

July 2024				July 2024			
		HP				AGD	
Monday	1	3:00 - 5:00 pm	CCAC	Monday	1	4:00 - 5:30 pm	CCAC
Tuesday	2	7:00 - 8:30 AM	CCAC	Tuesday	2	4:00 - 5:15 pm	New West
Wednesday	3	6:15 - 8:15 AM / Year end Wrap Up	New West	Wednesday	3	6:00 - 7:45 AM / Year end Wrap Up	CCAC
Thursday	4	7:00 - 8:30 AM	CCAC	Thursday	4	4:00 - 5:15 pm	New West
Friday	5	6:15 - 8:15 AM	New West	Friday	5	5:00 - 6:30 pm	New West
		3:30 - 5:00 pm	New West	Saturday	6	7:00 - 9:00 AM	CCAC
Saturday	6	7:00 - 9:00 AM	CCAC	Sunday	7	x	
Sunday	7	x		Monday	8	5:00 - 6:30 pm	New West
Monday	8	6:15 - 8:15 AM	New West	Tuesday	9	4:00 - 5:15 pm	New West
		3:30 - 5:00 pm	New West	Wednesday	10	6:00 - 7:45 AM / Summer Prov LC QT	CCAC / Kamloops
Tuesday	9	7:00 - 8:30 AM	CCAC			5:00 - 6:30 pm	New West
Wednesday	10	6:15 - 8:15 AM	New West	Thursday	11	4:00 - 5:15 pm / Summer Prov LC QT	New West / Kamloops
		3:30 - 5:00 pm	New West	Friday	12	5:00 - 6:30 pm / Summer Prov LC QT	New West / Kamloops
Thursday	11	7:00 - 8:30 AM	CCAC	Saturday	13	7:00 - 9:00 AM / Summer Prov LC QT	CCAC / Kamloops
Friday	12	6:15 - 8:15 AM	New West	Sunday	14	Summer Provincials LC QT	Kamloops
		3:30 - 5:00 pm	New West	Monday	15	5:00 - 6:30 pm	New West
Saturday	13	6:00 - 8:00 AM	CCAC	Tuesday	16	4:00 - 5:15 pm	New West
Sunday	14	7:00 - 9:00 AM	CCAC	Wednesday	17	6:00 - 7:45 AM	CCAC
Monday	15	6:15 - 8:15 AM	New West			5:00 - 6:30 pm	New West
		3:30 - 5:00 pm	New West	Thursday	18	4:00 - 5:15 pm	New West
Tuesday	16	7:00 - 8:30 AM	CCAC	Friday	19	5:00 - 6:30 pm	New West
Wednesday	17	6:15 - 8:15 AM	New West	Saturday	20	7:00 - 9:00 AM	CCAC
		3:30 - 5:00 pm	New West	Sunday	21	x	
Thursday	18	7:00 - 8:30 AM	CCAC	Monday	22	4:00 - 5:15 pm	CCAC
Friday	19	6:15 - 8:15 AM	New West	Tuesday	23	6:15 - 7:45 AM	CCAC
		3:30 - 5:00 pm	New West	Wednesday	24	4:00 - 5:15 pm	CCAC
Saturday	20	7:00 - 9:00 AM	CCAC	Thursday	25	6:15 - 7:45 AM	CCAC
Sunday	21	Depart for CJC		Friday	26	4:00 - 5:15 pm	CCAC
Monday	22	TBD		Saturday	27	SKSC SummerFest	Surrey
Tuesday	23	TBD / Canadian Swimming Champ		Sunday	28	SKSC SummerFest	Surrey
Wednesday	24	TBD / Canadian Swimming Champ		Monday	29	End of Season	
Thursday	25	TBD / Canadian Swimming Champ		Tuesday	30	x	
Friday	26	TBD / Canadian Swimming Champ		Wednesday	31	x	
Saturday	27	SKSC SummerFest	Surrey				
Sunday	28	SKSC SummerFest	Surrey				
Monday	29	End of Season					
Tuesday	30	x					
Wednesday	31	x					
July 2024				July 2024			
		13 + Provincial				13 & under	
Monday	1	4:00 - 5:30 pm	CCAC	Monday	1	4:00 - 5:30 pm	CCAC
Tuesday	2	5:15 - 6:30 pm	New West	Tuesday	2	5:15 - 6:30 pm	New West
Wednesday	3	6:00 - 7:45 AM / Year end Wrap Up	CCAC	Wednesday	3	6:00 - 7:45 AM / Year end Wrap Up	CCAC
