

Duncan Swim Team

May 2008



Important dates this month:

Monday → Saturday for May & June 2008

Important Notice for Stingrays Members

Due to the start up of the Cowichan Valley Breakers vs the limited amount of pool time allotted to our team, our **MONDAY PM** practices *will be moved* to **SATURDAYS**:

Commencing May 10 th , 2008	Commencing May 17 th , 2008
□ Olympic Way A1 → 11:50 – 12:50pm	□ Regional A → 3:30 – 5:45 pm
	□ Provincial B → 3:30 – 5:45 pm
□ Olympic Way A2 → 12:55 – 2:15pm	□ Provincial A → 3:30 – 5:45 pm
□ Regional B → 12:55 – 2:15pm	□ National → 3:30 – 5:45 pm

Friday, May 16th – Sunday, May 18th, 2008

Hyack Long Course Invitational – New Westminster, BC

This meet is for swimmers with a minimum AAA Qualifying Time (QT)

Entries confirmation due into duncanswimteam@shaw.ca on or before **Sat, Apr 26th, 2008**

Thursday, May 22nd – Sunday, May 25th, 2008

Mel Zajac Jr International Invitational – UBC Aquatic Centre

This meet is for swimmers with a minimum Western National QT

Entries confirmation due into duncanswimteam@shaw.ca on or before **Mon, Apr 28th, 2008**

Saturday, May 24th & Sunday, May 25th, 2008

NRST 2nd Annual Spring Sprint – Nanaimo Aquatic Centre

This meet is an open invitation for all Stingray swimmers in Olympic Way A up to Provincial B

Entries confirmation due into duncanswimteam@shaw.ca on or before **Fri, May 9th, 2008**

May 2008 Weekly Schedule: *please note the Mon/Sat changes*

*changes to any schedules will be emailed and posted in the CC Pool Lobby

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NIL PRACTICE TIME	5:15 – 7:15am Prov A National		5:15 – 7:15am National		6:15 – 8:30am@ NAC Reg A Prov B Prov A National
	5:10 – 6:05 OW B	5:50 – 6:45 OW A1	5:10 – 6:05 OW B	5:50 – 6:45 OW A1	11:50 – 12:50pm OWA1
	6:10 – 7:05 OW A3	6:45 – 7:35 OW A2	6:10 – 7:05 OW A3	6:45 – 7:35 OW A2	12:55 – 2:15pm OWA2 Reg B
	4:45 – 7:15 Prov A National	5:30 – 7:10 Reg B	4:45 – 7:15 Prov A National	5:30 – 7:10 Reg B	3:30 – 5:45pm Reg A Prov B Prov A National
	5:45 – 7:15 Prov B	5:30 – 7:45 Reg A	5:45 – 7:15 Prov B	5:30 – 7:45 Reg A	
	5:00 – 7:45 Prov B	5:00 – 7:45 Prov B Prov A National	5:00 – 7:45 Prov B	5:00 – 7:45 Prov B Prov A National	