LASALLE Feb 20-21 2010. WE ARE DEFENDING CHAMPIONS!! Aquadome at CÉGEP André Laurendeau 1411 Lapierre Street. Gorgeous 6-lane 2-basin pool (Angrignon metro plus a walk or bus.)

	SATURDAY SESSION WARM-UP 14:00-14:45, START 15:00 PM MAX 4 INDIVIDUAL EVENTS THIS SESSION										**SUNDAY SESSION WARM-UP 8:00 – 8:45, START 9:00 AM MAX 4 INDIVIDUAL EVENTS THIS SESSION**									
NAME	**NEED RIDE**	**GIVE RIDE**	200 IM	100 BR	50 FLY	100 BK	50 BR	100 IM	100 FR	4 X 100 FR RELAY	**NEED RIDE**	**GIVE RIDE**	400 FR*	400 IM*	200 BR	50 FR	200 BK	100 FLY	50 BK	200 FR	4 X 50 MED RELAY

Notes: max 4 individual events per swimmer per session. In case of low turnout, choose events carefully (you may not get much rest.)
*Only one of 400 FR OR 400 IM, not both. 2 sessions, choose one or both! With cool-down pool and a great water play area for kids. **FREE BUFFET ON SUNDAY!!!**
ENTRY DEADLINE WEDNESDAY FEBRUARY 17.