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# SWIM MEET NOTICE

## New Years Invitational Swim Meet

January 22-24th, 2010

Vancouver Aquatic Centre

Participating Groups: Senior, PAG, RD3, AGD2

Qualifying Sub-4:00 200 IM, 5:40 300 Free (focused on AA and up)

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### Warm-ups:

Friday January 22nd	Session #1	3:30-4:30 PM (relay, distance)
Saturday January 23rd	Session #2	8:00-8:45 AM
	Session #3	2:15-2:45 PM
Sunday January 24th	Session #4	7:30-8:15 AM
	Session #5	1:30-2:00 PM

**RD3 Swimmers need not attend Session #1, although some may be invited to participate in the Relays (appreciated, but not mandatory)**

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).

**If you cannot attend this event in whole or in part, please scratch By Wednesday January 13th or you will be entered and charged for the events. You can be scratched by phoning the Rapids office @ 604 275-7946 or Emailing [Rapids@shaw.ca](mailto:Rapids@shaw.ca). You can also Sign-up on the Rapids website.**