



Vancouver Pacific Swim Club

3214 West 10th Ave. Vancouver B.C V6K 2L2

Phone: 736-0411 Fax: 736-0477 Email: vpacswim@telus.net

<http://www.vancouverpacificswimclub.com>

LMR CHAMPIONSHIPS 2010

Date: March 13 & 14th, 2010

Start times - Saturday: 11&Under- 8:45a.m. warm up

Distance Free- TBA

12& Over- TBA warm up

Sunday: 11&Under- 8:45a.m. warm up

12 &Over- TBA warm up

Location - Winskill Aquatic Centre
5575 9th Ave., Tsawwassen

Swimmers attending - LMR swimmers in Red, Blue, Bronze and SDC.

***Please sign your swimmer up on the website before February 26, 2010.**