61@icloud.com & lmeem@financialguide.com

Meet Administrators: Bucka Watson
watsond@stcva.org
(804) 512-3298

Ken West, Tammy Derosier, Stevie Rodgers, Pattie Hodges & Molly Meem

Saints Coaches

Swim: Head Coach: Bucka Watson.
Assistant Coaches: Kaitlin Jones, Proctor Trivette, and Meredith Vay

Dive Head Coach: Mason Laine
Assistant Coach: Kaileigh Fowler

Parking: Parking will be available in the Middle School lot at the corner of Grove and Maple Ave as well as the Performance Park lot on Maple closer to Cary Street Rd. **Spectators should not park on Maple Ave.** School buses may be parked in the fire lane outside of the Kenny Center and approached from the Middle School lot. Due to significant construction on campus, parking will be at a premium this season. Please take that into consideration when planning your trip. This information should be communicated to the athletes and parents.

Concessions: Two Kings Concessions will be on hand for all St. Catherine's meets in the Kenny Center. They will offer a variety of concession items including Chick-fil-a, popcorn, drinks, cookies, candy, etc. They can also provide box lunches-sandwiches or barbecue for teams who want to get on the road immediately after meets. Email: colahines@twokingsconcessions.com

Meet Mobile We will be publishing this meet on the Meet Mobile app, which can be used on both Apple and Android devices.
Meet Name: **STC Swim and Dive Invite #1**