

May 2024		HP		May 2024		AGD	
Wednesday	1	3:00 - 5:00 pm	CCAC	Wednesday	1	6:00 - 7:45 AM	CCAC
Thursday	2	6:00 - 8:00 AM	CCAC	Thursday	2	4:00 - 5:30 pm	CCAC
		3:00 - 5:00 pm	CCAC	Friday	3	Rapids West Coast Open	Richmond
Friday	3	Rapids West Coast Open	Richmond	Saturday	4	Rapids West Coast Open	Richmond
Saturday	4	Rapids West Coast Open	Richmond	Sunday	5	X	
Sunday	4	TBC - Rapids West Coast Open		Monday	6	4:00 - 5:30 pm	CCAC
Monday	6	3:00 - 5:00 pm	CCAC	Tuesday	7	4:00 - 5:30 pm	CCAC
Tuesday	7	6:00 - 8:00 AM	CCAC	Wednesday	8	6:00 - 7:45 AM	CCAC
		3:00 - 5:00 pm	CCAC	Thursday	9	4:00 - 5:30 pm	CCAC
Wednesday	8	3:00 - 5:00 pm	CCAC	Friday	10	6:00 - 7:45 AM	CCAC
Thursday	9	6:00 - 8:00 AM	CCAC	Saturday	11	6:00 - 7:30 AM	CCAC
		3:00 - 5:00 pm	CCAC	Sunday	12	x	
Friday	10	3:00 - 5:00 pm	CCAC	Monday	13	4:00 - 5:30 pm	CCAC
Saturday	11	6:00 - 8:00 AM	CCAC	Tuesday	14	4:00 - 5:30 pm	CCAC
Sunday	12	x		Wednesday	15	6:00 - 7:45 AM	CCAC
Monday	13	3:00 - 5:00 pm / Olympic Trials	CCAC	Thursday	16	4:00 - 5:30 pm	CCAC
Tuesday	14	6:00 - 8:00 AM / Olympic Trials	CCAC	Friday	17	Hyack May LC Invitational	CCAC
		3:00 - 5:00 pm	CCAC	Saturday	18	Hyack May LC Invitational	CCAC
Wednesday	15	3:00 - 5:00 pm / Olympic Trials	CCAC	Sunday	19	Hyack May LC Invitational	CCAC
Thursday	16	6:00 - 8:00 AM / Olympic Trials	CCAC	Monday	20	Off	
		3:00 - 5:00 pm	CCAC	Tuesday	21	4:00 - 5:30 pm	CCAC
Friday	17	Hyack May LC Invitational	CCAC	Wednesday	22	6:00 - 7:45 AM	CCAC
Saturday	18	Hyack May LC Invitational	CCAC	Thursday	23	4:00 - 5:30 pm	CCAC
Sunday	19	Hyack May LC Invitational	CCAC	Friday	24	6:00 - 7:45 AM	CCAC
Monday	20	Off		Saturday	25	6:00 - 7:30 AM	CCAC
Tuesday	21	6:00 - 8:00 AM	CCAC	Sunday	26	x	
		3:00 - 5:00 pm	CCAC	Monday	27	4:00 - 5:30 pm	CCAC
Wednesday	22	3:00 - 5:00 pm	CCAC	Tuesday	28	4:00 - 5:30 pm	CCAC
Thursday	23	6:00 - 8:00 AM	CCAC	Wednesday	29	6:00 - 7:45 AM	CCAC
		3:00 - 5:00 pm	CCAC	Thursday	30	4:00 - 5:30 pm	CCAC
Friday	24	3:00 - 5:00 pm	CCAC	Friday	31	6:00 - 7:45 AM	CCAC
Saturday	25	6:00 - 8:00 AM	CCAC				
Sunday	26	x					
Monday	27	3:00 - 5:00 pm	CCAC				
Tuesday	28	6:00 - 8:00 AM	CCAC				
		3:00 - 5:00 pm	CCAC				
Wednesday	29	3:00 - 5:00 pm	CCAC				
Thursday	30	6:00 - 8:00 AM	CCAC				
		3:00 - 5:00 pm	CCAC				
Friday	31	3:00 - 5:00 pm	CCAC				
