

Junior National Development - July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OFF	2 6:30-8am Silver Springs	3 **7:00-8:00am U of C	4	5 EKI	6
7 EKI	8 4-5:30pm U of C* (optional)	9 6:30-8am Silver Springs	10 4-5:45pm U of C	11 6-7:30am U of C 5:45-7pm U of C	12 Weights 5:15pm 6-7:30pm U of C	13 6:15-7:45am U of C
14	15 4-5:45pm U of C Weights 6-7pm	16 6:30-8am Silver Springs	17 4-5:45pm U of C	18 6-7:30am U of C 5:45-7pm U of C	19 Weights 5:15pm 6-7:30pm U of C	20 6:15-7:45am U of C
21	22 4-5:45pm U of C	23 4-5:45pm U of C	24 6-7:30am U of C	25	26	27
Canadian Junior Championships @ Toronto						
				Provincial Champs @ Edmonton		
28	29	30	31			

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills)