

National & Junior National Groups - November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 4:00-6:00pm Swim	2 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	3 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	4 7:15-9:15am Swim *Dino Invitational Swimmers only Cascade Speed Meet
5 OFF 4:00-6:00pm Swim Daylight Savings Time - Clocks Back! Cascade Speed Meet	6 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	7 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	8 4:00-6:00pm Swim	9 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	10 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	11 10:30-11:30am Weights (Jr National) 12:00-2:00pm Swim Remembrance Day
12	13 1:30-3:00 Swim OR 3:00-4:30 Swim *Attend whichever workout works with school schedule Remembrance Day Stat Holiday	14 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	15 4:00-6:00pm Swim	16 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	17 2:30-4:00pm Weights (National) 4:00-6:00pm Swim	18 5:30-7:15am Swim 7:30-8:30am Weights (Jr National)
19 5:30-7:30am Swim 4:00-6:00pm Swim	20 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	21 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	22 4:00-6:00pm Swim	23 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)	24 November Invitational	25 November Invitational
26 5:30-7:30am Swim 4:00-6:00pm Swim	27 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	28 4:00-6:00pm Swim 6:00-7:00pm Weights (National)	29 4:00-6:00pm Swim	30 5:30-7:30am Swim 4:00-6:00pm Swim 6:00-7:00pm Weights (Jr National)		

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