

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:45am Activation 9:00- 11:00am MNP	2 8:45am Activation 9:00- 11:00am MNP	3 8:45am Activation 9:00- 11:00am MNP	4 8:45am Activation 9:00- 11:00am MNP	5 8:45am Activation 9:00- 11:00am MNP 4:00-5:00pm weights UofC 5:00-6:00pm team meeting - KNA160	6
7	8 3:45pm Activation 4:00-6:00pm CH	9 5:15am Activation 5:30 - 7:30am UofC	10 3:45pm Activation 4:00-6:00pm CH	11 5:15am Activation 5:30 - 7:30am UofC	12 4:00-5:00pm weights UofC	13 3:45 Activation 4:00-5:30pm UofC
14 9:00am weights 10:00-12:00pm UofC	15 3:45pm Activation 4:00-6:00pm CH	16 5:15am Activation 5:30 - 7:30am UofC	17 3:45pm Activation 4:00-6:00pm CH	18 5:15am Activation 5:30 - 7:30am UofC	19 4:00-5:00pm weights UofC	20 3:45 Activation 4:00-5:30pm UofC
21 9:00am weights 10:00-12:00pm UofC	22 3:45pm Activation 4:00-6:00pm CH	23 5:15am Activation 5:30 - 7:30am UofC Nutrition Seminar 5:30-6:30pm UofC - room TBD	24 3:45pm Activation 4:00-6:00pm CH	25 5:15am Activation 5:30 - 7:30am UofC	26 4:00-5:00pm weights UofC	27 3:45 Activation 4:00-5:30pm UofC
28 9:00am weights 10:00-12:00pm UofC	29 3:45pm Activation 4:00-6:00pm CH	30 5:15am Activation 5:30 - 7:30am UofC	31 3:45pm Activation 4:00-6:00pm CH	1 UCSC GRAND PRIX	2 UCSC GRAND PRIX	3

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills)