



SWIM MEET NOTICE

Team Sungod Candy Cane LMR-Update!

December 12 & 13, 2009

Sungod Recreation Centre, 7815-112th St, North Delta, BC

Participating Groups: AGD 2 and RD 2 & 3

Qualifying Sub-4:00 200 IM, 5:40 300 Free

Please note the addition of a distance session, and combined warm-ups for all ages!

Warm-ups:

Saturday December 12th New Session- Distance (8/1500): 8:00-8:45 AM

Session #1 (all ages) 10:30-11:15 AM

Sunday December 13th Session #2 (all ages) 9:00-9:45 AM

Please ensure all swimmers attend the meet with all Rapid team gear and suggested deck wear (Rapids Shirt, cap, racing suit, sweats or tracksuit and deck shoes). **The Sungod Facility is cold on deck when it's cold outside. Please dress for the deck accordingly!**

If you cannot attend this event in whole or in part, please scratch By Friday December 4th or you will be entered and charged for the entries. You can be scratched by phoning the Rapids office @ 604 275-7946 or Emailing Rapids@shaw.ca, or by signing up on the website.