



# HP / Performance / AGP Special Summer Schedule 2022 July 13th-17th Only (Synchro)

## High Performance

Mon	Tues	Wed, July 13th	Thurs, July 14th	Fri, July 15th	Sat, July 16th	Sun
	7:45-8:00am (ACT)		5:15-5:30am (ACT)		7:15-7:30am (ACT)	
	8:00-10:00am (Swim)		5:30-7:30am (Swim)		7:30-9:30am (Swim)	
	QE SC		Kinsmen DSM SC		Kinsmen DSM SC	
2:45-3:00pm (Arrival)	2:45-3:00pm (Arrival)	2:45-3:00pm (Arrival)		2:45-3:00pm (Arrival)		
3:00-4:00pm (LIFT)	3:00-4:00pm (DL)	3:00-4:00pm (LIFT)	3:45-4:00pm (Arrival)	3:00-4:00pm (LIFT)		
4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)		
Kinsmen TP LC	Kinsmen DSM LC	Kinsmen TP LC	Kinsmen DSM SC	Kinsmen TP LC		

## Performance

Mon	Tues	Wed, July 13th	Thurs, July 14th	Fri, July 15th	Sat, July 16th	Sun
	5:45-6:00am (ACT)	5:15-5:30am (ACT)	7:45-8:00am (ACT)	5:15-5:30am (ACT)	7:15-7:30am (ACT)	
	6:00-8:00am (Swim)	5:30-7:30am (Swim)	8:00-10:00am (Swim)	5:30-7:30am (Swim)	7:30-9:30am (Swim)	
	Kinsmen DSM LC	Kinsmen DSM SC	QE SC	Kinsmen DSM SC	Kinsmen DSM SC	
2:45-3:00pm (Arrival)			2:45-3:00pm (Arrival)			
3:00-4:00pm (Dryland)			3:00-4:00pm (LIFT)			
4:00-6:00pm (Swim)			4:00-6:00pm (Swim)			
Kinsmen DSM LC			Kinsmen TP LC			

## AGP

Mon	Tues	Wed, July 13th	Thurs, July 14th	Fri, July 15th	Sat, July 16th	Sun
	5:45-6:00am (ACT)	5:15-5:30am (ACT)		5:15-5:30am (ACT)	7:15-7:30am (ACT)	
	6:00-8:00am (Swim)	5:30-7:30am (Swim)		5:30-7:30am (Swim)	7:30-9:30am (Swim)	
2:45-3:00pm (Arrival)	Kinsmen DSM LC	Kinsmen DSM SC		Kinsmen DSM SC	Kinsmen DSM SC	
3:00-4:00pm (Dryland)			3:45-4:00pm (ACT)			
4:00-6:00pm (Swim)			4:00-6:00pm (Swim)			
Kinsmen DSM LC			Kinsmen TP LC			

## Legend

KINSMEN DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)  
 KINSMEN T.P - Kinsmen Sports Centre (Training Pool)  
 UofA WEST Pool - University of Alberta West Training Pool  
 UofA EAST Pool - University of Alberta East Training Pool  
 QE = Queen Elizabeth Pool

Arrival - Time frame to arrive before training  
 ACT - Activation on deck  
 DL - Dryland Training  
 LIFT - Weight Room Training  
 Swim - Swim Training