SUNDAY         MC           5:00 - 5:45 Weight         5:45 - 7:00pm Swir           7            EKI         OFF           14         5:45 - 7:00pm Swir           5:45 - 7:00pm Swir         5:45 - 7:00pm Swir           14         5:45 - 7:00pm Swir           21         4:00-5:45 pm		National Devel July 2024 WEDNESDAY C 6:30-7:30am Swim 6:00-7:30am Swim 6:00-7:30am Swim		FRIDAY           4           5:30-8:00am Swim (Silver Springs)           4:00-5:45pm Swim           18           6:30-8:00am Swim (Silver Springs)	SATURDAY           5           6           12           7:45-9:45am Swim           19           7:45-9:45am Swim
5:00 - 5:45 Weight 5:45 - 7:00pm Swir 7 0FF 14 5:00 - 5:45 Weight 5:45 - 7:00pm Swir 21	1 OFF 4:00-5:30pm Swim 0FF 4:00-5:30pm 15	WEDNESDAY 2 6:30-7:30am Swim 9 6:00-7:30am Swim 16	THURSDAY 3	4 EKI 11 6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim 18	5 EKI 12 7:45-9:45am Swim 19
5:45 - 7:00pm Swir       7       ОFF       ЕКІ       14       5:00 - 5:45 Weight       5:45 - 7:00pm Swir       21	OFF 4:00-5:30pm Swim 0FF 4:00-5:30pm 15	9 6:00-7:30am Swim 16	10 4:00 - 5:45pm Swim 6:00-7:00pm Weights	11 6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim 18	12 7:45-9:45am Swim 19
5:45 - 7:00pm Swir       7       0FF       ЕКІ       14       5:00 - 5:45 Weight 5:45 - 7:00pm Swir       21	n 8 0FF 4:00-5:30pm 15	16	10 4:00 - 5:45pm Swim 6:00-7:00pm Weights	11 6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim 18	12 7:45-9:45am Swim 19
EKI 14 5:00 - 5:45 Weight 5:45 - 7:00pm Swir 21	4:00-5:30pm 15	16	10 4:00 - 5:45pm Swim 6:00-7:00pm Weights	11 6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim 18	12 7:45-9:45am Swim 19
EKI 14 5:00 - 5:45 Weight 5:45 - 7:00pm Swir 21	4:00-5:30pm 15	16	4:00 - 5:45pm Swim 6:00-7:00pm Weights	6:30-8:00am Swim (Silver Springs) 4:00-5:45pm Swim 18	7:45-9:45am Swim
EKI 14 5:00 - 5:45 Weight 5:45 - 7:00pm Swir 21	15		6:00-7:00pm Weights	18	
14 5:00 - 5:45 Weight 5:45 - 7:00pm Swir 21			17		
5:45 - 7:00pm Swir 21	6:00-7:30am Swim	6:00-7:30am Swim		6:30-8:00am Swim (Silver Springs)	7:45-9:45am Swim
5:45 - 7:00pm Swir 21					
			4:00 - 5:45pm Swim 6:00-7:00pm Weights	4:00-5:45pm Swim	
4:00-5:45pm	22 OFF	23 Pre-Provincials swim TBA	24	25	26
Weights TBD	4:00-5:30pm Swim				
		Travel to EDM	SUMMER PROVINCIALS	SUMMER PROVINCIALS	SUMMER PROVINCIAL
28	29	30	31		
SUMMER PROVINCIALS					