

revised JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
					TREX A 6:45-7:45pm U of C TREX B 6:45-7:45pm U of C TREX C 6:45-7:45pm U of C	TREX A 4:30-5:30pm UofC TREX B 4:30-5:30pm UofC TREX C 4:30-5:30pm UofC
21	22	23	24	25	26	27
TREX A 4:20-5:20pm Shouldice TREX B 4:00-5:00pm Shouldice TREX C 5:00-6:00pm Shouldice	TREX A 6:00-7:00pm U of C TREX B festival qualifiers 6:00-7:00pm U of C	TREX B 5:00-6:00pm Churchill TREX C 4:30-5:30pm Renfrew		TREX A 6:45-7:45pm U of C TREX B 6:45-7:45pm U of C TREX C 6:45-7:45pm U of C	FESTIVAL MEET at Seton Place ** regular practice for all non-Festival TREX swimmers 4-5:30 U of C	
28	29	30	31			
FESTIVAL MEET at Seton Place	TREX A 4:20-5:20pm Shouldice TREX B 4:00-5:00pm Shouldice TREX C 5:00-6:00pm Shouldice	TREX A 6:00-7:00pm U of C TREX B festival qualifiers 6:00-7:00pm U of C	TREX B 4:00-5:00pm Churchill TREX C 4:30-5:30pm Renfrew			

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