Thursday	4	5:15 - 6:30 pm	New West	Thursday	4	5:15 - 6:30 pm	New West
Friday	5	5:00 - 6:30 pm	New West	Friday	5	5:00 - 6:30 pm	New West
Saturday	6	7:00 - 9:00 AM	CCAC	Saturday	6	7:00 - 9:00 AM	CCAC
Sunday	7	x		Sunday	7	x	
Monday	8	5:00 - 6:30 pm	New West	Monday	8	5:00 - 6:30 pm	New West
Tuesday	9	5:15 - 6:30 pm	New West	Tuesday	9	5:15 - 6:30 pm	New West
Wednesday	10	6:00 - 7:45 AM	CCAC	Wednesday	10	6:00 - 7:45 AM	CCAC
		5:00 - 6:30 pm	New West			5:00 - 6:30 pm	New West
Thursday	11	5:15 - 6:30 pm	New West	Thursday	11	5:15 - 6:30 pm	New West
Friday	12	5:00 - 6:30 pm	New West	Friday	12	5:00 - 6:30 pm	New West
Saturday	13	7:00 - 9:00 AM	CCAC	Saturday	13	7:00 - 9:00 AM	CCAC
Sunday	14	x		Sunday	14	x	
Monday	15	5:00 - 6:30 pm	New West	Monday	15	5:00 - 6:30 pm	New West
Tuesday	16	5:15 - 6:30 pm	New West	Tuesday	16	5:15 - 6:30 pm	New West
Wednesday	17	6:00 - 7:45 AM	CCAC	Wednesday	17	6:00 - 7:45 AM	CCAC
		5:00 - 6:30 pm	New West			5:00 - 6:30 pm	New West
Thursday	18	5:15 - 6:30 pm	New West	Thursday	18	5:15 - 6:30 pm	New West
Friday	19	5:00 - 6:30 pm	New West	Friday	19	5:00 - 6:30 pm	New West
Saturday	20	7:00 - 9:00 AM	CCAC	Saturday	20	7:00 - 9:00 AM	CCAC
Sunday	21	x		Sunday	21	x	

<b>July 2024</b>		<b>13 + Provincial</b>		<b>July 2024</b>		<b>13 &amp; under</b>	
Monday	22	4:00 - 5:15 pm	CCAC	Monday	22	4:00 - 5:15 pm	CCAC
Tuesday	23	6:15 - 7:45 AM	CCAC	Tuesday	23	6:15 - 7:45 AM	CCAC
Wednesday	24	4:00 - 5:15 pm	CCAC	Wednesday	24	4:00 - 5:15 pm	CCAC
Thursday	25	6:15 - 7:45 AM	CCAC	Thursday	25	6:15 - 7:45 AM	CCAC
Friday	26	4:00 - 5:15 pm	CCAC	Friday	26	4:00 - 5:15 pm	CCAC
Saturday	27	SKSC SummerFest	Surrey	Saturday	27	SKSC SummerFest	Surrey
Sunday	28	SKSC SummerFest	Surrey	Sunday	28	SKSC SummerFest	Surrey
	29	End of Season			29	End of Season	
<b>July 2024</b>		<b>Regional</b>		<b>July 2024</b>		<b>LMR</b>	
Monday	1	6:45 - 7:45 pm	CCAC	Monday	1	x	
Tuesday	2	4:15 - 5:30 pm	CCAC	Tuesday	2	5:30 - 6:45 pm	CCAC
Wednesday	3	Year End Social - No practice		Wednesday	3	Year End Social	
Thursday	4	x		Thursday	4	5:30 - 6:45 pm	CCAC
Friday	5	6:00 - 7:15 AM	CCAC	Friday	5	6:00 - 7:15 AM	CCAC
		4:15 - 5:30 pm	CCAC	Saturday	6	8:00 - 9:00 AM	New West
Saturday	6	7:00 - 8:00 AM	New West	Sunday	7	x	
Sunday	7	x		Monday	8	x	
Monday	8	5:30 - 6:45 pm	CCAC	Tuesday	9	5:30 - 6:45 pm	CCAC
Tuesday	9	x	CCAC	Wednesday	10	x	
Wednesday	10	5:30 - 6:45 pm	CCAC	Thursday	11	5:30 - 6:45 pm	CCAC
Thursday	11	x		Friday	12	x	
Friday	12	4:15 - 5:30 pm	CCAC	Saturday	13	8:00 - 9:00 AM	New West
Saturday	13	7:00 - 8:00 AM	New West	Sunday	14	x	
Sunday	14	x		Monday	15	x	CCAC
Monday	15	5:30 - 6:45 pm	CCAC	Tuesday	16	5:30 - 6:45 pm	CCAC
Tuesday	16	x	CCAC	Wednesday	17	x	
