



2020-2021 March 1st - 26th Schedule

HIGH PERFORMANCE A

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----|
| | | | | | 9:05-9:15am (Arrival) | |
| | | | | | 9:15-11:15am (Swim) | |
| | | | | | Kinsmen (DSM) | |
| 2:50-3:00pm (Arrival) | 2:50-3:00pm (Arrival) | 2:20-2:30pm (Arrival) | 2:50-3:00pm (Arrival) | 2:50-3:00pm (Arrival) | | |
| 3:00-4:00pm (Swim) | 3:00-4:00pm (Swim) | 2:30-3:30pm (Swim) | 3:00-4:00pm (Swim) | 3:00-4:00pm (Swim) | | |
| UofA WEST Pool | UofA WEST Pool | Kinsmen (DSM) | UofA WEST Pool | UofA WEST Pool | | |

HIGH PERFORMANCE B

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----|
| | | | | | 9:05-9:15am (Arrival) | |
| | | | | | 9:15-11:15am (Swim) | |
| | | | | | Kinsmen (DSM) | |
| 2:50-3:00pm (Arrival) | 2:50-3:00pm (Arrival) | 3:35-3:45pm (Arrival) | 2:50-3:00pm (Arrival) | 2:50-3:00pm (Arrival) | | |
| 3:00-4:00pm (Swim) | 3:00-4:00pm (Swim) | 3:45-4:30pm (Swim) | 3:00-4:00pm (Swim) | 3:00-4:00pm (Swim) | | |
| UofA WEST Pool | UofA WEST Pool | Kinsmen (DSM) | UofA WEST Pool | UofA WEST Pool | | |

PERFORMANCE

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----|
| | | | | | 9:05-9:15am (Arrival) | |
| | | | | | 9:15-10:15am (Swim) | |
| | | | | | UofA EAST Pool | |
| 5:50-6:00pm (Arrival) | 5:50-6:00pm (Arrival) | 5:50-6:00pm (Arrival) | 5:50-6:00pm (Arrival) | 5:50-6:00pm (Arrival) | | |
| 6:00-7:00pm (Swim) | 6:00-7:00pm (Swim) | 6:00-7:00pm (Swim) | 6:00-7:00pm (Swim) | 6:00-7:00pm (Swim) | | |
| UofA WEST Pool | UofA WEST Pool | UofA WEST Pool | UofA WEST Pool | UofA WEST Pool | | |

PERFORMANCE X

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|------|----------------------|-----------------------|-----|-----------------------|-----|
| | | | | | 9:05-9:15am (Arrival) | |
| | | | | | 9:15-11:15am (Swim) | |
| | | | | | Kinsmen (T.P) | |
| 4:35-4:45pm (Arrival) | | Online Google Meet | 4:20-4:30pm (Arrival) | | | |
| 4:45-6:30pm (Swim) | | 4:00-5:00pm (Online) | 4:30-6:15pm (Swim) | | | |
| Kinsmen (DSM) | | Dryland | Kinsmen (DSM) | | | |

AGP A

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|-----------------------|----------------------|-------|-----------------------|-----------------------|-----|
| | 5:50-6:00am (Arrival) | | | | 9:05-9:15am (Arrival) | |
| | 6:00-7:30am (Swim) | | | | 9:15-10:15am (Swim) | |
| | KINS (DSM) | | | | Kinsmen (DSM) | |
| | 4:20-4:30pm (Arrival) | Online Google Meet | | 4:20-4:30pm (Arrival) | | |
| | 4:30-5:15pm (Swim) | 4:00-5:00pm (Online) | | 4:30-5:30pm (Swim) | | |
| | Kinsmen (DSM) | Dryland | | Kinsmen (DSM) | | |

AGP B

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|-----------------------|-----------------------|-------|-----------------------|-------------------------|-----|
| | | 5:50-6:00am (Arrival) | | | 10:05-10:15am (Arrival) | |
| | | 6:00-7:30am (Swim) | | | 10:30-11:15am (Swim) | |
| | | Kinsmen (T.P) | | | Kinsmen (DSM) | |
| | 5:20-5:30pm (Arrival) | Online Google Meet | | 5:20-5:30pm (Arrival) | | |
| | 5:30-6:30pm (Swim) | 4:00-5:00pm (Online) | | 5:30-6:30pm (Swim) | | |
| | Kinsmen (DSM) | Dryland | | Kinsmen (DSM) | | |

