



Duncan Swim Team November 2009



Thursday, Nov 6th – Sunday, Nov 8th

Island Pacific Cup

Those swimmers who have achieved / or are near achieving a Prov AA QT are encouraged to participate in this competition. Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Monday, Oct 26th**.



Wednesday, Nov 11th

No DST practices – statutory holiday

There will be no regular practices scheduled on this day.



Saturday, Nov 14th

VIR #2: hosted by the STINGRAYS!

It's the Stingrays first hosted competition of the season. The VIRs teams will be visiting the CAC and ALL Stingrays members are greatly encouraged to participate either as a participant and / or volunteer.

→ Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Monday, Nov 9th**

→ Interested in Officiating? Please RSVP our Meet Manager steve@duncanstingrays.com

→ Interested in Volunteering elsewhere? Please watch the team's website www.duncanstingrays.com for more info.



Friday, Dec 4th – Sunday, Dec 6th

Richmond FastSwim Classic

This competition will be the main focus of Cycle 1 for those swimmers who have achieved a Prov AAA QT. Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Monday, Nov 21st**.



Saturday, Dec 5th & / or Sunday, Dec 6th

Competition: To Be Determined

The DST Coaching Staff are endeavouring to create a fantastic racing opportunity for those swimmers not competing at the Richmond FastSwim Classic.

Details yet TBD – please watch the team's website www.duncanstingrays.com for more information as it comes available.

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