Wednesday	17	5:30 - 6:45 pm	CCAC	Thursday	18	5:30 - 6:45 pm	CCAC
Thursday	18	x		Friday	19	x	
Friday	19	4:15 - 5:30 pm	CCAC	Saturday	20	Hyack Novice Meet	New West
Saturday	20	7:00 - 9:00 AM	CCAC	Sunday	21	End of Season	
Sunday	21	x					
Monday	22	5:15 - 6:30 pm	CCAC				
Tuesday	23	6:15 - 7:45 AM	CCAC				
Wednesday	24	5:15 - 6:30 pm	CCAC				
Thursday	25	6:15 - 7:45 AM	CCAC				
Friday	26	5:15 - 6:30 pm	CCAC				
Saturday	27	SKSC SummerFest	Surrey				
Sunday	28	SKSC SummerFest	Surrey				
		End of Season					
<b>July 2024</b>		<b>OW Black</b>		<b>July 2024</b>		<b>OW White</b>	
Monday	1	6:45 - 7:45 pm	CCAC	Monday	1	4:45 - 5:45 pm	CCAC
Tuesday	2	x		Tuesday	2	x	
Wednesday	3	Year End Social - No practice		Wednesday	3	Year End Social - No practice	
Thursday	4	x		Thursday	4	x	
Friday	5	5:15 - 6:30 pm	CCAC	Friday	5	x	
Saturday	6	7:00 - 8:00 AM	New West	Saturday	6	7:00 - 8:00 AM	New West
Sunday	7	x		Sunday	7	x	
Monday	8	4:15 - 5:30 pm	CCAC	Monday	8	4:15 - 5:30 pm	CCAC
Tuesday	9	x		Tuesday	9	x	
Wednesday	10	4:15 - 5:30 pm	CCAC	Wednesday	10	4:15 - 5:30 pm	CCAC
Thursday	11	x		Thursday	11	x	
Friday	12	5:15 - 6:30 pm	CCAC	Friday	12	x	
Saturday	13	7:00 - 8:00 AM	New West	Saturday	13	7:00 - 8:00 AM	New West
Sunday	14	x		Sunday	14	x	
Monday	15	4:15 - 5:30 pm	CCAC	Monday	15	4:15 - 5:30 pm	CCAC
Tuesday	16	x		Tuesday	16	x	
Wednesday	17	4:15 - 5:30 pm	CCAC	Wednesday	17	4:15 - 5:30 pm	CCAC
Thursday	18	x		Thursday	18	x	
Friday	19	5:15 - 6:30 pm	CCAC	Friday	19	x	
Saturday	20	Hyack Novice Meet	New West	Saturday	20	Hyack Novice Meet	New West
Sunday	21	End of Season		Sunday	21	End of Season	

July 2024		<b>GR 2</b>		July 2024		<b>GR 1</b>	
Monday	1	5:45 - 6:45 pm	CCAC	Monday	1	5:45 - 6:45 pm	CCAC
Tuesday	2	x		Tuesday	2	x	
Wednesday	3	<b>Year End Social - No practice</b>		Wednesday	3	<b>Year End Social</b>	
Thursday	4	x		Thursday	4	x	
Friday	5	x		Friday	5	x	
Saturday	6	<b>9:00 - 10:00 AM</b>	<b>New West</b>	Saturday	6	<b>9:00 - 10:00 AM</b>	<b>New West</b>
Sunday	7	x		Sunday	7	x	
Monday	8	5:30 - 6:30 pm	CCAC	Monday	8	5:30 - 6:30 pm	CCAC
Tuesday	9	x		Tuesday	9	x	
Wednesday	10	5:30 - 6:30 pm	CCAC	Wednesday	10	5:30 - 6:30 pm	CCAC
Thursday	11	x		Thursday	11	x	
Friday	12	x		Friday	12	x	
Saturday	13	<b>9:00 - 10:00 AM</b>	<b>New West</b>	Saturday	13	<b>9:00 - 10:00 AM</b>	<b>New West</b>
Sunday	14	x		Sunday	14	x	
Monday	15	5:30 - 6:30 pm	CCAC	Monday	15	5:30 - 6:30 pm	CCAC
Tuesday	16	x		Tuesday	16	x	
Wednesday	17	5:30 - 6:30 pm	CCAC	Wednesday	17	5:30 - 6:30 pm	CCAC
Thursday	18	x		Thursday	18	x	
Friday	19	x		Friday	19	x	
Saturday	20	<b>Hyack Novice Meet</b>	<b>New West</b>	Saturday	20	<b>Hyack Novice Meet</b>	<b>New West</b>
Sunday	21	<b>End of Season</b>		Sunday	21	<b>End of Season</b>	