



# May 2010

## Duncan Swim Team



Friday, May 14<sup>th</sup> – Sunday, May 16<sup>th</sup>

### Island Long Course Invitational

DST's first LC meet of the 2009 / 2010 season! Swimmers with a minimum 11yrs Prov AA Qualifying Time (QT) will be invited to this competition being held at the Saanich CommonWealth Pool.

Questions prior to committing please contact [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com)

Qualified swimmers please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Wednesday, April 28<sup>th</sup>, 2010.**



Saturday, May 22<sup>nd</sup>

### LC training @ NAC cancelled

Due to the Masters Nationals being held at the Nanaimo Aquatic Centre, our Long Course training will be cancelled. In lieu of this cancellation, the **Saturday AM practice will be held at the Cowichan Aquatic Centre (5:45 – 8:00am).**



Monday, May 24<sup>th</sup>

### Long Weekend

All regular practices on Monday are cancelled due to statutory holiday. Enjoy your long weekend!



Friday, May 28<sup>th</sup> – Sunday, May 30<sup>th</sup>

### Mel Zajac Jr International Invitational – *Saturday AM practice @ NAC cancelled*

The fastest swimmers in all of BC will be heading to the UBC Aquatic Centre to race at this prestigious international competition. Swimmers who have achieved a minimum Western National QT will be invited to compete.

Interested in racing? Please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Friday May 14<sup>th</sup>, 2010.**



Saturday, May 29<sup>th</sup> & Sunday, May 30<sup>th</sup>

### Nanaimo Spring Sprint – *Saturday AM practice @ NAC cancelled*

All DST swimmers are invited to race at the NRST Spring Sprint. This is a Long Course meet so it is highly recommended for those intending on competing to gain familiarity by attending the weekly LC training in Nanaimo. Please contact [leanne@duncanstingrays.com](mailto:leanne@duncanstingrays.com) if you have any questions or would like to take part in the Team Transportation for a small fee.

Interested in competing? Please RSVP [duncanswimteam@shaw.ca](mailto:duncanswimteam@shaw.ca) no later than **Friday, May 14<sup>th</sup>, 2010.**

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	
3:15 – 5:30 A group B group C group 4:50 – 6:30 D group	2:45 – 5:15 A group B group 3:25 – 4:20 E1 group 4:25 – 5:05 E2 group	3:15 – 5:30 A group B group C group 4:50 – 6:30 D group	2:45 – 5:15 A group B group 3:25 – 4:15 E1 group 4:25 – 5:05 E2 group	3:15 – 5:30 A group B group C group 4:50 – 6:30 D group	<i>PLEASE NOTE:</i> <i>Commencing</i> <i>Sat, Apr 10<sup>th</sup></i> <i>these practices</i> <i>will be held at the</i> <i>same time at the</i> <b>Nanaimo</b> <b>Aquatic Centre</b>	

