30oct2024 **2024 / 25 Duncan Swim Team Seasonal Plan**

	Cycle I (a)								Cycle I (b)						Cycle III								
	September		October		November		December		January		February		March		April		May		June		July		August		
Sun	1						1												1						Sun
Mon	2						2												2						Mon
Tues	3		1				3								1				3		1				Tues
Wed	4		2				4		1						2	S-A-T release			4		2				Wed
Thurs	5		3				5		2						3		1		5		3				Thurs
Fri	6		4		1		6		3						4		2		6	Canadian Swimming Trials: Victoria, BC	4		1		Fri
Sat	7		5		2		7		4		1	2025 VIR SC Champs: DST	1		5		3		7		5		2		Sat
Sun	8		6		3		8		5	Winter Break	2		2		6		4		8		6		3		Sun
Mon	9		7		4		9		6		3		3		7		5	Swim-a-thon	9		7		4		Mon
Tues	10		8		5		10		7		4		4		8		6	Swim-a-thon	10		8		5		Tues
Wed	11		9		6		11		8		5		5		9		7	Swim-a-thon	11		9		6		Wed
Thurs	12		10		7		12		9		6		6	Swim BC Provincials / DST Spring Break Inv'l	10	2025 Speedo Cdn Open: Edmonton, AB	8	Swim-a-thon	12		10	2025 ManSask Provincial Champs: Winnipeg, MB & 12july2025 Level UP	7	2025 Speedo Cdn SCM Champs: Sherbrooke, QC	Thurs
Fri	13		11		8	ISC Bennett Cup: Victoria, BC	13	DST Winter Break Inv'l & VIR Level UP	10		7		7		11		9	Swim-a-thon	13	DST June Jamboree	11		8		Fri
Sat	14		12		9		14		11		8		8		12		10	Sharks' 12&U Jamboree	14		12		9		Sat
Sun	15	DST Awards	13		10		15	NRST Fall Inv'l: Nanaimo	12		9		9		13		11		15		13		10		Sun
Mon	16		14		11		16		13		10		10		14		12		16		14		11		Mon
Tues	17		15		12		17		14		11		11		15		13		17		15		12		Tues
Wed	18		16		13		18		15		12		12		16		14		18		16		13		Wed
Thurs	19		17		14		19	2024 FastSwim: Richmond, BC	16		13		13		17		15		19		17	Swim BC Provincials: TBD	14		Thurs
Fri	20		18		15		20		17		14		14		18		16		20	2025 VIR LC Champs: Nanaimo, BC	18		15		Fri
Sat	21		19		16	VIR Level UP: Duncan	21		18	CRKW Last Chance Qualifier	15		15		19		17	2025 Speedo Cdn Masters: Saskatoon, SK	21		19		16		Sat
Sun	22		20		17		22		19		16		16		20		18		22		20		17		Sun
Mon	23		21		18		23	Winter Break	20		17		17	Spring Break	21		19		23		21		18		Mon
Tues	24		22		19		24		21		18		18		22		20		24		22		19		Tues
Wed	25		23		20	O & B I	25		22		19	O & B II	19		23		21		25		23		20		Wed
Thurs	26		24		21		26		23		20		20		24		22		26		24		21		Thurs
Fri	27		25		22		27		24		21	Swim BC Divisionals Vancouver, BC (CDSC)	21		25		23	NRST Spring Sprint	27		25		22		Fri
Sat	28		26	NRST Fall Inv'l: Nanaimo	23		28		25		22		22		26	VIR Level Up	24		28		26		23		Sat
Sun	29		27		24	DST AGM	29		26		23		23		27		25		29		27		24		Sun
Mon	30		28		25		30		27		24		24		28		26		30		28		25		Mon
Tues			29		26		31		28		25		25		29		27				29		26		Tues
Wed			30		27				29		26		26		30		28	O & B III			30		27		Wed
Thurs			31		28				30		27		27				29				31		28		Thurs
Fri					29				31	2025 VIR SC	28		28				30						29		Fri
Sat					30								29				31						30		Sat
Sun													30	Spring Break									31		Sun
Mon													31												Mon