

National & Junior National Groups - July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:30-8:00am SS (National)	2 4:00-5:45pm UofC 6:00-7:00pm Weights (National)	3 Depart for Edmonton 6:30-8:00am SS (Jr National) 8:00-9:00am UofC (National)	4	5	6
				EKI -- Edmonton	EKI -- Edmonton	EKI -- Edmonton
7	8 6:30-8:00am SS (National)	9 4:00-5:45pm UofC 6:00-7:00pm Weights (National)	10 6:30-8:00am SS (Jr. National) 4:00-5:45pm UofC 6:00-7:00pm Weights (Jr National)	11 6:00-7:30am UofC 4:00-5:45pm UofC	12 2:30-4:00pm Weights (National) 4:00-6:00pm UofC 6:00-7:00pm Weights (Jr National)	13 6:15-7:45am UofC
EKI -- Edmonton						
14	15 6:30-8:00am SS (National) 4:00-5:45pm UofC	16 4:00-5:45pm UofC 6:00-7:00pm Weights (National)	17 6:30-8:00am SS (Jr. National) 4:00-5:45pm UofC 6:00-7:00pm Weights (Jr National)	18 4:00-5:45pm UofC	19 2:30-4:00pm Weights (National) 4:00-6:00pm UofC 6:00-7:00pm Weights (Jr National)	20 6:15-7:45am UofC
21	22 4:00-5:45pm UofC	23 4:00-5:45pm UofC	24 6:00-7:30am UofC	25	26	27
CJC / CSC Travel Day			Provincials Travel Day CJC / CSC -- TPASC	Provincials -- Edmonton CJC / CSC -- TPASC	Provincials -- Edmonton CJC / CSC -- TPASC	Provincials -- Edmonton CJC / CSC -- TPASC
28	29	30 CJC / CSC Travel Home CJC / CSC Open Water	31			
CJC / CSC -- TPASC	CJC / CSC -- TPASC					

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