Junior National Development - June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2	OFF 4	5	6 5:30-7:30am [5:15 on deck]	7	C Com (5:45 on deal)
						6-8am [5:45 on deck]
CSI					Weights 5-5:45pm	
	4:30-5:30pm U of C (tbc)**		Banquet - no swim	5:30 - 7:00pm [5:30 dry, 6:00 swim]	5:45 - 7:45pm UofC	
	9 1	5:30-7:30am [5:15 on deck]	12	13 5:30-7:30am [5:15 on deck]	14	1
						6-8am [5:45 on deck]
	3:40 Activation 4:00-5:45pm UofC		3:40 Activation		Weights 5-5:45pm	
	Weights 6-7pm		4:00-6:00pm UofC		5:45 - 7:45pm UofC	
	16 1	7 18 5:30-7:30am [5:15 on deck]	19	20 5:30-7:30am [5:15 on deck]	21	2.
		,		, , , , , , , , , , , , , , , , , , , ,		6-8am [5:45 on deck]
	3:40 Activation 4:00-5:45pm UofC		3:40 Activation		Weights 5-5:45pm	
	Weights 6-7pm		4:00-6:00pm UofC		5:45 - 7:45pm UofC	
	23 2	4 25	26	27	28	2:
		6:30-8am Silver Springs		6::00-7:30am [5:45 on deck]		6-8am [5:45 on deck]
	3:40 Activation					
	4:00-5:45pm UofC Weights 6-7pm		3:40 Activation 4:00-6:00pm UofC	5:30 - 7:00pm [5:30 dry, 6:00 swim]	Team Champs	
	weights 6-7 pm		4.00-0.00pm out	3.30 - 7.00pm [3.30 dry, 0.00 swim]		
	30 01-Ju	02-Jul	o3-Jul 6-7:30am U of C	o4-Jul	lut-50	o6-Ju
		e con came of the control of the con			ЕКІ	
	OFF				Litti	
Lucarlo unit ha at the University	sity of Calgary pool unless otherwise not	ad (CIL Churchill CD Choulding CL Co	a a theille)	L		<u> </u>