

# May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 TREX B 4:00-5:00pm Foothills TREX C 5:00-6:00pm Foothills	2 TREX A 5:00-5:20 dryland, 5:20-6:00 swim TREX B 4:00-4:40 swim, 4:40-5:20 dryland TREX C 4:20-4:40 dryland, 4:40-5:20 swim	3	4 TREX A, B & C 10:00-11:30am U of C
5	6 TREX A 4:00-5:00pm Foothills TREX B 5:00-6:00pm Foothills	7 TREX A 5:00-6:00pm Foothills TREX C 4:00-5:00pm Foothills	8 all TREX: OLYMPIC TRIALS SEND-OFF 4:00-5:00 U of C (no practice for TREX B & C)	9 TREX A 5:00-5:20 dryland, 5:20-6:00 swim TREX B 4:00-4:40 swim, 4:40-5:00 dryland TREX C 4:20-4:40 dryland, 4:40-5:20 swim	10	11 TREX A, B & C 10:00-11:30am U of C
12	13 TREX A 4:00-5:00pm Foothills TREX B 5:00-6:00pm Foothills	14 TREX A 5:00-6:00pm Foothills TREX C 4:00-5:00pm Foothills	15 TREX B 4:00-5:00pm Foothills TREX C 5:00-6:00pm Foothills	16 TREX A 5:00-5:20 dryland, 5:20-6:00 swim TREX B 4:00-4:40 swim, 4:40-5:00 dryland TREX C 4:20-4:40 dryland, 4:40-5:20 swim	17	18 TREX A, B & C 10:00-11:30am U of C
19	20 NO PRACTICE - VICTORIA DAY	21 TREX A 5:00-6:00pm Foothills TREX C 4:00-5:00pm Foothills	22 TREX B 4:00-5:00pm Foothills TREX C 5:00-6:00pm Foothills	23 TREX A 5:00-5:20 dryland, 5:20-6:00 swim TREX B 4:00-4:40 swim, 4:40-5:00 dryland TREX C 4:20-4:40 dryland, 4:40-5:20 swim	24	25 DINO MAYhem meet U of C
26 DINO MAYhem meet U of C	27 TREX A 4:00-5:00pm Foothills TREX B 5:00-6:00pm Foothills	28 TREX A 5:00-6:00pm Foothills TREX C 4:00-5:00pm Foothills	29 TREX B 4:00-5:00pm Foothills TREX C 5:00-6:00pm Foothills	30 TREX A 5:00-5:20 dryland, 5:20-6:00 swim TREX B 4:00-4:40 swim, 4:40-5:00 dryland TREX C 4:20-4:40 dryland, 4:40-5:20 swim	31	

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