



July 2010

Duncan Swim Team



Thursday, July 8th – Sunday, July 11th

Provincial AAA Championships – sponsored by Team Aquatic Supplies

Hosted by Kamloops Classic Swimming, DST's AAA qualifiers will be racing the fastest swimmers in the Province.

Qualified swimmers please RSVP duncanswimteam@shaw.ca no later than **Saturday, June 26th, 2010.**



Wednesday, July 21st – Tuesday, July 26th

Canadian Age Group Championships

Hosted by Swimming Natation Canada and Swim Manitoba, the fastest Age Group level swimmers in all of Canada will be competing – including Duncan Swim Team members who have achieved an Age Group National Time Standard.

Qualified swimmers please RSVP duncanswimteam@shaw.ca no later than **Friday, July 9th, 2010.**



Thursday, July 22nd – Sunday, July 25th

BC Summer Games

The BC Summer Games will be held in Langley, BC with athletes from 23 sports representing the 8 Zones of British Columbia.

Athletes are selected within their respected sports by their own Zones.

Selected to represent "Zone 6" Vancouver Island / Central Coast will be Duncan Swim Team's Natalia Garriock. Congrats on the selection Natalia and all the best at the Games!



Wednesday, July 28th – Sunday, Aug 1st

Summer National Championships

Hosted by Swimming Natation Canada and University of Victoria – Pacific Coast Swimming, THE fastest swimmers in all of Canada will be racing in Victoria vying for a spot on the National Team. Selected swimmers will be racing at the Pan Pacific Championships in California later this summer and then selection for the Commonwealth Games in Dehli, India (early fall).

DST swimmers who have achieved a Senior National Time Standard wanting to compete at these Championships, please RSVP duncanswimteam@shaw.ca no later than **Friday, July 16th, 2010.**

Stingrays' Revised Weekly Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 3:15 – 6:00pm	29 5:45 – 7:45am 2:45 – 5:15pm	30 7:15 – 10:00am				
			1 Off – stat day	2 7:15 – 10:00am	3 5:45 – 8:00am (NAC)	4
5 7:15 – 10:00am	6 7:15 – 10:00am	7 Nil practice scheduled	8 Nil practice scheduled	9 Nil practice scheduled	10 Nil practice scheduled	11
12 Nil practice scheduled	13 7:15 – 10:00am	14 7:15 – 10:00am	15 7:15 – 10:00am	16 7:15 – 10:00am	17 9:15 – 11:30am	18
19 7:15 – 10:00am	20 7:15 – 10:00am	21 Nil practice scheduled	22 Nil practice scheduled	23 Nil practice scheduled	24 Nil practice scheduled	25
26 Pre meet @ SCP	27 Pre meet @ SCP	28 Nil practice scheduled	29 Nil practice scheduled	30 Nil practice scheduled	31 Nil practice scheduled	

