

# November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30 - 7:30am UofC	3:45pm Activation 4:00 - 6:00pm CH	6:15am Activation * 6:30 - 7:30am UofC * *for those not racing at Jack Frost JACK FROST @ SETON	JACK FROST @ SETON SPEED MEET @ MNP
JACK FROST @ SETON SPEED MEET @ MNP		3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30 - 7:30am UofC	3:45pm Activation 4:00 - 6:00pm CH	5:15am Activation 5:30 - 7:30am UofC 4:00-5:00 pm weights UC	1:45pm Activation 2:00-4:00pm UC
9:00am weights 10:00am-12:00pm UC		3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30 - 7:30am UofC	3:45pm Activation 4:00 - 6:00pm CH	5:15am Activation 5:30 - 7:30am UofC 4:00-5:00 pm weights UC	4:45pm Activation 5:00-7:00pm UC
9:00am weights 10:00am-12:00pm UC		3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30 - 7:30am UofC	3:45pm Activation 4:00 - 6:00pm CH	4:00-5:00 pm weights UC	
9:00am weights 10:00am-12:00pm UC		3:45pm Activation 4:00-6:00pm CH	5:15am Activation 5:30 - 7:30am UofC	3:45pm Activation 4:00 - 6:00pm CH		

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills) \*\*Squad Photos will be added as soon as they are confirmed