U of A POOL

JAG

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|------|-----------------------|----------------------|-----------------------|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 4:50-5:00pm (Arrival) | | 4:50-5:00pm (Arrival) | Online Google Meet | 4:50-5:00pm (Arrival) | | |
| 5:00-6:00pm (Swim) | | 5:00-6:00pm (Swim) | 5:00-6:00pm (Online) | 5:00-6:00pm (Swim) | | |
| U of A EAST Pool | | U of A EAST Pool | Dryland | U of A EAST Pool | | |

OW

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|-----------------------|----------------------|-----------------------|-----|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | 4:50-5:00pm (Arrival) | Online Google Meet | 4:50-5:00pm (Arrival) | | | |
| | 5:00-6:00pm (Swim) | 5:00-6:00pm (Online) | 5:00-6:00pm (Swim) | | | |
| | U of A EAST Pool | Dryland | U of A EAST Pool | | | |

JOW

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|-----------------------|----------------------|-----------------------|-----|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | 4:50-5:00pm (Arrival) | Online Google Meet | 4:50-5:00pm (Arrival) | | | |
| | 5:00-5:45pm (Swim) | 5:00-6:00pm (Online) | 5:00-5:45pm (Swim) | | | |
| | U of A EAST Pool | Dryland | U of A EAST Pool | | | |

FOUNTAIN PARK & UOFA JD

JD

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|------|----------------------|-----------------------|-----|-------------------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | Online Google Meet | 6:05-6:15pm (Arrival) | | 11:35-11:45am (Arrival) | |
| | | 5:00-6:00pm (Online) | 6:15-7:00pm (Swim) | | 11:45-12:30Pm (Swim) | |
| | | Dryland | UofA EAST Pool | | UofA EAST Pool | |

FOUNTAIN PARK POOL

JAG

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----------------------|------|-----------------------|----------------------|-----------------------|-----|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| 5:50-6:00pm (Arrival) | | 5:50-6:00pm (Arrival) | Online Google Meet | 5:50-6:00pm (Arrival) | | |
| 6:00-7:00pm (Swim) | | 6:00-7:00pm (Swim) | 5:00-6:00pm (Online) | 6:00-7:00pm (Swim) | | |
| UofA EAST Pool | | UofA EAST Pool | Dryland | UofA EAST Pool | | |

OW A

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|-----------------------|----------------------|-------|-----|-------------------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | 5:50-6:00pm (Arrival) | Online Google Meet | | | 10:20-10:30am (Arrival) | |
| | 6:00-7:00pm (Swim) | 5:00-6:00pm (Online) | | | 10:30-11:30am (Swim) | |
| | UofA EAST Pool | Dryland | | | UofA EAST Pool | |

OW B

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|------|----------------------|-----------------------|-----|-------------------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | Online Google Meet | 5:50-6:00pm (Arrival) | | 10:20-10:30am (Arrival) | |
| | | 5:00-6:00pm (Online) | 6:00-7:00pm (Swim) | | 10:30-11:30am (Swim) | |
| | | Dryland | UofA EAST Pool | | UofA EAST Pool | |

JOW

| Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|-----|-----------------------|----------------------|-------|-----|-------------------------|-----|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | 6:05-6:15pm (Arrival) | Online Google Meet | | | 11:35-11:45am (Arrival) | |
| | 6:15-7:00pm (Swim) | 5:00-6:00pm (Online) | | | 11:45-12:30Pm (Swim) | |
| | UofA EAST Pool | Dryland | | | UofA EAST Pool | |

Legend

KINSMEN - Kinsmen Sports Centre

U of A WEST - Main Competition Pool (North of the Butterdome)

U of A EAST - By the Campus Gym (East of Butterdome)

DL – Dryland Training

Arrival - Time frame to arrive before practice