

Hamilton Aquatic Club 2009 - 2010 Meet Calendar

<u>2009-2010</u>	<u>Week</u>	<u>Invitational and above</u> <u>Meet - Camp - Clinic</u>
NOTES	a)	Schedule is tentative and meets may be added-deleted as required. Some dates are TBA due to scheduling conflicts.
	b)	The difference between Regional & Invitational levels is based on qualifying times.
	<u>Monday-Sunday</u>	
September	Sept. 7-13th	ASCA Coaches Conference - Ft Lauderdale
	Sept. 14-20	OSCA Coaches Conference - Toronto
	Sept 21-27th	
	Sept. 28-4th	
October	Oct. 5-11th	
	Oct. 12-18th	<u>Hall of fame meet (Etobicoke October 17-18th)</u>
	Oct. 19-25th	
	Oct.26-1st	
November	Nov. 2-8th	
	Nov. 9-15th	BRANTFORD Swim International November 13-15th
	Nov. 16-22nd	
	Nov. 23-29th	Canada Cup - Etobicoke (27-29th)
December	Nov. 30-6th	NYAC Youth Cup - Etobicoke
	Dec. 7-13th	Steeltown Invitational - McMaster (Dec 11-13th 2009)
	Dec. 14-20th	
	Dec. 21-27th	<u>Xmas break - Dec 22-26th. Xmas Training starts 27th</u>
	Dec. 28-3rd	
January	Jan.4-10th	
	jan. 11-17th	Joanne Malar (January 15-17th, 2010)
	Jan. 18-24th	Ontario Cup (U of T Jan 15-17th 2010)
	Jan. 25-31st	
February	Feb. 1-7th	
	Feb. 8-14th	
	Feb. 15-21st	Speedo East/West Champs Gatineau, Quebec Feb 18-21st, 2010
	Feb. 22-28th	
March	Mar. 1-7th	Provincial Championships - Feb 25 - 28th @ Etobicoke
	Mar. 8-14th	
	Mar. 15-21st	
	Mar. 22-28th	
	Mar. 29-4th	SPRING NATIONALS - Claude Robbilar Montreal Apr 1-4th, 2010
April	Apr. 5-11th	HAMILTON LCM Invitational (9-11th, 2010)
	Apr. 12-18th	TEAM CHAMPS - April 16-18th (TBA which division)
	Apr.19-25th	
	Apr. 26-2nd	
May	May 3-9th	
	May 10-16th	
	May 17-23rd	
	May 24-30	Canada Cup - Mel Zajac May 28-30th, 2010 Vancouver
June	May 31-6th	Ontario Senior Championships - London May 28-30th
	June 7-13th	
	June 14-20th	Ft Myers Open Water
	June 21-27th	Bell Grand Prix - Montreal June 19-21st
	June 28-4th	Junior Provincials - Nepean July 1-4th
July	July 5-11th	Provincial Open Water Championships
	July 12-18th	
	July 19-25th	
	July 26-1st	SUMMER NATIONALS - VICTORIA July 29-Aug 1st, 2010
August	Aug 2-8th	
	Aug 9-15th	

Hamilton Aquatic Club 2009 - 2010 Meet Calendar

Regional Level

2009-2010

Week

Meet - Camp - Clinic

NOTES	a)	Schedule is tentative and meets may be added-deleted as required. Some dates are TBA due to scheduling conflicts.
	b)	The difference between Regional & Invitational levels is based on qualifying times.
		<u>Monday-Sunday</u>
September	Sept. 7-13th	
	Sept. 14-20	
	Sept 21-27th	
	Sept. 28-4th	
October	Oct. 5-11th	
	Oct. 12-18th	<u>Hall of fame meet (Etobicoke October 17-18th)</u>
	Oct. 19-25th	
	Oct.26-1st	
November	Nov. 2-8th	
	Nov. 9-15th	Burlington Invitational November 13-15th
	Nov. 16-22nd	
	Nov. 23-29th	
December	Nov. 30-6th	
	Dec. 7-13th	Steeltown Invitational - McMaster (Dec 11-13th 2009)
	Dec. 14-20th	
	Dec. 21-27th	<u>Xmas break - Dec 22-26th. Xmas Training starts 27th</u>
	Dec. 28-3rd	
January	Jan.4-10th	
	jan. 11-17th	Joanne Malar (January 15-17th, 2010)
	Jan. 18-24th	
	Jan. 25-31st	
February	Feb. 1-7th	
	Feb. 8-14th	Regional Championships - London (Feb 5-7th 2010)
	Feb. 15-21st	
	Feb. 22-28th	
March	Mar. 1-7th	Burlington Open or MANSASK Provincials (Team Travel)
	Mar. 8-14th	
	Mar. 15-21st	
	Mar. 22-28th	<u>March Break 15th - 19th</u>
	Mar. 29-4th	
April	Apr. 5-11th	HAMILTON LCM Invitational (9-11th, 2010)
	Apr. 12-18th	
	Apr.19-25th	
	Apr. 26-2nd	
May	May 3-9th	
	May 10-16th	Sudbury TEAM TRIP / Top Cup 10 & unders
	May 17-23rd	
	May 24-30	Jack McCormack-Hamilton
June	May 31-6th	Regional Championships - Brantford (June 4-6th 2010)
	June 7-13th	Sting meet ROW june 11-13th, 2010 **Non-Regional swimmers
	June 14-20th	
	June 21-27th	
	June 28-4th	
July	July 5-11th	Provincial Open Water Championships
	July 12-18th	North Baltimore or ManSask - TEAM TRIP
	July 19-25th	
	July 26-1st	
August	Aug 2-8th	
	Aug 9-15th	