



Vancouver Pacific Swim Club

3214 West 10th Ave. Vancouver B.C V6K 2L2
Phone: 736-0411 Fax: 736-0477 Email: vpscswim@telus.net
<http://www.vancouverpacificswimclub.com>

BC AAA Championships

Date: March 4th, 5th, 6th & 7th 2010

Start times – Thursday – Warmups 800/1500: 12:45pm
Warm-ups relays: 5:45pm

Friday, Saturday, Sunday:

Prelims warmup: 7:15am

Finals warmup: 4:15pm

- Sunday finals will be 2 hrs after the prelim session

Location - Saanich Commonwealth Place
4636 Elk Lake Drive, Victoria

Hotel - Howard Johnson
4670 Elk Lake Drive, Victoria
250-704-4656

Departure Time: Thursday, March 4th – Swimmers swimming the 800/1500 will take the 11am ferry. All other swimmers will be taking the 3pm ferry.

Arrival Time: Sunday, March 7th- We will be catching the 9:00pm ferry.

Please notify your coach whether you will be travelling with the team or not by February 16th at the latest. Cost of trip will be **\$ 360**, which includes transportation, accommodation, food for the weekend and management costs.

***Please sign your swimmer up on the website before Feb 16th, 2010. Cheques will be due before travel.**

Providing boys and girls the best opportunity to pursue excellence in the sport of competitive swimming.