

# March

# 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ORC Swim C1-3 830-930	2 Seton Swim C4-5 600-730 AM	3 BSRC Dryland C3-5 400-530 C1-2 430-530	4	5 BSRC Dryland C4-5 400-500 <i>Guest Coach Kirsten today</i>	6 ORC Swim C3-4-5 200-330 C1-2 300-400	7 ORC Swim C3-4-5 1015-1200 C1-2 1100-1200
8 ORC Swim C1-5 830-930  <i>*C4/5 swim today in place of Monday Mar 09</i>	9 <b>No AM Swim (Seton not available)</b>	10 BSRC Dryland C3-5 400-530 C1-2 430-530	11	12 BSRC Dryland C4-5 400-500	Provincial Trials (Qualifiers only) Mar 06-08	
15 NCSA Spring Invit Team Practice 200-300 for all those not at NCSA	16 Seton Swim C4-5 600-730 AM <i>*optional for those who were at meet</i>	17 BSRC Dryland C3-5 400-530 C1-2 430-530	18	19 BSRC Dryland C4-5 400-500	13 ORC Swim C45 200-400 C3 200-300 C12 300-400	14 Wild Hair @ Canmore (C1-2) NCSA Spring Invit (C3-5) <i>* No practices for those not at meets</i>
22 ORC Swim C1-3 830-930	23 Seton Swim C4-5 600-730 AM	24 BSRC Dryland C3-5 400-530 C1-2 430-530	25	26 BSRC Dryland C4-5 400-500	20 ORC Swim C4-5 200-400 C3 200-300 C1-2 300-400	21 ORC Swim C5 1015-1200 C3-4 1015-1130 C1-2 1130-1230
29 ORC Swim C1-3 830-930	30 Seton Swim C4-5 600-730 AM	31 BSRC Dryland C3-5 400-530 C1-2 430-530			27 ORC Swim C4-5 200-400 C3 200-300 C1-2 300-400	28 ORC Swim C4-5 1015-1200 C3 1015-1130 C1-2 1100-1200

*\* Sunday practices (Mar 01, 22, 29) are still open to C4 swimmers who are not able to swim on Friday afternoons*