



Start up Schedule for Performance Groups SEPTEMBER 2024

	MONDAY Sep 2	TUESDAY Sep 3	WEDNESDAY Sep 4	THURSDAY Sep 5	FRIDAY Sep 6	SATURDAY Sep 7	SUNDAY Sep 8
Varsity		4-5pm (Varsity only)	4-5pm (Varsity only)	4-5pm (Varsity only)	4-5pm (Varsity only)		
Sr National	National Groups start the week of Sep 9						
Jr National							
Sr Provincial	Provincial Groups start the week of Sep 16						
Jr Provincial							

	MONDAY Sep 9	TUESDAY Sep 10	WEDNESDAY Sep 11	THURSDAY Sep 12	FRIDAY Sep 13	SATURDAY Sep 14	SUNDAY Sep 15
Varsity	3-5pm (Varsity only)	3-5pm (Varsity only)		3-5pm (Varsity only)	3-5pm (Varsity only)		
Sr National	4-5pm (Nat start up)		3:30-5pm		3:30-5pm		
Jr National	5-6pm (Nat start up)	5:00-6:30pm		5:00-6:30pm			
Sr Provincial	Provincial Groups start the week of Sep 16						
Jr Provincial							

	MONDAY Sep 16	TUESDAY Sep 17	WEDNESDAY Sep 18	THURSDAY Sep 19	FRIDAY Sep 20	SATURDAY Sep 21	SUNDAY Sep 22
Varsity	(follow Sr Nat in PM)	(follow Sr Nat in PM)	(follow Sr Nat in PM)	(follow Sr Nat in PM)	5:45-7:30am (follow Sr Nat in PM)		
Sr National	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm		
Jr National	5:00-6:30pm	5:00-6:30pm	6:00-7:30am	5:00-6:30pm			
Sr Provincial	6:30-8:00pm		6:30-8:00pm		6:30-8:00pm		
Jr Provincial		5:00-6:30pm	6:00-7:30am	5:00-6:30pm			

	MONDAY Sep 23	TUESDAY Sep 24	WEDNESDAY Sep 25	THURSDAY Sep 26	FRIDAY Sep 27	SATURDAY Sep 28	SUNDAY Sep 29
Varsity	(follow Sr Nat)	(follow Sr Nat)	(follow Sr Nat)	(follow Sr Nat)	CSCA National Coaches' Conference		
Sr National	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	5:45-7:30am 3:00-5:00pm 5:45-7:30am 4:00-6:00pm (D2C)		
Jr National	5:00-6:45pm	5:00-7:00pm	5:00-6:30pm	5:45-7:30am	4:00-6:00pm (D2C)		
Sr Provincial	6:30-8:00pm	5:45-7:30am	6:30-8:00pm			7:30-9:30am (D2C)	
Jr Provincial		5:00-6:30pm	6:00-7:30am	5:00-6:30pm		10:00-noon (D2C)	

	MONDAY Sep 30	TUESDAY Oct 1	WEDNESDAY Oct 2	THURSDAY Oct 3	FRIDAY Oct 4	SATURDAY Oct 5	SUNDAY Oct 6
Sr National		5:30-7:30am (UA sel) 3:00-5:00pm	5:45-7:30am (D sel) 3:00-5:00pm	5:30-7:30am (UA sel) 3:00-5:00pm	5:45-7:30am 3:00-5:00pm	7:00-9:00am	
Jr National		5:00-7:00pm	6:00-7:30am	4:30-6:30pm	5:00-7:00pm	7:00-9:00am	
Sr Provincial		5:45-7:30am	6:30-8:00pm	5:30-7:00pm (@BD)		11:00-1:00pm	
Jr Provincial		5:00-6:30pm	6:00-7:30am	5:00-6:30pm	4:15-6:00pm		

	MONDAY Oct 7	TUESDAY Oct 8	WEDNESDAY Oct 9	THURSDAY Oct 10	FRIDAY Oct 11	SATURDAY Oct 12	SUNDAY Oct 13
Sr National	5:45-7:30am 3:00-5:00pm	5:30-7:30am (UA sel) 3:00-5:00pm	5:45-7:30am (D sel) 3:00-5:00pm	5:30-7:30am (UA sel) 3:00-5:00pm	5:45-7:30am 3:00-5:00pm	Octoberfest	
Jr National	5:00-6:45pm	5:00-7:00pm	5:45-7:30am	5:45-7:30am 4:30-6:30pm	5:00-7:00pm		
Sr Provincial	6:30-8:00pm	5:45-7:30am	6:30-8:00pm	5:30-7:00pm (@BD)	6:30-8:00pm		
Jr Provincial	5:45-7:30am	5:00-6:30pm	5:45-7:30am	5:00-6:30pm	4:15-6:00pm		