

Ernestown Barracuda Swim Club

October 2009

Barracuda Relay Meet

Saturday October 17th

8:30-10am (all groups)

Saturday Practice Times for October 17th

Senior / Age Group 3	7-10am
Age Group 1 and 2	8:30-10am
Gold and Platinum	8:30-10am

- This is a fun relay meet
- All swimmers will be divided into four teams
- **Please note the practice time for your group**

Coaches Corner

- Welcome new Gold swimmers and their families to the Barracudas
- There will a parents meeting for new Gold parents during a practice in the near future. You will be notified of the date.
- Thank you the Barracuda swimmers and coaches for doing a great job with the Introductory Swim Camp
- Swimmers have a **new** mail box number
- The first swim meet for new and returning swimmers is the Sharks Meet on Oct. 25th.

Time Trial

Saturday Oct. 17th 10-10:45am

Following the Relay Meet there will be an unofficial time trial for swimmers trying to achieve the standard to move to the next training group.

Sign up sheet at the pool.

EPIC 400's Challenge Series (10 x 400 free)

- Sunday October 4th, 6-8pm Artillery Park Pool
- For Age Group 3 and Senior Swimmers
- Repeat times: 6:00 / 6:30 or 7:00
- DONATIONS FOR OUR NOV. SWIM
- INCLUDE BOOKS/DVD/S BAKED GOODS, CHRISTMAS NOVELTY ITEMS.

Meets/Events

Date	Meets/Events	Location	Type	Qualify- Times
Oct. 17, 2009	Relay Meet	Here	Inter Club	No
25	Pentathlon Meet	Base Kingston Pool	Age Group / Senior	No
Nov. 6-8	Invitational	Barrie	Age Group / Senior	Yes
13-15	Invitational	Ernestown	Age Group / Senior	No
27-29	Canada Cup I	Etobicoke	National	Yes
Dec. 3-6	Youth Cup	Etobicoke	Age Group / Senior	Yes
6	Invitational	Kingston	Age Group	No
Jan. 10, 2010	Ice Breaker Meet	Base Kingston Pool	Age Group	No
15-17	Ontario Cup	University of Toronto	Senior	Yes
29-31	EOSA SC Champs	Nepean	Age Group / Senior	Yes
Feb. 18-21	Eastern Champs	Gatineau QC	Senior	Yes
25-28	SC Junior Provincials	Etobicoke	Age Group	Yes
27-28	Short Course Fanale	Kingston	Age Group	No
No Meets in March				
April 1-4	Spring Nationals	Montreal	National	Yes
TBA	Ernestown Sprint Meet	Ernestown	Age Group / Senior	No
16-18	Team Champs	Brantford	Maximum 30 Swimmers	
May 7-9	Festival of Spring	Nepean	Age Group / Senior	Yes
23	GO Meet	University of Ottawa	13 / over swimmers	No
28-30	Ontario Senior Champs	London	Senior	Yes
30	SC Last Chance Meet	Base Kingston Pool	Age Group	No
June 4-6	EOSA LC Champs	Nepean	Age Group / Senior	Yes
July 1-4	LC Junior Provincials	Nepean	Age Group	Yes
22-25	Age Group Nationals	Winnipeg	Age Group	Yes
28-31	Senior Nationals	Victoria	National	Yes

Gold, Platinum and Age Group 1 Swimmers will be invited to all meets that have no qualifying times