

National Group - October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						OFF - Coaches Conference
2		3	4	5	6	8
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	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 ©	5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	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)	5:15-5:30am Pre-Pool 5:30-7:30am UofC 2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:15am UofC
9		10	11	12	13	15
	Thanksgiving	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 ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	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)	TEAM CHAMPS	FALL START UP
16		17	18	19	20	22
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	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 ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	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)	2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:15am UofC
23		24	25	26	27	29
	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	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 ©	3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	5:15-5:30am Pre-Pool 5:30-7:30am UofC * Non-Dino Cup only 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	5:15-5:30am Pre-Pool 5:30-7:30am UofC * Non-Dino Cup only	7:00-7:15am Pre-pool 7:15-9:15am Swim UofC
30		31				
WORLD CUP	Halloween				DINO INVITATIONAL WORLD CUP	DINO INVITATIONAL WORLD CUP

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