

# NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		5:15-5:30am Pre-Pool 5:30-7:30am UoFC  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm ©	1  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Land 6:00-7:00pm (D)	2  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Land 6:00-7:00pm (D)	3  5:15-5:30am Pre-Pool 5:30-7:30am UoFC  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	4  2:30-4:00pm Weights © 4:00-6:00pm UoFC Weights 6:00-7:00pm (D)	5  5:15-5:30am Pre-Pool 5:30-7:15am UoFC  <b>CASC Speed Meet</b>	
		6  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	7  <b>OFF From Speed Meet</b>	8  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm ©	9  5:15-5:30am Pre-Pool 5:30-7:30am UoFC  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	10  <b>Remembrance Day</b>  11:30-1:00pm Weights © 1:00-3:00pm UoFC Weights 3:00-4:00pm (D)	11  5:15-5:30am Pre-Pool 5:30-7:15am UoFC	12  5:15-5:30am Pre-Pool 5:30-7:15am UoFC
		13  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	14  5:15-5:30am Pre-Pool 5:30-7:30am UoFC  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm ©	15  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Land 6:00-7:00pm (D)	16  5:15-5:30am Pre-Pool 5:30-7:30am UoFC  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	17  2:30-4:00pm Weights © 4:00-6:00pm UoFC Weights 6:00-7:00pm (D)	18  5:15-5:30am Pre-Pool 5:30-7:15am UoFC	19  5:15-5:30am Pre-Pool 5:30-7:15am UoFC
		20  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	21  5:15-5:30am Pre-Pool 5:30-7:30am UoFC  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm ©	22  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Land 6:00-7:00pm (D)	23  <b>OFF</b>  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm (N)	24  <b>UCSC Invitational</b>	25  <b>UCSC Invitational</b>	26  <b>UCSC Invitational</b>
		27  <b>OFF</b>	28  <b>OFF</b>  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Weights 6:00-7:00pm ©	29  3:30-4:00pm Pre-Pool 4:00-6:00pm UoFC Land 6:00-7:00pm (D)	30  <b>UCSC Invitational</b>	31  <b>UCSC Invitational</b>		

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