National & Junior National Groups - June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 6:00-8:00am Swim CSI Meet
2 CSI Meet	**3** 5:30-7:30am Swim *Non-CSI Only 4:00-6:00pm Swim *Non-CSI Only	**4** 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	**5** No Training UCSC Awards Banquet	**6** 5:30-7:30am Swim 4:00-6:00pm Swim	**7** 2:30-4:00pm Weights (National) 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	**8** 6:00-8:00am Swim
9	**10** 5:30-7:30am Swim 4:00-6:00pm Swim	**11** 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	**12** 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	**13** 5:30-7:30am Swim 4:00-6:00pm Swim	**14** 2:30-4:00pm Weights (National) 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	**15** 6:00-8:00am Swim
16	**17** 5:30-7:30am Swim 4:00-6:00pm Swim	**18** 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	**19** 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	**20** 5:30-7:30am Swim 4:00-6:00pm Swim	**21** 2:30-4:00pm Weights (National) 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) Mel Zajac International	**22** Mel Zajac International
23 Mel Zajac International	**24** 6:30-8:00am Swim Silver Springs (Nat & JN Non-Zajac Swimmers) 4:00-6:00pm Swim	**25** 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	**26** 6:30-8:00am Swim Silver Springs (Jr Nat) 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	**27** 4:00-6:00pm Swim	**28** 6:30-8:00am Swim Silver Springs (Nat) 2:30-4:00pm Weights (National) Team Champs	**29** 6:00-8:00am Swim 8:00-9:00am Weights (Jr National)

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