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Dear Parents and Swimmers,

The time has come for our W.E.S.T. **Mile with Smile.**

The success from our past events allowed the team to purchase all swimming equipment for our team. This time we would like to purchase equipment for resistance training in the water, replace adjustable equipment for TRX-S frame, and dryland equipment.

The **Mile with Smile** competition 1500 metres (60 lengths of the pool) will take place in May 2017 at WIATC and Adie Knox Pool(all swimmers will race once).

Silver: May 9,10,11 at 6:30 - 7:30 and May 12 at 11 - 12

Gold : May 9,10,11 at 5:30 – 6:30 and May 12 at 12 - 1pm

Platinum: May 9,10,11 at 5:30 – 6:30 and May 12 at 12 - 1pm

Seals : May 12 at 11:30 – 1pm

Beavers: May 12 at 10 - 11am

Teen, Otters and Barracudas: , May 12 at 1 – 3pm

Masters: May 10 at 6 -7:30 pm, May 11 at 5:30 - 7 am, May 12 at 10-11:30 am



Again this year, we are asking that every swimmer raise minimum of \$30.00. (Tax receipts and WEST Mile with Smile cap will be provided for amount of \$30 and more)

Prizes available for the top 3 swimmers with the most monies raised from the whole team.