May 2024		13 + Provincial		May 2024		13 & under	
Wednesday	1	4:00 - 5:30 pm	CCAC	Wednesday	1	6:30 - 7:45 AM	CCAC
Thursday	2	5:30 - 6:30 pm	CCAC	Thursday	2	4:00 - 5:30 pm	CCAC
Friday	3	Rapids West Coast Open	Richmond	Friday	3	Rapids West Coast Open	Richmond
Saturday	4	Rapids West Coast Open	Richmond	Saturday	4	Rapids West Coast Open	Richmond
Sunday	5	X		Sunday	5	X	
Monday	6	6:30 - 7:45 AM	CCAC	Monday	6	5:30 - 6:45 pm	CCAC

May 2024		13 + Provincial			May 2024		13 & under	
Tuesday	7	5:30 - 6:45 pm	CCAC		Tuesday	7	x	
Wednesday	8	4:00 - 5:30 pm	CCAC		Wednesday	8	6:30 - 7:45 AM	CCAC
Thursday	9	TBC - Dry-land see your coach	CCAC		Thursday	9	5:30 - 6:45 pm	CCAC
Friday	10	4:00 - 5:30 pm	CCAC		Friday	10	6:30 - 7:45 AM	CCAC
Saturday	11	7:30 - 9:00 AM	CCAC		Saturday	11	7:30 - 9:00 AM	CCAC
Sunday	12	x			Sunday	12	x	
Monday	13	6:30 - 7:45 AM	CCAC		Monday	13	5:30 - 6:45 pm	CCAC
Tuesday	14	5:30 - 6:45 pm	CCAC		Tuesday	14	x	
Wednesday	15	4:00 - 5:30 pm	CCAC		Wednesday	15	6:30 - 7:45 AM	CCAC
Thursday	16	TBC - Dry-land see your coach	CCAC		Thursday	16	5:30 - 6:45 pm	CCAC
Friday	17	Hyack May LC Invitational	CCAC		Friday	17	Hyack May LC Invitational	CCAC
Saturday	18	Hyack May LC Invitational	CCAC		Saturday	18	Hyack May LC Invitational	CCAC
Sunday	19	Hyack May LC Invitational	CCAC		Sunday	19	Hyack May LC Invitational	CCAC
Monday	20	Off			Monday	20	Off	
Tuesday	21	5:30 - 6:45 pm	CCAC		Tuesday	21	4:00 - 5:30 pm	CCAC
Wednesday	22	4:00 - 5:30 pm	CCAC		Wednesday	22	6:30 - 7:45 AM	CCAC
Thursday	23	TBC - Dry-land see your coach	CCAC		Thursday	23	5:30 - 6:45 pm	CCAC
Friday	24	4:00 - 5:30 pm	CCAC		Friday	24	6:30 - 7:45 AM	CCAC
Saturday	25	7:30 - 9:00 AM	CCAC		Saturday	25	7:30 - 9:00 AM	CCAC
Sunday	26	x			Sunday	26	x	
Monday	27	6:30 - 7:45 AM	CCAC		Monday	27	5:30 - 6:45 pm	CCAC
Tuesday	28	5:30 - 6:45 pm	CCAC		Tuesday	28	x	
Wednesday	29	4:00 - 5:30 pm	CCAC		Wednesday	29	6:30 - 7:45 AM	CCAC
Thursday	30	TBC - Dry-land see your coach	CCAC		Thursday	30	5:30 - 6:45 pm	CCAC
Friday	31	4:00 - 5:30 pm	CCAC		Friday	31	6:30 - 7:45 AM	CCAC
May 2024		Regional			May 2024		LMR	
Wednesday	1	5:30 - 6:45 pm	CCAC		Wednesday	1	x	
Thursday	2	x			Thursday	2	6.30 - 7.45pm	CCAC
Friday	3	Rapids West Coast Open	Richmond		Friday	3	x	
