



Duncan Swim Team October 2009



Friday, Oct 2nd

DST Annual General Meeting & Awards Night

A new swim season = a new year of business for the Duncan Swim Team. ALL members of DST are greatly encouraged to attend as the discussions will be centred around the programs for all swimmers and decisions will be made that will affect everyone's coming year.

This Team function will be held at the Island Savings Centre's Social Lounge 6:30 start with the Awards presentations following around 8pm (finishing no later than 9:00pm).

Please note: **D groups' practices are CANCELLED** for the evening – the swimmers are encouraged to attend the Saturday AM practice in lieu.

→ In accordance with the policy of the Island Savings Centre, dinner will not be provided. Families are encouraged to grab a quick bite prior to the AGM. Swimmers can be dropped off at the Aquatic Centre from 6pm on for a 'public swim' and will be under the supervision of the DST Staff until the Awards session.

Please show your support for the Stingrays and make your attendance a priority.



Monday, Oct 12th

No DST practices – statutory holiday

There will be no regular practices scheduled on this day. The CAC will still be open for special public swims.



Saturday, Oct 24th & Sunday, Oct 25th

Nanaimo Riptides Fall Invitational

Our first competition of the 2009 / 2010 season! This meet is open to all members of the B, C & D groups. Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Wednesday, Oct 14th**.



Friday, Oct 30th & Saturday, Oct 31st

SwimBC Senior Circuit #1 – sponsored by Team Aquatic Supplies

DSTs Sr swimmers' first competition of the 2009 / 2010 season. Those who have achieved a minimum BC Open AAA Qualifying Time (QT) are encouraged to compete at this Open competition. Interested in racing? Please RSVP duncanswimteam@shaw.ca no later than **Monday, Oct 19th**.



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**.

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

