ST. JOHN’S LEGENDS SWIM CLUB MEET INFORMATION
POINTE-CLAIRE PROVINCIAL I & II INVITATIONAL

Location: Pointe-Claire Aquatic Center, Pointe-Claire, Quebec
Date: December 11-15th, 2008
Coaches: Brad, Aimee, Ariel

Flights: AC 627, AC 632
Return Time: Pick up at the airport at 12:30am Tuesday, December 16th.
Swimmers: Miya, Karen, Emily I, Nadine, Sarah T, Victoria T, Brandon, Curtis, Reniel, Peter G, Aaron (return only)  
Coaches: Brad, Ariel

Flights: AC 627, AC 8774, AC 184
Return Time: Pick up at the airport at 10:00pm Monday, December 15th.
Swimmers: Billy, Dawn, Meg, Victoria M, Rebecca, Danielle, Samantha, Laura, Kate, Rachel, Cori, Owen  
Chaperones: Curran, Debbie Mercer, Linda Mercer

Flights: Westjet 699, Westjet 492, Westjet 483, Westjet 424
Departure Time: Meet at airport at 5:45am Thurs, Dec 11th. Departs 7:00am.
Return Time: Pick up at the airport at 11:59pm Monday, December 15th.
Swimmers: Logan, Jack, Declan, Peter I, Nathan, Sam N, Amy, Amanda, Emily N, Jessica N, Jessica N, Aaron (depart only)  
Chaperone: Jim Slade  
Coach: Aimee

On their own/with family: Leo, Aileen, Liam

Hotel Information: Travelodge Aeroport Montreal – www.travelodgemontreal.com
Phone: 514-631-4537  Brad’s Cell: 709-693-8239

Meet Schedule: Thursday warm-ups 5:00pm – timed finals distance session
Friday/Saturday/Sunday warm-ups – heats – 7:00am - finals 4:30pm
Monday – site seeing with the team and shopping in Montreal.

Remember:
In your carry-on: ID for the flight
Money for meals (lunch thurs/mon, supper sun/mon)
Racing suits / goggles / team caps / team shirts
Empty water bottle, snacks for the flight
No liquids

For the pool: Extra towels, extra team shirts and caps
All swimmers must wear team shirts at all times on deck.
   Swimmers must wear new blue shirts at all finals.
All caps for warm-ups/races must be the new SJL caps.
Swimmers are requested not to bring cell phones to the pool.
   Swimmers are not allowed to text messages on deck.
Swimmers are warned not to bring valuables to the pool.

For the hotel: Re-useable plate, bowl, utensils for team meals.
No gaming systems.

For Monday: Winter jacket, boots, toques, gloves for hiking Mount Royal.