Saturday	4	Rapids West Coast Open	Richmond		Saturday	4	Hyack Novice Meet	CCAC
Sunday	5	X			Sunday	5	x	
Monday	6	6:45 - 7:45 pm	CCAC		Monday	6	x	
Tuesday	7	x	CCAC		Tuesday	7	6.45-7.45pm	CCAC
Wednesday	8	5:30 - 6:45 pm	CCAC		Wednesday	8	x	
Thursday	9	x			Thursday	9	6.45-7.45pm	CCAC
Friday	10	5:30 - 7:00 pm	CCAC		Friday	10	x	
Saturday	11	9:30 - 10:30 AM	CCAC		Saturday	11	8:00 - 9:00 AM	
Sunday	12	x			Sunday	12	x	CCAC
Monday	13	6:45 - 7:45 pm	CCAC		Monday	13	x	
Tuesday	14	x	CCAC		Tuesday	14	6.45-7.45pm	CCAC
Wednesday	15	5:30 - 6:45 pm	CCAC		Wednesday	15	x	
Thursday	16	x			Thursday	16	6.45-7.45pm	CCAC
Friday	17	x			Friday	17	x	
Saturday	18	TBA			Saturday	18	TBA	
Sunday	19	x			Sunday	19	x	
Monday	20	6:45 - 7:45 pm	CCAC		Monday	20	TBC > 5:30 - 6:45 pm	CCAC
Tuesday	21	x	CCAC		Tuesday	21	6.45-7.45pm	CCAC

May 2024		Regional			May 2024		LMR	
Wednesday	22	5:30 - 6:45 pm	CCAC		Wednesday	22	x	
Thursday	23	x			Thursday	23	6.45-7.45pm	CCAC
Friday	24	5:30 - 7:00 pm	CCAC		Friday	24	x	
Saturday	25	9:30 - 10:30 AM	CCAC		Saturday	25	8:00 - 9:00 AM	
Sunday	26	x			Sunday	26	x	CCAC
Monday	27	6:45 - 7:45 pm	CCAC		Monday	27	x	
Tuesday	28	x	CCAC		Tuesday	28	6.45-7.45pm	CCAC
Wednesday	29	5:30 - 6:45 pm	CCAC		Wednesday	29	x	
Thursday	30	x			Thursday	30	6.45-7.45pm	CCAC
Friday	31	5:30 - 7:00 pm	CCAC		Friday	31	x	
May 2024		OW Black			May 2024		OW White	
Wednesday	1	5:30 - 6:45 pm	CCAC		Wednesday	1	6:45 - 7:45 pm	CCAC
Thursday	2	x			Thursday	2	x	
Friday	3	5:30 - 7:00 pm	CCAC		Friday	3	x	
Saturday	4	Hyack Novice Meet	CCAC		Saturday	4	Hyack Novice Meet	CCAC
Sunday	5	x			Sunday	5	x	
Monday	6	6:45 - 7:45 pm	CCAC		Monday	6	4:45 - 5:45 pm	CCAC
Tuesday	7	x			Tuesday	7	x	
Wednesday	8	5:30 - 6:45 pm	CCAC		Wednesday	8	6:45 - 7:45 pm	CCAC
Thursday	9	x			Thursday	9	x	
Friday	10	5:30 - 7:00 pm	CCAC		Friday	10	x	
Saturday	11	10:30 - 11:30 AM	CCAC		Saturday	11	7:00 - 8:00 AM	CCAC
Sunday	12	x			Sunday	12	x	
Monday	13	6:45 - 7:45 pm	CCAC		Monday	13	4:45 - 5:45 pm	CCAC
Tuesday	14	x			Tuesday	14	x	
Wednesday	15	5:30 - 6:45 pm	CCAC		Wednesday	15	6:45 - 7:45 pm	CCAC
Thursday	16	5:30 - 6:45 pm	CCAC		Thursday	16	x	
Friday	17	x			Friday	17	x	
Saturday	18	TBA			Saturday	18	TBA	
Sunday	19	x			Sunday	19	x	
Monday	20	6:45 - 7:45 pm	CCAC		Monday	20	4:45 - 5:45 pm	CCAC
Tuesday	21	x			Tuesday	21	x	
