



## Hanover (host) vs Prince George Swim Meet



Thursday, Dec 11, 2025

### Location:

Randolph-Macon College, Brock Recreation Center, 417-473 N Center St, Ashland, 23005

### Contact

- Meet contact: George Massey [hswimming1@gmail.com](mailto:hswimming1@gmail.com) 804-852-8639

### Timeline:

- 6:20-6:40pm Warmups, Hanover
- 6:40-7:00pm Warmups, Patrick Henry
- 6:30pm Official's meeting (by starter's unit)
- 6:45pm Timer's meeting (by starter's unit)
- 7:05pm Coaches and captains meeting with referees (by starter's unit)
- 7:08pm National Anthem
- 7:10pm Meet Start

### Entries:

- **Entries are due to host team by 8pm on Tuesday, Dec 9th.**
- **Entries need to be sent in short course yards. If you need instructions please contact George Massey at the email below.**
- Use Hy-Tek Team Manager to generate entries.
- Send entries to George Massey at [hswimming1@gmail.com](mailto:hswimming1@gmail.com).
- Swimmers are limited to 4 events total, with a maximum of 2 individual events.
- Each team may have up to 3 individual scorers per event. Check off the exhibition box in Team Manager to note those swimmers not eligible to score.
- 8<sup>th</sup> graders can participate. Make sure 8<sup>th</sup> graders are clearly marked with entries. The best way to do this is to denote them as an 8<sup>th</sup> grader when registering the swimmer in Team Manager.
- Teams may enter up to three relays teams. Only the top two relays from each team can score.
- The host team will seed the meet and send back to the visiting teams an entry list by name and event for review and possible changes.
- Meet will be preseeded. A meet sheet will be sent to the visiting team no later than 10am on meet day. Coaches' packets with heat sheets, entry lists, and relay cards will be available to pick up at the computer table.
- Any scratches, see the computer table. For individual events, moving swimmers into the scoring heat will NOT be allowed without consent by all teams.
- Relay cards are to be taken to the starting blocks. Make sure the names and order of swimmers on the card accurately reflect the swimmers participating in the event.

Cost:

- \$220 per team.
- Prince George should make payment to the host team, Hanover. Send to:  
Hanover High School  
Att, SWIM TEAM  
10307 Chamberlayne Ave  
Mechanicsville, VA 23116

Meet Protocols:

- Host's team area will be on the far side of the pool at the starting end. Visitor's team area will be on the far side of the pool on the turn end. Spectators sit on the turn end and in the bleachers.
- The three designated point scorers from each team will be seeded in the first heat in designated team lane assignments. All other heats will be seeded fastest to slowest. This can be changed by consent of participating teams.
- Current NFHS rules apply.
- Do NOT open pool doors except in an emergency.
- No glass bottles, no deck changing, no shaving. You must wear shoes outside of the pool
- CLEAN UP team area prior to leaving.
- Host team will also email results after the meet.
- Swimmers requiring tape on their body will need to present a doctor's note to the referee prior to participation.
- There is limited parking available at the Brock Center. Overflow parking lots are available behind the Brock Center on the other side of the railroad tracks.

Scoring:

- Individual events 6, 4, 3, 2, 1
- Relays: 8, 4, 2
- Three swimmers per team are allowed to score. All other swimmers need to be marked exhibition, including JV swimmers. Teams can submit three relays but only two can score.

Officials:

- Teams share responsibility for providing a referee, starter and four stroke and turns.

Volunteers:

- Host team provides 6 timers, 1 head timer, 1 computer table person, and runner(s).
- Visiting team provides 6 timers and a computer table assistant.
- ***If the visiting teams have difficulty providing volunteers, contact the host team as soon as possible.***

Equipment:

- Host team provides all equipment to run the meet.

## GENERAL

- ✓ Randolph-Macon request swimmers, parents, and spectators take care and be respectful when visiting. In particular, swimmers should not use the sauna or congregate in the locker rooms
- ✓ Do not access lockers in locker rooms. These are for RMC personnel only.
- ✓ Bring your own food and drinks. No vending machines available.
- ✓ There is a large bleacher for spectator seating but parents should consider bringing chairs.
- ✓ **Parking directions. See attachment.**

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### ORDER OF EVENTS

BOYS	EVENT	GIRLS
1	200 MEDLEY RELAY	2
3	200 FREESTYLE	4
5	200 INDIVIDUAL MEDLEY	6
7	50 FREESTYLE	8
	<i>10 minute break</i>	
9	100 BUTTERFLY	10
11	100 FREESTYLE	12
13	400 FREESTYLE	14
15	200 FREESTYLE RELAY	16
	<i>5 minute break</i>	
17	100 BACKSTROKE	18
19	100 BREASTSTROKE	20
	<i>5 minute break</i>	
21	400 FREESTYLE RELAY	22