

Greater Richmond Aquatic League 2009 Championships
Saturday & Sunday, July 25th and July 26th
George Mason University's Freedom Aquatic Center; Manassas, Virginia

Schedule of Events
(Approximate)

Saturday

- 7:00** Access to building for Team Contact Person, Coaches & Vendors
- 7:30** Access to building for Swimmers and Families
- 8:05** Announcer report to Referee Area
- 8:15 – 9:30** Swimming Warm- ups (Schedule in Heat Sheet Book)
- 9:15** Clerk of Course/Security Session 1 workers report to clerk area
- 9:15** S & T Workers report to Referee Area
- 9:35** Coaches meeting at Referee Area
- 9:40** Timers (w/watches)/Runners report to Referee Area
- 9:40** Event 1 'First Call' to Clerk of Course
- 9:45** Presentation of Regular Season Awards
- 9:58** National Anthem –
- 10:00** Session 1 Swimming Competition Begins
- 1:00** Clerk of Course Session 2 workers report to clerk area
- 1:00** S & T Workers/Announcer report to Referee Area
- 1:10** Event 28 'First Call' to Clerk of Course
- 1:10** Timers (w/watches)/Runners report to Referee Area
- 1:30** Session 2 Swimming Competition Begins

Sunday Same time frame as Saturday's Session with these changes:
(session 3 is the same time frame as session 1; session 4 is as 2)

- 9:45** Presentation of Len Everett and Coaches Awards
- 9:58** National Anthem –

Coaches' Relay at end of Session 3 Swimming followed by
CPR and resuscitation of Coaches