



Duncan Swim Team

March 2010



Thursday, Mar 4th – Sunday, Mar 7th

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&0 Prov AAA.

Qualified swimmers interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Friday, Feb 19th**



Saturday, Mar 6th

DST Time Trial: Cycle II & Cycle III Registration

The final competition of DST's 2nd Cycle and the start of the Spring Break. All members of the Stingrays are encouraged to race as a finale to their Cycle 2 training. **Registration for Cycle 3 will also be accepted.**

Details to be determined – please watch www.duncanswimteam.com for further information.



Monday, Mar 8th – Saturday, Mar 13th

Spring Break Wk 1

All DST Swimmers are encouraged to participate in the 1st week of the Spring Break.

Practices for the entire team (A, B, C, D, & E groups) will be **Monday / Wednesday / Friday 3:15 – 5:30pm.** *

*Pan Pacific Trials, BC Sr Champs swimmers will also be training Tues/Thurs regular schedule with Sat AM yet TBD.



Friday, Mar 12th & Saturday, Mar 13th

BC Senior Championships: *sponsored by Team Aquatic Supplies*

The fastest swimmers in all of British Columbia will be traveling to the University of British Columbia's Aquatic Centre to race in the BC Sr Champs including World Record Holder Annamay Pierse!

→ This is a 'Sr event' racing 'Open Category' meaning no age groups. Minimum qualification is 15yrs Prov AAA QT.

Interested in competing? Please RSVP duncanswimteam@shaw.ca no later than **Friday, Feb 26th**



Monday, Mar 15th – Saturday, Mar 20th

Spring Break Wk 2

All regular practices are cancelled ~ enjoy your Spring Break!

Those swimmers who are *not returning* to Cycle 3 are encouraged to compete at the VIR Meet in Campbell River as a last HOORAH! Schedule To Be Determined based on response. Please be sure to email leanne@duncanstingrays.com or call 250 710 3278 if you are interested in practices for the 2nd Wk of Spring Break.



Sunday, Mar 21st

VIR @ Campbell River

This meet is intended for those swimmers who will be pursuing other interests for the last part of the DST Season and **not** participating in Cycle 3.

If you are interested in attending this meet, please RSVP duncanswimteam@shaw.ca no later than **Friday, Mar 5th**. Upon receipt, you will receive a revised schedule for Wk 2 of Spring Break to insure that your swimmer is prepared for their last competition of the 2009 / 2010 season.

Questions? Please feel free to contact leanne@duncanstingrays.com or call 250 710 3278.



March 22nd – June 25th

Cycle III Registration

If you are intending on continuing on into the Long Course part of the 2009 / 2010 season, please be sure to get your payment into the DST Drop Box (CAC Lobby ProShop counter) prior to start of the 3rd Cycle.

Questions about FundRaising and / or anything else? Please be sure to see a DST Executive member during the DST Time Trial (Saturday, Mar 6th).

Swimmers who are invited to move up to the next group will receive their invite no later than **Monday, March 1st**.



Thursday, Apr 1st – Sunday, Apr 4th

Pan Pacific Trials

The fastest swimmers in all of Canada will be heading to the Complexe Sportif Claude Robillard in Montreal, QC to compete for a spot on the National Team. Selected swimmers will be competing at the 2010 Pan Pacific Championships in Irvine, California, USA Aug 18th – 22nd.



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> D2 group D group	
3:15 – 5:30 A group B group C group	2:45 – 5:15 A group B group 3:25 – 4:15 E1 group	3:15 – 5:30 A group B group C group	2:45 – 5:15 A group B group 3:25 – 4:15 E1 group	3:15 – 5:30 A group B group C group		
5:40 – 7:10 D group	4:20 – 5:05 E2 group	5:40 – 7:10 D group	4:20 – 5:05 E2 group	5:40 – 7:10 D group		
5:40 – 7:25 D2 group		5:40 – 7:25 D2 group		5:40 – 7:25 D2 group		

