

NWO Pre-requisites: 10 & Under ~ 200 Free @ 5:30 & 200 IM @ 7:00 / 11 + 12 ~ 200 Free @ 5:00 & 200 IM @ 6:00 / 13 + 14 ~ 200 Free @ 4:30 & 200 IM @ 5:00 plus one of 400 Free @ 8:30 and/or 400 IM @ 9:00

2009 – 2010 NWO Regional AND KSS Swim Meet Schedule

<i>Date</i>	<i>Meet</i>	<i>Standards</i>	<i>Host</i>	<i>Location</i>
October 9	NWO Classification Time Trial	"Attain" NWO Pre-requisites	KSS	Kenora
October 23, 24, 25	Great WOLF	1 MN "C" Time each day	WOLF Swim Team	Minneapolis
October 30	Halloween Special Mini Meet	None	KSS	Kenora
November 14 + 15	KSS Fall Invitational	NWO Pre-requisites	KSS	Kenora
December 3, 4, 5, 6	PWI	PWI PWI Q.T.'s	Manta	Winnipeg
December 12, 13	NWO Sprint Meet	NWO Pre-Requisites	Dryden Dolphins	Dryden
January 15, 16, 17	NWO Regional Training & Educational Camp	Standards T.B.A. 10 & Under / 11 + 12 / 13 & Over	TBT	Thunder Bay
January 30 + February 1	MB Marlins New Years Invitational	MB Pre-requisites	MB Marlins	Winnipeg
February 5, 6, 7	FFAST Invitational	NWO Pre-requisites	FFAST	Fort Frances
February 18, 19, 20, 21	East/West National Champs	East / West Champs ~ SNC	East ~ Quebec West ~ Saskatoon	Saskatoon
February 25, 26, 27, 28	ON Age Group Champs	ON Age Group Champ Times	T.B.A.	T.B.A.
February 26, 27, 28	NWO Regional Champs	NWO Pre-requisites	TBT	Thunder Bay
March 18, 19, 20, 21	Man-Sask Champs	Man-Sask AA	Swim MB	Winnipeg
April 1, 2, 3, 4	Spring Nationals	Senior National ~ SNC	Robillaird Centre	Montreal
April 9, 10, 11	NWO Open Swim Meet	NWO Pre-requisites	KSS	Kenora
April 29, 30 May 1, 2	Golden Plains Invitational	Golden Plains ~ MB Marlins	MB Marlins	Winnipeg
May 14, 15, 16	Hyack Invitational	BC~AAA	Hyack Swim Club	New Westminster
May 28, 29, 30	TBT International	NWO Pre-requisites	TBT	Thunder Bay
June 5	KSS Black vs Red	No Q.T.'s	KSS	Kenora
June 26 + 27	RRVY Wahoos Invitational	No Q.T.'s	RRVY Wahoos	Grand Forks, ND
July 8, 9, 10, 11	Man-Sask Champs	Man-Sask~AA	Goldfins	Saskatoon
July 22, 23, 24, 25	Canadian Age Group Champs	AGE Group Champs ~ SNC	Swim MB	Winnipeg
July 29, 30, 31 August 1	Canadian Senior Nationals	SNC	Swim BC	Victoria
August 12, 13, 14, 15, 16	ON Summer games	Selection ~ Minimum ON "A" Times 13 & Over Swimmers	Northeast Region	Sudbury