

National & Junior National Groups - May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	5:30-7:30am Swim Jr National Only 4:00-6:00pm Swim	2:30-4:00pm Weights (National) 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	6:00-8:00am Swim
5	6	7	8	9	10	11
5:30-7:30am Swim Jr National Only 4:00-6:00pm Swim	4:00-6:00pm Swim 6:00-7:00pm Weights (National)	4:00-6:00pm Swim 6:00-7:00pm Weights (National)	2:30-4:00pm Trials Swimmers Non-Trials Swimmers Time TBA 6:00-7:00pm Weights (Jr National) Trials Send Off Event	5:30-7:30am Swim Jr National Non-Trials Only 4:00-6:00pm Swim Kelowna Meet Travel Day	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) Kelowna Meet Olympic Trials Travel Day	6:00-8:00am Swim Kelowna Meet
12	13	14	15	16	17	18
5:30-7:30am Swim 4:00-6:00pm Swim Kelowna Meet Travel Home Kelowna Meet	4:00-6:00pm Swim Olympic Trials	4:00-6:00pm Swim Olympic Trials	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) Olympic Trials	5:30-7:30am Swim 4:00-6:00pm Swim Olympic Trials	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) Olympic Trials	6:00-8:00am Swim Olympic Trials
19	20	21	22	23	24	25
	10:00am-12:00noon Swim National Group Training Break Olympic Trials Victoria Day	4:00-6:00pm Swim National Group Training Break	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) National Group Training Break	5:30-7:30am Swim 4:00-6:00pm Swim National Group Training Break	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National) National Group Training Break	6:00-8:00am Swim National Group Training Break
26	27	28	29	30	31	
5:30-7:30am Swim 4:00-6:00pm Swim	4:00-6:00pm Swim 6:00-7:00pm Weights (National)	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	5:30-7:30am Swim *National Group Only 4:00-6:00pm Swim 2:00-4:00pm Swim (National) 4:00-5:00pm Weights (National) CSI Meet		

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