



# Duncan Swim Team February 2010



## Friday, Feb 5<sup>th</sup> – Sunday, Feb 7<sup>th</sup>

### Provincial AA Championships – Penticton, BC

The fastest AA swimmers will be racing in Penticton, BC at the Provincial AA Championships. Minimum Qualifying Time (QT) is an 11&O Prov AA Standard.

Qualified swimmers interested in racing? Please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Friday, Jan 22<sup>nd</sup>**  
Interested in Team Transportation? Please note that in your RSVP email.



## Sunday, Feb 7<sup>th</sup>

### VIR Meet @ Nanaimo

Swimmers from the B, C, D & E groups are invited to participate in the Vancouver Island Regional Meet being held at the Nanaimo Aquatic Centre hosted by the Nanaimo Riptides Swim Team\*.

Interested in participating? Please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Wednesday, Jan 27<sup>th</sup>**.

\*Please note that those swimmers who are qualified to race at the Provincial AA Championships are not permitted to race other than at the Provincials as per the SwimBC Blackout Period ruling. Questions about this? Please contact [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com) or 250 710 3278.



## Thursday, Feb 18<sup>th</sup> – Sunday, Feb 21<sup>st</sup>

### Western Nationals – Saskatoon, SK

The fastest swimmers in all of Canada will be travelling to Saskatoon, SK for Western Nationals or Ottawa, ON for Eastern Nationals to compete in the Virtual National Championships – 2 meets of the same calibre, on the same weekend will have their results combined to become the Virtual National Championships.

Minimum QT is a Western National Qualifying Time.

Qualified swimmers interested in racing? Please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Friday, Feb 5<sup>th</sup>**



## Friday, Feb 26<sup>th</sup>

### DST Annual Swim – A – Thon Fundraiser *DSTs biggest fundraiser of the season!*

This annual event will have the entire Stingrays' membership swimming together to achieve the Swim-A-Thon ultimate goal of completing 200 lengths in 2 hrs. Water time is 5:30 – 7:30 → please be there at least 15min early to set up.

Prizes for most amounts raised – be sure to get your Pledge Sheets from Dina [fundraising@duncanstingrays.com](mailto:fundraising@duncanstingrays.com)

Swimmers, time to show off your swimming skills; please bring your lap counter!

Parents, this will be an excellent opportunity to see your swimmer up close and celebrate together their achievements.

Questions about how this event is run? Please contact [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com) or Dina; Fundraising Chair.

PLEASE NOTE: **Regular Scheduled practices will be cancelled in lieu of this exciting event.**



## Thursday, Mar 4<sup>th</sup> – Sunday, Mar 7<sup>th</sup>

### Provincial AAA Championships – sponsored by Team Aquatic Supplies

The fastest swimmers in all of British Columbia will be heading to the Saanich Commonwealth Place to compete in the Team Aquatic Supplies AAA Provincial Short Course Championships.

Minimum QT is a Provincial 10&Under Swim Stars QT or an 11&O Prov AAA.

Qualified swimmers interested in racing? Please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Friday, Feb 19<sup>th</sup>**

## STINGRAYS' Regular Weekly Schedule

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday |
|---|---|---|---|---|--|--------|
|   | 5:45–7:45am<br>A group<br>B group   |   | 5:45–7:45am<br>A group<br>B group   |   | 5:45–8:00am<br>A group<br>B group<br>C group<br><i>*optional*</i><br>D2 group<br>D group |        |
| 3:15 – 5:30<br>A group<br>B group<br>C group<br>5:40 – 7:10<br>D group<br>5:40 – 7:25<br>D2 group | 2:45 – 5:15<br>A group<br>B group<br>3:25 – 4:15<br>E1 group<br>4:20 – 5:05<br>E2 group | 3:15 – 5:30<br>A group<br>B group<br>C group<br>5:40 – 7:10<br>D group<br>5:40 – 7:25<br>D2 group | 2:45 – 5:15<br>A group<br>B group<br>3:25 – 4:15<br>E1 group<br>4:20 – 5:05<br>E2 group | 3:15 – 5:30<br>A group<br>B group<br>C group<br>5:40 – 7:10<br>D group<br>5:40 – 7:25<br>D2 group |  |        |

