

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	2 TREX A: dryland 4:20-4:40, swim 4:40-5:20 TREX B swim 4-4:40, dryland 4:40-5pm TREX C dryland 5-5:20, swim 5:20-6pm	3	4 TREX A 4:00-5:30pm UofC TREX B 4:00-5:30pm UofC TREX C 4:00-5:30pm UofC
5 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	6 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	7 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	8 TREX A: dryland 4:20-4:40, swim 4:40-5:20 TREX B swim 4-4:40, dryland 4:40-5pm TREX C dryland 5-5:20, swim 5:20-6pm	9	10 NO PRACTICE REMEMBERANCE DAY	11
12 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	13 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	14 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	15 TREX A: dryland 4:20-4:40, swim 4:40-5:20 TREX B swim 4-4:40, dryland 4:40-5pm TREX C dryland 5-5:20, swim 5:20-6pm	16 KILLARNEY INVITATIONAL MNP	17 KILLARNEY INVITATIONAL MNP WACKY T-SHIRT MEET UofC	18
19 KILLARNEY INVITATIONAL MNP	20 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	21 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	22 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	23 TREX A: dryland 4:20-4:40, swim 4:40-5:20 TREX B swim 4-4:40, dryland 4:40-5pm TREX C dryland 5-5:20, swim 5:20-6pm	24 CANADA WEST (VARSITY)	25 NO PRACTICE CANADA WEST (VARSITY)
26 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	27 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	28 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	29	30 TREX A: dryland 4:20-4:40, swim 4:40-5:20 TREX B swim 4-4:40, dryland 4:40-5pm TREX C dryland 5-5:20, swim 5:20-6pm		
CANADA WEST (VARSITY)						

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