



June 2010

Duncan Swim Team



Sunday, June 6th

Comox Valley Spring Invitational

This will be the final meet of the season for those who have yet to achieve a AA Qualifying Time (QT)*. If your swimmer would like to participate, please RSVP duncanswimteam@shaw.ca no later than **Friday, May 28th**

*To view the SwimBC Provincial Standards and unofficial 10&Under Regional Standards please visit www.duncanswimteam.com/records.html



Friday, June 11th – Sunday, June 13th

VIR Long Course Championships - *Saturday AM practice @ NAC cancelled*

Vancouver Island Regional Championships are being held at the Saanich CommonWealth Place for those swimmers who have achieved a minimum 10&Under Regional AA Qualifying Time (QT) or an 11&Over Provincial AA QT. Questions about Time Standards – please visit the DST website www.duncanswimteam.com under the heading 'Club Records'. Further questions? Please contact duncanswimteam@shaw.ca or 250 710 3278.

Qualified swimmers please RSVP duncanswimteam@shaw.ca no later than **Friday, May 28th, 2010**



Friday, June 25th – Sunday, June 27th

Provincial AA Long Course Championships

Hosted by the Surrey Knights Swim Club, those swimmers who have achieved an 11&Over Provincial AA QT are invited to compete at these Provincial Championships.

Qualified swimmers interested in competing please RSVP duncanswimteam@shaw.ca no later than **Friday, June 11th** questions prior to committing? Please contact duncanswimteam@shaw.ca



Thursday, June 24th & Friday, June 25th

Last days of Cycle 3

Friday, June 25th marks the last day of Cycle 3 for DST's general membership.

Hope you all enjoy your Summer Break. Be sure to watch www.duncanstingrays.com for 2010 / 2011 season signup!

Those swimmers who have qualified to compete at Provincial AAA Championships, Canadian Age Group Championships, Senior Nationals and / or have been selected to compete at BC Summer Games will continue on with a revised schedule. Please watch www.duncanstingrays.com for the July 2010 schedule.



Monday, June 28th

Stingrays' Year End Social + Silent Auction

All Stingrays members are invited to attend the Year End Social and Silent Auction. Further information will be emailed to individual members and posted on the Stingrays site www.duncanstingrays.com

As well, you can take this opportunity to Pre Register your swimmer(s) for the 2010 / 2011 season.

Stingrays' Regular Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45–7:45am A group B group		5:45–7:45am A group B group		5:45–8:00am A group B group C group <i>*optional*</i> D group	
	2:45 – 5:15 A group B group		2:45 – 5:15 A group B group		PLEASE NOTE: these practices are held at the Nanaimo Aquatic Centre unless otherwise noted	
3:15 – 5:30 A group B group C group	3:25 – 4:20 E1 group	3:15 – 5:30 A group B group C group	3:25 – 4:15 E1 group	3:15 – 5:30 A group B group C group		
4:50 – 6:30 D group	4:25 – 5:05 E2 group	4:50 – 6:30 D group	4:25 – 5:05 E2 group	4:50 – 6:30 D group		

