

2009-2010 Competitive Season for Wesmtout YMCA Masters Swim Team

| Meet | Where | Date | Races | Notes: pool, who should go |
|--|-------------------------------|------------------------------|---------------------------|--|
| A 'work-off-the-Thanksgiving turkey' clinic And duel meet | Gatineau/Ottawa | October tbc | tbc | A great opportunity for everyone, rec swimmers too! Non-sanctioned fun-meet, Great opportunity to meet swimmers from another team (CMDG), receive Stroke advice from another coach and do time trials to gauge your fitness. |
| Short Course Sprint meet | Brossard | November 7, 2009 | up to 100m | Rookies, enthusiasts of the 18-event check-off challenge, anyone who wants to Try a new event or shake off the rust since the last meet OR form a relay team |
| Coupe de Montreal des Maitres Nageurs | Montreal tbc | November 14, 2009 | tbc | ALL HANDS ON DECK. PRIORITY MEET OF THE FALL. INDIVIDUAL AND RELAY RACE OBJECTIVES |
| Short course meet | Montreal North | December 5, 2009 | up to 200m | Rookies, people who train hard all fall, anyone who likes raffles and free lunch and drinks during the break! |
| Short course meet | Pointe Claire | Late January-early Feb | tbc | Rookies, 200m swimmers. Additional details when schedule is finalised as events and program changed in 2009. |
| Short course Christmas meet | St Lambert | December or February | tbc | Rookies, 200m swimmers, check-off challenge opportunities. |
| Short course 2-day meet - we won in 2009 | Lasalle | Feb 2010 tbc | up to 400m | great meet. Re-live the victory celebration of 2009 and enjoy Mike's homemade chili |
| Long Course Meet Winterlude | Nepean, ON *Ottawa | Feb 21 2010 | tbc | All of us! Fast pool, great facility, well organized. Take the kids and enjoy the Winterlude Festival! |
| Short course meet | DDO | March 2010 | 50s, 100s 200s, 8/1500 | A rare chance to swim the 800 or 1500m race. A good meet. Deep end fast, Shallow end somewhat slow. Not much rest between sprints, enter less races. |
| Ontario provincials | London, ON | March 20-22 2010 | | Fast competition. A final race before Quebec provincials for anyone willing to make the trek. All 18 events offered. |
| QUEBEC PROVINCIAL CHAMPIONSHIPS | Quebec City, U-Laval | April 16, 17, 18 2010 | ALL | COMPETITIVE SWIMMERS. TEAM MOMS. CHEERLEADERS. TIMERS. FAMILIES. FRIENDS. POINTE-CLAIRE IS GETTING READY THIS TIME... |
| CANADIAN MASTERS CHAMPIONSHIPS | Nanaimo, BC | May 21-24 2010 | ALL | Swimmers, tourists, families. People with too many air miles. |
| Long course Festival des Maitres??? | Parc Jean Drapeau | June 2010 ? | | was cancelled in 2009 (low registration) |
| Long Course meet Vermont | Middlebury Muffintops | June 2010 tbc | | FAST pool. Well organized. You need a passport to go. |
| FINA Masters World Championships | Gothenberg, Sweden | Jul 31 - Aug 6 2010 | | Long course meet. Qualifying times published on meet web site. www.2010finamasters.org/ |