



## 2009 Canadian Age Group Championships Montreal, Quebec travelling July 14-19, 2009

### Travel Notice #2

Swimmers attending the 2009 Canadian Age Group Championships in Montreal will depart from the Ray Twinney Complex on Tuesday, July 14th at the West entrance (back of the building). Swimmer **CHECK IN at 7:45 am**. Bus departs at 8:30 am SHARP! Pacific Western Transportation Ltd will provide transportation.

Swimmers will be departing Montreal immediately following finals on Sunday night July 19<sup>th</sup> and will be expected to arrive at the Ray Twinney Complex, main entrance (front of the building) on Monday, July 20<sup>th</sup> early in the morning (@2:30am. The Newmarket Stingrays website will post the estimated bus arrival time as soon as we know when the bus has departed Montreal. There will be NO phone calls about the bus arrival. Please check the club website for bus updates.

<http://www.newmarketstingrays.org>

Accommodations have been arranged with:  
Sandman Hotel Montreal-Longueuil  
999 rue de Serigny  
Longueuil, Quebec Tel : 1-800-493-7303

### SWIMMERS MUST HAVE THE FOLLOWING:

- 1) Photo ID as this may be requested by officials at the competition
- 2) Ontario Health cards and your own Out of Province Health Insurance
- 3) Waterproof, warm clothing for the competition as this is an OUTDOOR meet and if it rains you will be VERY COLD and WET.
- 4) Mirrored/tinted goggles for outdoor competition.
- 5) Sunscreen-waterproof
- 6) Refillable water bottle is a necessity, bottled water will not be provided.
- 7) Team uniform, T-shirts, swim caps etc.
- 8) Comfortable walking shoes, as you will be travelling by subway to and from the hotel and pool and carrying your own equipment, snacks and water.
- 9) All luggage and Swim bags must have a BAG TAG with your name on it
- 10) Please ensure that the following forms have been submitted to the Newmarket Stingrays office: Completed Health Form  
Completed Rules and Etiquette Form

Ensure your swimmers have a hearty, healthy lunch and snacks packed for the bus trip to Montreal. Please do not send any other food as all meals and snacks have been arranged starting Tuesday, July 14<sup>th</sup> at dinner.

Alan Swanston and Ulf Ornhjelm are the accompanying coaches.  
Susan and Steve Kingston are the chaperones.

**GOOD LUCK AND BEST WISHES FOR A SUCCESSFUL MEET!**

Should you have any additional questions at this time please contact:

Susan Seemann, Team Travel Director  
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Susan Kingston  
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