

June 27 - July 3, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr National T1	Regular Training for Performance Groups June 27-30				8:00-10:00am Kin	7:00-9:00am Kin	
Sr National T2					8:00-10:00am Kin	7:00-9:00am Kin	
Jr National					10:00-noon Kin	7:00-9:00am Kin	
Sr Provincial					10:00-noon Kin	OFF	
Jr Provincial					10:00-noon Kin	7:00-9:00am Kin	
RGC, Mea, JP Gold	4:30-6:00pm Kin	4:30-6:00pm Kin	4:15-6:30pm	4:30-6:00pm Kin	OFF - Holiday		
Kin, BD Gold	4:30-6:00pm Kin	4:30-6:00pm Kin	4:15-6:30pm	4:30-6:00pm Kin	OFF - Holiday		

July 4 - July 10, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr National T1	6:00-8:00am 2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	EKI for all swimmers still training - No scheduled practices			
Sr National T2	2:00-4:00pm	2:00-4:00pm	6:00-8:00am 2:00-4:00pm				
Jr National	4:00-6:00pm	4:00-6:00pm	6:00-8:00am 4:00-6:00pm				
Sr Provincial	8:00-10:00am	8:00-10:00am	8:00-10:00am				
Jr Provincial	8:00-10:00am	8:00-10:00am	8:00-10:00am				
RGC, Mea, JP Gold	8:30-10:00am Kin	8:30-10:00am Kin	8:30-10:00am Kin				
Kin, BD Gold	10:00-11:30am Kin	10:00-11:30am Kin	10:00-11:30am Kin				

July 11 - July 17, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr National T1	All groups off after EKI	2:00-4:00pm					
Sr National T2		2:00-4:00pm	Training times still TBC with City of Edmonton...				
Jr National		4:00-6:00pm	Artistic Swimming Event at Kinsmen				
Provincials Attendees (Sr Pro, Jr Pro & Gold)		8:00-10:00am					

July 18 - July 24, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sr National T1	6:00-8:00am 2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	6:00-8:00am 2:00-4:00pm	Travel for CSC / CJC... all remaining swimmers follow Provincials schedule	
Sr National T2	2:00-4:00pm	2:00-4:00pm	6:00-8:00am 2:00-4:00pm	2:00-4:00pm	6:00-8:00am 2:00-4:00pm		
Jr National	4:00-6:00pm	4:00-6:00pm	6:00-8:00am 4:00-6:00pm	4:00-6:00pm	4:00-6:00pm		
Provincials Attendees (Sr Pro, Jr Pro & Gold)	8:00-10:00am	8:00-10:00am	8:00-10:00am	8:00-10:00am	8:00-10:00am		7:00-9:00am

July 25 - July 31, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nationals Attendees (ALL)	Canadian Swimming Champs and Canadian Junior Champs start July 25						
Provincials Attendees (ALL)	8:00-10:00am	8:00-10:00am	8:00-10:00am	Alberta Summer Provincials start July 28			