Wednesday	22	5:30 - 6:45 pm	CCAC		Wednesday	22	6:45 - 7:45 pm	CCAC
Thursday	23	x			Thursday	23	x	
Friday	24	5:30 - 7:00 pm	CCAC		Friday	24	x	
Saturday	25	10:30 - 11:30 AM	CCAC		Saturday	25	7:00 - 8:00 AM	CCAC
Sunday	26	x			Sunday	26	x	
Monday	27	6:45 - 7:45 pm	CCAC		Monday	27	4:45 - 5:45 pm	CCAC
Tuesday	28	x			Tuesday	28	x	
Wednesday	29	5:30 - 6:45 pm	CCAC		Wednesday	29	6:45 - 7:45 pm	CCAC
Thursday	30	x			Thursday	30	x	
Friday	31	5:30 - 7:00 pm	CCAC		Friday	31	x	
May 2024		GR 2			May 2024		GR 1	
Wednesday	1	4:45 - 5:30 pm	CCAC		Wednesday	1	x	
Thursday	2	x			Thursday	2	x	
Friday	3	x			Friday	3	x	

May 2024		GR 2			May 2024		GR 1	
Saturday	4	Hyack Novice meet	CCAC		Saturday	4	Hyack Novice meet	CCAC
Sunday	5	x			Sunday	5	x	
Monday	6	x			Monday	6	5:45 - 6:30 pm	CCAC
Tuesday	7	x			Tuesday	7	x	
Wednesday	8	4:45 - 5:30 pm	CCAC		Wednesday	8	x	
Thursday	9	x			Thursday	9	x	
Friday	10	x			Friday	10	x	
Saturday	11	12:15 - 1:00 pm	CCAC		Saturday	11	11:30 - 12:15 pm	CCAC
Sunday	12	x			Sunday	12	x	
Monday	13	x			Monday	13	5:45 - 6:30 pm	CCAC
Tuesday	14	x			Tuesday	14	x	
Wednesday	15	4:45 - 5:30 pm	CCAC		Wednesday	15	x	
Thursday	16	x			Thursday	16	x	
Friday	17	x			Friday	17	x	
Saturday	18	TBA			Saturday	18	TBA	
Sunday	19	x			Sunday	19	x	
Monday	20	x			Monday	20	5:45 - 6:30 pm	CCAC
Tuesday	21	x			Tuesday	21	x	
Wednesday	22	4:45 - 5:30 pm	CCAC		Wednesday	22	x	
Thursday	23	x			Thursday	23	x	
Friday	24	x			Friday	24	x	
Saturday	25	12:15 - 1:00 pm	CCAC		Saturday	25	11:30 - 12:15 pm	CCAC
Sunday	26	x			Sunday	26	x	
Monday	27	x			Monday	27	5:45 - 6:30 pm	CCAC
Tuesday	28	x			Tuesday	28	x	
Wednesday	29	4:45 - 5:30 pm	CCAC		Wednesday	29	x	
Thursday	30	x			Thursday	30	x	
Friday	31	x			Friday	31	x	
		STI - Monday group					STI - Wednesday group	
May 2024					May 2024			
Monday	6	4:00 - 4:45 pm	CCAC		Wednesday	1	4:00 - 4:45 pm	CCAC
Monday	13	4:00 - 4:45 pm	CCAC		Wednesday	8	4:00 - 4:45 pm	CCAC
Monday	20	4:00 - 4:45 pm	CCAC		Wednesday	15	4:00 - 4:45 pm	CCAC
Monday	27	4:00 - 4:45 pm	CCAC		Wednesday	22	4:00 - 4:45 pm	CCAC
					Wednesday	30	4:00 - 4:45 pm	CCAC
		High School group						
May 2024								
Saturday	4	11:30 - 12:30 pm	CCAC					
Saturday	11	1:00 - 2:00 pm	CCAC					
Monday	20	TBC > 5:30 - 6:45 pm	CCAC					
Saturday	25	1:00 - 2:00 pm	CCAC					